VisionAware Introduces Getting Started Kit

Over 20 million Americans report trouble seeing, and that number is on the rise. Coping with vision loss can feel overwhelming and stressful, but when armed with the right information, you can face the future with confidence. With that in mind, the VisionAware "Getting Started" kit was created to provide hope and help to handle the challenges of vision loss, and to connect you and your family members with specialized services and products available to assist with everyday life with vision loss.

For a free print copy, send an email to visionaware@afb.net and ask for a copy available only for a limited period of time.

Hadley School Offers Gardening Course

The Hadley School now offers a new course, Stress Relief and Meditative Gardening, which teaches methods for designing a garden that can be used for meditation. The course includes four lessons and was developed in concert with the Chicago Botanic Gardens. It is open to both adult continuing education and high school students. For more information visit www.hadley.edu or call toll-free 1-800-526-9909.
Saint Patrick is the patron saint and national apostle of Ireland. St Patrick is credited with bringing Christianity to Ireland. Most of what is known about him comes from his two works; the Confessio, a spiritual autobiography, and his Epistola, a denunciation of British mistreatment of Irish Christians. Saint Patrick described himself as a "most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped idols and unclean things had become the people of God."

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that that is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

In American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. Some communities even go so far as to dye rivers or streams green!
**IRS Assistance for People with Disabilities**

If you are unable to complete your tax forms yourself due to a disability you can call the IRS at 1-800-906-9887. By calling this number you can find the locations of their volunteer centers in your area. The Volunteer Income Tax Assistance Program (VITA) is sponsored by the IRS. For those who are deaf you can contact them using TTY equipment at 1-800-829-4059 or you can go to their [www.IRS.gov](http://www.IRS.gov).

**Digital Books and Bookmarks**

The digital machines will always remember your place in a particular book, but you can also add bookmarks to the books. You must have an advanced digital player to use the bookmark feature. If you do not have an advanced digital player and would like one, contact us and we will be happy to send one to you.

Bookmarking Tips:

- When you are at a location in the book you would like to bookmark, simply press the “Mark” button. The player will announce “Bookmark Inserted.” You can insert bookmarks while the player is in “Play” mode, or while the book is in “Stop” (or paused) mode.
- A quick way to get to your bookmarks is to press and hold the “Mark” button until the player says “Bookmark Jump.” Then use the “Prev” and “Next” buttons to navigate between bookmarks.
- When you navigate to a bookmark, the player will announce the time location in the book (ex. 1 hour 15 minutes) and then begin to play from there.
- You can only delete a bookmark when the book is in “Stop” (or paused) mode. Simply navigate to the bookmark you would like to delete. Then press the “Mark” button once and the player will say “Bookmark Removed.”

When using the “Sleep” key: Add a bookmark at the start of your timed session and if you fall asleep too soon you have a simple way to navigate back to the place you began.
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NOTE: Please submit information or news that you would like to share to Kathy Hutchins.