



# NEWSLETTER



Summer 1994

## From the Director's Chair:

I have had a busy but an interesting Spring. Thanks to the Friends of the Library, I was able to attend the National Library Service for the Blind and Physically Handicapped Conference which is held for all network librarians. This was a wonderful opportunity to meet my colleagues from other states and learn what is happening in their libraries. I also visited the Talking Book Publishers, saw their operation and met many of the narrators. One of your favorite narrators, Bob Askey, talked to our group. He was very entertaining and spoke about his experiences as a narrator. He said he tries his best to interpret the author's meaning when he reads. Bob not only has a national fan club, but an international fan club. All the narrators said they enjoy receiving fan mail; in fact, many of them kept their fan mail and read to us from their letters. This was certainly a worthwhile trip for me and for all of you who are members of the Friends, my sincere thank you!

I am happy to report that four of our readers were winners in the New Jersey Library Association contest HOW LIBRARIES CHANGE LIVES. The winners were Mildred Bell, Nancy Kurnellas, Sr. Amelia Vera, and Elaine Pushker. Each winner received a certificate and was mentioned in a brochure that the association compiled to promote support of libraries. This brochure will be distributed statewide, so I am glad we have our readers and library represented.

The Library's summer hours will be different this year. As you know, the library has always closed Saturdays during the month of August; this year I regret that the Library must close Saturdays during the month of July. There was just no way I could schedule staff vacations and provide telephone coverage for six days a week. We will reopen Saturdays on September 10th at 9:00 am.

Several readers have called to pass on information that they thought would be of interest to their fellow readers. One reader tells us that to get over a kink or garbled spot on a tape, you should fast forward, then rewind, and fast forward again. This will take out the kink, and you will be able to resume listening to your book.

Another reader called to tell us about EIES of New Jersey's TeleReader News Service. This service is available 24 hours a day, seven days a week and is accessible via a touch-tone telephone. Currently only the NEW YORK TIMES is available. There is a nominal monthly fee, but it is less than the purchase price of the newspaper. For more information call Jerry Medford at 201-762-0552.

The Talking Newspaper is another service that a reader told us about. The RECORD is recorded by volunteers and then the tape is mailed to readers. You can request either the Bergen County edition or the Passaic County edition. For more information call Edward Slavinsky at 201-343-8371.

The ASBURY PARK PRESS is another newspaper that is now available through a touch-tone telephone. Local news and feature articles are read. It is available 24 hours a day and the news is updated weekly. To access the ASBURY PARK PRESS call 908-918-1000; after the greeting enter the number 2222, and you are connected to the paper. For listeners outside the Neptune area, the standard phone company charges apply.

Our library also has a radio reading service, Audiovision, which is a free service to our readers. If you live in central or South Jersey and can receive TV channel 23 or 52, you will be able to receive this service. In addition to the newspapers, features are read on travel, cooking, and medical news. For more information about Audiovision, call 1-800-792-8322.

Here is another support group that may be interest to some of you: Adjustment to Low Vision which meets every 3rd Friday at the Holy Name Hospital in Teaneck from 10:30 to 12:30. For more information call Dorothy Barrow at 201-837-5197. If transportation is needed, call the Bergen County Transportation at 201-646-3227.

If you are interested in a support group near you, call the Adjustment to Vision Loss Project at 201-625-9565. The project is sponsoring about 30 groups throughout the state.

Janet Wolff, a reader, sent me one of her poems that she said I could share with you. The poem is titled VIEW POINT.

Some people may say my eyes are defective,  
But I see my sight as highly selective,  
Medically and legally, I'm lacking in vision,  
But I spy the glass half full with precision.

My focus is clear on all that is right,  
but the woes of the world are filtered from sight.  
I can't read bad news,  
    my clothing never stains  
But I spot the sun shining  
    at times when it rains.

I deal with my fate and the eyes I receive,  
But my viewpoint reflects the way I perceive.

Thank you Janet for sharing your viewpoint.

I hope you have a wonderful summer.



*Vianne Connor*  
Vianne Connor  
Library Director

**Here is other information you may find helpful:**

This issue of our newsletter features information about diabetes. The National Federation for the Blind has a Diabetics Division which serves as a support and information network that serves blind and sighted diabetics, their families and health care professionals. It publishes up-to-date lists of suppliers of aids and appliances and a Diabetic Food Exchange list that are available in Braille or on cassette.

They also publish the *Voice of the Diabetic* which is a free quarterly news magazine containing articles by diabetics and health professionals, reviews of the latest adaptive equipment and research findings, medical questions answered by an insulin-dependent physician, and an extensive resource list. A subscription to *Voice of the Diabetic* is free. Contact *Voice of the*

*Diabetic* or the National Federation for the Blind at 1800 Johnson Street, Baltimore, MD 21230 or telephone 314-875-8911.

**These are some of the newer books we have on diabetes:**

*What Does It Feel Like to Have Diabetes?: A Diary of Events in the Life of a Diabetic* by Denise J. Bradley. An intimate chronicle by a young woman who was diagnosed as having diabetes at age eleven. She shares her experience over the past twenty-three years since discovering she had the disease. **RC 32581.**

*The Diabetic's Book: All Your Questions Answered* by June Biermann and Barbara Toohey. The authors speak to every type of diabetic -- Type I or Type II, young or old, in control or out of control. They discuss how diabetes affects emotions, diet, health and daily life; describes the differences between types of diabetes; and offers advice on how to help family and friends understand your diabetes. **RC 33474.**

*Diabetes Mellitus: A Practical Handbook* by Sue K. Milchovich. A registered dietitian and educator provides a guide for diabetes patients. Of special interest to the newly diagnosed diabetic, the book covers such practical information as monitoring glucose levels and administering medication. **RC 33345.**

*Diabetic Cooking from Around the World* by Vilma Liacouras Chantiles. A cookbook to add sparkle to the blandness of a restricted diet. While not an introduction to diabetic nutrition, the book does incorporate the American Diabetes Association's exchange lists. **RC 30204.**

*American Diabetes Association Holiday Cookbook* by Betty Wedman. Includes recipes for festive food low in sugar, fat and salt. All conform to the American Diabetes Association's guidelines of no more than half a teaspoon of sugar per serving. **RC 25514.**

The following books on diabetes are available on order through your local bookstore:

*Coping with Diabetes* by Gail Feldman and Stephen Spare. 1 cassette, 50 minutes. Speaking Health, 1986. \$11.95.

*Diabetes Control and the Kosher Diet* by Ada P. Kahn. Wordscope, Inc. \$12.00.

*Diabetes? Good Food to the Rescue.* 1 cassette, 30 minutes. Gentle World. \$7.00.

*Health Journeys for People with Diabetes* by Belle R. Naparstek. 1 cassette, 35 minutes. Image Paths, 1992. \$10.95.

*How to Survive the Ups and Downs of Diabetes* by Denise J. Bradley. 2 cassettes. Upbeat Productions, 1990. \$11.95. You may also get this by calling 1-505-268-1633.

**The following are diabetes support groups which meet on various days of the month. Please call to verify times and dates.**

**Atlantic County: Shore Memorial Hospital, Somers Point, 609-653-4516.**

**Bergen County: Pascack Valley Hospital, Westwood, 201-358-3000; St. Joseph's Hospital, Paterson, 201-977-2000; Holy Name Hospital, Teaneck, 201-837-1850; Englewood Hospital, Englewood, 201-894-3552.**

**Burlington County: Zurbrugg Hospital, Riverside, 609-482-9047; Memorial Hospital, Mt. Holly, 609-267-0700; Burlington County Family YMCA, Mt. Laurel, 609-482-9047; Rancocas Hospital, Rancocas, 609-482-9047.**

**Camden County: Kennedy Memorial Hospital, Stratford, 609-482-9047; Diabetes Center at Cooper Hospital, Camden, 609-342-2939; West Jersey Health System, Camden, 609-342-4344.**

**Cumberland County: Vineland Health Department, 609-794-6185; South Jersey Health Systems, 609-482-9047; Newcomb Medical Center, Vineland, 609-794-4365.**

**Essex/Union Counties: United Hospital Support Group, Newark, 908-388-4733; Diabetes Center of New Jersey, Plainfield, 908-668-2575; Diabetes Treatment Center at Newark Beth Israel Medical Center, Newark, 201-926-3218; Impotence Anonymous Support Group, 201-533-5045; St. Michael's Medical Center, Newark, 201-877-5191.**

**Gloucester County: Memorial Hospital, Woodbury, 609-482-9047.**

**Hudson County: Bayonne Hospital, 201-858-5219; Christ Hospital, Jersey**

**City, 201-795-8200; Jersey City Medical Center, Jersey City, 201-915-2520; Meadowlands Hospital Medical Center, Secaucus, 201-392-3175.**

**Mercer County: Christ Episcopal Church, Trenton, 609-924-1335; Lawrenceville Presbyterian Church, 609-924-1335; Mercer County Library, Lawrenceville, 609-924-1335; Mount Zion AME Church, Trenton, 609-924-1335; Princeton Diabetes Treatment and Education Center, 609-987-0037.**

**Middlesex County: St. Peter's Medical Center, New Brunswick, 908-745-8600; Club Concordia, Cranbury, 609-655-4809; South Amboy Memorial Hospital, South Amboy, 908-721-1000; Sharon Baptist Church, New Brunswick, 609-924-1335.**

**Monmouth County: Community Diabetic Support Group, Asbury Park, 908-775-8694; Bayshore Community Hospital, Holmdel, 908-888-7362; Diabetes Treatment Center at Monmouth Medical Center, Long Branch, 908-870-5696; Jersey Shore Medical Center, Neptune, 201-776-4482; Central State Medical Center, Freehold, 908-308-0570; Riverview Medical Center, Red Bank, 908-530-2555.**

**Morris County: Dover General Hospital, Dover, 201-989-3603; Morristown Memorial Hospital, Morristown, 201-971-5524.**

**Ocean County: Southern Ocean County Hospital, Manahawkin, 609-597-1207; Medical Center of Ocean County, Pt. Pleasant, 908-295-6389; Community Medical Center, Toms River, 800-833-5059; Kimball Medical Center, Lakewood, 908-370-7562.**

**Passaic County: Beth Israel Hospital, Passaic, 201-365-5220; Elmwood Park Health Department, Elmwood Park, 201-796-1072; Wayne General Hospital, Wayne, 201-942-6900.**

**Salem County: Memorial Hospital of Salem, Salem, 609-482-9047.**

**Somerset County: Diabetes Treatment Center at Somerset Medical Center, Somerville, 908-685-2846; Somerset County Library, Bridgewater, 609-924-1335.**

**Sussex/Warren Counties: Walkkill Valley Hospital, Sussex, 201-702-2200; Warren Hospital, Phillipsburg, 908-859-6700.**

## **FREE - FREE - FREE**

The Bible Alliance, Inc., offers free of charge the Bible on cassette. The New Testament is available in 40 languages; the Old Testament is also available in several different languages. In addition to the Bible, Bible studies and Bible messages are also available in several languages. Call 813-748-3031 for more information.

As a courtesy to the visually impaired, Western Union will send Braille telegrams at no cost. Also available are large print telegrams. Call 1-800-325-6000.

## **EYE CARE AT NO COST**

Senior citizens throughout the U.S. may receive eye care from a local physician and surgeon (ophthalmologist) who have volunteered their services through the National Eye Care Project. For more information send a stamped, self-addressed envelop to: The Jewish Heritage for the Blind, 1655 East 24th Street, Brooklyn, NY 11229.

## **FREE SUBSCRIPTION**

**CHALLENGE MAGAZINE** offers a free subscription to anyone interested. It is published by the National Association of People with Disabilities. For your free subscription contact: NAPD, Suite 1320, Temple Bldg., 14 Franklin St., Rochester, NY 14604, or call 716-325-2540.

## **SPORTS**

The New Jersey Chapter of the US Association for Blind Athletes is looking for members who are 14 years old or older and who are blind, or legally blind. Sports include swimming, track and field, judo, weight lifting and more. If you are interested, call Pansy King at 201-673-6384, or Douglas Barker at 609-482-2294.

## **DIETING?**

Most of us want to avoid high fat foods -- here are some titles that give low-fat recipes, list calories, grams of fat and cholesterol.

**THE INTERNATIONAL LOW-FAT COOKBOOK** is available in large print

and Braille. To order, send your name and address along with a check or money order for \$4.95 to No Limits, 600 Cleveland St., Suite 750, Clearwater, Florida 34615.

**HARRIET ROTH'S FAT COUNTER** in Braille is a two volume publication that costs \$6.95. Contact National Braille Press, 88 St. Stephen St., Boston, Mass. 02115 or phone 617-266-6160.

The library has the following titles you may order:

**THE T-FACTOR FAT GRAM COUNTER** RC 33503

**DELICIOUSLY LOW: THE GOURMET GUIDE TO LOW SODIUM, LOW FAT, LOW CHOLESTEROL, LOW SUGAR COOKING** RC 21133

**GRAHAM KERR'S SMART COOKING** RC 34720

**EAT SMART FOR A HEALTHY HEART COOKBOOK** RC 26208

### **BRILLE NOTETAKER**

Braille Lite is a talking notetaker with a standard Braille keyboard, optional voice output and an 18 cell refreshable Braille display. It weighs about two pounds, lets users create files and has enough memory to store about 800 pages of Braille. For more information contact Blazie Engineering, 105 E. Jarrettsville Rd., Forest Hill, Maryland 21050 or call 410-893-9333.

### **ELECTRONIC TRAVEL AID AVAILABLE**

A new invention is being marketed called WALKMATE. WALKMATE gives visually impaired people sonar guidance to help them navigate. It can be used two ways--either worn around the neck like a camera, or hand held like a flashlight. WALKMATE will alert the user to objects that are within a seven foot range by emitting a beeping signal. The cost is \$185, for more information contact Safe Tech International, 321 Commercial Avenue, Suite 210, Palisades Park, NJ 07650 or call 201-461-2505.

### **STAMPS BY PHONE OR MAIL**

If you are unable to get to the post office, you may order stamps by phone by calling 1-800-782-6742. Have your VISA or Mastercard number ready

when you call. The minimum order is \$12.50 with a \$3.00 handling charge. To order by mail, call your local post office and request that an order form be sent to you.

## BOOKS INTO MOVIES

The following books were made into movies. If you are interested in receiving any of these books, just call 1-800-792-8322 with the RC number.

<i>Awakenings</i>	RC 33438	<i>Hunt for Red October</i>	RC 21513
<i>The Color Purple</i>	RC 18576	<i>Dances with Wolves</i>	RC 32009
<i>Jurassic Park</i>	RC 32018	<i>My Left Foot</i>	RC 29488
<i>Driving Miss Daisy</i>	RC 32827	<i>Howard's End</i>	RC 34285
<i>Flowers in the Attic</i>	RC 36176	<i>Silence of the Lambs</i>	RC 27020

How do you decide what movies to rent or borrow? A good book of film criticism can offer some good guidelines. The National Library Service has been recording the collected film reviews of Pauline Kael, a respected movie critic. Below is a list of books available. The dates in parentheses after each title tell what years are covered in each book.

RC 16044	<i>Reeling</i>	(1972-1975)
RC 16354	<i>When the Lights Go Down</i>	(1975-1979)
RC 22068	<i>Taking It All In</i>	(1979-1983)
RC 24334	<i>State of the Art</i>	(1983-1985)
RC 30053	<i>Hooked</i>	(1985-1989)

## LARGE PRINT NEWS

We have a new catalog of large print books called *Books of Inspiration and Religion*. We also have a Bibliography of Large Print Reference Books. If you'd like to have a copy of either of these, just call Joyce at 1-800-792-8322.

## COMMERCIAL RECORDED BOOKS

Books on Tape, advertised as the world's largest selection of audio books, has a rental program for recorded books. Just call 1-800-252-6996 for a catalog. You can purchase recorded books from two publishing companies: Recorded Books, Inc., 1-800-638-1304, and Dual Dolphin Publishing Inc., 1-800-336-5746.

Another source is the Books Aloud for Blind and Disabled, Inc., which has a "reading by listening" program with hundreds of recorded books--both for adults and children. The service is free. You can get an application for Books Aloud by calling the Library at 1-800-792-8322 or Books Aloud at 408-277-4878. After returning the application to Books Aloud, you will be working with Books Aloud not with the Library.

### **CREDIT CARDS**

The library has three cassette copies of VISA's popular booklet *Credit Cards: an Owner's Manual*. The new 60-minute cassette covers factors affecting credit card costs, rules and regulations, and cardholder rights. It includes valuable tips on how to make and follow a budget. If you would like a copy call 1-800-792-8322.

### **BOOKS IN JUMBO BRAILLE**

Jumbo or enlarged Braille is a special form of braille which is used by individuals who have decreased tactile sensitivity. It uses an enlarged Braille Cell with greater distances between the dots. Jumbo Braille is used mostly for daily living activities, such as reading labels or telephone numbers. Northern Nevada Braille Transcribers offers over a hundred novels and popular nonfiction books in enlarged Braille. There is no charge for borrowing them, although donations are appreciated. You can contact the Northern Nevada Braille Transcribers at 1-702-358-2456.

### **TRANSPORTATION SURVEY FOR BURLINGTON COUNTY RESIDENTS**

The Library is cooperating with the Burlington County Human Services Advisory Council which is going to review the needs of the disabled in Burlington County. A survey was developed to identify the transportation needs. The Library will be sending surveys to readers who live in Burlington County. If you do not receive a survey in the next few weeks or if you know someone who should get one but did not, please call Barbara Biglin at the Burlington County Office of Human Services at 609-265-5546. Copies are available in large print.

When you have completed the survey, return it to Barbara Biglin. The information gathered will be used to present a plan of action to the Board of

Chosen Freeholders in regard to the transportation needs of Burlington County residents. If you are interested in attending the meetings to discuss the results of the survey, contact Barbara Biglin at 609-265-5546.

## **THE BOOKWORM'S CORNER**

by Judy

The "Bookworm's Corner" which appeared in the Spring Newsletter generated quite a bit of interest among our readers. Several people read the books mentioned and were nice enough to call in to say if they enjoyed them--or not--as the case happened to be.

Two readers called to suggest a couple of favorites of their own. Emily Taylor thinks others might like the book *Lost and Found* by Marilyn Harris, RC34778. Martha Drusco takes a job with the Salvation Army and unofficially "adopts" two children, R.C. and Belle. When three-year-old Belle tragically disappears from their lives, Martha and R.C. spend the next three decades searching for her.

Margaret Hanneman recommends the book *Wild Swans: Three Daughters of China* by Jung Chang, RC34458. Although this is non-fiction, it flows like a novel. Chang contrasts her life with those of her mother and grandmother. The book covers more than fifty years and goes from the time of the war lords in China, through its occupation by Japan, civil war, and ultimate takeover by Communism. Dominant throughout everything is the spirit, courage and determination of three remarkable women.

If you are looking for a little light summer reading, I'd like to suggest *The Ladies of Missalonghi* by Colleen McCullough, RC/RD 25980 and BR6907. It's a Cinderella story set in Australia at the turn of the century. Missy Wright is a mild-mannered spinster living in genteel poverty. The new assistant at the library fires Missy's imagination with the magic of romance, and she finds the courage to seek her own happiness.

Bess Streeter Aldrich gives us *The Lieutenant's Lady*, RC35009. In the 1860s, Linnie Colsworth falls in love with Lieutenant Norman Stafford but realizes he loves her beautiful cousin Cynthia. Cynthia accepts Norman's proposal but forgets all about him when he is assigned to Indian Territory. Linnie decides to break the news to Norman--in person.

Several readers indicated an interest in more continuing family-saga books. Celeste DeBlasis gives us a trilogy of the Falconer family. The story moves from England during the Napoleonic Wars to Maryland, with Alexandra Thaine and her husband establishing a flourishing horse farm and ship building business. It continues through the Civil War when the family is almost destroyed and follows through with the rebuilding of the family fortune after the war. The titles are *Wild Swan*, RC22610, *Swan's Chance*, RC23668, and *A Season of Swans*, RC30699.

I hope you'll enjoy some of these titles soon. If you have any of your own personal favorites, give us a call and let us know. Part of the fun of reading good books is recommending them to friends!

### THANK YOU, THANK YOU, THANK YOU

Your generous donations over the years will allow us to upgrade our over worked, outdated computer system. We have been saving your donations for the past several years and now we have sufficient funds to purchase the equipment which will allow us to serve you more promptly and efficiently.

The following people have donated since the last newsletter:

Lillian Gorday  
Mary E. Hansen  
Elsie Kurras  
Rosa Moorhouse

Catherine S. Sayers  
Frances C. Thompson  
Carmela Tracey  
West Windsor Lion's Club

Commemorative gifts were made in the memory of:  
Richard S. Flood



Library for the Blind and Handicapped  
CN 501  
Trenton, NJ 08625

Free Matter  
for the  
Blind and Handicapped

NEW JERSEY STATE LIBRARY  
CN 520  
185 WEST STATE STREET  
TRENTON, NJ 08625