

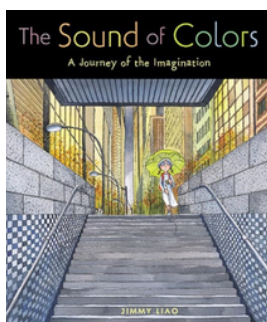
FEBRUARY 2024

# NDVS/SB OUTREACH NEWSLETTER

*NDVS/SB provides individualized services and resources to infants, children, and adults with visual impairment to empower them in achieving their goals.*

## February is I Love to Read Month

Looking for a book with a character your child can relate to? Check these out! They all feature characters who are blind or visually impaired and can be checked out from the Vision Resource Center at NDVS/SB by contacting Emily (estenber@nd.gov or 701-795-2709).



***The Sound of Colors***  
by Jimmy Liao



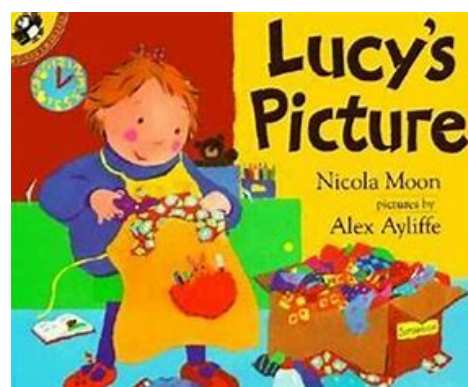
***The Pirate of Kindergarten***  
by George Ella Lyon



***My Three Best Friends, and Me, Zulay***  
by Cari Best



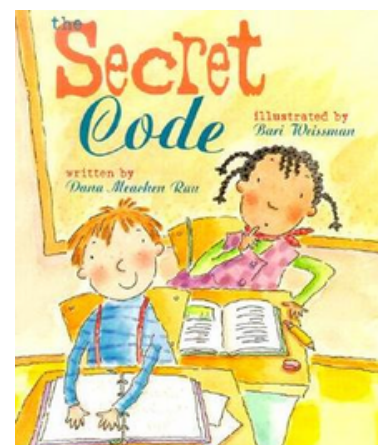
***Lucy's Picture***  
by Nicola Moon



***The Secret Code***  
by Dana Meachen Rau



***White Cane Day***  
by Kristin Grender



***Squint***  
by Chad Morris

# NFB OF ND & NDAB:

## OFFERING FAMILIES INFO AND OPPORTUNITIES

*There are two active consumer groups for people who are blind and low vision in North Dakota, the **North Dakota Association of the Blind (NDAB)**, which is the North Dakota affiliate of the American Council of the Blind (ACB), and the **National Federation of the Blind of North Dakota (NFB of ND)**, the state affiliate of the National Federation of the Blind (NFB). Both groups offer resources and opportunities for parents, families, and friends of individuals who are blind or low vision. In the last newsletter, information about the National Federation of the Blind of North Dakota was shared. In this newsletter, read about NDAB. The questions below were answered by current NDAB President Trampes Brown.*

### **What is NDAB?**

The North Dakota Association of the Blind is a member organization for people who are visually impaired or blind and sighted people who want to support the members and mission of the organization. Our mission statement is: *NDAB strives to enhance the way of life for people who are blind or visually impaired, to encourage employment opportunities, and to educate the public about sight loss.*

### **What services, programs, or opportunities do you offer to parents or families?**

The best resource NDAB offers is our members and the decades of experience we have living with sight loss. Parents and families can learn from other members and connect with other families who are going through similar situations. We are also developing a more formal parent support group so that those members can ask and answer questions that they may not feel comfortable with in other places.

We are proud of our partnership with NDVS/SB and have been able to connect with families at Family Weekend and other events where we have had a presence. Each legislative session, members of NDAB testify to the state legislature to ensure NDVS/SB receives adequate funding. We also visit with state and national legislators to ensure services and opportunities are provided for all individuals with sight loss, including children, as part of our advocacy efforts.

### **How do you become a member of NDAB?**

There is a simple form on our [website](#). You can also reach out to our VP/Membership Chair, Lexee Steffan (lexee@ndab.org). Dues are minimal, \$15 for adults and \$3 for junior members, who are 14 to 18 years old. If you become a member of NDAB, you also automatically become a member of the national organization we are an affiliate of, the American Council of the Blind (ACB). Membership in ACB offers many other opportunities and resources, including parent support groups.

### **Why should a parent or family member become a member of NDAB?**

At times a parent may not understand the struggles their child is dealing with regarding their vision loss. NDAB provides an opportunity to reach out to members who have walked the walk and have experienced the things your child has or will go through, from education and employment to transportation and advocacy. There are also many opportunities for your child and yourselves to connect socially with other families and/or children with vision loss.

### **Tell us about the scholarships that NDAB offers.**

Every spring NDAB awards 3 scholarships to students who are blind or visually impaired attending a college or university, and one scholarship to a student attending a vocational or trade school. You can find more information about these scholarships on our [website](#). You do not have to be a member of NDAB to apply, but if you are awarded a scholarship, you will automatically gain membership for that year. ACB also offers many scholarships, and there have been numerous recipients from North Dakota.

### **What other programs should children or teens know about that NDAB provides?**

Every fall we offer a Sports and Recreation Retreat for adults and teens aged 14 and up. At this event, participants can try out a variety of different sports and activities in a safe space and then have the confidence to do it again back at home with their families or friends in their communities or at school. We've done archery, kayaking, blind soccer, visited an escape room, and so much more. We have a video about it on our YouTube page [here](#).

If anyone has any questions about what we offer or if there's anything they'd like to see offered, please reach out. My email is trampes@ndab.org and my phone number is 701-389-7982. A personal passion of mine is making sure sports are accessible to all. If you would like me to visit your child's school to introduce accessible sports, please reach out as well.