Our Mission

We inspire confidence, build skills and empower people who are blind and visually impaired to become fully integrated, equally valued members of society by providing diverse services that produce opportunities and choices.

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IN*SIGHT
Promoting Independence and Opportunities for People with Vision Loss.

43 Jefferson Boulevard
Warwick, RI 02888
Phone: (401) 941-3322
Fax: (401) 941-3322

IN-SIGHT
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InSIGHT1925
Learning to be Independent

INSIGHT provides training is a wide variety of independent living topics in several formats to meet the needs of people living with vision loss. The goal of the training is to increase the person’s knowledge and ability to accomplish a particular task.

Lunch and Learn Workshops – 67 People
These free workshops focus primarily on increasing knowledge of a particular topic. Typically an hour and a half in length the presentations included a speaker and hands on activities followed by a complimentary lunch-eon, which helps the participants meet others who are living with vision loss. The workshops we offered in 2016 included:

- Looking Your Best
- Tai Chi
- Understanding Non-24 Disorder
- Positive Aging Strategies
- Forever Fit Exercise Workshops
- Making Your Kitchen User Friendly
- Low Vision Cooking
- Managing Medications
- Tactile Marking Strategies
- Adapting Popular Card and Board Games
- Lighting and Contrast
- Low Vision Technology
- Increasing Home Safety
- Going Out for a Meal

In Home Training – 120 People
As part of the low vision process clients have the option of having a vision rehabilitation therapist come to their home to demonstrate the correct use of recommended low vision aids while also identifying other solutions for increased independent living such as better lighting, tactile markings on kitchen appliances, and more.

Individual Training – 134 People
Single session individual training is offered to people who are interested in learning a particular skill. In 2016 we offered training in fourteen different areas including the proper use of low vision aids, using technology, accessing the Talking Books program and much more.

Multi-Session Training – 7 people
Training that is spread over two or more sessions is offered for individuals who are interested in more in-depth training in a particular skill. In 2016 we helped people learn how to better identify and organize clothing, master the IPad, and develop safer kitchen skills.
Adapting to Vision Loss

INSIGHT provides a variety of programs that help people learn to adapt to their vision loss. For some it may be learning how to use a hand magnifier to read a food label, instruction on how to use a talking glucometer to independently manage blood sugar, or accessing local news and information through INSIGHT Radio.

**Adult Low Vision Clinic—278 people**
Our Low Vision Clinic offers an alternative to those for whom traditional optometry and glasses no longer help. Our optometrists recommend various strategies and techniques, as well as prescription strength adaptive devices that may help someone to maximize residual, functional vision. As part of the low vision process, we also offer in-home training.

**Pediatric Low Vision — 101 people**
In 2016, in partnership with the Massachusetts College of Pharmacy and Health Sciences (MCPHS) we provided low vision evaluations for Rhode Island children of all ages. Optometric students from MCPHS work with Dr. Waldorf each week to learn about low vision exams.

**Video Magnifier Rentals – 37 people**
INSIGHT offers low cost rentals on gently used video magnifiers, which help people to read their mail and periodicals, view photos, and more. The rental program makes these key pieces of low vision technology more financially accessible for people with fixed incomes or those looking to try the technology before buying a newer machine.

**Diabetes Education—31 People**
INSIGHT’s diabetes education and outreach coordinator provides both individual and group counseling to help people living with diabetes understand how to better manage their condition. This training includes how to independently test blood glucose levels, administer insulin, improve nutritional habits, increase physical activity, and understand how factors such as stress and medications can negatively affect diabetes.

**INSIGHT Radio – 310 people**
Our closed circuit radio reading service is a 24 hour per day, seven day per week service that delivers the reading of local newspapers, magazines, and books to people who are print disabled through a receiver that is available at INSIGHT. In 2016 we had 51 volunteers who donated more than 3,700 hours of their time to make the service available.

**Chair Caning Shop – 4 people**
Our chair caning shop provides employment for four blind and visually impaired craftsmen who repair and cane chairs, rockers, canoe seats, and much more. In 2016 the shop provided these employees with 3,500 hours of paid employment.
Getting Active and Staying Connected

INSIGHT provides a range of programs that no only build skills and confidence, but also provide people with the opportunity to meet others who are also living with vision loss. Socialization helps people to better face their fears, share their frustrations, and learn how others have learned to adapt to vision loss.

Recreational Programs – 65 people
In 2016 we helped people explore activities that they might not usually participate in due to their vision loss. These programs also helped people to expand their social and support networks.

- A tactile tour of the Museum of Fine Arts in Boston.
- A fully narrated rail and sail tour of the Connecticut River Valley.
- Two bowling outings at local bowling centers.

Art Programs – 14 people
In 2016 we focused our art programs on ceramics, a tactile art form, to create unique pieces. The workshops were hosted at Mudstone Studios in Warren, RI, under the direction of Ellen Blomgren. In the spring session the participants created ceramic birds and birdhouses and in the fall session the participants created a set of tasting cups and ceramic squirrels.

Book Club – 14 people
The INSIGHT Book Club provides a forum for people to gather monthly to discuss a book that everyone has read prior to the meeting. The Book Club promotes socialization as well as the use of technology to access the material.

Support Groups – 100 people
In 2016 we facilitated community support group meetings in seven locations throughout Rhode Island including Lincoln, Cranston, Newport, North Kingstown, Westerly, East Providence, and North Providence. These monthly meetings often feature a presentation on a topic related to maintaining independence despite vision loss. Some of the topics discussed included:

- Overviews of glaucoma and macular degeneration.
- An introduction to the Talking Books program.
- Managing medications with Phillips Lifeline.
- Basic tactile marking strategies.
- Improving lighting and contrast to increase what you can see.
Youth on the Move

In 2016 our summer youth program focused on learning and practicing the skills needed to get around safely, confidently, and independently. Seventeen kids and teens participated in this year’s program which was led by three orientation and mobility specialists from the Sherlock Center on Disabilities.

Summer Youth Program—17 people

Among the activities during the 2016 program were:

- Kayaking at Lincoln Woods State Park
- Rock Climbing at RockSpot Climbing
- Dance Workshop with Jennifer Maiello
- Narrated boat tour of Narragansett Bay and Newport Harbor
- A day in Boston including a tactile tour of the MFA and a Duck Boat tour of the city.
- A hike along the Newport Cliff Walk and a visit to First Beach.
- A tour of Woods Hole Oceanographic Institute with Dr. Amy Bower, a blind oceanographer.
- Boat tour of the Blackstone River.
- Karate and self-defense instruction
- Learning to play Goal Ball, an adaptive game for people living with vision loss.
- A hands on search and rescue exercise.
## Summary of Financial Results

### Support and Revenue

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributions and Grants</td>
<td>$242,565</td>
<td>33%</td>
</tr>
<tr>
<td>Fee for Service Income</td>
<td>$134,041</td>
<td>18%</td>
</tr>
<tr>
<td>Rental Income</td>
<td>$167,635</td>
<td>23%</td>
</tr>
<tr>
<td>Interest and Dividend Income</td>
<td>$98,923</td>
<td>13%</td>
</tr>
<tr>
<td>Income from Beneficiary Trusts</td>
<td>$90,559</td>
<td>12%</td>
</tr>
<tr>
<td>Other Income</td>
<td>$2,817</td>
<td>1%</td>
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</tbody>
</table>

**Total Support and Revenue**  
$736,540

### Expenses

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair Caning Shop</td>
<td>$112,114</td>
<td>12%</td>
</tr>
<tr>
<td>Vision Rehabilitation</td>
<td>$293,340</td>
<td>32%</td>
</tr>
<tr>
<td>Youth Summer Program</td>
<td>$37,871</td>
<td>4%</td>
</tr>
<tr>
<td>Low Vision Clinic</td>
<td>$114,628</td>
<td>12%</td>
</tr>
<tr>
<td>INSIGHT Radio</td>
<td>$122,759</td>
<td>13%</td>
</tr>
<tr>
<td>Rental Property Expenses</td>
<td>$96,070</td>
<td>11%</td>
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</table>

**Total Program Services**  
$776,782  

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Percentage</th>
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<tr>
<td>General and Administration</td>
<td>$117,531</td>
<td>13%</td>
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<tr>
<td>Development</td>
<td>$26,425</td>
<td>3%</td>
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**Total Expenses**  
$920,738

### Other Income (Expense)

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Bequest Income—Designated Investment</td>
<td>$33,145</td>
</tr>
<tr>
<td>Net Realized and Unrealized Gains (Losses) on Investments</td>
<td>$116,967</td>
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<tr>
<td>Gain on Beneficial Interest in Perpetual Trusts</td>
<td>$31,772</td>
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</table>

### Net Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Assets—Beginning of Period</td>
<td>$9,189,161</td>
</tr>
<tr>
<td>Net Assets—End of Period</td>
<td>$9,186,847</td>
</tr>
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*Our full audited financial statements and IRS Form 990 can be found on our website, www.in-sight.org*
INSIGHT Supporters and Friends

We gratefully acknowledge the support of the following individuals and organizations who invested in our agency from January 1, 2016 through December 31, 2016.

Every attempt has been made to assure the accuracy of our donor list however in compiling such a list, omissions and misspellings can occur. We appreciate the opportunity to update our records. To make a correction please call Christopher Butler at (401) 941-3322 or e-mail cbutler@insight.org.

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We gratefully acknowledge these donors who pledged to give at least $5 per month in 2016 to provide INSIGHT with a stable stream of donations through the year in an easy and convenient way for the donors.

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www.insight.org

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to buy tickets, become a sponsor or

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an auction to benefit programs for

A fun blind wine tasting and silent

at the historic Squantum Association

Thursday, September 21, 2017

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