

Dear Veterans:

There will be a Veterans Retreat at the Georgia Lions Camp for veterans who are dealing with loss of vision. The location is about 10 miles south of Waycross, Georgia, next to Laura Walker State Park. Come share what works for you, ask questions, and figure out nifty adaptations.

When:

February 25 to March 2, 2018. The event will open on Sunday afternoon, and we'll close after breakfast on Friday, March 2.

Who:

The event is open to any veteran who is involved with loss of vision. We Anticipate hosting veterans from Georgia, Florida, South Carolina, and Alabama.

Note: Any veteran who is now blind or visually impaired may find this retreat enjoyable and helpful. Vision loss need not be service related.

Activities:

Planned activities and presentations include the following -

- * Using your iPhone or smart phone to access many applications for lifestyle, social, and recreation
- * Tandem bike riding -- bike safety and maintenance
- * Physical fitness and tips for daily activity
- * Managing medications and medical issues, including first aid and emergency planning tips
- * Helpful resources such as BVA, Hadley Institute, Book Share, ACB, AFB, NFB, And others
- * Selecting healthy foods and meal preparation

Additional activities - Is there a topic that you would like to learn about?

Please let us know of additional topics or activities that interest you.

Some possibilities include:

- * Do you enjoy music, singing, or do you play a musical instrument?
- * Would you be interested in container gardening -- such as fragrant herbs, blooming plants, succulents, or miniature vegetables
- * Have you used Uber or Lift? Tell us about your experience.
- * Are you familiar with government and private programs available to boost the lifestyle for persons who are visually impaired?

Supportive health care needs -- Medical care supervision will be provided as part of the retreat. No ADL services will be included or provided as part of this event. A registered nurse is on staff and will administer medications. Members of the Lions Clubs of Georgia will be on hand as volunteer hosts and hostesses, and can provide sighted guide assistance as needed.

For more information, and to receive an application, please contact one of the following persons:

Ron Worley, phone [17067269483](tel:17067269483) or email ron65@knology.net
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We look forward to making this an annual event, with your help!!