



# AERODYNAMICS

The AER Canada Newsletter

A publication of the Association for Education and Rehabilitation  
of the Blind and Visually Impaired

December 2022

Volume 8, Number 4

## IN THIS ISSUE:

### NOW BOARDING

1- As the World Turns, Sara Bennett,  
Editor

### BUSINESS CLASS

1- AER News & Reminders  
2- World Braille Day (or Month?) 2023  
4- ISLRR Call for Papers  
4- Perkins eLearning Survey on CVI  
4- Register Now for IOMOS 2023  
5- Calendar of Events

### FLIGHT PATHS

5- Preventing Vision-Related Falls in  
Seniors

### PILOTS & PROJECTS

6- The Role of the Guide Dog in 2022 and  
Beyond

### THE JOURNEY

7- WRMS Celebrates 150 Years!, Carolyn  
Cresswell

## NOW BOARDING

### As the World Turns By Sara Bennett, Editor

Welcome to the final issue of AERODYNAMICS for 2022. The weather is getting colder, and the holidays are quickly approaching. Soon another year will begin, and the world will continue to turn. Many items in this newsletter remind me of continuity, evolution, and adaptation. Even though we have all experienced restrictions related to COVID, we seem to be returning to “normal”, whatever that might be, sometimes with a few tweaks. Humankind’s ability to adapt is amazing.

The submission deadline for the March 2023 issue of AERODYNAMICS is February 25, 2023. Email me at: [saralb@sympatico.ca](mailto:saralb@sympatico.ca)

## BUSINESS CLASS

### Extra! Extra! AER News & Reminders

- Did you know that the first issue of The New RE:view—A Journal of Practice (TNR) has been published? The July 2022 issue includes a Call for Papers, Submission Guidelines, an Invitation for Peer Reviewers and more. [Click here to learn more.](#)
- The Journal of Visual Impairment & Blindness (JVIB), a member benefit of the Association for Education and Rehabilitation of the Blind and Visually Impaired

(AER), is seeking research and practice articles for two special issue topics:

1. 2023 Special Issue on Literacy Across the Lifespan for People with Visual Impairments—Guest Editor M. Cay Holbrook, Ph.D., submission deadline February 28, 2023
2. 2024 Special Issue on Evidence-Based Interventions for CVI—Guest Editors Amanda Lueck, Ph.D. and Corinna Bauer, Ph.D., submission deadline February 29, 2024.

For further details, visit: <https://www.afb.org/publications/jvib/jvib-authors/calls-papers>

- AER members can get continuing education hours and receive a 20% discount on all Perkins Self-Paced Tutorials! Access the Perkins School for the Blind Learning Catalogue and choose from nearly 160 self-paced videos! To get started, go to: <https://aerbvi.org/professional-development/perkins-e-learning-aer-member-discount/>
- AER offers discounted membership dues for Canadian members. When you renew your AER membership, you will automatically be directed to the reduced rates in our online renewal system. Visit us [here to log in and renew online](#). If you prefer to renew with the membership form, simply complete the special [Canadian Membership Form](#) and return it to us at [memberservices@aerbvi.org](mailto:memberservices@aerbvi.org) or mail to: AER, 5680 King Centre Drive, Suite 600, Alexandria, VA 22315 USA.

## World Braille Day (or Month?) 2023

Need to get back into the swing of things after the holidays with braille reading, writing and tactile graphics? How about a little Vitamin B-R-L?! Join us for a month of fun with Braille Boost—a variety of braille-focused pursuits including dot-to-dot fun, word searches and tactile graphics activities.

Teachers of Students with Visual Impairments (TSVIs) and braille transcribers can download and emboss activities for big World Braille Month fun with their students. Materials for primary, intermediate/middle and secondary learners will be available in contracted and uncontracted Unified English Braille (UEB).

**Target Audience:** K-12 Students, TSVIs and braille transcribers

**Format:** Downloadable package of braille–tactile graphic activities

**Date/Time/Length:** January--All Month Long!

Materials will be available in English. Registration information coming soon.

The following WBD workshops will be presented on Zoom with automatic captioning:

- **The ABCs of Braille: Basics for Beginners**

**Target Audience:** All welcome! This session might be particularly useful for: a person adjusting to vision loss and thinking about learning braille; a family member or friend supporting new adult braille learners; a professional supporting people learning braille; a reluctant but curious non-braille reader.

**Format:** Information session + panel

**Date/Time/Length:** Wednesday, January 11, 2023. 1:00 p.m. Eastern (90 minutes)

Session is in English; it will be recorded and made public after the event.

- **Living with Braille**

**Target Audience:** All French speakers

**Format:** Information session + panel

**Date/Time/Length:** Wednesday, January 18, 2023. 1:00 p.m. Eastern (90 minutes)

The session is in French; it will be recorded and made public after the event.

- **Celebrailliation Time!**

**Target Audience:** Braille enthusiasts

**Format:** Variety Night

**Date/Time/Length:** Saturday, January 21, 2023. 1:00 p.m. Eastern (90 minutes)

Session is predominantly in English, but some entries may be in French. This session will not be recorded.

- **Let's Keep in Touch: Productive Allyship for Braille in Post-Secondary**

**Target Audience:** Centres for Accessible Learning offices, administrators, library staff, professors and anyone interested in the post-secondary experience.

Public library staff may find some crossover topics of relevance.

**Format:** Information session + panel

**Date/Time/Length:** Wednesday, January 25, 2023. 1:00 p.m. Eastern (90 minutes)

Session is in English; it will be recorded and made public after the event.

For workshop descriptions or to register for any of the above events, please visit the National Network for Equitable Library Service website: <https://nnels.ca/world-braille-day-wbd-2023>

## Call for Papers: ISLRR Vision 2023

The International Society for Low-Vision Research and Rehabilitation (ISLRR) Vision 2023 Conference, to be held July 24-27, 2023, at the Sheraton Denver Downtown in Denver, Colorado, is now accepting abstracts with a final deadline of January 17, 2023. With the theme of “Low Vision Across the Lifespan”, the meeting will offer both podium (paper) and poster presentations.

Vision 2023 Denver will be an in-person meeting. If your abstract is accepted, you should be available to present in Denver during the dates of the meeting.

[Submit your abstract here.](#) For more information about the conference, visit: <https://www.vision2023denver.com/>

## Perkins eLearning Survey on CVI

Perkins eLearning, in collaboration with the CVI Center at Perkins, is interested in learning about the professional development needs of our colleagues, friends and family groups, particularly in the area of cortical/cerebral visual impairment (CVI). We invite you to take our five minute survey, describing what motivates you to choose online learning for your personal and/or professional growth around working with students with CVI.

All participants will receive a 10% discount on an upcoming Perkins eLearning course and be entered in our drawing to win a \$50 Amazon gift card!

Click the button below to add your voice and help us refine our CVI learning opportunities in the coming year!

[Launch survey.](#)

## Register Now for IOMOS 2023!

Register now for the 2023 International Orientation and Mobility Online Symposium (IOMOS), to take place from January 25-27, 2023.

According to the IOMOS website, the conference will enable you to:

- Discover the most current strategies from thought leaders from around the world, so you can feel confident knowing you are using the most effective teaching methods.
- Find support from being in the room with other dedicated O&M Specialists and thought leaders who geek out over canes and intersections like you do.

- Earn two years' worth of CEU credits all in one place.
- Take advantage of three extra weeks to catch video replays of sessions.
- Learn in comfort and with pleasure. Even though we can get together in person right now, it doesn't mean travelling internationally has gotten any easier (or cheaper). Being able to engage with your work peers all around the world should be just as easy as logging in. And it is. When you register for IOMOS, all of your learning takes place in a simple Zoom room from anywhere you enjoy learning. And every presentation is designed to be engaging to all of your senses, so you can enjoy what you are learning.

The agenda is set. Registration is open. For further details, visit:

<https://www.orientationandmobilitysymposium.com/#page>

## Calendar of Events

January 25-27, 2023

[International Orientation and Mobility Online Symposium \(IOMOS\)](#), Virtual

February 25, 2023

Submission Deadline for March 2023 AERODYNAMICS

July 24-27, 2023

["Low Vision Across the Lifespan" International Society for Low-Vision Research and Rehabilitation \(ISLRR\) Conference](#), Denver, Colorado, USA

November 29-December 2, 2023

[Getting In Touch With Literacy \(GITWL\) Conference](#), St. Pete Beach, Florida, USA

## FLIGHT PATHS

### Preventing Vision-Related Falls in Seniors

November was Falls Prevention Month in Canada. As visually impaired seniors are more likely to fall, what can they do to reduce their risk? How can you assist them? The following item provides some tips and is adapted from the [Canadian Association of Optometrists website](#).

As we age, so do our eyes. Aging eyes can mean decreased sharpness in our vision, an inability to distinguish between shades, problems with glare, slower adaptation to darkness and a reduction in how much of our surroundings can be seen at one time. Any one of these changes increases the risk of a fall, and it's the first consideration in falls prevention.

#### Considering Age-Related Eye Disease

Age-related macular degeneration (AMD), cataracts, glaucoma and diabetic retinopathy are the major causes of vision impairment that result in falls. These eye diseases increase the risk because they can affect balance, motor perception, reaction time and visual attention.

Seniors with low vision are 2.5 times more likely to fall than those without it.

Compounding the issue, vision loss is linked to decreased physical activity, which leads to a risk for falls and an increased fear of falls, which in turn increases seniors' risk of social isolation.

Between 20-30% of seniors fall each year. Falls remain the leading cause of injury-related hospitalizations among Canadian seniors. Approximately 30% of individuals aged 65 and older fall every year. Among those aged 80 and over, the risk of falls increases to 45%.

What can seniors do? Focus on Prevention:

- See an optometrist annually for a comprehensive eye exam.
- Wear their glasses when they need them and update their prescriptions.
- Ask the optometrist for information about low vision rehabilitation services.
- Wear sunglasses or filtered shades to reduce glare.
- Install appropriate lighting inside and outside the home.
- Decrease clutter in the home to reduce the risk of not seeing items in their path and remove tripping hazards, such as loose rugs.
- Wherever possible, install handrails on stairs and add colour-contrast strips to stairs to increase visibility.
- Engage in some degree of physical activity, as studies have shown that even light physical activity can improve one's balance.

## **PILOTS & PROJECTS**

### **The Role of the Guide Dog in 2022 and Beyond**

San Rafael, Calif., and Washington, D.C. (September 26, 2022)—Guide Dogs for the Blind (GDB) and the American Foundation for the Blind (AFB) have announced the findings of [The Role of Guide Dogs in 2022 and Beyond](#), a joint, two-year research study to examine the long-term outlook for guide dog use in the United States and Canada.

Top findings for the first-of-its-kind study revealed a greatly expanded use of technology among travellers who are blind or visually impaired and a shift to using rideshare services from public transit and walking. The study was conducted in 2020 and 2021 through a survey of more than 500 people who are blind or visually impaired including both guide dog users and non-users. It included focus groups and interviews with more than 50 individuals, including graduates from various guide dog schools in the U.S. and Canada, people who use a white cane instead of a guide dog, and instructors who work with the

blindness community around orientation and mobility (O&M) skills needed to qualify for a guide dog.

To read the full press release, [click here](#).

## **THE JOURNEY**

### **WRMS Celebrates 150 Years!**

**By Carolyn Cresswell, Teacher**

Four years before Alexander Graham Bell patented the telephone--the device he refined while living in Brantford--the Ontario Institution for the Education of the Blind was established on the 65-acre site in the same thriving agricultural town southwest of Toronto. The school opened on May 1, 1872, with 11 students and eight staff. When it reached its 100-year milestone in 1972, it was renamed after William Ross Macdonald, a well-respected Lawyer, Lieutenant Governor of Ontario at the time, previous Speaker of the House of Commons and proud citizen of Brantford. Now 150, the school continues to prove itself a world leader in specialized education for blind, low-vision and deafblind learners and is one of a kind in Canada as the one remaining school for elementary and secondary students up to age 21, though its enrollment today is now closer to 200 and Brantford has grown to a city of over 100,000.

This year, 2022, marked the W. Ross Macdonald School's (WRMS) 150<sup>th</sup> anniversary. In May, staff and students planned many activities in order to discover and celebrate its rich history. Students interviewed Alumni--staff and students alike—to hear stories of yesteryear. Announcements were created to highlight various historical moments such as the history of the school dormitories, the significance of our music department housing a 280-seat auditorium and pipe organ, the changes in school structures over the years, and the history of career paths taught in former days.

Students and staff enjoyed an old-fashioned carnival, participating in 12 fun-filled events such as walking on wood-block stilts, talking on a tin-can telephone, tug of war competitions and potato sack races. Horse-drawn wagon rides carried students to our on-site historic Gatekeeper's house, where they learned about student life from the 1800s such as hobbies, crafts, sporting events and antique braille machines. The same week, students participated in walking or running 150 laps around the front ring road with music, noisemakers and cheering crowds to show our school spirit and great sense of community.

The art class completed a large 150<sup>th</sup> anniversary mural, which included a tactile painting in the school colours of blue, silver and white surrounded by 151 handmade ceramic tiles,

each inscribed with the years from 1872 to 2022, inclusive. Braille labels adorn each tile to create a completely accessible art wall.

The high point of the week came with the anniversary ceremonies on May 26, 2022, which included a town crier officially opening the festivities with the raising of a newly created 150<sup>th</sup> anniversary flag, as well as speeches from local politicians, students and educational dignitaries. And cake! The evening highlight was a mass choir musical production with students, staff and Alumni followed by a student drama production.

Since the school's founding in 1872, classrooms, courses and activities have changed. At one time, students were given specific career choices and trained in areas such as piano tuning, church organist or wicker furniture builder. Today, senior students have the opportunity to join the co-op or other work programs, following their interests and gaining hands-on learning experiences in local businesses such as a paper-shredding facility, hardware store or as a local classroom assistant. Life skills are taught during the school day and in the residence to provide basic skills such as laundry, cooking, cleaning and dressing for success. Students also learn orientation and mobility skills and have the option of receiving post-secondary school preparation training. In addition, athletics have always played a big part in the school's history, with the sport of blind hockey originating at WRMS. Today, the school boasts a newly renovated outdoor hockey rink, running track and Olympic size pool on the campus, with updated lodging units to house students from all over the Province of Ontario.

One thing remains the same after 150 years. The school's mission focuses on experiential learning to build confident and independent youth, preparing them for future endeavours. The school's motto, dating from 1935, says it all: "The Impossible is Only the Untried"!

\*\*\*\*\*

AERODYNAMICS, the AER Canada Newsletter, is published four times per year—in March, June, September, and December. Please send all items for publication to the Editor at [saralb@sympatico.ca](mailto:saralb@sympatico.ca) by February 25 for the March issue, May 25 for the June issue, August 25 for the September issue, and November 25 for the December issue.

Views herein represent those of the authors and not necessarily those of AER, its Board of Directors, staff, members or Editor. Likewise, any products or services mentioned do not necessarily represent endorsement.

Editor: Sara Bennett



Association for Education and Rehabilitation of the Blind and Visually Impaired | 5680 King Centre Drive, Suite 600,  
Alexandria, VA 22315 USA | 703-671-4500 | [www.aerbvi.org](http://www.aerbvi.org) | [aer@aerbvi.org](mailto:aer@aerbvi.org)