

## CELEBRATING NABA SKILLS WEEK!

One of the most exciting services we offer is our Youth Program, made possible with the generous support of the Lavelle Fund for the Blind. This recreational program gives blind and visually impaired children and teens an opportunity to socialize, have fun, and learn! During this past academic summer break, our NABA teens participated in Skills Week. During this program, they learned how to apply for their first job, build a strong resume, and research job opportunities. Our Employment Specialist Team led discussions and other activities to help the students discover their strengths and interests. Over the course of the week, our teens participated in several confidence-building activities, listened to visually impaired and blind speakers discuss work experiences, and visited a local library to learn about what accessible technology is available. Participants also spent time in our adaptive teaching kitchen to practice safe food preparation. The sandwiches made during our activities were then donated to our hardworking staff! NABA staff are already looking forward to seeing everyone back in the fall!



***Our new website is under construction! We are working diligently to give you the best experience. In the meantime, we appreciate your patience and support! If you have any questions or need assistance, contact Gail Hessney at [ghessney@naba-vision.org](mailto:ghessney@naba-vision.org) or (518) 463-1211 Ext. 201.***

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Dear Friends,

I am delighted to feature some exciting recent activity at the Northeastern Association of the Blind. On September 22nd, NABA held its 24th annual golf tournament. We had a record-breaking number of golfers in addition to the return of blind and visually impaired participants! We were even lucky enough for perfect weather on Albany Country Club's lush course. Thank you to our golfers, donors, golf committee, and volunteers for making the day possible. In other exciting news, NABA's Manufacturing Center continues to have record sales with a remarkably diverse selection of products focused on safety. Our hardworking manufacturing team, which employs blind and visually impaired individuals, is currently producing transit safety vests, packaging and distributing drug test kits, fabricating military textiles, and much more. Additionally, we are quite pleased to have the return of New York State Trooper Boot Kits. At NABA's Manufacturing Center, we are honored to support the safety of the community and those who serve.

NABA's programs and services would not be possible without the generous support of our grantors, individual donors, corporate sponsors, and volunteers. To those who continue to support NABA, we thank you.

Sincerely,

*Laura E. Zeliger*

Laura E. Zeliger, Executive Director and Chief Executive Officer

## "Everyone at NABA has gone the extra mile!" - Cheryl Sheridan

Cheryl is in her early 60s, married, and is a grandmother. She is a former New York State employee, and you most likely have seen or heard about her work without realizing it yet. Fun fact, she designed the iconic purple EZ-Pass logo for the electronic toll collection system, founded in 1987. As Cheryl's sight began to change over the last few years, she enrolled in NABA's services. She is familiar with a number of our services including Vision Rehabilitation Therapy, Orientation and Mobility, and the Low Vision Clinic. Most importantly, Cheryl was looking to have as much independence as possible and was able to receive services from NABA to help her achieve her goals. She was introduced to new assistive technology and adaptive kitchen tools, had lessons on how to safely use a guide cane with various attachments, and is even learning braille! "NABA has helped guide me and give me direction. It is much easier to accept my vision loss because I am not doing it alone. I am not going to say it is not scary, but NABA has made the transition much smoother than it could have ever been. I feel blessed, fortunate, and grateful for what NABA has to offer." - Cheryl



## Did you know goalball is...

...the premier team sport for blind and visually impaired individuals? Goalball is played competitively in 112 countries! The object of the game is to roll the ball over the opponent's goal line. Two teams of three players listen for the oncoming ball and attempt to block it with their bodies. Once the players take control of the ball, they become the offensive team. The goalball is hollow, weighs almost 3 pounds, and has bells inside to help players track its location. To even the playing field amongst people with varying levels of visual impairments, all players must wear blacked-out goggles to completely eliminate sight. Additionally, string is taped to the markings of the court to allow players to feel the lines for orientation purposes. In September of 2020, the NABA Goalball League was established by partnering with Christian Brothers Academy in Albany. CBA generously donated their gym space for NABA players to meet and play once a month. CBA students join in on the fun and play alongside the NABA teens. NABA's goalball coach, Ian Schwan, has fostered a welcoming environment for our NABA goalball team. Ian earned a degree in Adaptive Physical Activity from Slippery Rock University in Pennsylvania and has been involved in all levels of goalball for over ten years. He began coaching NABA's goalball team in 2020 and has been an enthusiastic guide for our NABA players ever since! Ian's favorite part about coaching the NABA goalball team is

"it is a unique sport that provides the opportunity for people living with visual impairments or blindness to show up, play, and grow. NABA provides the opportunity for our teens, and I get the luxury of showing up and running the show!"

- Coach Ian Schwan.



## Good Luck Jaron!

Jaron, age 16, is a dedicated member of the NABA goalball team. NABA wants to congratulate Jaron for attending the goalball clinic at Slippery Rock University and receiving the Most Improved Player Award! The clinic was run by the head coach of the Paralympic Goalball team and visually impaired kids were able to practice and work on their goalball skills. Coach Ian Schwan described Jaron as a sponge. "He tried everything at the clinic, got reps in, and had a lot of fun doing it." Jaron is known to jump at any opportunity to include new friends in goalball and help players with technique, including guidance on correct stances and properly handling the goalball. After attending Camp Abilities in Pennsylvania, a summer camp for individuals with low vision or blindness, Jaron was asked to attend the United States Association of Blind Athletes Youth Nationals Goalball Tournament in Texas. The NABA community thanks Jaron for his continued enthusiasm, devotion, and support of the NABA goalball team! We wish Jaron the best of luck in Texas and look forward to hearing about his experience.

