The Southwest Georgia Library for Accessible Services is a part of your public library and the National Library Service for the Blind and Physically Handicapped, serving Baker, Brooks, Calhoun, Clay, Colquitt, Decatur, Dougherty, Early, Echols, Grady, Lanier, Lee, Lowndes, Miller, Mitchell, Quitman, Randolph, Seminole, Terrell, Thomas, Webster & Worth counties.

(229) 248-2680, 1-800-795-2680, or lbph@swgrl.org
Staff: Susan Whittle, Director & Subregional Librarian,
Kathy Hutchins, SWGLAS Supervisor,
Arlene Freeman, Outreach Coordinator

September 2013

GEORGIA BLIND SPORTS ASSOCIATION
ANNOUNCES OUR FIRST ANNUAL OVERNIGHT WEEKEND CAMP FOR THE VISUALLY IMPAIRED
SEPTEMBER 20TH, 21ST AND 22ND
CAMP TWIN LAKES - WINDER, GEORGIA

Specialized 3 day / 2night camp
Focused on adaptive sports for the visually impaired

We welcome adults and youths (7th grade and older) to come join us and be exposed to new recreational opportunities. Introduction to sporting activities such as Archery, Ropes/Climbing, Fishing, Canoeing/Kayaking, Biking and Swimming
Sports offered are subject to change.
Limited transportation is available.

Cost is $50.00 per student and $75.00 per adult
Some scholarships are available.
Donations are appreciated.

For more information and registration contact:
GEORGIA BLIND SPORTS ASSOCIATION
Hal Simpson
Phone: (770) 833 - 2061
Email: halsimpson@gmail.com
Website: www.gablindsports.com

Thank you to our sponsor
Georgia Chapter, National Federation of the Blind
Fighting Vision Loss, Fitness Instructor Keeps Body— and Mind— in Shape
Keep your body and mind in shape with assistance from the Southwest Georgia Library for Accessible Services

Joan Creviston was an interior designer for 12 years before retinitis pigmentosa, a genetic eye disease that leads to tunnel vision and sometimes complete blindness, forced her to make a full-time career out of her longtime love: fitness instruction. Creviston, of Aurora, Illinois, is a master-level personal trainer and group exercise instructor who also offers coaching and videos through her website. In addition to starting the new year with a vow to lose ten pounds in six weeks—“I’ve joined the resolutionists!” she says—she signed up for the free reading program of the National Library Service for the Blind and Physically Handicapped (NLS). NLS has been producing and circulating audiobooks and braille books for more than 80 years. Books, and the digital equipment needed to read them, are available through the Southwest Georgia Library for Accessible Services. Thousands of titles also are available online through the NLS Braille and Audio Reading Download (BARD) service.

“For my personal fun I read about fitness,” Creviston says. Motivational writer Og Mandino is her favorite author—“He’s so positive, so uplifting, so simple”—but she also enjoys lighter fare by talk-show host Chelsea Handler.

Creviston is sold on the benefits of exercise for people with disabilities. “Physical challenges can be depressing, but increasing the body’s movement and firing up the chemicals in the brain can make people more energetic and feel less down,” she says. “It gives them a little more of a can-do attitude.”

Stock up on fitness titles including Ultimate Fit or Fat by Covert Bailey or Eight Minutes in the Morning by Jorge Cruise. These are just two of many titles available for blind and physically handicapped individuals.

Services provided by the Southwest Georgia Library for Accessible Services are for those who are blind, have low vision or cannot hold a book or turn its pages because of a physical disability. Materials are delivered and returned by mail, postage free, and through BARD.

Please call us at 229.248.2680 or 1.800.795.2680 for more information on the Southwest Georgia Library for Accessible Services.

Keep your mind and body in shape with the Southwest Georgia Library for Accessible Services!
Getting Your Player to Stop Talking So Much

If you’re so comfortable with your digital player that it bothers you when it still tells you what each button is for, there is a way to make it stop talking so much when a book is inserted. These instructions are for the standard player, the advanced player is already set up to speak less.

- Turn the player on with no book inserted.
- Press the fast-forward and the speed-down buttons at the same time and hold them for a couple of seconds until you hear “Reduced Verbosity.”
- To return the player to normal verbosity, press the fast-forward and speed-up buttons at the same time until you hear “Normal Verbosity.”

I Can’t Remember my BARD Password

Staff does not know what your BARD password is but can reset you password. You will then be issued a temporary password via email. Use this password to access your BARD account. Be sure to change the password after you access BARD; the temporary password will expire. If you set up a security question when you registered for BARD you can request a new password at the BARD login page by clicking on “Reset Your BARD Password Here.”

If you are unable to log in to BARD, do not apply for a new account. The system will not allow more than one account per user ID. Contact SWGLAS at 1-800-795-2680 or 229-248-2680 if you need help accessing your BARD account.

Not Getting Books

If your profile is set for request only that means that you will only receive books that you request. You may need to call us and let us update your profile so that you can get the books that you want. The best rule is return each book as it is read. That will ensure you continue to receive books in a timely manner.
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 or Arlene Freeman.