

The Rhododendron

A Publication of:

MOUNTAIN STATE COUNCIL OF THE BLIND, INC

131 Heritage Pt.

Morgantown, WV 26505

(773) 572-6304

[www.mscbwv.org](http://www.mscbwv.org/)

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Editors: Public Relations Committee

# President’s Message

Dear MSCB Members,

I hope everyone had a nice holiday season, and that 2021 has gotten off to a good start.

The Rhododendron is going to have a face lift. Rather than a quarterly newsletter, a bulletin type document will be sent out once a month. We are hoping that information will get to you in a more timely manner. Each issue will contain about six items. For now, each issue will include a President’s message; MSCB Moment, which will either be information about MSCB activities or one of our members; Tech Talk, tips or articles pertaining to technology; ACB Action, happenings from our parent organization; Healthy Living, articles or tips pertaining to health and wellness; and Cooks Corner, recipes or kitchen tips and tricks. At the end of each issue will be a calendar of events, and a brief description of how to join or donate to MSCB.

Articles, tips and suggestions are definitely welcome.

Since we are going to a different format for our newsletter, I think it needs a new name. Please send newsletter names to

president@mscbwv.org

The person who submits the winning name will win a $25 gift card to a place of their choice. Please flood my inbox with entries!

Just a reminder, if you haven’t yet, please pay your dues as soon as possible. Thank you to those who have already done so.

Enjoy this newsletter, and stay safe, healthy and warm. Spring is coming!

Sincerely,

Donna Brown, President

## MSCB Moment

This month in MSCB history:

On February 15, a membership meeting was held via Zoom. It was decided to hold our 2021 state convention virtually due to the uncertainty of Covid restrictions. A date has not yet been set. The convention committee is ready for any and all programming suggestions. Ideas can be sent to

president@mscbwv.org

It’s 7-Up Time!

Please join us on the second Monday of each month at 7:00 PM for our MSCB community call held on Zoom. Our March event will be held on the 8th, and it will feature Heather McComas, a basket weaver from Huntington, who happens to be totally blind. Come and hear her story and ask questions.

Legislative news:

As part of ACB’s 2021 Legislative Seminar, Chris Cook and I had the opportunity to meet virtually with a staffer from Senator Shelley Capito’s office. We mainly discussed the need for improved transportation services in West Virginia, the introduction of a bill requiring Medicare assistance for low vision devices, and increased accessibility of exercise equipment. More appointments are being scheduled with our other legislators.

### Tech Talk

This month, I will be sharing information about a “must-have” app. I know it is available from the app store, but I don’t know about the Google Play store.

The app is called Flipp. It is free. It gives you the up-to-date sales for all of the stores around you. It covers at least a 40 mile radius. It includes grocery stores, the various dollar stores, office supplies stores, pharmacies, and stores like Walmart, Costcos, Target, Kohls, etc. The app is very accessible with Voiceover.

#### ACB Action

As you may or may not know, ACB is fresh off another fabulous Leadership Conference. It was nearly impossible to take in all of the events as there were several concurrent sessions. Very soon, all of the sessions will be available as podcats. You can find the link to ACB’s podcast page on the acb.org website.

ACB is now holding close to 80 community calls each week. Topics range from social gatherings to technology instruction and presentations, from foods topics to playing games, from travel to health topics, etc. You name it, you’ll probably find it. Most community events are recorded and can be accessed at:

<http://acb-community.pinecast.co>

To find out the schedule of community calls, you can either call (612) 332-3242 and follow the prompts, or subscribed to the email list by sending an email request to

community@acb.org

ACB 2021 National Convention:

The 2021 ACB National Conference and Convention will once again be held virtually July 16-23. Elections for ACB officers and board members will be held, as well as for the members of the Board of Publications. Any dues paying members of MSCB is eligible to vote during this election.

##### Healthy Living

The American Council of the Blind has begun a Health and Wellness campaign. You will be hearing more about that in future issues.

What, exercise while working or watching TV?

There are two new exercise devices you might want to check out.

<https://onthemuv.com/>

has developed the electric miniTREAD® and the miniTREAD that works with your leg power.

Editor’s note: Here is a short blurb from their website.

## INSPIRING YOU TO GET HEALTHIER… WHILE SEATED!

The Onthemuv® miniTREAD® is the evolution of the treadmill to be used from a seated position Co-founders Joanna Medin and Patrick Netter spent years developing the unique and patented miniTREAD. Intentionally engineered to be low to no impact with a small footprint. It incorporates two very natural positions — sitting and walking. The miniTREAD is designed for ease of use and reliability within the older adult, mobility limited and work from home populations and provides virtually the same cardio and muscular benefits as walking on a treadmill at the gym… without leaving the house.

As we age, we lose muscle mass, and this typically results in a loss of strength. Sitting as many hours daily as most of us do can result in a decrease in blood circulation, which is also proven to affect memory, focus and cognitive skills. Joanna and Patrick both watched the decline of their parents and know that if the miniTREAD had been available at that time, it could have had life changing results. We are passionate about providing a safe and effective product to help millions improve their health and keep moving…while seated.

### Cooks Corner

Submissions of recipes, tips for using your favorite kitchen gadget, information about smart kitchen devices and electric kitchen gadgets, etc. is greatly appreciated.

In line with our It’s 7-Up Time calls, I thought I’d submit a recipe for 7-Up Cake.

7UP Pound Cake

This old fashioned 7UP Pound Cake recipe is a simple Southern dessert that's perfect for just about any occasion!

Prep Time 25 minutes

Cook Time 1 hour 15 minutes

Cooling Time 2 hours

Total Time 3 hours 40 minutes

Calories 408.6 kcal

Author Blair

Ingredients

CAKE:

¾ lb. (3 sticks) salted butter, at room temperature

3 cups white sugar

5 eggs, at room temperature

3 cups all-purpose flour

2 tablespoons lemon zest (from about 2 lemons)

¾ cup 7-Up soda

GLAZE:

⅔ cup powdered sugar

1 tablespoon lemon juice (or more, as necessary)

Instructions

1. Preheat oven to 325 degrees F.

2. In the bowl of a stand mixer, cream together butter and sugar until light and fluffy (about 12-13 minutes). Add eggs, one at a time, beating after each one. Gradually add flour and lemon zest, mixing just until everything is combined. Fold in 7-Up.

3. Pour batter into a well-greased Bundt cake pan.

4. Bake for 70-80 minutes (or until a toothpick inserted in the center comes out clean). Cool in the pan for about 20 minutes, and then remove to a wire rack to cool completely.

5. Once the cake is cool, prepare the glaze by whisking together the powdered sugar and lemon juice until smooth. Add extra lemon juice (1 teaspoon at

a time), just until the glaze is thin enough to drizzle over the cake. If the glaze is too thin, add a little bit of powdered sugar until it reaches the desired consistency. Drizzle glaze over cake.

#### Calendar of Events

Monday, March 8, 7:00 PM: MSCB monthly call, It’s 7-Up Time! Held on Zoom. Heather McComas, a blind basket maker, will be our guest.

Friday, March 12: MSCB membership renewal deadline. Sunday, March 14: MSCB board meeting on Zoom. All members are invited to attend.

Monday, April 12: Monthly MSCB community call. Topic to be determined.

Wednesday, June 16: Deadline for paying ACB dues for eligibility to vote at the 2021 national convention.

July 16-23: ACB National Conference and Convention.