# Weekly Brief IL OIB-TAC

February 2, 2021

## IL OIB-TAC February Webinar:

Please save the date for our February webinar on Cultivating Resilience with Becky Andrews. It will be held live on February 19, 2021, at 2:00 p.m. (CST). This webinar will discuss resilience and how we can proactively cultivate it in our lives.  Becky will discuss ten healthy practices and answer your questions.

[Ten Practices to Cultivate Resilience](https://www.oib-tac.org/files/ten-practices-cultivate-resiliencedocx): Download Becky's ten best practices to cultivate resilience.

**Registration is required.** For more information and to register, visit our [Community of Practice event page.](https://www.oib-tac.org/events/)

## Course of the Month:

The NRTC has almost 50 courses available for free continuing education credit and professional development. The OIB-TAC has 18 courses specifically focused on working with older individuals with blindness or low vision. During the first quarter of this fiscal year (Oct. – Dec. 2020), 453 OIB specific courses were completed, with the most popular being Mobility Impairments, Adaptive Skills, and Social Isolation. Visit our [course catalog](https://nrtc.catalog.instructure.com/) to enroll. For February, we recommend taking The Low Down on Low Vision, available for 1 hour of CRC, ACVREP, and NBPCB credit. This course describes common causes of low vision, low vision evaluation, and aids and techniques that help individuals use their limited vision efficiently.

<https://nrtc.catalog.instructure.com/courses/low-down>

For questions about these and other IL OIB-TAC courses,[visit our Frequently Asked Questions page,](https://www.ntac.blind.msstate.edu/courses/faq.php) or contact Simon Marcy at smarcy@colled.msstate.edu.

## Updated Lessons for Living curriculum:

Lessons for Living can be found at <https://www.oib-tac.org/direct-service/curriculum/>

Text versions of our updated Lessons for Living are now available for download. These 19 lessons, written for the consumer, address topics like understanding eye conditions, visiting the eye doctor, learning how to use other senses, low vision, labeling, and organization, adapting tasks, recreation and leisure, adjusting to vision loss, and accessing a computer or smartphone. We are currently getting these recorded in a human voice, so be on the look-out for them soon.

## Document of the month:

### Best Practices in the Administration of the OIB Program

The Best Practices report published in 2018 provides best practice guidelines for 16 areas of administration of an OIB program. You can also find a shorter version entitled Executive Summary, also at this link <https://www.oib-tac.org/program-administration/best-practices/>

## IL OIB-TAC Forum:

Do you ever wish you could pop over to a coworker's office to ask them a question, but you can't since you are working remotely? Consider stopping by our text forum on our website, [www.oib-tac.org](http://www.oib-tac.org). To post a question or participate in any of our discussions, sign up, and join our conversations. You can see what others are saying and maybe even find an answer to a question you have. If you have any questions about how to use our forum, reach out to Simon at smarcy@colled.msstate.edu.

The Older Individuals who are Blind Technical Assistance Center is a part of the [National Research & Training Center on Blindness and Low Vision (NRTC)](http://www.blind.msstate.edu/) at Mississippi State University. Please consider connecting with us on [Facebook](https://www.facebook.com/theNRTC) or [Twitter](https://twitter.com/MSU_NRTC).

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