



New Vision News



Vision Impairment Services In Our Neighborhood

August 15, 2010

Volume 3, Issue 4

Editor: TTabone

Check us out on the web at www.n-v-i.org

Low Vision Expo 5k Run and Walk

Lake-Sumter Community College
9501 US Hwy 441
Leesburg, FL 34788

Planning is underway for our 5k Run/Walk for New Vision and Low Vision Expo scheduled for Saturday, October 30th.

The 5k Run/Walk will be around Silver Lake. There will be numerous award categories. There also will be a shorter Walk around the track at Lake-Sumter Community College.

At the Low Vision Expo there will be vendors to demonstrate and answer questions about their low vision aids. Lake County Election Supervisor Emogene Stegall will have a representative and equipment available to demonstrate how those with a visual impairment are able to vote in the elections. RSVP will be present with information about volunteering for different organizations throughout Lake and Sumter counties. And more...

If you would like more information about becoming a sponsor or a vendor, call 352-435-5040 or go to <http://n-v-i.org/SpecialEvent.html>

If you would like to participate in the 5k Run or Walk call for a registration form or go to <http://n-v-i.org/SpecialEvent.html>

The 5k Run/Walk is New Vision's annual fundraising event. All of New Vision's services to babies and adults who are blind or visually impaired are at no cost. The Division of Blind Services has awarded New Vision contracts to serve babies from birth to school age, adults who would like to remain in their jobs or find employment, and adults who are retired or unable to work. These contracts cover only 60% of the cost of providing services to Lake and Sumter counties and The Villages. The remaining 40% must be raised through

donations, grants, and fundraising.

Bob and Doris Schott, who have in the past raised over \$30,000 for New Vision, would like to challenge everyone with their "Just Ten" campaign.

They ask that those who would like to help, write "Just Ten" letters to family and friends. Tell them about how you have benefited from New Vision's services and ask for either direct financial support or as a sponsor of the 5k Run/Walk. Sample letters are available. Call 352-435-5040 for more

Registration Times

5k Run/Walk: 7:00 a.m.

1/2 Mile Walk: 8:30 a.m.

Start Times

5k Run/Walk: 8:00 a.m.

Low Vision Expo: 8:30 a.m.

Awards for 5k: 9:15 a.m.

1/2 Mile Walk: 9:30 a.m.

Registration Costs

5k Run/Walk or 1/2 Mile Walk

- Register by Sept. 30 - \$20

- Register by Oct. 29 - \$25

- Register day of event - \$30

information. Even if you don't send 10 letters, please tell 10 people about New Vision.

Congratulations!

To Deanna Chapman, Vice President of New Vision's Board of Directors, for being named the state's inaugural EMS Injury prevention Award winner by the Department of Health Bureau of Emergency Medical Services. The award recognizes outstanding efforts of people who serve their communities through injury prevention, EMS education activities, and saving lives.

Our Mission Statement

New Vision for Independence is committed to excellence in providing rehabilitation, community education, and support services for people with low vision or blindness and their families to promote independence, acceptance, and self-confidence.

Winston Churchill said, "We make a living by what we get, but we make a life by what we give." Volunteering is one of the most common human acts of kindness.

New Logo

Have you noticed our new logo? On the right side of the red oval around our name is now a silhouette of a person walking with an outstretched cane. We have affectionately named him "Louis" after Louis Braille.

Mystery Riders

LakeXpress, Lake county's public transportation service, wants to know how it's doing and needs your help. The agency is looking for volunteers to be "mystery riders" and evaluate their experience taking a trip on a county bus.

Each mystery rider will be given a checklist of criteria that includes evaluating a vehicle's cleanliness, driver courtesy, stop announcements, and timeliness.

To volunteer or for more information, call the Lake County Public Transportation Division at 352-742-6580

Congratulations!

Bob and Doris Schott were recognized by the Mount Dora Lions Club with the Lion of the Year Award. This is in recognition of all the work they do for the Lions Club. Bob, New Vision's Braille instructor, is the editor of the monthly Lions Pride Newsletter. He and Doris are active participants and volunteers for the Lions Club.



Free Reading Service

ReadThisToMe is a free reading service for blind and low-vision people, powered by volunteers and Internet collaboration. The service allows clients to have printed documents read to them over the phone. All a person needs is a phone line and a fax machine. The service is free and available throughout the U.S. and Canada. Here's how it works:

1. The client faxes the document to be read to 1-877-333-8848. The first page needs to be a cover

page that includes the client's first name and a call back number. The document itself can be just about anything: a handwritten letter, a bill, a can of food, a multi-page magazine article -- just about anything that can be faxed.

2. One of ReadThisToMe's volunteer readers will call the client back - usually within an hour - and read the document.

New Christian Outreach for the Blind

Are you looking for Christian Fellowship? Would you like to meet other blind or visually impaired Christians? If so, a new center will open on Saturday, September 25th at Faith Lutheran Church, 2727 Grove Street, Eustis from 10:30 am until 12:30 pm. You are welcome to come and hear a brief devotion or Bible study, sing hymns, and eat a free lunch. Call Jerry Heichelbeck for more information about the program and possible transportation at 352-383-5450

Hadley School for the Blind

The Hadley School for the Blind is the largest worldwide distance educator of blind and visually impaired people. Founded in 1920 by William Hadley and Dr. E.V.L. Brown, Hadley offers courses free of charge to its blind and visually impaired students and their families. Today, the school serves more than 10,000 students annually in all 50 states and 100 countries.

Hadley has a course for you if you are:

- A blind or visually impaired individual 14+ years of age
- A relative of a blind or visually impaired child
- A family member of a blind or visually impaired adult

Contact Hadley for a catalog of courses at 800-323-4238 or go on-line to <http://www.hadley.edu>

What is Diabetic Retinopathy?

Diabetic retinopathy is the most common diabetic eye disease and the leading cause of eye disease for adults in the United States. Diabetic

retinopathy occurs when there is damage to the blood vessels in the retina, and leads to vision loss.

What causes Diabetic Retinopathy?

Diabetic retinopathy occurs when an individual has damage to the blood vessels in the retina, whether through swelling or the leaking of fluids. This disease affects only people with diabetes, particularly older individuals and women with diabetes who become pregnant. Individuals often develop diabetic retinopathy when abnormal new blood vessels begin to grow on the surface of the retina (the light-sensitive tissue at the back of the eye). To prevent diabetic retinopathy, people with diabetes should control their levels of blood sugar, blood pressure, and blood cholesterol. Smoking also increases an individual's risk of developing diabetic retinopathy.

Symptoms of diabetic retinopathy may include:

- There are often no symptoms at first, which is why preventative care is important
- Blurred vision is the most common symptom
- Spots "floating" in your vision
- Difficulty seeing at night

How do you treat diabetic retinopathy?

It's important to get a comprehensive dilated exam at least once a year. If diagnosed with diabetic retinopathy, it may be treated with laser surgery, which assists in shrinking the abnormal blood vessels. This usually takes 2 or more sessions and there may still be some residual loss of side vision. Side effects may include reduced color vision and night vision.

(www.nei.nih.gov and www.mayoclinic.com)

For more information visit:

- www.eyecareamerical.org
- www.allaboutvision.com
- www.kellodgemich.edu
- www.cdc.gov/diabetes

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