BREAKING NEWSLETTER

Issue 40 January/February 2023

# President’s note

**Greetings Federation Family:**

The 52nd National Federation of the Blind of Florida state convention is finally in the books, and what a wonderful convention it was. I hope all who attended had as much fun as I did reuniting with old friends and making new ones. We also heard from some great speakers and presenters who embodied the ideas we have of moving our organization forward. Our work is not done yet. We still must leave those hard hats on and continue to build the National Federation of the Blind of Florida. We must continue to bring in new members and change their lives, and we must continue to show the world what it means to be blind. As we move into the holiday season, start thinking about the next role you would like to play in the National Federation of the Blind of Florida. Whether it is fundraising, membership or advocacy, we need you and your ideas.

Finally, as you are enjoying your holidays with family and friends, I encourage all of you to hold your loved ones near and remind them how much you care about them. Be safe and healthy this season and come back next year ready to keep building.

Growing Together,

**Paul M. Martinez, President NFB OF Florida**

Paul09MS@gmail.com

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

# How to navigate our newsletter with headings:

To enable the quick keys on/off with JAWS use the command “insert + z”. By default, the quick keys are off in Microsoft Word. To browse through the headings of the newsletter. Make sure you have quick keys on and then press the letter “h”. This keyboard command will move from heading to heading on the document. When you find the title of the heading you would like to read, you can use the “insert +down arrow” or the “insert +numbpad2”.

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# CLUSIV

Building Unseen Talent

**Clusiv is the world's first accessible e-learning platform built for & by people who are blind.**

Clusiv training teaches you the necessary skills needed to access remote job opportunities in today’s modern workforce.

Learn confidence-building techniques for virtual interviews, save files on the cloud, master email platforms, and become a vital part of any remote team with Clusiv’s training.

Clusiv is remote and self-paced so you can learn from the comfort of home. Ask your vocational rehab counselor about Clusiv today!!!

Visit [Clusiv.io](http://clusiv.io/) to find out more.

# Vanda Pharmaceuticals

Vanda pharmaceuticals is dedicated to raising the awareness of Non-24-Hour Sleep-Wake Disorder (Non-24) and supporting the blindness community.

Non-24 is a rare circadian rhythm disorder affecting up to 30% of totally blind individuals. People living with Non-24 experience excessive daytime sleepiness, nighttime sleeplessness which leads to impaired social and occupational function due to misalignment of the internal master body clock to the 24-hour day, disrupting the sleep-wake cycle.

Come visit us at our booth to learn more about Non-24

and sign up for additional information

Non-24

A circadian rhythm disorder

Visit us online at www.non-24.com

Call a health educator toll free at 1-855-856-2424, 24 hours a day

# Stellar MLS

is proud to collaborate with Lundy, Inc. to bring search by voice and enhanced data accessibility to our customers, their prospects, and homebuyers and sellers who are searching for homes in Florida and Puerto Rico. Now, with Lundy's comprehensive voice-activated property search engine via Amazon's Alexa app, blind and visually impaired individuals can be immersed in the home buying experience.

# Florida’s Disability Savings Program

ABLE United has provided thousands of Floridians

with disabilities a new way

to save tax-free without

impacting government

benefits. Open an account

today — it’s more than

just saving, it’s investing

in a brighter future.

Save with the potential for tax-free growth

Save with the help of family and friends

Save without impacting Medicaid or SSI

Use for housing, assistive technology and more

ENROLL BY NOVEMBER 11 AND RECEIVE A $50 ACCOUNT CONTRIBUTION

**ableunited.com**

# OrCam

MyEye Technology for independence

OrCam’s assistive devices help those who are blind, visually impaired or have reading challenges regain their independence.

ORCAM.com

# Birthdays & Celebrations

**The NFBF would like to celebrate:**

***January:***

Betty Mack – Gainesville

Frances Munno – Melbourne

***February:***

Fallon Minnichiello – Jacksonville

Joyce Taylor – Melbourne

Mary Stafford – Melbourne

***Anniversaries:***

WITH AGE COMES WISDOM

As you get older you will understand more and more that it’s not about what you look like or what you own; it’s all about the person you become.

In the end, what really matters is:

Not what you bought, but what you BUILT

Not what you got, but what you SHARED

Not your competence, but your CHARACTER

Not your success, but your SIGNIFICANCE

Not your intelligence, but your IMPACT

Not the length of your resume, but your LEGACY

I will never regret getting older.

I know too many people who never had that privilege.

Live a life that truly matters.

Live your life, not someone else's.

***Here's to another year around the sun. Happy birthday!***

# Important Calendar Events

**NFBF Monthly Calendar Meetings**

**These are the meetings of the National Federation of the Blind of Florida in 2023. Please keep an eye on the Florida list serv for any updates to meeting schedules or Zoom information.**

**First Monday: Tallahassee Chapter, 6:30 p.m.**

In-person or dial in by calling 605-313-4802 access code 790189

**First Tuesday**: No events

**First Wednesday: Diversity and Inclusion**

via Zoom https://zoom.us/j/99374511935

First Thursday: Senior Concerns Committee, 8 p.m.

https://zoom.us/j/99374511935

Meeting ID is: 993 7451 1935

**First Saturday: Jacksonville Chapter**

10:00 A.M. Join us via Zoom, https://us02web.zoom.us/j/9851473331

Meeting ID: 985 147 3331

First Sunday: Open Convention Planning-Please note this day may change each year depending on schedules. Please keep an ear or eye out for updated meeting information.

**Second Monday: Communications Committee** (Closed), 7 p.m.

**Second Tuesday: Sports and Rec**, 8 p.m.

https://zoom.us/j/93835426045Meeting ID: 938 3542 6045

One tap mobile

+16468769923,,93835426045# US (New York)

+13017158592,,93835426045# US (Washington DC)

**Second Wednesday**: No events

**Second Thursday: No Events**

**Second Saturday: Broward Chapter**, 10 a.m.

**Treasure Coast Chapter**, 10 a.m.

**Melbourne Chapter,** 10 a.m.

**Palm Beach Chapter**, 10 a.m.

**Gainesville Chapter**, 12:30 p.m. Join via Free conference call, (857) 357-0254

**Second Sunday: Deaf Blind Division**, 5 p.m.

https://zoom.us/j/98765742578

Meeting ID: 987 6574 2578

One tap mobile

+13126266799,,98765742578# US (Chicago)

**Constitution Review Committee** (Closed), 8 p.m.

Third Tuesday: Rotation of Homewise and Diabetes Talk-Please keep an ear or eye out for meeting times; these meetings will rotate every other month, with their own Zoom links.

Home-wise, 8 p.m.

<https://zoom.us/j/95074337811>
Meeting ID: 950 7433 7811

One tap Mobile: 6468769923,,,95074337811#

Diabetes Talk

https://zoom.us/j/98384245319

Meeting ID: 983 8424 5319

One tap mobile

+13052241968,,98384245319# US

+13092053325,,98384245319# US

**Third Wednesday: Communities of Faith,** 12 p.m.

https://zoom.us/j/91398845944

One Tap mobile: +1(646) 876-9923,,91398845944#

**Blind Parents Connect and FLAGDU** (will alternate each month), 8 p.m.

**Third Thursday: Miami Chapter**, 6:30 p.m.

**Third Saturday: Central Florida Chapter**, 12 p.m.

**Third Sunday: Student Division**, 6 p.m.

**Statewide Chapter,** 8 p.m. via Zoom, https://zoom.us/j/97396225920 Meeting ID: 973 9622 5920

Fourth Monday: Technology Q & A

https://zoom.us/j/99135648534

Meeting ID: 991 3564 8534

One tap mobile

+13052241968,,99135648534# US

+13092053325,,99135648534# US

**Fourth Tuesday: Federation Foundations, formerly Book Club,** 8 p.m.

https://zoom.us/j/94787313485

Meeting ID: 947 8731 3485

One tap mobile

+13126266799,,94787313485# US (Chicago)

**Fourth Thursday: Legislation**, 8 p.m.

https://zoom.us/j/94416346364

Meeting ID: 944 1634 6364

One tap mobile

+13126266799,,94416346364# US (Chicago)

**Fourth Saturday: Daytona Chapter,** 12:30 p.m. https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09

**Tampa Chapter,** 12:30 p.m.

**Fourth Sunday: Affiliate Board** Meeting (Closed), 8 p.m. (unless an open meeting is announced)

# Articles, Announcements and Comments

NEWSWORTHY

In Memory of:

Camille Tate, President of the Melbourne Chapter wrote of the following passing at the end of last year.

It is with a sad heart that I share the passing of Mary Whelan. Some of you may remember Rod Whelan, late chapter member and Treasurer of our chapter. Rod passed in January 2020, leaving behind his wife of over 70 years and his children. Sadly, Mary passed away last night. Our hearts, thoughts and prayers go out to Nancy Hollo, our chapter member, on the passing of her mother, Mary.

I still remember asking Mary how she and Rod managed to stay together when they celebrated their 72nd anniversary and she told me “never go to bed angry with each other”, because there were times she wanted to smack him with a frying pan! Although Mary spent the last couple of years in a nursing home, I got glimpses of her life through Nancy. She was a kind and sweet lady.

Please let us all keep the family in our thoughts and prayers.

Debbie Ryan of Broward also let us know the following:

Broward Chapter had another recent passing of a long time member, Jacquelin(Jackie) Smart. Her service was in early January.

In times of darkness, love sees.

In times of silence, love hears.

In times of doubt, love hopes

In times of sorrow, love heals.

And in all times, love remembers.

The Greater Broward chapter had an election recently, and the following officers and board members were elected:

Vice President, Deborah (Debbie) Ryan

Treasurer, Elijah Grant

Second Board Member, Carnal Wilson (Pastor)

We truly appreciate the work Lessie Anderson, put forth once President Tom Ryan passed away so Debbie Ryan, could become Vice president to mentor current President Jake McEntyre.

Donald Christie of Tallahassee reports that on January 9, the chapter had an election. Here is what he has to say.

Good afternoon Federation family,

I would like to inform you of the election results in our chapter on last evening.

Vice President – Jeff Davis

Secretary – Sylvia Young

Treasurer – Jada Michael Christie

Board Seat 2 – Doug Ingram

Board Seat 1 – Arron Faxon

The first four positions listed were retained by the incumbents.  And we welcome Arron Faxon to the board via Board Seat 1.

Congratulations to Jeff, Sylvia, Jada, Doug, and Arron.  I look forward to working with you during the year ahead.

2022 at 2:04 PM Supersense Serves as Everyday Companion For the blind and visually impaired, the Supersense app essentially allows them to have a seeing guide right in their pocket. Whether they're shopping, cleaning or just curling up with a good book, this app turns people's mobile device into an everyday companion or caregiver.

Supersense is free and available for Android and iOS users, but the premium features require a subscription.

Simple and Easy-to-Use Features

Supersense is an easy-to-use guide through the tasks of daily living. These features not only read text but provide direction and supplemental information, giving the user the most comprehensive service experience imaginable.

Quick Read: Instantly starts reading the text in front of the user's rear camera. This feature is also useful for scanning business cards or reading package information.

Document Reader: This is the advanced text-scanning feature, which gives users direction on where to place their cameras for the best scanning and reading experience. They don't have to worry about perfect placement though

- this feature can read text even in reverse!

Currency Mode: This feature recognizes different currencies and tells the user which bills they are giving and receiving in any transaction.

Barcode Reader: The perfect shopping and cooking companion, this feature scans barcodes and reads all embedded information, including the product's brand, ingredients and nutritional information. If a barcode isn't in the app's database, users can add it themselves.

Object Explorer: This feature operates under three options - Explore, Find and Scene Describer. Explore identifies all objects around you as you point your rear camera to your surroundings. Find allows you to choose from an inventory of 600 objects in different categories to select a specific object, such as a seat in a theater. Scene Describer takes a picture of what's happening in front of you in real time and explains the action, such as a car pulling up in your driveway.

Becoming a Supersense User

Supersense is user-friendly right off the bat, offering a week-long free trial as well as an audio tutorial, a place for users to leave feedback and a "Request a Call" option to speak with a representative regarding any questions or concerns you have about the app. You can also select the type of money you'd like to use under the app's Currency mode as well as the speech rate of the text reader. The app has full VoiceOver accessibility support and is available in 20 languages.

Most features work without an internet connection so the blind or visually impaired user can use it in any situation.

Supersense has limited access to all features. If you would like unlimited access, the following subscription plans are available:

. Monthly Subscription: $4.99

. Yearly Subscription: $49.99

. Lifetime Subscription: $99.99

One of the most downloaded and highest rated apps for the blind on both App Store and Google Play, Supersense is an app users can trust. For more information, visit supersense.app.

<https://www.eastersealstech.com/2022/11/09/supersense-serves-as-everyday-com>

panion/

Tax Tips for the Blind for 2022

Taken from Turbo Tax Experts

Anyone whose field of vision falls at or below 20 degrees, who wears corrective glasses but whose vision is 20/200 or less in his best eye, or who has no eyesight at all, meets the legal definition of being blind and is eligible for certain tax deductions.

Several aspects of federal tax law apply specifically to blind or visually impaired citizens.

### A bigger standard tax deduction for blind taxpayers

Box 12 on the 1040 tax-return form is where blind filers can claim unique deductions. This translates into a larger tax break, allowing you to subtract a bigger standard tax deduction from your adjusted gross income.

If you're blind and over age 65, your savings increases. Married filers also benefit from this deduction when one or both spouses is visually impaired.

### Medical deductions for the blind

The law allows you to deduct what you spend to prevent, diagnose or treat illness, as well as any costs related to your blindness or visual impairment. As with any taxpayer, the total of both types of medical expenses must be more than 7.5% of your adjusted gross income in 2022 before you can claim a medical expense deduction.

Transportation to and from a doctor's office, prescriptions, insurance premiums and tests are examples of accepted medical deduction expenses. Disability-associated items applicable to blind filers include the following:

* Braille magazines and books (costs that exceed regular print versions)
* Braille printer
* Eyeglasses, eye exams, eye surgery
* Guide dog and all related costs: purchase, training, harness and leash, food, grooming, veterinary care
* Home modifications
* Instruction in braille
* Nursing services
* Phones with braille and audio features and related repairs

### Earned income tax credit

Even if your income is low enough to put you in the "doesn't have to file" category, you may want to consider your eligibility for the [Earned Income Tax Credit](https://turbotax.intuit.com/tax-tips/tax-deductions-and-credits/5-facts-about-the-earned-income-tax-credit/L6YfN8sCL), or EITC. Regardless of whether you had federal tax withheld or don't owe any federal tax, you can get a hefty refund in the form of EITC if you qualify. How much you receive varies according to income, filing status and number of child dependents.

### Impairment-related expenses

You may require special equipment or accommodations as an employee or self-employed individual. The tax code allows you to subtract expenses for things you must have in order to work. Called impairment-related work expenses, they appear as unreimbursed employee expenses on the Schedule A form used for itemizing.

Minimum requirements for the dollar amount do not apply to blind filers, nor does the suspension of unreimbursed employee expenes. Impairment-related work expenses you might have, provided you don't count them under medical expenses, include the following:

* Computer attachments for braille display and typing
* Electronic visual aids
* High-speed Internet connection
* Modifications to your home
* Software that provides synthetic voice description
* Reader services

### Credit for the elderly and the disabled

The IRS offers two ways to qualify for the [Credit for the Elderly and the Disabled](https://turbotax.intuit.com/tax-tips/retirement/guide-to-schedule-r-tax-credit-for-elderly-or-disabled/L9BacHF6c):

* Be at least 65 years old
* Or have a disability that forced you to retire before your employer's mandatory retirement age, usually age 65

To qualify as disabled, you also need to have taxable disability income such as Social Security disability benefits. This credit reduces the amount of tax owed to the IRS. Unlike the Earned Income Tax Credit, it is nonrefundable, meaning it does not offer a refund if it lowers your tax liability to zero.

# Travel the World

***There were no articles submitted for this section. If you have an article you’d like to share, please send it to*** ***newsletter@nfbflorida.org******. We’d love to hear of your travels.***

# Tips and Tricks

***Submitted by Kaye Baker***

Are you a user of the app Seeing A.I? If so, then this article is for you. Read further for exciting updates to the app.

Seeing AI Version 5.0 for iOS Now Includes Indoor Navigation Allowing The User to Create a Route and Later Follow The Route Using Spatial Audio Cues

Original Source

Jan 30, 2023

Version 5.0

. Indoor Navigation, available on iOS 14 and later, enables you to create routes through a building, and later follow that route, guided by spatial audio cues. For example, create a route from the reception desk to your office, or building entrance to a particular classroom. You can share the route with others, so they can navigate the route later on, using their own device.

. On the World Channel, when using headphones which support Spatial Audio, you no longer need to look in the direction of the camera. Seeing AI will adjust to the direction you're looking, so sounds still come from the correct point in the room. Supported headphones include AirPods 3 and AirPods Pro.

. Improved announcements of people on the World Channel, when using a device with LiDAR.

. Plus, various bug fixes under the hood.

# Laugh it up!

It's been said that 'Laughter IS the Best Medicine.' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Here's to living a longer, healthier, and happier life! Laughter is the best medicine. Take as much as you can, several times a day.

**A Fun Fact for Each State**

ALABAMA **....  Was the first place to have 9-1-1, started in 1968.**

**ALASKA** **...  One out of every 64 people has a pilot's license.**

ARIZONA **....  Is the only state in the continental U.S.  that doesn't follow** Daylight Savings Time**.**

**ARKANSAS** **....  Has the only active diamond mine in the U.S..**

**CALIFORNIA ...  Its economy is so large that if it were a country, it would rank seventh in the entire world.**

COLORADO **....  In 1976 it became the only state to turn down the Olympics.**

CONNECTICUT **...  The Frisbee was invented here at Yale University.**

**DELAWARE** **....  Has more scientists and engineers than any other state.**

**FLORIDA** **....  At 759 square miles,** Jacksonville **is the U.S.'s largest city.**

GEORGIA **....  It was here, in 1886, that pharmacist** John Pemberton **made the first vat of Coca-Cola.**

**HAWAII** **...  Hawaiians live, on average, five years longer than residents in any other state.**

IDAHO **...  TV was invented in** Rigby, Idaho**, in 1922.**

**ILLINOIS** **... The** Chicago River **is dyed green every St. Patrick’s Day.**

**INDIANA** **....  Home to** Santa Claus, Indiana**, which get a half million letters to Santa every year.**

**IOWA** **...  Winnebagos get their name from** Winnebago County**. Also, it is the only state that begins with two vowels.**

**KANSAS ...** Liberal, Kansas**, has an exact replica of the house in** The Wizard of Oz**.**

**KENTUCKY** **....  Has more than $6 billion in gold underneath Fort Knox.**

**LOUISIANA** **....  Has parishes instead of counties because they were originally Spanish church units.**

MAINE **...  It's so big, it covers as many square miles as the other five New England states combined.**

MARYLAND **....  The Ouija board was created in Baltimore in 1892.**

**MASSACHUSETTS** **...  The** Fig Newton **is named after Newton, Massachusetts.**

**MICHIGAN** **....  Fremont, home to Gerber, is the baby food capital of the world.**

**MINNESOTA** **....  Bloomington's** Mall of America **is so big, if youspent 10 minutes in each store, you'd be there nearly four days.**

**MISSISSIPPI** **...  President Teddy Roosevelt refused to shoot a bear here ...  that's how the** teddy bear **got its name.**

**MISSOURI** **....  Is the birthplace of the** ice cream cone**.**

**MONTANA** **....  A** sapphire **from** Montana **is in the Crown Jewels of England.**

NEBRASKA **....  More triplets are born here than in any other state.**

NEW HAMPSHIRE **...  Birthplace of** Tupperware**, invented in 1938 by** Earl Tupper**.**

**NEW JERSEY ...  Has the most shopping malls in one area in the world.**

**NEW MEXICO** **...  Smokey the Bear was rescued from a 1950 forest fire here.**

**NEW YORK** **....  Is home to the nation's oldest cattle ranch, started in 1747 in** Montauk**.**

NORTH CAROLINA **...  Home of the first Krispy Kreme doughnut.**

NORTH DAKOTA **...  Rugby,** North Dakota**, is the exact geographic center of** North America**.**

**OHIO** **...  The hot dog was invented here in 1900.  OH !!!!**

OKLAHOMA **....  The grounds of the state capital are covered by operating oil wells.**

**OREGON** **...  Has the most** ghost towns **in the country.**

PENNSYLVANIA **...  The smiley, :) was first used in 1980 by computer scientists at** Carnegie Mellon University**.**

**RHODE ISLAND ...  The nation's oldest bar, the** White Horse Tavern**, opened here in 1673.**

SOUTH CAROLINA **...** Sumter County **is home to the world's largest gingko farm.**

SOUTH DAKOTA **...  Is the only state that's never had an earthquake.**

**TENNESSEE** **....  Nashville's** Grand Ole Opry **is the longest running live radio show in the world.**

**TEXAS** **...** Dr.  Pepper **was invented in Waco back in 1885.**

**UTAH** **...  The first Kentucky Fried Chicken restaurant opened here in 1952.**

VERMONT **....** Montpelier **is the only state capital without a McDonald's.**

**VIRGINIA** **....  Home of the world's largest office building, the** Pentagon**.**

WASHINGTON **...** Seattle **has twice as many college graduates as any other state.**

**WASHINGTON** **D.C.  ...  Was the first planned capital in the world.**

WEST VIRGINIA **...  Had the world's first brick paved street, Summers Street, laid in** Charleston **in 1870.**

**WISCONSIN** **....  The ice cream sundae was invented here in 1881 to get around Blue Laws prohibiting ice cream from being sold** on Sundays**.**

**WYOMING** **....  Was the first state to allow women to vote. I hope you enjoyed this.  I found it interesting.**

# Legislation

Legislative Updates

Our legislative team is hard at work planning the 2023 Washington Seminar. I am certain they will be sending emails very soon letting us all know how we can get involved. Legislation is something we can all participate in because we all have a story. While we eagerly wait for Washington Seminar, here is an update on one of our recent issues.

Good morning fellow Federationist:

Thank you for your patients and hard work. The Websites and Software Applications Accessibility Act has been introduced in both the House and the Senate. The House bill number is H.R. 9021 and Senate bill number is S. 4998. It will take Congress.gov sometime to input the bill text on their website. While the National Federation of the Blind organized and began the efforts to introduce this bill, other organizations were key to its introduction. Those organizations are the American Council of the Blind, the American Foundation for the Blind, and the National Disability Rights Network.

The following links will lead you to multiple press releases. First the joint press release from the National Federations of the Blind, the American Council of the Blind, the American Foundation for the Blind, and the National Disability Rights Network. Next a press release from Senator Duckworth, the sponsor of the bill in the Senate. Lastly, a press release from Representative Sarbanes, the sponsor of the bill in the House. In addition, the Washington Post has written an article outlining the importance of the bill below:

Noted: Sen. Duckworth introduces bill to improve internet access for people with disabilities

By Amanda Morris

Sen. Tammy Duckworth (D-Ill.) introduced a bill Thursday that aims to improve internet access for people with disabilities.

Access has been especially difficult for blind and low-vision people, who have had issues using websites and have been pushing for improvements for years. Some of the most common issues, according to advocates supporting the bill, involve images and other items, such as buttons or headings on a website, being unlabeled or mislabeled in a way that blind people cannot navigate using screen readers, a device that reads labels and text fields out loud.

Despite numerous lawsuits against websites that blind people said were inaccessible, legal requirements for businesses and website creators have remained murky, the advocates say.

The Department of Justice attempted to clarify the issue earlier this year by issuing guidance that the Americans With Disabilities Act applies to all online goods and services offered by public businesses and organizations. But Mark Riccobono, the president of the National Federation of the Blind, which is a key supporter of Duckworth’s bill, says that without a clear legal standard for what websites must do to be considered accessible, court rulings on the issue have been inconsistent.

“There’s still a lot of confusion and misinformation about web accessibility, the requirements and the standards,” he said. “Blind people, in the meantime, are left waiting, and we believe it’s time for Congress to speak on this issue.”

Duckworth’s Websites and Software Applications Accessibility Act aims to clear this confusion by directing the Department of Justice and the Equal Employment Opportunity Commission to create and enforce legal accessibility standards for websites. If the bill becomes a law, it would also give the U.S. Attorney General the ability to impose a civil penalty on websites that do not comply with the standards.

Duckworth said the goal of the legislation, though, isn’t to open up a “rash of federal lawsuits,” but to help businesses provide services to more people and have greater clarity on what standards would be most appropriate.

To help ease the transition, her legislation would also establish a technical assistance center and advisory committee to provide advice and resources to help website designers and others meet new accessibility standards.

Ensuring online accessibility has grown more critical since the pandemic, said Clark Rachfal, director of advocacy and governmental affairs for the American Council of the Blind, which also supports this legislation. Many goods and services moved online, and access to the internet became integral to societal participation. Rachfal called the bill a good “starting point” for the future.

“It’s critical that rights of people with disabilities are protected as technology plays an increasing role in all of our lives,” he said.

Duckworth said the pandemic spurred her to act, because she realized how much the online access issues were negatively affecting people with cognitive or visual disabilities.

“It was ten times worse for members of the disability community to access information and the help that they needed,” she said. “Especially as covid went on, they became more and more isolated.”

She also said that she has seen firsthand the difference this access can make. When she was recovering in Walter Reed National Military Medical Center from injuries she sustained serving in the armed forces, she said one of the other soldiers, who had lost his eyesight, struggled with using an iPhone touch screen. But now that iPhones have features that allow blind people to use them more easily, the soldier uses his iPhone daily, Duckworth said.

She hopes her bill can make it easier for other blind people to use the internet.

Now that the bill has been introduced in the house and senate, it is up to us to reach out to our Florida Representatives and encourage them to sponsor the bills. We can all achieve success in the legislature if we work together.

Legislative Committee Co-Chairs

Russ Davis

russell@radiorusty.com

904 993 8433

Camille Tate

Ctate2076@att.net

321 372 4899

***One of our many important tasks at State convention, similarly to National, is the passage of our resolutions.***

This convention was no different. We passed three great resolutions this year.

Resolution 2022-01 Reaffirming Our Equality and Independence Through the Americans with Disabilities Act, Resolution 2022-02 Concerning Remote Vote by Mail and Sharing to the Disabled Community, and Resolution 2022-03 Concerning the Labelling of Blind and Low-Vision Patients as Fall Risks in Hospitals. These resolutions will become the policy of the National Federation of the Blind of Florida, and we will work on them as time goes on.

If you have any questions, please contact the Resolutions Committee Chair, Camille Tate. You may Email ctate2076@att.net or call (321) 372-4899.

# Florida Spotlight

Member Spotlight

Nothing was submitted for this issue. Stay tuned for future Spotlights on our great

members.

If you want to be featured in this section. Please send a bio of yourself to

newsletter@nfbflorida.org.

# Recipe Conner

Thanks goes out to Camille for finding this recipe for a yummy and quick desert.

**EASY BISCUIT BEIGNETS**

Course: Dessert

Servings: 16 servings

Ingredients

32 oz. Pillsbury Buttermilk Grands biscuits two 16-oz cans

Oil for frying

½ cup powdered sugar

Instructions

Prep: Pour the oil into a large saucepan, you will need 2-3 inches of oil to fry the beignets. I recommend using a 2-3 quart saucepan for this. Heat the oil over medium-high heat until the oil registers 375 degrees F. This will take several minutes, so prep the biscuits while you wait. Open the cans of biscuits and separate them, gently press each one to flatten them a bit. After that, use a sharp knife or pizza cutter to cut each biscuit into thirds.

Fry biscuits: Once the oil is has reached 375° F, fry each biscuit piece for 2-3 minutes, turning them over often so that they cook and brown evenly. I turn mine over every 30 seconds or so, doing each side twice. When you remove the biscuits, use a slotted spoon to let excess oil drain from them and transfer to a paper towel-lined plate or baking sheet.

Coat: To cover the beignets in powdered sugar, I find that it helps to pour powdered sugar into a paper bag, and then after allowing the biscuits to cool for 1 minute, you can toss them in the powdered sugar by adding a few pieces to the bag and closing it. Shake gently, and they will come out nicely coated. Another option is just to sprinkle them with powdered sugar. After cooling slightly, do this by placing them onto a baking sheet and sprinkle each side with powder sugar. Transfer the beignets to a dish lined in paper towels and serve hot, enjoy!

Source: Butter with a Side of Bread

Now that the holiday season will soon be upon us, it is time to start thinking about holiday desserts. Here is a little pumpkin cheesecake to start us off.

**No Bake Pumpkin Cheesecake Recipe**

SERVINGS 12

Ingredients

2 1/2 cups graham cracker crumbs

1/2 cup butter melted

3/4 cup heavy whipping cream 35%

3 packages full fat cream cheese 8oz each, room temperature

1 1/2 cups pure pumpkin puree

1 3/4 cups powdered sugar

1 teaspoon pumpkin pie spice

1 teaspoon vanilla

Whipped cream for garnish if desired

Instructions

Line 9" springform pan with parchment paper (pinch it in between the sides and the bottom) and preheat oven to 350 degrees F (baking the crust is optional, but helps it stay together more firmly). Combine graham crumbs and melted butter in a bowl. Press firmly into the bottom and 1" up the sides of the prepared pan. Bake crust for 10 minutes or until it looks slightly dry. Remove and let cool to room temperature. In a medium bowl, whip cold cream until stiff peaks form. Set aside. In a large bowl, beat cream cheese with an electric mixer until smooth. Add the pumpkin and beat until combined, scraping down the sides as necessary. Add the sugar, pumpkin pie spice and vanilla and beat on medium-low with an electric mixer until combined, scraping down the sides of the bowl as necessary. Use a spatula to gently fold in whipped cream until no white streaks remain. Pour filling into pan, smooth the top, cover lightly with foil or plastic wrap and refrigerate until set, about 8 hours or overnight. Garnish with whipped cream if desired and serve.

Notes: \*I highly recommend tasting your filling before pouring into the crust — this way you can adjust and add more sugar or more spices if you prefer!

Source: The Recipe Rebel

*If you have a favorite recipe you would like to submit for this section, please send it to newsletter@nfbflorida.org.*

# Health and Wellness

**8 Surprising Ways to Add Carrots to Your Meals**

Even Bugs Bunny would be delighted by these tasty innovations and transformations

by Beth Lipton, **AARP**, October 28, 2022

Our favorite rascally rabbit was right to munch on his favorite snack: Carrots are packed with healthy nutrients that are important for eye health. They're rich in vitamin A, which the retina needs to function. They also contain vitamin C — which is associated with a lower risk of cataracts and age-related macular degeneration — and lutein, a carotenoid that may help protect the retina and lens from sunlight, smoke and air pollution. If you're ready to go beyond baby carrots as a snack, here are some delicious ways to use them in recipes.

1. Bacon

Use a vegetable peeler to create long, thin slices. Mix soy sauce, garlic powder, smoked paprika, olive oil and a little maple syrup; brush on. Air fry at 350ºF for 10 minutes.

2. Hummus

Roast chopped carrots with cumin, then blend in a food processor with tahini, lemon juice, garlic and olive oil.

3. Noodles

Spiralize carrots. Boil briefly or sauté until tender, then toss with butter, Parmesan, lemon zest and pepper.

4. Energy bites

In a food processor, combine dates, carrots, walnuts, cinnamon, nutmeg, vanilla and a pinch of salt until well blended. Roll into balls; no cooking needed.

5. Waffles

Add ½ to 1 cup shredded carrots to your favorite waffle recipe (or mix).

6. Salad dressing

Blend carrots with ginger, rice vinegar, olive oil, garlic and toasted sesame oil for a zesty salad topper.

7. Mashed Potatoes

Replace some of the spuds in your favorite mashed potato recipe with carrots for sweetness and a vitamin boost.

8. Tacos

Toss chopped carrots with oil and Chile powder; roast until caramelized. Pile into tacos with avocado, radishes, cilantro and sour cream.﻿

# Link City

Here are some important links that may be of interest.

**NFB:** https://nfb.org/

**NFBF:** http://nfbflorida.org/

**Braille Monitor: October, 2022** [**https://nfb.org//images/nfb/publications/bm/bm22/bm2209/bm2209tc.htm**](https://nfb.org/images/nfb/publications/bm/bm22/bm2209/bm2209tc.htm%20) **Presidential Release:** October, 2022 - #520 <https://nfb.org/sites/nfb.org/files/2022-10/presidential_release_live_october_2022_chapter_version.mp3>

**State of the Affiliate Video**: https://youtu.be/6r2sQ7CYXus

Link to our NABS Podcast, Letter to our Teacher http://anchor.fm/nabs-now

# Inspiration Conner

***Submitted by Sylvia Young***

“Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present.” By [Bil Keane](https://www.brainyquote.com/authors/bil-keane-quotes)

# Photo Gallery

**Pictures of Florida members at State Convention in Jacksonville Florida**



## **John Pare’ our National Rep speaking in general session.**



## **Kaye Baker, Kara Tucker, Chief at Disabled Service Division, Peggy Fleischer and Paul Martinez with proclamation**



## **Members on a walk along the Riverwalk in Jacksonville at our 22 state convention. Beautiful sunrise.**



## **Scholarship winners and board members at banquet.**

# Chapters

**Greater Broward Chapter:** Jake McEntyre, President, Phone: 954-946-4148, Email: jmac1920@yahoo.com. Meetings are held the 2nd Saturday of each month at the Westfield Broward Mall located at 8000W. Broward Blvd. Plantation, Florida 33312 from 10:30 a.m. until 12:30 p.m. meetings take place inside the Plantation Police Outreach Center, just inside the north entrance to the mall.

**Central Florida Chapter:** Marilyn Baldwin, President, 407-293-0565 Home and 407-810-0554 Cell. Meetings are held the third Saturday of each month from 11 A.M. to 1 PM at Lighthouse Central Florida, 215 East New Hampshire Street Orlando, Florida 32804. Please like us on Facebook at: https://www.facebook.com/groups/410985858949160.

**Greater Daytona Beach Chapter:** Brian Norton, President, Phone: 386-871-3359 Email: brian.edward.norton@outlook.com. Meetings are held the fourth Saturday of the month from 1:00 till 3:00pm at Houligans Speedway restaurant, 1725 International Speedway Blvd. Daytona Beach, Florida. You can also attend our meetings on Zoom with the following link: https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09 Meeting ID: 935 709 9741 Passcode: 8888 Follow Us on Facebook: www.facebook.com/nfbdaytona.

**Gainesville Chapter**: Judith Hamilton, President; Phone: 352-373-7806, Email: gainesvillechapter@nfbflorida.org. The Gainesville Chapter has been meeting monthly on 2nd Saturday by Free Conference Call due to COVID 19. (857) 357-0254; Meeting I.D. has not changed-remains 195715. We are looking forward to making more connections and serving in our community when it is safe to do so. We invite and welcome members and those interested in learning about the National Federation of the Blind. Let’s move forward to build the Federation together!

**Greater Jacksonville Chapter:** Kaye Baker, President, phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month. We meet at the Independent Living Resource Center 2709 Art Museum Drive, and on Zoom with meeting ID 9851473331. The Greater Jacksonville Chapter welcomes anyone wishing to attend.

**Melbourne Space Coast Chapter:** Camille Tate, President, Phone: 321-372-4899, Email: ctate20176@att.net. Facebook: www.facebook.com/nfbmelbourne. We meet on the second Saturday of each month, currently via Zoom. Please contact Camille Tate, President for ways you can join us.

**Greater Miami Dade Chapter**: Jorge Hernandez, President, Phone: 305-877-2311, Email: jeh6@bellsouth.net. The chapter continues to meet virtually, and members are encouraged to participate. Our meetings are held on the third Thursday of each month, from 7:00 p.m. until 8:30 p.m.

**Polk Chapter:** Joe King President, Phone: 863-293-5648, Email: joenkitty@earthlink.net. Our meetings are held the second Saturday of the month at Perkins Pancake House and Bakery located at 6005 Cypress Garden Blvd. Winter Haven, FL 33884 from 10:00 AM-12:00 Noon.

**Florida State-Wide Chapter**: Paul Martinez, President; Phone: 813-390-5720; Email: nfbf.statewide@gmail.com. The Statewide Chapter meets via Zoom every third Sunday of the month at 8:00 pm. Join us with the following link: https://zoom.us/j/97396225920 Meeting ID: 973 9622 5920 Everyone is welcome to attend.

**Tallahassee Chapter:** Donald Christie, President; Phone: 850-727-6794 Email: doctime59@comcast.net. We meet the first Monday of each month from 6:30-8:00 p.m., at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. We are meeting in person, but you can also call in via telephone conference at 605-313-4802 access code 790189

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: NFBF.Tampa@gmail.com. Join us on the fourth Saturday of each month at our Zoom Meeting https://zoom.us/j/98776627448 Meeting ID: 987 7662 7448Tampa Bay Chapter.

**Treasure Coast Chapter**: Nicole D. Fincham-Shehan, President; 410-493-4461, E-mail: treasurecoastnfb@gmail.com. The Chapter will have conference call meetings until further notice. Our calls are held the 2nd Saturday of each month at 10am.

# Divisions

**Deaf-Blind Division:** The Division meets on the second Tuesday of the month. Keep an eye on the Florida List and Save the Date calendar for meeting notices and announcements. President: Brian Norton, president. Phone: 386-871-3359 Email: brian.edward.norton@outlook.com.

**Florida Association of Guide Dog Users (FLAGDU**): Britany Fraer, President; Phone: 804-274-8908, Email: flagdu@nfbflorida.org

**Florida Organization of Parents of Blind Children (FOPBC):** Cherice Togun, President; 407-257-7637; chericeflemingtogun@hotmail.com. Contact the President for meeting date and time.

# Groups and Committees:

**Blind Parents Connect** - NFB of Florida: Miranda Kilby – coordinator. Phone: 352- 942-0417; Email: mbkilby@gmail.com. If anyone has any questions or concerns, please feel free to contact me.

**F.A.B.S.** - Florida Association of Blind Students: Jannik Pesch, President

**Communication Committee:** Chair - Douglas Ingram contact information: Phone: 850-567-8123; Email: dingram59@comcast.net

**Communities of Faith Group:** We meet on the third Wednesday of each month at noon via zoom. https://zoom.us/j/91398845944

One Tap mobile: +1(646) 876-9923,,91398845944#

Our group is continually growing, and all are welcome. Come and see what this warm and uplifting group is all about.

Marilyn Baldwin Chair, Peggy Fleischer co-chair.

**Diversity and Inclusion:** The committee meets on the first Wednesday of each month at 8 p.m. via Zoom https://zoom.us/j/99374511935

Keep an eye on the list for any notices from the committee. Chair: Marilyn Baldwin.

**Fundraising Committee**: Brittany Fraer contact information: Email: Brittany Fraer <bcwilson4418@gmail.com or fundraising@nfbflorida.org

Phone: 804-274-8908

**Legislative Committee:** The Legislative Committee meets on the 4th Thursday of the month. Keep an eye on the Florida List for meeting notices. Co-Chairs: Russ Davis and Camille Tate.

**Federation Foundations:** We meet the fourth Tuesday of each month at 8 p.m. via Zoom. Join us by visiting https://zoom.us/j/92344776358

Keep an eye on the Florida List for meeting notices and the selection for the month. Coordinator: Camille Tate.

**Newsline:** Russ Davis, Chairperson. 844-827-7371, newslinesupport@nfbflorida.org

**Senior Concerns Committee:** Gloria Mills-Hicks, Chairman; Phone: 813-340-9754; Email: Glorianfb@irescuetax.com. Meetings are held the First Thursday of each month at 8pm via Zoom https://zoom.us/j/99374511935

**Technology Q and A:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: jeh6@bellsouth.net. Meetings are held monthly on the fourth Monday at 8:00 pm via Zoom. Contact Jorge to find out how to join.

# NFBF Board of Director’s Information

**Please contact any of the board with questions, comments, concerns or for general information.**

***Paul Martinez - President***

Phone: 813-390-5720

Email: Paul09MS@gmail.com or president@nfbflorida.org

***Jorge Hernandez – 1st Vice President***

Phone: 305-877-2311

Email: jeh6@bellsouth.net

***Camille Tate – 2nd Vice President***

Phone: 321-372-4899

Email: ctate2076@att.net

***Kaye Baker - Secretary***

Phone: 904-832-2884

Email: kaye.j.zimpher@gmail.com

***Sylvia Young - Treasurer***

Phone: 850- 322-5937

Email: Treasurer@nfbflorida.org

**Board Members:**

***Russell Davis***

Phone: 904-993-8433

Email: russell@radiorusty.com

***Denise Valkema***

Phone: 305-972-8529

Email: valkemadenise@aol.com

***Peggy Fleischer***

Phone: 386-931-2132

Email: peggyfleischer@bellsouth.net

***Douglas Ingram***

Phone: 850-567-8123

Email: dingram59@comcast.net

# Editor: Kay Baker

To have something posted in the NFBF Newsletter please submit it to the editor, Kaye Baker at newsletter@nfbflorida.org by the 15th of each odd month.