



**A MONTHLY NEWSLETTER OF THE
BAINBRIDGE SUBREGIONAL LIBRARY
FOR THE BLIND & PHYSICALLY HANDICAPPED OF
SOUTHWEST GEORGIA**



The Subregional Library for the Blind & Physically Handicapped of Southwest Georgia is a part of your public library and the National Library Service for the Blind and Physically Handicapped, serving Baker, Brooks, Calhoun, Clay, Colquitt, Decatur, Early, Grady, Miller, Mitchell, Quitman, Randolph, Seminole, Terrell, Thomas and Webster counties.

We do not endorse any product or service mentioned in this newsletter.

(229) 248-2680, 1-800-795-2680, or lbph@swgri.org

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April 2011

Project Independence

Are you or is someone you know at least 55 years of age and experiencing vision loss or a combined vision and hearing loss?

This vision program for seniors is administered by the Georgia Department of Labor/Vocational Rehabilitation Program and provides services that can help you remain independent, including:

- * Low vision exams by qualified professionals to assess your needs
- * Skills training in your home community by certified rehabilitation specialists
- * Mobility training by certified instructors
- * Support groups that offer opportunities to learn from and interact with peers
- * Assistive devices such as talking watches, pocket talkers, big button phones and magnifiers
- * Funds for seniors to attend and participate in the Camp for the Blind, Camp for the Deaf-Blind, Helen Keller National Center, Confident Living Program, and the Albany Center for the Blind.
- * Training for groups and/or individuals on living with vision loss and topics such as handwriting, laundry, recreation, labeling, Braille and computer training.

Georgia Department of Labor/Vocational Rehabilitation contracts with Project Independence Service Providers throughout the state.

Contact Kay McGill, Manager, Project Independence: Georgia Vision Program for Seniors, 404-638-5208 or kay.mcgill@dol.state.ga.us for more detailed information and referral.

American Foundation for the Blind

AFB Senior Site® (www.afb.org/seniorsite) is constantly adding new articles.

Here are some highlights of their latest offerings:

- **Managing glaucoma medications**
(<http://www.afb.org/seniorsite.asp?SectionID=66&TopicID=321&SubTopicID=206&DocumentID=5391>)
- **Understanding the latest in macular degeneration treatment**
(<http://www.afb.org/seniorsite.asp?SectionID=63&TopicID=286&SubTopicID=227>)
- **Enjoying a good book**
(<http://www.afb.org/seniorsite.asp?SectionID=66&TopicID=321&SubTopicID=206&DocumentID=5390>)
- **Identifying your money**
(<http://www.afb.org/seniorsite.asp?SectionID=66&TopicID=321&SubTopicID=206&DocumentID=5409>)
- **Filing your tax return**
<http://www.afb.org/seniorsite.asp?SectionID=66&TopicID=307&DocumentID=4668>

For these and other informative tips, sign up for Senior Site tips and/or message boards at <http://www.afb.org/myAFBRegistration2.asp?mode=seniorsite>.

Free Downloads For Your Computer

If you have a computer you can get free downloads and upgrades at www.internetlibrary.org. This site offers a free upgrade of your Internet Explorer to 8, free games to play on line, free music, and free English lessons. Also, www.radiolovers.com has a free download to hear a multitude of old radio shows.



Spring Is In The Air

For your reading pleasure:

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| RC | 52241 | Accessible Gardening for People with Physical Disabilities |
| RC | 46577 | In a Desert Garden |
| RC | 54756 | American Horticultural Society Gardening |
| RC | 56839 | Rodale's Garden Answers: Vegetables, Fruits & Herbs |
| RC | 60852 | Paths of Desire: The Passions of a Suburban Gardener |
| RC | 61755 | This Common Ground: Seasons on an Organic Farm |
| RC | 54750 | Ultimate Container Gardener |
| RC | 65770 | Creating Beds and Borders |
| RC | 58289 | Building Garden Ponds |
| RC | 47861 | Quick and Easy Indoor Topiary |
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| DB | 69769 | A Nation of Farmers |
| DB | 69864 | All New Square Foot Gardening |
| DB | 69998 | Designing the New Kitchen Garden |
| DB | 70025 | A Kid's Guide to Container Gardening |
| DB | 70024 | A Kids Guide to Making a Terrarium |
| DB | 66180 | The Elements of Organic Gardening |
| DB | 69712 | Covering Ground: Unexpected Ideas for Landscaping |
| DB | 68370 | A Backyard Vegetable Garden for Kids |
| DB | 69824 | The New Terrarium: Creating Beautiful Displays |
| DB | 69246 | Plant-Driven Design |



Bainbridge Subregional Library
F/T Blind & Handicapped
Southwest Georgia Regional Library
301 South Monroe Street
Bainbridge, GA 39819

Free Reading Matter
F/T Blind & Handicapped
U. S. Mail
Do Not Cancel

Hours:
Monday 9am to 8pm
Tuesday 9am to 6pm
Wednesday 9am to 6pm
Thursday 9am to 7 pm
Friday 9am to 6 pm
Saturday 9am to 4 pm

Phone: (229) 248-2680
1-800-795-2680
Email: lbph@swgrl.org
Fax: 229-248-2670

Take a virtual tour of our libraries
and Subregional Library
for the Blind and Physically
Handicapped by clicking on
www.swgrl.org/handicap.php

Information presented in this newsletter will be provided in alternative formats upon request.

Online Catalog for ordering library books: <http://webopac.klas.com/glass>
Call the library for your log-in and password.

NOTE: Please submit information or news that you would like to share to Kathy Hutchins.