January is Braille & Glaucoma Awareness Month

Braille

Over 200 years ago, it was said that the blind would never be able to read. People thought that only eyesight that could help humans see and read words. A young French boy named Louis Braille, who was blind, was determined to find the key to access new methods for him and all other blind person of the world. January 4, 2009 marked the bicentennial of Louis Braille’s birth. Today, the world recognizes the contributions of this genius, and Braille readers around the world look forward to celebrating his accomplishments.

In observance of Braille Awareness Month the Southwest Georgia Library for Accessible Services will be giving away information on Louis Braille and free samples of Braille during the month of January. These items are free as long as supplies last to those who drop by the library. We look forward to seeing you in January.
**Glaucoma**

Glaucoma is a disease that causes damage to the major nerve of the eye called the optic nerve, a part of the central nervous system that carries visual information from the eye to the brain.

The eye experiences a gradual increase of intraocular pressure (IOP) due to an imbalance of the fluid produced in the eye and the amount of fluid drained. Over time, elevated IOP can cause vision loss. The most common form of glaucoma is primary open angle glaucoma which affects about 3 million Americans. However, there are other types including narrow angle, congenital, normal tension, and secondary glaucoma.

At age 50 about 2% of the US population has glaucoma, increasing to 4% by age 70 and 24% for those over 80. While anyone can develop glaucoma, there are some risk factors that increase the likelihood of having this disease, which include:

- A family history of glaucoma
- Mexican American heritage over the age of 60
- African American heritage over age 40

Often people with glaucoma are unaware they have the disease because there are no symptoms, so it is recommended that you have a dilated eye exam every two years. With early diagnosis there are treatments that can often protect against irreversible damage to the optic nerve that can lead to serious vision loss. Glaucoma can be treated with eye medications, lasers, and various surgical procedures. However, if glaucoma is not controlled it can cause debilitating loss of vision.
Getting Your Personal Player Approved Through BARD

There is an easy way to add your acquired (NLS approved) personal digital player to your BARD account without having to re-apply to BARD. Login to your current BARD account using your User ID and password; tab to and open the “Update account settings” link; tab to and open the “add purchased player” link. After your personal information, there is an alphabetical listing of players. Choose a “1” for the appropriate player where indicated. Be sure to press the “submit player request” button when you are done. Approvals usually are process within one business day. Manufacturers will e-mail you the electronic key to be uploaded into your personal player to play BARD books and magazines.

New Year’s Resolution

Please resolve in 2012 that you will check all boxes that you return to the library and make sure that they contain the correct book. This will help the library in providing great service to patrons we are getting a lot of containers back without books or with the wrong book in the wrong container.

Happy New Year

The staff would like to wish each of you a Happy New Year and let you know we are still here to answer all your calls and help you with all your books and machines request. We will be focusing on outreach to the community so if you would like for us to give a presentation in your town give us a call at 1-800-795-2680.

The Library will be closed on Monday, January 16th in observance of Martin Luther King, Jr.
Southwest Georgia Library
For Accessible Services
Southwest Georgia Regional Library
301 South Monroe Street
Bainbridge, GA 39819

Free Reading Matter
F/T Blind & Handicapped
U. S. Mail
Do Not Cancel

Hours:
Monday 9am to 8pm
Tuesday 9am to 6pm
Wednesday 9am to 6pm
Thursday 9am to 7 pm
Friday 9am to 6 pm
Saturday 9am to 4 pm

Phone: (229) 248-2680
1-800-795-2680
Email: lbph@swgrl.org
Fax: 229-248-2670
Take a tour & checkout training material at The Southwest Georgia Library for Accessible Services by clicking on
www.swgrl.org/handicap.php

Information presented in this newsletter will be provided in alternative formats upon request.

Online Catalog for ordering library books:  http://webopac.klas.com/glass
Call the library for your log-in and password.

NOTE: Please submit information or news that you would like to share to Kathy Hutchins.