

# PUBLIC TRANSPORTATION TIPS

During this time of COVID-19, when counties are transitioning to various phases of reopening, VisionCorps offers these guidelines produced by transit authorities and government officials to protect your health and the health of others:

- Continue to wear a mask while riding and waiting for a bus.
- Wear gloves if you feel comfortable. Gloves should only be worn ONE TIME and immediately thrown away after use.
- Sit rather than stand (to limit/avoid highly-touched areas). Seating may be limited to create distance between riders.
- Self-advocate! Let the driver/other passengers know that you are blind or visually impaired so they can assist you in boarding and finding a safe seat.
- Clean your hands with hand sanitizer or wipes immediately after exiting. At the first opportunity, wash your hands using soap and water for at least 20 seconds. Disinfect your cane or dog guide's harness with soap and hot water or disinfectant wipes often.

Only use the bus for essential trips, such as medical appointments, food shopping, and employment. Some bus routes may continue to operate a reduced schedule.

You may call your local transit company for the most up to date information:

**Lancaster County:** RRTA (717) 393-3315

**York/Adams County:** Rabbit Transit (800) 632-9063

**Lebanon County:** Lebanon Transit (717) 274-3664

**Chester County:** SEPTA (215) 580-7800 or  
Krapf Transportation/Rover (484) 696-3854

# VIRTUAL GROUPS ADDED

Since we can't meet face-to-face currently, VisionCorps is excited to offer new virtual groups to keep you connected with support and information! To participate in these groups, please call Mary Lou Kubicki at 717-291-5951 ext. 4141 to receive the call-in and ID number.

## Virtual Sight Loss Support Group

Clients can listen to a conversation style presentation with a speaker on a topic of interest to someone with vision loss or blindness, as well as discuss the topic with other clients.

## Let's Chat!

A relaxed and informal group discussion where clients can share their stories and knowledge with each other.

### GROUPS ARE HELD AT 1:00 PM

	Virtual Sight Loss Support Group	Let's Chat
<b>Chester Co.</b>	1st Wednesday	3rd Wednesday
<b>Lancaster Co.</b>	4th Wednesday	2nd Wednesday
<b>Lebanon Co.</b>	3rd Wednesday	1st Wednesday
<b>York/Adams Co.</b>	2nd Wednesday	4th Wednesday

## Mobility Motivation

A weekly opportunity for people who are blind or visually impaired to discuss issues relating to mobility focused on maintaining independence. This group is held **EVERY THURSDAY at 1:00 pm.** please call Mary Lou Kubicki at 717-291-5951 ext. 4141 to receive the call-in and ID number.

JULY 2020



# THE Magnifier

*Rehabilitation services newsletter for clients & friends of VisionCorps*

**VisionCorps**

244 N. QUEEN ST.  
LANCASTER, PA 17603

FREE MATTER  
FOR THE BLIND

## **Rehabilitation Services Update**

First of all, we hope this newsletter finds you and your family safe and healthy. During this Pandemic, with things changing so rapidly, we understand how feelings of uncertainty can creep in and leave our clients and friends feeling uneasy. Please know that we are working hard here at VisionCorps to ensure that our ongoing support is one less thing to be concerned about – we are finding new ways to provide services from afar while still giving you the tools and training needed to meet your personal goals to achieve independence.

You'll notice this newsletter is shorter than usual – for the time being we will be communicating more often due ongoing changes in how we can serve you. In this edition, we discuss some things to keep in mind when using public transportation during the pandemic, and also information on how we are providing Sight Loss Support Groups – and other opportunities for camaraderie – without being able to gather in person.

As always, should you have any questions or concerns regarding your services please do not hesitate to contact your case manager or myself by calling 877-876-6550, and press option 1 to connect to Rehab.

Stay safe!

Chris Ament, Vice President of Rehabilitation and Education

## **NEW BOOK CLUB ANNOUNCED!**

VisionCorps is excited to announce a new virtual book club. Held **EVERY MONDAY AT 1:00 PM**, participants will have the opportunity to listen to chapters, and then will have time to discuss what was read. See details on first book below.

### **Touch the Top of the World by Eric Weihenmayer**

In this inspiring memoir, Eric shares his struggle to push past the limits imposed on him by his visual impairment-and by a seeing world and becomes the first Blind man to climb several mountain peaks including Mount Everest. Join us as we explore this book chapter by chapter and discuss the very important life skills that can be learned. Contact Stephanie @ 717-542-5132 for more details.