

CHECKLIST of RESOURCES - A TOP TEN LIST

ACCESSIBILITY OF PRINT MATERIAL

1. [LIBRARY OF CONGRESS](#)
 - This is the headquarters of the "Talking Book" Libraries. Lending library of books and magazines available in digital cartridges Braille formats. Digital Talking Book (DTB) require specially designed playback equipment which is supplied on free loan to eligible individuals and institutions. To have access to the full library, you must be registered for DTB and digital machines. The cooperating regional library provides all equipment and accessories, including a free currency reader. We can help fill registration to receive this. [Click Here to go Currency Reader Form](#)
 - Eligible readers are served in their state of residence for as long as the reader is actively involved in the program. Also, books can be downloaded directly to an iOS device using the BARD mobile application. Great Resource for anyone with a vision loss.

EDUCATION

2. [HADLEY INSTITUTE FOR THE BLIND AND VISUALLY IMPAIRED](#)
 - The Hadley School for the Blind offers over 90 courses in six curriculum areas. Classes are offered free of charge to all legally blind individuals and are completed through the mail or online. Information is available in large print, Braille, and online. Hadley offers excellent instructional videos for iPhone and how to utilize beneficial Apps. Other course material is available for technology, and everyday tasks. This is worth checking into! www.hadley.edu/InstructionalVideos.asp

VA (Veteran Affairs) SERVICES

3. [MY HEALTHVET](#)
 - Review and renew your medications www.myhealth.va.gov
 - For each vet that receives their medications through the VA, it is highly recommended to be signed up to find your personal medical record of medications. Also, once a veteran is signed up they can get refill their prescriptions via computer.
4. VIST (Visual Impairment Services Team) COORDINATOR
 - Contact your VIST coordinator for assistance with support groups, activities, VFWS, Lions Clubs, or even setting up activities, family education, etc. Every Veteran should know whose theirs is and how to contact them.
5. [BVA-BLINDED VETERANS ASSOCIATION](#)
 - 477 H Street, Northwest Washington, D.C. 20001-2694 (202) 371-8880 or 1-800-669-7079
 - A national organization specifically established to promote the welfare of blinded veterans. "We are here to help veterans and their families meet the challenges of blindness." Services offered include: Field Service Program, Volunteer Service Program, Public Awareness Program, National Advocacy Program, BVA Bulletin, Scholarship Program, BVA National Convention. Small fee is required.

TECHNOLOGY SUPPORT

Please remember to call any othe following if you have a problem with your computer system.

6. [EVAS](#)
 - Computer Distributor Phone: (800) 872-3827 E-Mail: techhelp@evas.com
 - If EVAS is unable to resolve your issue, call the Hines Blind Center
7. Hines Blind Center,
 - Tech Support Phone: (708) 202-2272
 - APPLE Accessibility Support: Phone: (877) 204-3930
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 - WINDOWS Accessibility Support: Phone: (800) 936-5900

RECREATION

8. NATIONAL VETERANS sports/competitive sponsored programs include, Golden Age, Summer Sports Clinic, Tee Tournament, Valor Games, & Wheel Chair Clinic.
 - TEE TOURNAMENT/NATIONAL VETERANS Although golfing is one of the main highlights at this 5-day event, other activities are offered according to the Veteran's choice, such as fishing, bowling, and tandem biking. Some Veterans go every year!
9. [SILVER SNEAKERS](#)
 - Offers health programs and free entrance to fitness centers, exclusively for Seniors. Membership to SilverSneakers is covered under most Medicare plans, including AARP Medicare & United HealthCare Insurance. The fitness program enables senior citizens to enjoy benefits such as weights, bicycles, and swimming, at a level that they are capable of enjoying. The Silver Sneakers program isn't just about fitness, it offers a chance to meet people and create friendships.

SOURCES FOR SPECIALTY PRODUCTS/SERVICES

10. [LS&S GROUP](#) and [MAXI AIDS](#), etc Aids and appliances for the blind. Something to check out for different and unique supplies.