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Dear Friends,

Every day, I am reminded that NABA is about much more than the services it provides or the products it manufactures. NABA changes lives by helping people who are blind or visually impaired build the skills and confidence to live independently. Through vision rehabilitation services, manufacturing, and employment opportunities, individuals are empowered to achieve their personal and professional goals. Seeing those successes firsthand is a constant reminder of the impact NABA has on the people and communities it serves.

That impact is reflected in the accomplishments of the past year. Participation in the first Goalball tournament celebrated teamwork, determination, and the spirit of competition. Completing the first order for the U.S. Space Force Cravat marked an important manufacturing milestone and showcased the quality and craftsmanship of NABA's workforce.

These successes are possible because of the commitment of employees and the continued investment of participants, board members, partners, donors, and the community. Thank you for believing in NABA's mission and the people it serves.

I encourage you to continue supporting NABA through your charitable giving. Every contribution helps provide the resources, training, and opportunities that empower people who are blind or visually impaired to live independently and achieve their goals. Thank you for making that possible.



Sincerely,

Laura Zeliger,
Executive Director and
Chief Executive Officer

To donate today, visit
nabavision.org/donate



Thank you

27th Annual
VISIONARY
Golf Tournament

ALBANY COUNTRY CLUB
VOORHEESVILLE, NY

SEPTEMBER 28, 2026
9:00 AM SHOTGUN START

For more information, visit:
nabavision.org/golf



Thank you to all our 2026 Spring Celebration Sponsors and Supporters!

Massry Family • Borisenok Family Foundation • Cohoes Savings Foundation • CDTA
Ophthalmic Plastic Surgery • Regeneron • Advance Albany County Alliance • KeyBank
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A Legacy of 40 years of Service | Gail Hessney



In August 1986, Gail began her career as an accounting support staff member. Over time, her role expanded significantly, reflecting both her dedication and the evolving needs of the organization. As Gail explains, "There's a lot of different hats you wear in a nonprofit, and it always takes teamwork to succeed." Her career progressed from accounting support to Finance Manager, where she took on responsibilities including operations and maintenance management. She later transitioned into Development and advanced to her current role as Director of Development. In this position, she has built strong community relationships to support and sustain NABA's mission. Gail recalls an early moment in her career when a man of limited means visited the Low Vision Clinic. He was deeply grateful for the services and adaptive equipment he received. The experience left a lasting impression and continues to shape her commitment to service, respect, and dignity. She remains dedicated to the purpose established by NABA's founder, Frank Frost: to promote independence, provide services, and create employment opportunities for individuals who are blind or visually impaired. In June, Gail was honored with the Lions Club "Knight of the Blind" award for her more than four decades of service, presented by Past District Governor John McDonald, President of the Saratoga Springs Lions Club. A dedicated member of the Saratoga Springs Lions Club for over five years, she will continue serving as Sight Chairperson while also stepping into a new role on the Board of Directors, further extending her commitment to service and leadership within her community.

INDEPENDENT LIVING TIP Identifying U.S. Coins – How to tell them apart by size and edge texture.

- The dime is the smallest with ridged edges.
- The penny is medium-sized with a smooth edge.
- The quarter is the largest with ridged edges.
- The nickel is slightly larger than the penny, with a smooth edge.

Manufacturing with Pride

The craftsmanship of NABA's integrated manufacturing workforce continues to open doors to extraordinary accomplishments. One of them is manufacturing the Space Force Cravat—the traditional necktie worn with the official U.S. Space Force dress uniform. Producing this distinctive uniform component for the nation's newest military branch is a remarkable achievement. Helping outfit the Guardians of the High Frontier is a source of tremendous pride and a testament to the skill and dedication behind every product made at NABA.



White Cane: A Symbol of Independence



Each year on October 15, White Cane Safety Day celebrates the white cane as a symbol of independence and mobility for people who are blind or visually impaired. The day also reminds us of the importance of safety, accessibility, and respect for the rights of white cane users.

As President Lyndon B. Johnson proclaimed, "A white cane in our society has become one of the symbols of a blind person's ability to come and go on his own. Its use has promoted courtesy and special consideration for the blind on our streets and highways." More than 60 years later, the white cane remains a powerful symbol of independence and a reminder of our shared responsibility to build communities that are safe, accessible, and welcoming for everyone.

NABA Youth: Big Moments, Young Faces

The Youth Program kicked off the summer with an end-of-year field trip to The Great Escape. The outing provided youth who are blind or visually impaired with a day of adventure, social connection, and excitement. The roller coasters were the highlight of the trip, bringing plenty of laughter, shared experiences, and memorable moments.

Summer activities continued with *Barnyard Adventures*, a week designed to encourage exploration, friendship, and independence. Participants visited June Farms and enjoyed interacting with the playful Nubian mini-goats and Highland cows. The week also included hands-on learning activities focused on money identification and management. Each participant received an adaptive wallet and practiced organizing funds before applying those skills at the in-house "Farmer Ryan's Market."

The activities encouraged confidence, independence, and meaningful connections among participants. NABA is grateful to the Lavelle Fund for the Blind, Albany County Youth Bureau, and the New York State Commission for the Blind for their continued support of youth services.



Homemade Butter

Yield: 1 cup | Time: 30 mins

Supplies

- 1 Jar with lid
- 1 Glass marble

Ingredients

- 1 cup Heavy cream
- ¼ tsp Salt

1. Pour heavy cream (cold) into a jar. Add salt and glass marble. Place lid on tightly.

2. Shake vigorously until the cream thickens and separates into butter and buttermilk, about 15-20 minutes.

3. Open the jar, remove marble, and drain off the buttermilk.

4. Rinse the butter under cold water, kneading until the water runs clear.

5. Shape, place on parchment paper and refrigerate until ready to use.

Keeps for 1-2 weeks refrigerated.



A NABA Story: Life, Work, and Independence

Meet Yvonne Fauth, 79, of Cohoes, NY, a woman of gratitude and perseverance. During a drive home from work, Yvonne experienced a sharp and sudden vision deficit. The experience shook her cherished driving skills to the core. That same night, of her own accord, she "handed her car keys to her husband," bravely acting with the greater good in mind. Subsequent diagnostic testing revealed significant vision loss. In 2022, NABA began assisting Yvonne in navigating her new normal while maintaining her independence. She felt the staff were genuinely there for her and exceptionally knowledgeable. She commended NABA's Assistive Technology Instructor, Kyle Frownfelter, and Social Worker, Heather Horan. Kyle provided her the technical expertise to utilize low vision adaptive tools effectively and with confidence.

Yvonne's "big eye," as she refers to her CCTV monitor, enlarges the written word, allowing her to independently manage daily tasks that would otherwise require assistance. Heather held space during their counseling sessions for Yvonne to process her emotions. During those sessions, she worked through the experience of vision loss and the impact it had on her life. She credits the entire NABA team for boosting her confidence to speak up about her new needs as a member of the visually impaired community. Yvonne's sage advice for those who may find themselves traveling her path is, "You can look back, just don't keep staring at it."





Northeastern Association
of the Blind at Albany

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Visit nabavision.org/newsletter to learn more!

LOW VISION FAIR



FREE
EVENT!

October 19th
12:30 PM - 3:30 PM

Albany Marriott
189 Wolf Rd
Albany, NY, 12205

Explore independent living supports,
assistive technology, and resources for
people with low vision and blindness!

For more information, visit
nabavision.org/lowvisionfair



COMMUNITY EVENTS



Game Night

1st Tuesday of each month
3:30P - 5:00P



Coffee & Conversation

3rd Tuesday of each month
4:00P - 5:00P



Technology Tuesday

3rd Tuesday of each month
4:00P - 5:00P

For registration information, visit
nabavision.org/news-events



Assisting Blind and Visually Impaired Individuals to Achieve Independence & Growth!