

OCTOBER 2025

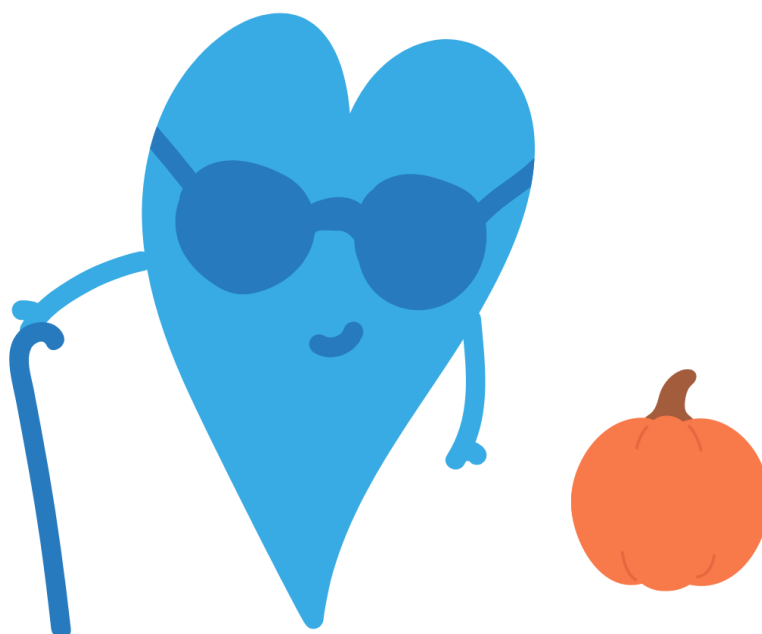
VOL. 5, ISSUE 10



Best News

Blind Early Services TN - Newsletter for Caregivers and Providers

Blindness
Awareness Month



October is Blindness Awareness Month

As October comes to a close, we're taking a moment to reflect on **Blindness Awareness Month** and the **two special days** relating to vision.

On October 8th, we observed **World Sight Day**, a global reminder of the importance of eye health and equitable access to vision care. Regular eye check-ups and early detection are key to supporting healthy vision, especially for children with vision

MARK YOUR CALENDAR

November 8 (6:00 PM - 10 PM)

BEST Fest

City Winery Nashville

609 Lafayette Street

Nashville, TN 37203

Buy your ticket or register for the online auction

differences. To help families explore these topics together, Prevent Blindness and the National Association of School Nurses created an activity packet filled with games, puzzles, and animal-eye facts—designed to spark curiosity, learning, and conversations with siblings or classmates about how people see the world differently and the value of inclusion.

[Explore the World Sight Day Activity Packet](#)

Just a few days later, **White Cane Day** (October 15) celebrated the independence and empowerment of people who are blind or visually impaired. Among the many ways Orientation & Mobility (O&M) specialists support children, they teach cane skills, which often including the standard “Hoover Method,” in which the cane is held in the center and gently swung side to side before each step to detect obstacles ahead. Toys like *Blind Barbie*, which includes a white cane and was co-developed with the American Foundation for the Blind, help normalize and celebrate these tools, showing children that a cane is more than a practical aid—it’s a symbol of confidence, capability, and independence.

[Learn more about Blind Barbie here!](#)



CELEBRATE 5 Years (!!!) of BEST at BEST FEST!

November 15 (2:00 PM - 5:00 PM CST)

November 22 (2:00 PM - 5:00 PM CST)

Flip for Function Parents Day Out (Middle TN)

Perfect for: Parents who need a break, siblings who want to play, or just a fun Friday afternoon.

\$70 per child

[Register Here](#)

November 15 (10:30 AM - 12:00 PM CST)

TRIAD Early Intervention Caregiver Webinar

Topic: Developing Successful Sleep Habits

[Register for this Webinar & More](#)

December 4 (1:00 PM - 2:00 PM EDT)

Perkins CVI Caregiver Community Chats

[Register Here](#)

BEST FEST 2025

Sponsored and Supported By



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Part of the HCA Healthcare Family of Hospitals



Very soon, on November 8th at City Winery, join us for a five year celebration of BEST. Individual tickets and tables can be purchased on the event webpage!

Our largest fundraiser of the year, BEST Fest helps us raise critical funds as a nonprofit. All money raised goes directly into supporting the families across TN that we care so deeply for.

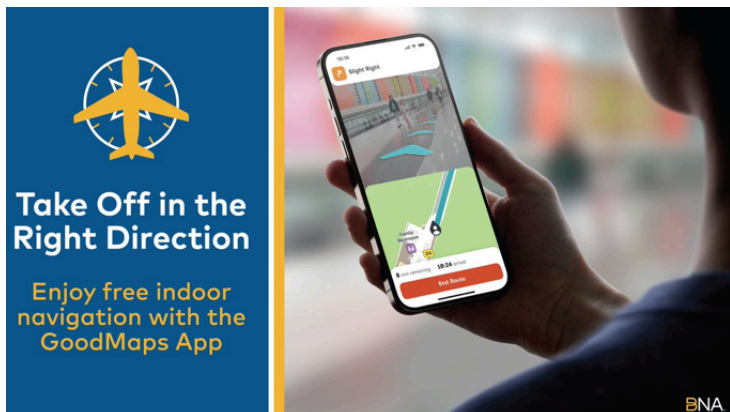
Not able to attend? You can still enjoy the fun by bidding remotely on auction items! Go to the event page and in the center at the top click the "Auction" tab to register to bid.

We can't wait to celebrate the BEST community!

Get Your Tickets Today



BNA launches GoodMaps



Nashville International Airport has partnered with **GoodMaps** to make air travel more accessible for people who are blind or have low vision.

Using LiDAR and AI, the **GoodMaps app** provides *turn-by-turn audio and visual directions* to gates, restrooms, restaurants, parking, and more – all in real time.

This new feature is part of **BNA Cares**, the airport's accessibility initiative, and supports 20+ languages.

[Read More Here!](#)

A big step toward more confident and independent travel for all!

Target & National Federation of the Blind Partner to Make Self Checkout Accessible

Target is introducing a **first-of-its-kind self-checkout experience** designed with and for people with disabilities, especially those who are blind or have low vision. The new system was developed in partnership with the **National Federation of the Blind** and aims to make shopping more independent, dignified, and inclusive.

Rolling out this holiday season and expanding nationwide in early 2026, the update makes self-checkout easier to navigate for everyone – including those with visual or motor challenges.

Accessibility features include:

- Braille and high-contrast button icons
- Headphone jack with adjustable volume for private audio prompts
- Physical navigation buttons and an info key
- A tactile controller for precise, non-visual input
- Audio narration that guides users through each step

[Find Out More](#)





If SNAP Benefits Pause—Where to Turn for Support

Nashville (Middle TN)

With the government still shut down, we know many families are concerned about the possibility of delayed SNAP benefits in November. BEST is here to support you however we can—starting with resources to help you find food support in your community.

Knoxville (East TN)

Here are a few places where you can find assistance near you:


Memphis (West TN)

Food support, wherever you are: Find nearby resources on Findhelp.org by entering your ZIP code.




What We're Loving This Month

5 Little Pumpkins




By Amy Shepherd M.Ed.

5 Juicy Apples



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Fall Trees



By Amy Shepherd M.Ed.
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We're excited to share some of our favorite fall-themed CVI books! These engaging titles are perfect for encouraging exploration, sensory engagement, and developmental growth, and many also offer a "Make Your Own Experience Book" option to create personalized, hands-on learning experiences!

Check them out on CVI Book Nook!

About Us

Links

Let's be BEST friends