



Vision Review Newsletter

Note: here are many clickable links in this newsletter that lead to more in-depth information.

Benefits of Physical Activity (Message from the CDC)

Regular physical activity is one of the most important things you can do for your health.

[Everyone can experience the health benefits of physical activity](#)—age, abilities, ethnicity, shape, or size do not matter.

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that **moderate-intensity aerobic activity**, such as brisk walking, is generally **safe for most people**.

Read about the benefits for improving your [brain health](#), [weight management](#), [reducing disease](#), [strengthening your bones and muscles](#), and [improving your ability to do everyday activities](#).

If you have not been physically active in a while, you may be wondering how to get started again. Find more tips here [to get started with physical activity for a healthy weight](#).

Learn more about what work [and](#) how physical activity can improve your health.

Immediate Benefits

Some benefits of physical activity on [brain health](#) [PDF-14.4MB] happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of **depression** and **anxiety** and help you **sleep better**.

Celebrating Women's History Month (March)

Maya Angelou

Maya Angelou was an award-winning author, poet, civil rights activist, college professor and screen writer. Most recognized for her literary works, Angelou was and remains among the most influential woman of her time. After passing away in 2014, Angelou still is widely remembered and honored for her hard work and perseverance over decades.

Lois Curtis

People with intellectual and mental disabilities can thank Lois Curtis for paving the way for them to live in the community receiving the services they need.

In what was called “[the most important decision for people with disabilities in history](#),” the Olmstead Decision justified the right for people with disabilities to live independently but would take four years to come in effect including being heard in the Supreme Court.

Claudia Gordon

Claudia Gordon is recognized as one of former President Barack Obama's key advisors for disability issues. She was also the first

female deaf African American lawyer to graduate law school and pursue a career devoted to helping individuals with disabilities. Today she works in a senior role at Sprint, a company with many accessibility features that enable people who are deaf to communicate.

Haben Girma

Haben Girma has been advocating for herself since she attended elementary school in Oakland. She became the first Deafblind person to graduate from law school when she earned her degree from Harvard Law School in 2013. She is a civil rights attorney who advocates for disability rights, a public speaker who travels the country changing people's perceptions of the disability community in the media and has been featured in Forbes "30 Under 30" and on NBC and NPR.

Diana Elizabeth Jordan

Diana Elizabeth Jordan, an award winning actress, writer, producer and director, is an important figure in the conversation about the inclusivity or lack thereof of people with disabilities in Hollywood. She found a way to get into and around Hollywood, with the help of her faith and self-confidence.

Jordan has cerebral palsy, which mildly affects her speech and gait. She has been acting professionally since she graduated from college. She began her career working in Chicago Theater. She also was the first actor with a disability to obtain Masters of Fine Arts in Acting from California State University Long Beach in 2001.

The Children's Division at the Martin Luther King, Jr. Memorial Library Celebrates National Deaf History Month (March 13th to April 15th)

In celebration of National Deaf History Month, the Children's Division at the Martin Luther King, Jr. Memorial Library, is featuring a display of books and resources for children and their caregivers on Deaf History, Deaf culture, and American Sign Language.

Stop by the Children's Division on the 2nd floor of the Martin Luther King, Jr. Memorial Library and have fun checking out the collection.

Questions? Contact the Children's Reference Desk (202) 519-3240.

DCCB Meetings

Membership in DCCB is open to all with no, or limited, vision or who have an interest in vision loss. The annual membership fee is \$10.

Members meet six times a year. Meetings have been held in various public places and are currently held via phone on the second Monday of the meeting month.

The call in number is 520-525-8227. No access code is needed.

Please see recordings to past meetings posted on our Meeting Recordings page.

Call in number 520-525-8227. No access code needed.

May 9, 2022 at 7pm eastern

Call in number 520-525-8227. No access code needed.

June 13, 2022 at 7pm eastern

Call in number 520-525-8227. No access code needed.

DCCB Virtual Braille Class

Announcing our virtual braille class called the BASIC braille program taught by Ava Ferebee and Rosalind Mackall.

B - braille

A - access

S - support

I - independence

These virtual braille grade I and II classes meet on Thursdays:

- Beginners from 6 to 7 pm eastern.
- Advanced 7 to 8 pm eastern.

The classes are picking back up after the holidays on January 6, 2022 and are continuous until you complete the book.

If interested, email the Director of the Program, Ava Ferebee at aferebee54@gmail.com. Be sure to include your phone number in your email to Ava.

Please feel free to visit our website at

<https://dccounciloftheblind.org>