



C.B.R.C. Torch

A publication of the

Central Blind Rehabilitation Center

Hines, Illinois 60141

FALL / 2011

HINES BLIND CENTER ALUMNI REUNION 2011



The HBCA Alumni Picnic was celebrated on Friday, June 24th, 2011



"Let it light the pathways of the blind, that their dignity may be restored."

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Mission Statement

The mission of the Blind Rehabilitation Center is to provide high quality blind rehabilitation service through the provision of a broad range of programs. As the rehabilitation needs of the blind and visually impaired population change, it is the center's intent to be at the forefront and a recognized leader in the development and implementation of the individualized treatment modalities, health care and prosthetic devices. Its primary goal is to provide the skills and training with equipment necessary for independence. Specialty programs such as computer access training, electronic travel aids and electronic reading machines are provided to eligible veterans. Public education including the Family Training Program is directed at improving the level of understanding to the general public.

Contents of the paper are not necessarily the official views of or endorsed by the U.S. Government or the Department of Veterans Affairs.

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The Torch is a Publication of the Central Blind Rehabilitation Center: Gerald A. Schutter, Chief

Calendar of Events

October

- 10 Columbus Day (observed)
- 12 Columbus Day
- 16 National Boss Day
- 17-21 Creative Arts Festival Fayetteville, Ark)
- 31 Halloween



November

- 1 All Saints Day
- 6 Daylight Savings Time Ends
- 8 Election Day
- 11 Veteran's Day
- 24 Thanksgiving Day



Past Events

- 10 US Marine Corp Established (1775)
- 22 JFK Assassination (1963)

December

- 22 Winter Begins
- 24 Christmas Eve
- 25 Christmas Day
- 31 New Years' Eve

Past Events

- 1 Civil Air Patrol Founded (1941)
- 7 National Pearl Harbor (1941)
- 8 US Entered WWII (1941)
- 9 AMVETS established (1944)
- 15 Bill of Rights Day (1789)
- 28 Pledge of Allegiance Recognized (1945)



January

- 1 New Year's Day
- 16 Martin Luther King Day
Civil Rights Day



Message from the Chief

By Jerry Schutter

The 2011 Alumni Picnic was a success. It was wonderful to see so many familiar faces again. Thanks to all who attended and participated, as well as those who helped plan, we could not have done it without you.

We've had a number of special guests at the BRC over the summer. We were fortunate to be visited by major league baseball players from the Chicago



White Sox in June. Pitchers Mark Buehrle, John Danks, Chris Sale, and Matt Thorton, stopped by for a brief visit, autographed some hats and even got some friendly advice on improving their game.



We were privileged by a visit from a number of Medal of Honor recipients from the (ARMY). Patients and staff were thrilled to be fortunate enough to meet these special guests.



Hines Hospital campus has been busy with improvements all over the facility. Parking lots and access roads have been given a facelift, providing additional as well as accessible space for traveling around the campus. Construction barricades have made Orientation and Mobility lessons on the grounds a challenge, but, staff and patients have been up for the task.

Come October 1st, changes to the Blind Rehabilitation Program will become effective. We will now be offering Dual Rehabilitation Training programs, as deemed appropriate, for veteran applications to the Rehabilitation Program. This is being done to equalize the wait time for admission for all programs and better serve our veterans.

The HBCA Alumni Reunion Picnic 2011



The HBCA Alumni Picnic was celebrated on Friday, June 24th, 2011. This event provided time for former patients and their families of the Blind Center to reconnect with staff and former veterans. Visitors from as far away as New Mexico and Utah were present to participate in this occasion

As the Alumni arrived at the BRC, they were greeted with both a name tag and a smile. Shortly after arriving, they attended a Blinded Veterans Association (BVA) meeting. Once the meeting was over it was time for some fun!

The veterans as well as their families were encouraged to make their way to the second floor of the Blind Rehabilitation Center and participate in a variety of games that focused on their sense of touch, feel, and sound. Such games included “Name that Tune”

where veterans listened to songs, show tunes and movie themes from a variety of decades. Another area sponsored a coin counting exercise where veterans were distracted with music and people talking while trying to see who was the quickest when counting coins mixed with various objects. “Name that Object” was a popular game as individuals would feel their way into a brown paper bag to determine the object inside, whether it be a yo-yo, paperclip or hole punch. Brain power was challenged for even the savviest historians during “Patriotic Trivia.” There were approximately 100 different questions which included American History, Hines History, history of the Blind Rehabilitation Center and facts from each of the different branches of the Military. When it came to competition, the gloves came off as they went head to head in mini golf and bags (a.k.a cornhole).



Bags is similar to horseshoes except you use wooden boxes called corn hole platforms with a far hole in the end and corn/bean bags instead of horseshoes and metal stakes. Each player earns points as the bag has either landed in the hole or on the platform. Lastly, technology made its way as hangman on the computer was offered. (See photo below)



Recognition for game participants and winners came in the form of certificates. Certificates included, but were not limited to Mr. and Ms. Congeniality, Overachiever, and Money bags award as well as the Perfect Pitch.



The Theme for the food served as Texas B-B-Q picnic lunch. The

Lunch was served by the Staff of the Blind Center. The items included Fried Chicken, Baked Beans, and Corn on the Cob, B-B-Q Pulled Pork Sandwiches, Potato Salad, Fresh Watermelon and Assorted Cookies. Everyone enjoyed eating around picnic tables and sharing stories of their time spent at the Blind Center and learning new skills. Leftovers from the picnic were shared among the inpatients for the next few meals as more camaraderie was spread throughout the weekend.



Thanks are extended to staff member Denise Van Koevering who leads the team every other year, ensuring a successful outcome for our Vets.

BRC Recreational Outings and Events

By Melissa Winter

Annual Barb Klemm

Memorial Pig Roast

Wheaton VFW

Post 2164 hosted

its annual Pig Roast on August 27th. Nineteen inpatient veterans and many of our former veterans participated in the event this year. Some people played horseshoes and bags games while others socialized with volunteers, staff members, current and past veterans from BRC. The Wheaton VFW served the roasted pig with all the fixin's. What a feast. Throughout the day the music of the *Bunk house Boys* band filled the air. Veterans sang along with the tunes and some were even moved to dance. A raffle at the end of the evening had most veterans leaving with a parting gift.

Over the years, Linda Johnson, Barb Klemm's daughter, has championed this annual event. However, she has since moved from the area and is regrettably unable to continue to participate. Please join the Blind Center in wishing Linda and her family well. A sincere thank you for all of the time and effort she has contributed to make this a truly unforgettable



event. We appreciate her commitment to our veterans. The Pig Roast WILL continue as Heather Klemm, Barb's daughter in-law, has graciously agreed to carry the torch in the upcoming years.

National VA TEE Tournament, Iowa

A total of 218

Veterans from 30 states participated in the 18th National Veterans TEE (Training, Exposure and Experience) Tournament, September 12-16, 2011, Riverside Casino, Iowa. Vets participating in the activities ranged in age from 94 to 22. Sponsored by the Department of Veterans Affairs and supported by over 300 volunteers and numerous corporate sponsors, the National Veterans TEE Tournament provides Veterans with disabilities the opportunity to develop new skills and strengthen their confidence through adaptive golf. The Hines Blind Center escorted 25 veterans and their family to the event where they met up with many Hines Alumni who traveled with their local VA. Check out the TEE Tournament website for pictures of Hines folks in action www.tee.va.gov.



TORCH GLOWS

By Sarah Baskis

It's a GIRL

Amanda Widmer (O&M) and her husband, Alan, had a baby girl Saturday, 5/28/11. Amelie Joy Hawkins, 8 lbs 7 oz and 21 inches long! Congrats, Amanda and Alan!

TCF Students Accept Positions at Hines

Congratulations to Francis Evovo who has been selected to fill a Living Skills vacancy. Francis will complete his TCF Internship and then move full-time into his new position next summer.

Congratulations to Emily Bajalis who will be filling the CATS position after completing her TCF Internship next summer. Emily will also be completing an internship in Living Skills this fall to complete her Vision Rehab Therapy (VRT) degree. She will graduate from Northern Illinois University in May 2012.

Welcome New Staff

Michael Westberg, our new Program Assistant, joined the Hines BRC in June 2011. Mike is a Marine veteran and served in Vietnam. Mike was born in North Dakota, raised in California and went to school in Illinois. Mike says that he enjoys the VA and

serving fellow veterans. In his free time, Mike enjoys books, animals, arts, science and the outdoors. Welcome, Mike!

Melissa Winter, our new Recreational Therapist, joined us in June 2011 as well. Melissa attended Indiana State University and has worked as a Recreational Therapist for the past six years. She worked with the Rehab Institute of Chicago before joining Hines. Melissa's husband is a Navy Corpsman and they have two German Shepards. Welcome, Melissa!

Retirements

Randy Simons (Living Skills) retired on July 29th, 2011, after 36 years of service with the VA. Chris DiPompeo (Nursing) has announced that she will retire at the end of December 2011.

Goodbyes...

TCF Student, Christine Yamashige completed her TCF Internship at Hines and has transferred to the new BRC in Long Beach, CA.

Tara Wilhelmus will be transferring her TCF Internship to the Waco, TX, BRC starting in October 2011. This will allow Tara to be closer to her family in Dallas.

Retirement Celebration

By MaryBeth Harrison



The Blind Center said goodbye to long-time staff member Randy Simons this summer. Randy, an Occupational Therapist by profession, spent her entire VA career at Hines BRC. She began over 37 years ago in the Manual Skills section, where she taught “basic shop” skills such as leatherwork, weaving, and ceramics. She transitioned to the Living Skills area to teach Activities of Daily Living & Adaptive Kitchen Skills, Braille, and Communications. Over the years, Randy positively impacted the lives of hundreds of Veterans with vision loss, as well as dozens of interns and new staff members. We celebrated Randy’s years of service with a Retirement Tea at the Blind Center on July 21st and a Retirement Dinner Party at Mattone Restaurant on August 6th. Eighty guests came from near and far including Randy’s family, friends, current and former staff, and volunteers. Chief Jerry Schutter (who was also Randy’s one-time Manual Skills Supervisor) presented her with a

Blind Center plaque with the names of all former and current staff, and a special Certificate of Appreciation from the Hines Blind Center Alumni.

Living Skills Supervisor Chuck Brancheau, Chief of Voluntary Service (former Living Skills Supervisor) Barb Hunt, and Assistant Chief (former Living Skills Supervisor) Mary Beth Harrison all shared their stories of Randy.



Randy expressed that what kept her going all those years was the Veterans themselves. She truly enjoyed working with them.

We wish Randy and her husband Larry much health and happiness in their retirement years.



Who's Still Who at the BRC

By Susan Knauff

Many Hines Blind Center veterans remember being awoken at 5:30 a.m. every class day by a familiar voice. That voice belongs to Valerie Allen, one of the night nurses. Val has been nursing at the Blind Center full-time for almost twenty years.

Val first became interested in nursing at the VA when she would take her dad to Hines for his medical appointments. One day, she decided to fill out a job application, and she was called to work in the extended care center (ECC). Val was at the ECC for approximately two years when a part-time blind center position opened up; she applied and was accepted for that position where she worked 2 nights at the BRC and 3 nights at ECC. She did this for two years until a full-time BRC position opened up. Along with her dedication to her work, Val said that her favorite parts about working at Hines are “the vets and the staff. I love them all! Working here with the vets is a hoot; I enjoy each and every day.”

One of Val's biggest accomplishments was “working in substance abuse for 8 ½ years; that was a big challenge.”

Outside of work, Val loves to spend time at casinos! Her dream

vacation would be to visit every casino in the world. Given a day to do anything at no expense to her, Val said that she would love to play the \$100 slot machine. In her spare time, Val also loves to play BINGO and crochet.

Some of Val's favorite things include the movie “Sleeping with the Enemy;” The Bible as her favorite book; her favorite song, “Amazing Grace;” favorite television show is Law and Order. Her favorite holiday is New Year's Eve, because it offers “a fresh start and new beginning.” Val also loves to laugh. When asked who/what makes her laugh the most, she said “EVERYTHING!” If given the chance, Val would have loved to have known her grandparents. “I only had one paternal grandma; I would have liked to get to know my other grandparents, too.”

During her time in nursing at Hines, Val met and married the love of her life at the blind center; they married in 1995.

Unfortunately, her husband passed away from liver disease in 1998 in building 200 of Hines.

With so many years of working at the blind center, Thank you, Val, for your dedication to the veterans and to your profession. All of us at the blind center know what a pleasure it is to work with you!

Computer Corner Downloading Music

By Mike Dugan

For me, the most fun you can have with a computer is downloading music. Let me share my downloading experiences.

I started with the legal version of Napster. They seemed to have a wide selection of songs including jazz and folk in addition to rock 'n' roll. However, at a certain point they decided to redesign their site, making it inaccessible with a screen reader. When contacted by email, they were unapologetic about it. So it was time to look for an alternative.

Amazon was next. Like the iTunes store that I will discuss below, Amazon offers movies, books and TV shows in addition to MP3 downloads. When you go to amazon.com, you may notice a link to an "accessible" site. This is actually Amazon's mobile site. I have not found that it makes that much difference when buying music.

Before purchasing music you will need to set up an account using a credit card. This process is not that difficult. You can search for tracks even if you are not signed up, giving you the opportunity to find out if the selection matches

your taste and to practice navigating through search results.

You will find a combo box immediately preceding the search field that lists thirty-five categories covering everything from soup to nuts. One of these is MP3 downloads. Proceed as follows:

- Try following Type M until you hear the category name and then tab to the search box.
- Type the song title or artist name in the search field.
- Click on the 'go' button to start your search. Results are displayed in tables.
- If you are using JAWS you can press T to move to the beginning of each table.
- The columns contain links for listening to a song preview, a link to the album that the song is on and a download link. It is recommended that you open the album link before attempting to download a song.

As part of setting up your account you will need to install the Amazon downloader software. Again, like iTunes, this program organizes your music into folders and sub-folders that reside in your music library. When you decide to buy a

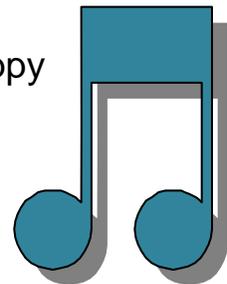
song or album, you will be asked to confirm the purchase. I have also found that you need to manually click on the download button even though they say that the process is automatic. Song prices range from ninety-nine cents to a dollar twenty-nine. Albums are generally \$9.99.

This brings us to the most popular place for obtaining music, the Apple iTunes Store. The news is good for screen reader users too because it is no longer necessary to spend extra money just to gain access. Current versions of screen readers work out of the box with iTunes. The most difficult part of this was setting up the account. Personally, I cheated and let the nice people at the Apple Store assist me. However, I did not have the most current version of JAWS set up when I tried to create the account myself.

As with Amazon, you can perform searches without an account. Pressing the F6 key moves you between panes on the screen. Unlike Amazon, you do not have to specify your search criteria. Just go to the search field and type whatever you want. Results are shown in a window that is very much like a standard web page. You can navigate between different sections using the headings. So, for example, if you

are using JAWS, pressing H or shift H will move you between albums, songs, TV shows, etc. When you find the section that interests you, use the arrow keys to browse results. Song previews are generous and when you start one a stop button appears. A purchase button tells you the cost of the download. Prices range from sixty-nine cents to a dollar twenty-nine. Albums are typically priced at \$9.99. Apple also has exclusive rights to some music, the Beatles catalog for instance.

There are other sites such as Rhapsody that I have not used. However, the information here should be enough to give you a start. Happy downloading and listening!



RESOURCES

GPS and Computer Monthly Discussion Groups- Hines Chapters

Veterans Helping Veterans.
Just dial the 800 number and when it tells you to put in your access code follow the prompts and you're there.

Computer Support Conference Call

Date: First Thursday of every month
Time: 10:00 to 10:50 am (CDT)
Conference call in number:
1-800-767-1750
Access Code 44125

GPS Trekker Support Conference Call

Date: First Tuesday of every month
Time : 10:00 to 10:50 am (CDT)
Conference call in number:
1-800-767-1750
Access code 44125

If you would like to be included in the e-mail reminders on the calls, which include agenda topics, please send an E-mail to:

Richard Olson:

rwoverna1@sbcglobal.net

Please include which your name, contact information and which group you would like to be added to.

Performance Improvement Department Updates

Several newer devices are being used by the Visual Skills' staff to help veterans enhance their remaining vision.

The MiniMax is the latest portable electronic magnifier to the blind center that has been found to benefit veterans. This particular device is ideal for veterans who need slight magnification, but benefit from reverse contrast for glare control when reading and near spot-checking.

The Dynavision D2 is a computerized system new to Hines that helps veterans learn to scan. Scanning is a process that trains veterans to enhance their field of view by moving their eyes and/or head to the areas of their field that are diminished. The veteran is trained on different scanning techniques and timed in how quickly they can see a lit button and press it to turn it off. Their progress can be graphed on the computer to assess improvements in scanning ability. Visual Skills is also investigating different light options for veterans who experience night blindness. Different light sources are head-worn or hand-held, that can present a simple, inexpensive aid to assist when dealing with darker lighting conditions.

Visual Impairment Services Team Coordinator (VIST)

Update

Eligibility for Catastrophic Disability

Submitted by VIST
Patrick Zeinstra, Hines VAH,
Eric Strong, Captain James A.
Lovell Federal Health Center

On May 5, 2010, the President signed Public Law 111-163, the Caregiver and Veterans Omnibus Health Services Act of 2011. The law provides Veterans determined by the VA to be Catastrophically Disabled an EXEMPTION from inpatient, outpatient, and prescription copayments. However, these Veterans may still be subject to copayments for extended care (long-term care) services.

Veterans are considered to be Catastrophically Disabled when they have a severely disabling injury, disorder or disease that permanently compromises their ability to carry out activities of daily living.

Legal blindness is considered by the VA as a catastrophic disability.

It has been found that many veterans that are eligible for the waiver of copayments continue to receive bills for care and

medications. Unfortunately, the computers are still not talking to each other as far as this is concerned. We have been advised that this soon will be remedied. In the meantime, if you are unsure if your record has been updated for catastrophic disability, please contact your Visual Impairment Services Team Coordinator. If you received a bill, call the toll-free number on the bill, and let them you have been declared Catastrophically Disabled and ask them about the charges. They will review your records and assist you with the bill.

Blind Rehabilitation Catchment Areas are changing

With the activation of additional Blind Rehabilitation Centers across the U.S., (Cleveland, OH, Biloxi, MS) predetermined catchment areas will be redefined. This means, the new facilities will begin accepting admissions and VIST Coordinators will be referring patients based on geographical location differently than previously referred. However, if a patient elects to return to a facility that they previously visited for blind rehabilitation, they are free to do so, just be sure to let your VIST Coordinator know. We welcome all our previous patients and alumni.

An Inspiration to All When All May Seem Impossible

By Maggie Elgersma

Jim Shaffer, a United States Air Force veteran, was an active pilot, an avid tennis



player and enjoyed a good game of golf, before he started to lose his vision. At 75, Jim noticed his vision changing, like many other veterans and civilians, Jim was diagnosed with Age Related Macular Degeneration. He went through numerous procedures to try and preserve his remaining vision, but after about three years his vision started to slowly decrease. All of the things he once enjoyed seemed difficult or even impossible.

In 2009 Jim came to the Hines Blind Rehabilitation center for training. It was here that he realized the impossible didn't seem so impossible anymore. Although he could not fly a plane, or drive any longer, there were other things he still could do. During his program at the Blind Center he was introduced to numerous techniques and devices that enabled him to perform some

of the activities that he once enjoyed.

When Jim returned home he decided he wanted to start working again. He was put in contact with Voluntary Service at the VA Hospital in Des Moines, Iowa, in hopes that it would eventually lead to a job opportunity. He started by shadowing other volunteer's that were escorting patients and delivering lab work and eventually he was placed at the information desk where he volunteered 3 days a week for about 9 months. Although Jim loved volunteering, he still wanted to become employed. He faced numerous challenges when pursuing a job. In the winter of 2010 Jim returned to the Hines Blind Center for Computer Access Training. He received training with the access software, ZoomText, allowing him to magnify the screen to utilize the computer.

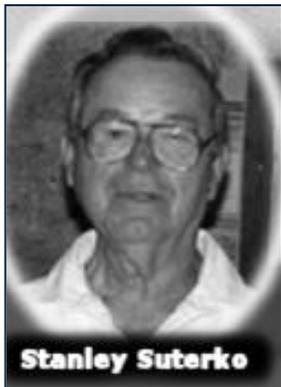
On July 18th, 2011, at age 81, Jim was hired at the Des Moines VA Hospital as a Program Assistant. All of Jim's perseverance paid off and he is truly an inspiration to those that are on the same journey. Congratulations Jim, from the Hines Blind Center staff, we are so proud of you!

Posthumous Award for Hines BRC Pioneer

By R. Gockman
and W. Suterko

In June of 2011, the late Stanley Suterko (December 30, 1920-April 9, 2008) was

honored with an award from the Laski community (a small town at the edge of Kampinos Forest, not far from Warsaw, West Central Poland) for his distinguished service to the Polish blind.



Stan was one of the original orientors hired by Russell Williams in 1948 to head the Orientation and Mobility Program for blind rehabilitation at Hines VA Hospital. He served as a guiding force until he accepted an appointment to Western Michigan University in 1961. In this position, he proved to be an outstanding teacher and began to be recognized as an international figure. He taught in a number of foreign countries including Australia, England, France, and Poland. Stan's wife, Wanda, explained the award. "The area of Laski covers many acres of land. It really is like a small city within a city. Laski is a private Catholic residential complex with a

pre-school, elementary and high school. There is a small church built of stone and wood, a small hospital, a guest house, orchard and a cemetery. Laski is staffed by Franciscan Nuns and lay people. In the year 1979, Stan was invited to teach Orientation and Mobility to a group of 15 teachers who were employed at the schools for the blind throughout Poland. Laski was selected as the site. Stan also returned later to teach O&M in the city of Krakow. Being of Polish descent and knowing the language (slightly) made Stan a popular teacher. However, he did require the help of a translator. The long cane technique has spread over Poland and some of the teachers have taught O&M to other teachers in near by countries, namely Latvia and Ukraine. Several of Stan's students in the Poland course would come to Western Michigan University to get a degree in O&M. A couple of students would eventually become leaders of the field of O&M in Poland and published several books on the subject. I was so moved to see some of the older blind students at Laski using the Long Cane technique.

The Association for Care over the Blind (Laski Institution) is a catholic organization of public

benefit, founded in 1911 from a private school formed in 1922. Wanda further explained, “earlier this year, I received notification that there would be an event at Laski, as they would be celebrating the 100th year in June. There would be a Mass and program at which they will honor a few individuals who have in some way contributed to bettering the lives of blind people. Stan was posthumously chosen to be a recipient of their highest medal award.” Wanda Suterko, her two daughters, several grandchildren and in-laws accompanied her to receive this special award. They were very pleased with the warm reception they received.

The Laski institute serves approximately 300 students from pre-K to high school that live on campus today. The complex consists of a nursery, school, boarding school, music school and library. It is our belief that Stan Suterko is truly deserving of this award and the recognition he received, both here and in Europe. It has been an honor and privilege for those who have known and worked with him. His contribution has left an everlasting mark on the field of blind rehabilitation.

Letters from our Graduates

The following letters were received from Hines Blind Center Graduates over the summer.



“I am finally home. It was so nice to be at the Friday HBCA events at the Blind Center. Whoever had the idea of collecting news on former graduates of the blind center, then displaying them in decennial groups must be congratulated. I had special interest in items collected from the 1950 decade. I knew several of them at Hines. I must again express my gratitude to you for your active part in these reunions. Keep up your excellent ways at the Blind Center and ongoing assistance to all graduates. Hope to chat with you again at our 2013 HBCA Reunion.”
Salt Lake City, UT

“I would like to put my thoughts into words that I have about your employees. It is hard for me because I have so many good things to say. I came to this Center feeling a little depressed. However, once I began training and discovered what there is here, it changed the way I felt about life. Thank you for giving me this opportunity, I really enjoyed it.”
Chicago, IL

Health Living

By Melody Angelini

Smart Stand-Ins for Healthy Cooking

Use the following tips to trim fat and excess calories in your favorite recipes. Try adding additional spices to recipes instead of salt for added flavor.

Instead Of:	Try This:
Whole Milk	Skim, ½%, or 1% Milk
Light Cream	Equal portion of 1% milk and evaporated milk
Heavy Cream	Equal portions of half & half and evaporated skim milk
Whipped cream	Whip chilled evaporated skim milk Low-fat or fat-free whipped topping
Light Cream	Fat free sour cream, low fat yogurt Blend 1 cup low fat cottage cheese with 1 Tbsp skim milk, 2 Tbsp lemon juice
Mayonnaise	Low-fat or fat-free mayonnaise, fat-free plain yogurt
Butter, lard, margarine, shortening	Canola or olive oil, try to reduce overall amount of fat in recipe; Use low-fat tub or squeeze spreads
Oil (in baking)	Equal amount of applesauce, or double amount of plain yogurt
1 whole egg	2 egg whites or ¼ cup egg substitute
Cream cheese	Reduced fat or fat-free versions (do not use fat-free for baking)
Whole-milk cheese (regular cheese)	Skim milk mozzarella or low-fat cheese or reduced fat cheese
High fat cuts of meat labeled “choice” or “prime” grades	Leaner cuts of meat labeled as “select” grade, such as round, sirloin, top loin
Ground meat (all types)	Select ground meats with 10% or less “fat by weight”
Luncheon meats	Low-fat varieties, such as skinless turkey, chicken or lean ham
Bacon	Canadian bacon, turkey bacon, lean ham (low-fat varieties)

Ghoulishly Healthy Halloween Snacks

No trick: These treats will help scare candy cravings away

By [Elaine Magee, MPH, RD](#)

WebMD Feature

Reviewed by [Kathleen M. Zelman, MPH, RD, LD](#)



It's Halloween week, and that candy you've bought to be prepared for the kids is slowly devouring your best intentions. What can do you to fight off those ghastly urges? Give yourself permission to eat something healthy that's still in the spirit of the day. Here are yummy "treats" that will help "trick" your taste buds and satisfy even the most diehard lover of Halloween.

Pumpkin Cracker Snacks

Journal as: 1/2 serving low-fat crackers and 1/2 serving cheese.

10 reduced-fat wheat crackers (reduced-fat Triscuits can also be used)

10 thin slices of reduced-fat cheddar cheese

5 or more slices of light salami or sliced deli turkey

10 slices of black olives (if desired)

Set out 10 wheat crackers on serving plate.

Carve out 10 pumpkins from the slices of cheddar cheese using an open 2-inch pumpkin cookie cutter. Set a pumpkin on each cracker.

Carve a half slice of salami into two eyes, a nose and a mouth and place on the cheese pumpkin. You can use a black olive slice for the mouth if desired. Serve and ENJOY!

Makes 5 servings (2 crackers each). Per serving: 96 calories, 8 g protein, 6 g carbohydrate, 5 g fat, 1 g fiber, 250 mg sodium.

Trick or Treat Trail Mix

Journal as: 1 serving low-fat cracker, 1 serving dried fruit, and 1 serving nuts. This is a great snack if you are on the go on Halloween afternoon.

1 cup of pretzel sticks or mini pretzel twists

1 cup of reduced-fat cheese crackers (such as Reduced Fat Cheese Nips)

1 cup lightly salted roasted or party peanuts (or similar nut)

1 cup orange or black dried fruit (raisins or dried apricots or dried peaches)

1/2 cup Halloween M&Ms (optional)

Combine all the ingredients in a big bowl and toss to mix well.

Use a 1/2 cup measure to scoop out 1/2 cup of the mixture into a zip-top or plastic bag. Tie the ends closed with orange and black curling ribbon or decorative wire. Makes 9 (1/2 cup) bags. Per serving 213 calories, 6 g protein, 30 g carbohydrate, 8 g fat, 2.5 g fiber, 227 mg sodium.

Seasonal Affect Disorder and You

By Debbie Dean

Fall is a favorite time of year for many people. It conjures up memories of going back to school, warm days and crisp, cool nights, and colorful displays of changing leaves. Yet, at this time of year, some people may become moody or sad with no apparent cause. These emotional changes may last throughout the winter season.

There is one possible cause—Seasonal Affect Disorder. Seasonal Affect Disorder (also called SAD) is a type of depression that occurs at the same time every year. The days are shortening and people are spending less time in the sunlight. This deprivation of light can affect you in many ways and the most prominent way is exhibiting signs of moodiness, fatigue, and irritability.

What if a person is blind and cannot see sunlight? Can he or she still develop SAD? The simple answer is yes. Several studies of this subject have been conducted. These studies led to the discovery of a system of photosensitive retinal ganglion cells (called pRGCs) in the retina

of humans. Blind persons with scarred retinas can still retain these retinal cells. These cells are most sensitive to blue light and blue light is most effective in reducing the effects of SAD.

Persons with severe cases are often treated with light boxes that emanate natural light. The person sits in front of the box several hours a day. Doctors may also prescribe anti-depressants along with the light therapy. However, these actions are taken only in severely depressed persons. Do not mistake a day or two with feeling “down in the dumps” for SAD. However, if your “blues” continue without any break, be sure to consult your own doctor.



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