BREAKING NEWSLETTER

Issue 40 January/February 2023

# President’s note

**Greetings Federation Family:**

I would first like to take the time to welcome each and every one of you to 2023. What a truly busy time it has been for the National Federation of the Blind of Florida since the year began. Twelve members just returned from our yearly legislative gathering in Washington D.C. Some of those who attended were going for the first time, while others were Seminar veterans. I am so proud of each and everyone who attended and of the successful meetings you each had.

The work is not done for us in the National Federation of the Blind of Florida. It will soon be time for us to write to our Congressmen and women and let them know that the issues they heard when our group was in their office are important to all blind individuals nationwide.

We are also bringing back March Membership Madness this year. Think of your circle of family and friends, and find someone to bring to a chapter meeting with you during the month of March. Let’s show our new members the love and value we have in the National Federation of the Blind.

As always, if you have any ideas, I want to hear them. Don’t hesitate to reach out to me.

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](about:blank) 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:***

Alexandra Diggs – Tallahassee

Lynn Jones – Tallahassee

Betty Mack – Gainesville

Dorothy Markham – Tallahassee

Frances Munno – Melbourne

***February:***

Fallon Minichiello – Jacksonville

Juan Reza – Tallahassee

Mary Stafford – Melbourne

Joyce Taylor – 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](about:blank)  
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.

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](about:blank)

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](about:blank), 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 expense. 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](about:blank):

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 Air Pods 3 and air Pods 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.

Children, Please

Yesterday at church, a lady from the congregation was presenting the children's sermon. She walked up to the front of the church and said, "May I have all of the children?" As the children walked forward, several parents responded, "Yes." One quick-witted father asked, "For how long?"

From the Mouths of Children

"Everyone has feelings, except for snakes and principals." - Donna Maria G, age 9 "Laugh and the world laughs with you, cry and the world laughs at you." - Rob P, age 8 "If life gives you nothing but lemons, make up a better shopping list for it." - Steven B, age 8 "Don't eat ladyfingers - even if you know the lady they came from." - Susannah K., age 6 "When a movie is PG-13 that means how many minutes your mom will let you watch before turning it off." - Jon G., age 12 "Moses came down with the Ten Amendments, which were God's Bill of Wrongs." - Susie F., age 7 "Doctors automatically know what's wrong with you. They have a sick sense." - Beau M., age 10 "My dog had worms. I think he was going fishing." - Emma B., age 4

How Dry Is It?

It's so dry in Texas that the Baptists are starting to baptize by sprinkling, the Methodists are using wet-wipes, the Presbyterians are giving out rainchecks, and the Catholics are praying for the wine to turn back into water.

He Knows

"Take a pencil and paper," the teacher said, "and write an essay with the title 'If I Were a Millionaire.'" Everyone but Philip began to write furiously. He just leaned back in his chair and folded his arms. "What's the matter, Philip?" the teacher asked. "Why don't you begin?" "I'm waiting for my secretary," he replied

# Legislation

Legislative Updates

Our legislative team just finished a long and productive week in Washing D.C at our Washington Seminar. I hear many of their meetings went well, and the representatives responded positively. Keep and eye and ear out to the Florida Email list for the beginning of what Russ fondly calls “Washington Seminar Junior.” At that time we will meet with house and senate members virtually, and it will be important for as many of us to participate as possible. Lets get ready to let our Congress know how important these issues are to us.

Notices will be on the email list soon.

As always be sure to drop by the legislative meeting on the fourth Thursday of each month to get the latest info from our legislative directors.

Legislative Committee Co-Chairs

Russ Davis

russell@radiorusty.com

904 993 8433

Camille Tate

Ctate2076@att.net

321 372 4899

# Florida Spotlight

Member Spotlight

**In a recent “Newsletter Survey,” a suggestion was made to have a section where students can tell their stories. The member spotlight is just the place. If you are student, and you have a story that you want to have featured in the newsletter, please send it to** [**newsletter@nfbflorida.org**](about:blank)**.**

**We can’t wait to hear all of the up coming stories from our great students.**

# Recipe Conner

Are you ready for something to bring some spice to your dinner? This cornbread might be just the thing. Check it out.

Jalapeño Cheddar Cornbread with Scallion Butter

Yield: 9

Ingredients

For the jalapeño cheddar cornbread:

1 1/4 cup fine yellow cornmeal

1 1/3 cup all-purpose flour

1 tablespoon baking powder

1 teaspoon kosher salt

3 large Pete and Gerry’s Organic Eggs

1/4 cup packed light or dark brown sugar

1/4 cup honey

1 1/2 cups whole buttermilk

1 cup (4 ounces) sharp cheddar cheese, shredded

2 jalapeños, seeds removed & diced

1/2 cup fresh whole corn kernels, optional

6 tablespoons unsalted butter, melted & slightly cooled

For the scallion butter:

1/2 cup (1 stick) unsalted butter, softened to room temperature

1/4 cup scallions, thinly sliced

Flaky sea salt, to taste

Instructions

For the jalapeño cheddar cornbread: Preheat the oven to 400°F and line a 9×9-inch baking dish with parchment paper or generously coat with nonstick spray, set aside. In a medium bowl, combine the cornmeal, flour, baking powder, and salt. Whisk the dry ingredients well to fully combine and set aside. In another large bowl, combine the eggs, brown sugar, honey, and buttermilk. Whisk the wet ingredients very well to thoroughly combine. Add the dry ingredients into the bowl with the wet ingredients and use a rubber spatula to fold together until just combined. Then add in the shredded cheese, jalapeños, and corn kernels (if using). Gently fold those into the batter until just combined. Lastly, pour the melted butter in and fold once more just until well incorporated. Empty the cornbread batter into the prepared baking dish and smooth the top as needed. I like to garnish the top with a few extra bits of shredded cheese and sliced jalapeños as well- totally optional! Bake the cornbread for 25-30 minutes or until a toothpick inserted into the center of the cornbread comes out clean, and the cornbread is golden brown and set. Cool slightly before serving.

For the scallion butter: In a medium bowl, stir together the softened butter and scallions until well combined. Stir in flaky salt – to desired taste. Serve warm jalapeño cheddar cornbread with scallion butter. Enjoy!

Source: Butter Be Ready

Here is an easy casserole with an Italian flair.

4 Or 5 -Ingredient Casserole

Submitted by Terry Borden

Time: 50 minutes  
Yield: 6 servings

Ingredients  
2 1/2 cups marinara sauce  
1 (24-ounce) package frozen cheese ravioli  
1 (8-ounce) package frozen spinach, optional, thawed and squeezed-dry  
2 cups mozzarella cheese, shredded  
1/4 cup parmesan cheese, grated

Directions  
 1  Preheat the oven to 400 degrees F.  
 2  Spray a 9x13-inch baking dish with cooking spray.  
 3  Pour a thin layer, about 1/2 cup, of the marinara sauce to cover the bottom of the prepared baking dish.  
 4  Arrange 1/2 of the frozen ravioli in a single layer over the sauce.  
 5  Layer the spinach on the ravioli, if using.  
 6  Add 1/2 of the marinara and 1/2 of the mozzarella in even layers in the baking dish.  
 7  Repeat the layers of the ravioli, the sauce, and the mozzarella once, starting with the ravioli.  
 8  Sprinkle the parmesan cheese on top.  
 9  Cover the baking dish with aluminum foil and bake for 20 minutes.  
 10  Remove the foil and bake, uncovered, until bubbly and hot in the center, about 20-25 minutes.  
 11  Let stand for 10 minutes.  
 12  Serve

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

# Health and Wellness

# FDA Clears New Continuous Glucose Monitor From Dexcom - CNET

A picture containing indoor, electronics, game

Description automatically generated

Dexcom, a continuous glucose monitoring (CGM) systems company, announced Thursday that its G7 system has been cleared by the US Food and Drug Administration. Suitable for people with Type 1, Type 2 and gestational diabetes, the G7 is cleared for everyone age 2 and up.

The [Dexcom G7](about:blank) is an all-in-one wearable that's 60% smaller than the G6, which is one of CNET's [best continuous glucose monitors](about:blank). The G7 sensor only requires a 30-minute warmup, compared to the G6's two hours, and it includes a 12-hour grace period to replace finished sensors. Dexcom also says the G7 app will be "redesigned and simplified" and will come with improved alert settings.

Like the older version, the G7 won't require any finger pricks or scanning, real-time glucose readings will be sent every five minutes and you'll be able to integrate it with other wearable tech like the [Apple Watch](about:blank) or [Garmin](about:blank).

**Read more:** [I Used Loop to Hack My Insulin Pump to Better Control My Blood Sugar Levels](about:blank)

[About one in 10 people](about:blank#:~:text=37.3%20million%20Americans%E2%80%94about%201,t%20know%20they%20have%20it.) in the US have diabetes (and one in five don't know they have it, according to the US Centers for Disease Control and Prevention). Diabetes is a chronic condition that affects the way someone's body uses sugar (glucose), which we need for energy. Some people with diabetes use continuous glucose monitoring systems (CGMs) to track their blood sugar levels, like Dexcom's, which connect a small patch that sticks to your skin to an app that helps you keep tabs on your diabetes.

The G7 will be available in the US in early 2023. Dexcom says the price will vary based on insurance coverage, but the company is currently reimbursed by more than 97% of private insurance companies, Medicare nationwide and Medicaid in 45 states.

# Link City

Here are some important links that may be of interest.

**NFB:** [https://nfb.org/](about:blank)

**NFBF:** [http://nfbflorida.org/](about:blank)

**Braille Monitor: February, 2023** [February 2023](about:blank)

**Presidential Release:** February, 2023 - #525 [Presidential Release 524, February 2023 (English Audio)](about:blank)

**State of the Affiliate Video**: [https://youtu.be/6r2sQ7CYXus](about:blank)

Link to our NABS Podcast, Letter to our Teacher [http://anchor.fm/nabs-now](about:blank)

# Inspiration Conner

***Submitted by Sylvia Young***

**THE OLD DENTED BUCKET**  Our house was directly across the street from the clinic entrance of  Johns Hopkins Hospital in  Baltimore .  We lived downstairs and rented the upstairs rooms to out-patients at the clinic.  
  
   One summer evening as I was fixing supper, there was a knock at the door.  I opened it to see a truly awful looking man.  "Why, he's hardly taller than my 8-year-old," I thought as I stared at the stooped, shriveled body.  But the appalling thing was his face, lopsided from swelling, red and raw.  
  
   Yet his voice was pleasant as he said, "Good evening.  I've come to see if you've a room for just one night.  I came for a treatment this morning from the eastern shore, and there's no bus 'til morning."  
  
   He told me he'd been hunting for a room since noon but with no success, no one seemed to have a room.  "I guess it's my face .... I know it looks terrible, but my doctor says with a few more treatments .."  
  
   For a moment I hesitated, but his next words convinced me: "I could sleep in this rocking chair on the porch.  My bus leaves early in the morning."  
  
   I told him we would find him a bed, but to rest on the porch..  I went inside and finished getting supper.  When we were ready, I asked the old man if he would join us.  "No, thank you.  I have plenty."  And he held up a  brown paper bag.  
  
   When I had finished the dishes, I went out on the porch to talk with him a few minutes.  It didn't take a long time to see that this old man had an oversized heart crowded into that tiny body.  He told me he fished for a living to support his daughter, her 5 children, and her husband, who was hopelessly crippled from a back injury.  
  
   He didn't tell it by way of complaint; in fact, every other sentence was preface with a thanks to God for a blessing.  He was grateful that no pain accompanied his disease, which was apparently a form of skin cancer.  He thanked God for giving him the strength to keep going...  
  
   At bedtime, we put a  camp cot in the children's room for him.  When I got up in the morning, the bed linens were neatly folded and the little man was out on the porch.  
  
   He refused breakfast, but just before he left for his bus, haltingly, as if asking a great favor, he said, "Could I please come back and stay the next time I have a treatment?  I won't put you out a bit.  I can sleep fine in a chair."  He paused for a moment and then added, "Your children made me feel at home.  Grownups are bothered by my face, but children don't seem to mind."  
I told him he was welcome to come again.  
  
And, on his next trip, he arrived a little after 7 in the morning.  As a gift, he brought a big fish and a quart of the largest oysters I had ever seen!  He said he had shucked them that morning before he left so that they'd be nice and fresh.  I knew his bus left at 4:00 a.m. And I wondered what time he had to get up in order to do this for us.  
  
   In the years he came to stay overnight with us, there was never a time that he did not bring us fish or oysters or vegetables from his garden.  
  
   Other times we received packages in the mail, always by special delivery; fish and oysters packed in a box of fresh young spinach or kale, every leaf carefully washed.  Knowing that he must walk 3 miles to mail these, and knowing how little money he had made the gifts doubly precious.  
  
   When I received these little remembrances, I often thought of a comment our next-door neighbor made after he left that first morning.  
  
   "Did you keep that awful looking man last night?  I turned him away!  You can lose roomers by putting up such people!"  
  
   Maybe we did lose roomers once or twice.  But, oh!, if only they could have known him, perhaps their illnesses would have been easier to bear.  
  
   I know our family will always be grateful to have known him; from him we learned what it was to accept the bad without complaint and the good with gratitude to God.  
  
   Recently I was visiting a friend, who has a greenhouse, as she showed me her flowers, we came to the most beautiful one of all, a golden chrysanthemum, bursting with blooms.  But to my great surprise, it was growing in an old dented, rusty bucket.  I thought to myself, "If this were my plant, I'd put it in the loveliest container I had!"  
  
   My friend changed my mind.  "I ran short of pots," she explained, "and knowing how beautiful this one would be, I thought it wouldn't mind starting out in this old pail.  It's just for a little while, till I can put it out in the garden."  
  
   She must have wondered why I laughed so delightedly, but I was imagining just such a scene in heaven.  
  
   "Here's an especially beautiful one," God might have said when he came to the soul of the sweet old fisherman.  "He won't mind starting in this small body."  
  
   All this happened long ago - and now, in God's garden, how tall this lovely soul must stand.  
  
   The LORD does not look at the things man looks at.  Man looks at the outward appearance, but the LORD looks at the heart." (1 Samuel 16:7b)

# Photo Gallery

**Pictures of our Washington Seminar delegates in Washington DC January 31st through February 2nd**



Ten of our Washington Delegates in front of the Lincoln Memorial



Washington Seminar delegation inside the Holiday Inn Capital

# 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) 701-8822, 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.

**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**: Rosemary Brunson, President;, 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

# 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](about:blank)

***Denise Valkema***

Phone: 305-972-8529

Email: [valkemadenise@aol.com](about:blank)

***Peggy Fleischer***

Phone: 386-931-2132

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***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.