



The Torch



Edition 12

Graduates 2020

The following students obtained their degrees in 2020



Jean Jacques Naude

Short Learning Programme in Deceased Estates
at the Law Society of South Africa, addition to LLB



Elizabeth Maponya

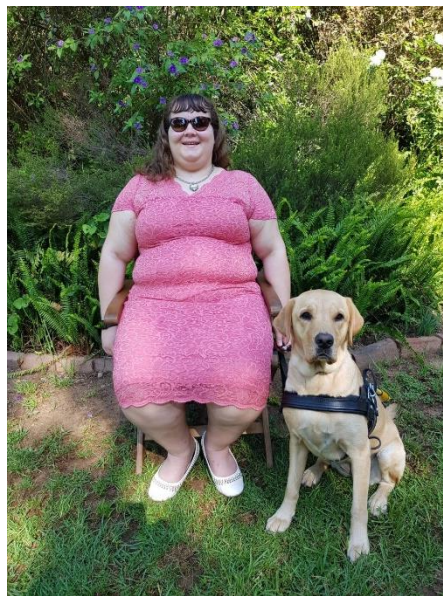
BA Health Soc Science at UNISA



Marike Naude

B Veterinary Science degree at the University of Pretoria.

IFMB Students 2020



Colette Roos

Colette is 19 Years old and studies BSc General at the University of Pretoria.

She attributes music as the one thing that has assisted her success in life and would like to give back to the community by also becoming a music therapist.

As a blind person, her biggest challenge is people's misconception of her capabilities. "Just because we sometimes need more help, doesn't make us less worthy or less capable"

She took up 2 foreign languages at university as well as psychology and anthropology. She believes this will enable her to communicate with a larger variety group of people.



Lorinda Diedericks

Lorinda is doing a course in Pastoral Narrative Therapy at Coram Deo. This is a great addition to her Psychology Degree previously obtained.

Lorinda is completely blind and has a hearing impairment. This is however not stopping her from achieving the goals she has set for herself. The course she is doing will enable her to act as a facilitator for people in order to help them achieve healing through them sharing their stories in a safe space.

Her path has been full of challenges, some for example like screen readers not being able to interpret all visual information, posed some speed bumps along her path, however she overcame these with the help of sighted assistance. She has a strong faith and believes that this will help her to continue along her path and continue to achieve her goals in life.



Maria Mthunzi

Maria is 32 years old and is studying toward a BEd at Unisa. She is partially sighted and because of this it was very challenging to effectively study in a mainstream school.

She chose to study this course as she believes education to be the key factor in growing a society. The saying “knowledge is power”, is a true reflection of what the society can achieve if everybody can have education.



Reevan Heppell,

Reevan is 18 years old and is studying toward a degree in Industrial Engineering at the University of Stellenbosch.

Reevan absolutely loves the ocean and his hobbies include volunteering for the NSI. He fears that he might never become a coxswain, because he is partially sighted. This, however, does not keep him from pursuing this goal and others.

The passion for the course he is studying stems from his desire to improve the living conditions of others. His dream is to streamline processes within organisations in order to provide better, more thorough help and support or services.



Simphiwe Ntoyi

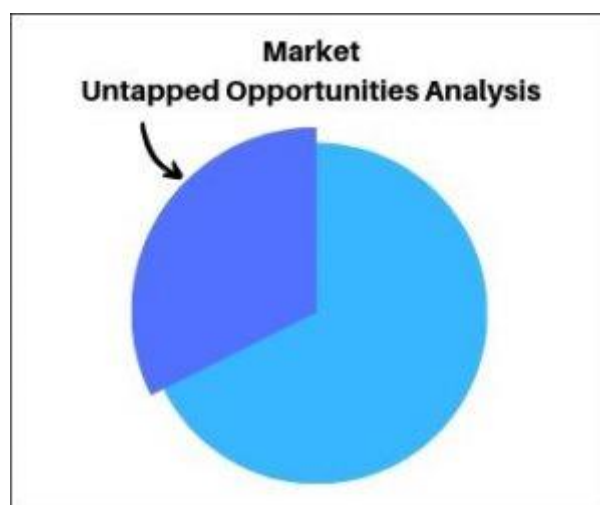
Simphiwe is studying toward an LLB degree at Unisa. He is a free-lance tutor for modules pertaining to marketing management.

He is partially sighted and the biggest challenge he faced was the ability to read. By attending college, he has learnt how to use the computer as well as a screen reader.

He chose his course of study based on the interest of South African law and how it lines up with the constitution and those with disabilities. His dream is to one day have his own firm and advocate for those with special needs.

Assistive Technologies for Visually Impaired Market Detailed Study Analysis with Forecast by 2028

By ROHIT@TRANSPARENCYMARKETRESEARCH.COM
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The global assistive technologies for visually impaired market is expected to reach a significant valuation in the coming years of the forecast period. In recent years, the global eye health sector has given prime importance to the needs and demands of blind people and has thus led to high production of devices and equipment for the help of visually impaired. With the advancements in technology, more and more assistive technologies for visually impaired are coming in market for the betterment of lives of these people.

The global assistive technologies for visually impaired market features a fragmented landscape due to the presence of several key players. These leading companies in the global market are constantly striving for increasing their user base with the help of new technologies and products. Naturally, the competition in market quite high and is working in favor of the development of the global market. Some of the leading companies in the global assistive technologies for visually impaired market include names such as VFO, LVI Low Vision International, Nippon Telesoft, Humanware Group, and Dolphin Computer Access Ltd. among others. Some of the notable developments in the global assistive technologies for visually impaired market are given below:

In August 2017, Humanware Group announced that the company has launched a new addition to its flagship explorē line that includes explorē 3, explorē 5, and the latest explore 8. These are new and more powerful portable handheld magnifier.

Global Assistive Technologies for Visually Impaired Market – Drivers and Restraints

There are several reasons behind the fast-paced development of the global assistive technologies for visually impaired market. One of the biggest reasons behind the market growth has been the initiatives undertaken by the healthcare agencies, non-profit organizations, and the NGOs operating across the globe for the betterment of life of visually impaired people with the help of technology. With the growing awareness and assistance campaigns undertaken by these organization, the spread of the assistive technologies for visually impaired market has been growing at a rapid pace. This has thus been the key driving factor for the development of the global assistive technologies for

visually impaired market. Moreover, with the help of social media and other platforms, increasing awareness campaigns are being put out and also growing use of mobility and low vision devices for personal use are also helping for the development of the global assistive technologies for visually impaired market.

The global assistive technologies for visually impaired market has five main regions that provide the reader with the intricate details of the working dynamics of the regional landscape. These regions are North America, Europe, Asia Pacific, Middle East and Africa, and Latin America. Of these, currently, the global assistive technologies for visually impaired market is dominated by the regional segment of North America. The region controls more than one-third of the overall market share and is expected to continue to dominate the market in the coming years of the forecast period of 2018 to 2028. This dominance of the North America segment of the global assistive technologies for visually impaired market can be primarily attributed to the highly-developed healthcare infrastructure in the region. This along with the fact the region is also privileged to have an early access to the constant technological advancements in terms of devices and software is also an important factor for its overall growth.

Market Segmentation is as follows:

By Product (2016–2026; US\$ Mn)

Educational Devices

Braille Computers

Braille Writers

Reading Machines

Mobility Devices

Low Vision Devices

Others

TMR Research is a premier provider of customized market research and consulting services to business entities keen on succeeding in today's supercharged economic climate. Armed with an experienced, dedicated, and dynamic team of analysts, we are redefining the way our clients' conduct business by providing them with authoritative and trusted research studies in tune with the latest methodologies and market trends.

Source: Technews.mobi

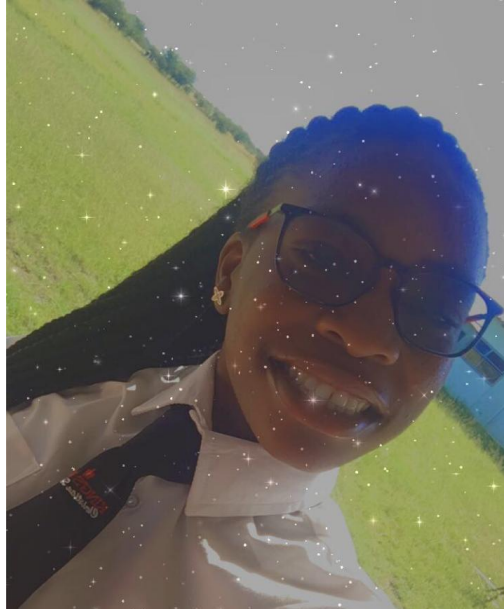
Beneficiary News



Manfred Ruiendo

St Dunstan's assists the children of our beneficiaries through the St Dunstan's Education Grant. Manfred Ruiendo is one of these benefactors who was able to complete his National Certificate, Manfred is now utilizing the Tertiary Education Grant to achieve a qualification in Film and Media.

Manfred recently started a film and television production course at the Revolution Media Academy. He is really enjoying learning and looks forward to a career in Film and Media on successfully concluding the 2-year course.



Faustina Bernado

Faustina is attending Kingsway Christian School and she was elected for the IEB programme. She is very excited and believes this will help pave the way for her to attain the best possible results that will allow her to place the best foot forward when it comes to university entrance. Faustina is keeping her options open as far as her tertiary study path goes as she is still young and has much still to learn and research before deciding on a career path.

You Probably Touch Your Face 16 Times an Hour: Here's How to Stop



- Touching your face can significantly increase the risk of infection with flu or cold viruses and the new coronavirus.
- Your eyes and mouth are areas where viruses can easily enter your body.
- Studies have found that people touch their faces more than 16 times in an hour.
- We touch our faces so often that the odds of recontaminating our hands between washings are extremely high.
- Experts say wearing gloves can help you break the habit of frequently touching your face.

We all do it. We touch our faces countless times every day. An itchy nose, tired eyes, wiping your mouth with the back of your hand are all things we do without a second thought. However, touching your face can significantly increase the risk of infection with flu or cold viruses, but especially the new coronavirus.

Your mouth and eyes are areas where viruses can enter the body most easily, and all it takes is touching them with a finger already carrying an infection.

Two ways to transmit an infection

According to the Centers for Disease Control and Prevention (CDC) Trusted Source, the new coronavirus, also called SARS-CoV-2, is transmitted from person to person, like many other respiratory infections.

This includes by respiratory droplets produced when someone sneezes and inhaled into the lungs of others, and by touching a virus-contaminated surface and using that hand to touch your eyes or mouth.

While we can easily avoid being around someone who's obviously sick, or take precautions against airborne viruses using a mask, avoiding the virus when it's on a surface is almost impossible.

We touch our faces all the time

Scientists researching this behavior find that people are constantly touching their faces.

In one 2008 study Trusted Source, 10 subjects were each observed alone in an office environment for 3 hours. Researchers found they touched their faces an average of 16 times per hour.

Another study from 2015 Trusted Source observed 26 medical students at a university in Australia to discover they touched their faces 23 times per hour. Almost half of the face touches involved the mouth, nose, or eyes, which are the easiest pathways for viruses and bacteria to enter our bodies.

Even medical professionals, who should know better, were found to touch their faces an average of 19 times in 2 hours while being inconsistent about observing proper hand hygiene.

"When actively working, people will often shake their foot, play with their hair, or in these instances, touch their faces. It certainly helps to know when you are most vulnerable to such activities and try to stay aware, during the meeting, or phone call, or while engrossed in work," Dr. Alex Dimitriu, double board-certified in psychiatry and sleep medicine and founder of Psychiatry & Sleep Medicine, in Menlo Park, California, told Healthline.

Handwashing is key

So, we take precautions like washing our hands Trusted Source often and using at least 20 seconds to do so. But this can only help if we also avoid touching our faces, as there's no way of knowing when you've picked up a tiny, and potentially deadly, passenger.

According to the CDC, effective handwashing consists of five simple steps:

- wet
- lather
- scrub
- rinse
- dry

However, we touch our faces so often that the odds of recontaminating our hands between washings are extremely high. All it takes is touching a doorknob or similar surface and you're in danger of infection again.

"A new ring, jewelry, or even a rubber band around the wrist can serve as a reminder to increase awareness of the hands, and ideally to remember to not touch your face," said Dimitriu. "Something needs to be different, however, to encourage 'different' and nonautomatic behavior."

It's a habit you can break

Zachary Sikora, PsyD, a clinical psychologist at Northwestern Medicine Huntley Hospital in Huntley, Illinois, offered the following tips to avoid touching your face during the coronavirus outbreak.

“Be mindful about your intention to keep your hands away from your face. Just a brief pause can help you be more aware of what you’re doing with your hands,” he said.

He added that it also helps to place reminders like Post-it notes in your home or office so you can see them and remember you want to keep your hands away from your face.

“Keep your hands busy. If you’re at home watching TV, try folding laundry, sort through mail, or hold something in your hands,” Sikora explained, adding that even a tissue will do, as long as it reminds you to keep your hands away from your face.

He also recommended using a scented hand sanitizer or a scented hand soap to help remind yourself to keep hands away from your face. The smell will draw your attention to the location of your hands. If you’re in a meeting or sitting in a class, he recommended lacing your fingers together and placing them in your lap.

Finally, if you know you habitually touch your face, Sikora said wearing gloves can be an effective physical reminder.

“You can wear gloves when you’re out in public and most likely to be exposed by touching surfaces that have the virus,” said Sikora. “Then remove them when you get to your destination. It may be unusual, but wearing gloves at home can also help you break the habit of touching your face.”

The bottom line

Your eyes, nose, and mouth are the easiest paths for a virus like SARS-CoV-2 to enter the body.

All it takes is touching these areas with your hands after you’ve come in contact with the disease on a surface you touched.

No matter how frequently you wash your hands, it’s not often enough to prevent passing an infection into your system.

The best preventive measure is to avoid touching your face as much as possible.

Experts say that using some simple methods will help you break this habit. These include using scented hand soap or sanitizer to increase awareness of where your hands are and keeping your hands in your lap during meetings.

Source: [Healthline.com](https://www.healthline.com)

Announcements



Carol Sam

Carol Sam passed away on 11 March 2020 at the age of 88.

Carol worked for St Dunstan's from the early 80's and stayed on until 1996. She stayed connected with the office and attended the AGM's religiously. Carol would often call to find out how the beneficiaries were doing. Carol will be remembered for her caring and compassionate nature, a very special person who will be missed.

Reunion and Project Gemini

Due to the Covid-19 pandemic we had no choice but to cancel our Reunion and Project Gemini. We urge everyone to take the necessary precautions and to stay safe during the lock down period.

Birthdays



Lelethu Mtwana celebrated her 21st birthday at the beginning of April. Happy Birthday and may the year ahead hold many great things.



Upcoming Events

Reunion - Cancelled
Project Gemini - Cancelled
AGM - September 2020
Long Cane Rally - October 2020