

You are invited to The Northeastern Association of the Blind at Albany 's

13TH ANNUAL LOW VISION TECH & WELLNESS FAIRS

Free to the Public!

OCTOBER 20TH * 9:00AM to Noon

ALBANY JEWISH COMMUNITY CENTER

340 Whitehall Rd, Albany, NY 12208

Meet the Low Vision Professionals!

Try out the equipment and have your questions answered in person!

Low Vision Technology Experts

Local Community Services

NABA Rehabilitation Staff



SARATOGA LIFE
HEALTH, ACCIDENT & LIFE INSURANCE

VIS-ABILITY INC.

Serving Those with Visual Needs

1-800-598-0635

NABA

**Northeastern Association
of the Blind at Albany**

Questions or to sign up for our newsletter *Brighter Horizons*, contact Lisa Jordan, Coordinator of Outreach Services, ljordan@naba-vision.org or call 518-463-1211 x 225



@naba-vision under Events for all updates & event developments!



October 14, 2021 * 9:00AM to 1:00PM
CALL IN BY PHONE 1 929 205 6099
OR ONLINE Zoom Meeting ID: 826 6761 7593
Passcode: 399662

Schedule *(subject to change)*

- ◆ 8:30 to 9:00AM - call or login, vender videos (and throughout the day)
- ◆ 9:00 Welcome & Announce Tabled Events for next week
- ◆ 9:05 Welcome & NABA update from our Executive Director
- ◆ 9:10 **Low vision exams & services at NABA**- Keosha Elam, Director of Rehabilitation Services
- ◆ 9:30 **What Low Vision Is & Today's Treatment** - Dr. Pinto
- ◆ 10:15 **Vision Rehabilitation Techniques for at Home and Work** - Christina Kendall, CVRT
- ◆ 10:30 **Maintaining Vision with Diabetic Retinopathy** - Dr. Hussnain
- ◆ 11:15 **O&M: Safe & Independent Travel with Vision Loss** - Madison Near, COMT
- ◆ 11:40 **Mental Wellness: Ongoing and in the Light of Covid** - Nate Modafferi, MSW
- ◆ 12:00 Join Nate for a stress management exercise!
 - ◇ **De-Stress on the Go** - mindfulness-based reduction through breath awareness, meditation, and guided relaxation.
- ◆ 12:15 Final announcements & videos recapped

Thank you to all of our presenters, sponsors & participants! See you all next week at the fair!