Transition and Change: The Opportunities Hiding inside the Fear

When: Friday, June 6 from 1:00 to 4:00 p.m.

Join members of the National Federation of the Blind as we discuss our philosophy of blindness and take on directly those who ask the questions: I can’t read, write, or travel. How in the world can you tell me to live the life I want?

1:00 Welcome, Debbie Wunder, Seminar Chair, and Shelia Wright, President, National Federation of the Blind of Missouri

1:05 Blindness the Physical and Blindness the Psychological: Gary Wunder

1:10 Going Blind and Once Again Finding my Independence: Ron Brown, Second Vice President, National Federation of the Blind

1:20 Questions

1:25 Believe in Yourself and Understanding Self-efficacy Robyn House, M.Ed. LPC, RPT

1:40 Questions

1:45 Learning You are a Diabetic: Who Needs Another Challenge: Anil Lewis, Executive Director of Blindness Initiatives, National Federation of the Blind

1:55 Questions

2:00 Monitoring Blood Sugar is Key: Using a Continuous Glucose Monitor: Jeannie Massay, Treasurer, National Federation of the Blind and president of the NFB of Oklahoma

2:10 The LebreLink: another, less expensive approach: Jean Brown, Second Vice President, Diabetes Action Network

2:15 What Can I Eat and Who do I Listen to: Discovering What Works for You: Gary Wunder, Kathy Hurley, and Brian Buhrow

2:30 Inside My Kitchen: Rita Lynch, former Rehabilitation Teacher and current president of the National Federation of the Blind of Jefferson City

2:40 Questions

2:45 Becoming your child’s Teacher during the Pandemic: Jenny Carmack, Second Vice President, National Federation of the Blind of Missouri

2:55 Questions

3:00 The First Year of Parenthood, and Yes We are Both Blind: Ben and Teresa Vercellone, Springfield, Missouri

3:10 Questions

3:15 I raised My Children, but Now that I am Totally Blind, can I safely Care for my Grandchildren: Debbie Wunder

3:20 Questions

3:25 Does Independent Travel Mean Route Rehearsal or Going Where I want When I want: David Nietfeld, O&M NOMC, Colorado Center for the Blind

3:35 Questions

3:40 What is in My Closet, And How I Put It Together: Chris Danielsen, Director, Public Relations, National Federation of the Blind

3:50 The Role of Exercise in Getting and Remaining Healthy: Jessica Beecham

4:00 Adjourn