



# New Vision News

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Check us out on the web at [www.n-v-i.org](http://www.n-v-i.org)



"Vision Impairment Services In Our Neighborhood"

Lake-Sumter Community College

9501 US Hwy 441

Leesburg, FL 34788

## It is almost here! Sneakers & Paws for New Vision - 5K Run/Walk, Costumed Dog Contest, Dog Games

Excitement is in the air! We are just days away from our 3rd Walk for New Vision and our first 5k Run and Dog Costume Contest. October 17th will bring us all out very early to work, walk, run, parade, have fun, and raise money to benefit the blind and visually impaired of Lake and Sumter Counties. The events will begin on the west side of the gym at Lake-Sumter Community College, Leesburg.

### Schedule:

- 7 - 8 5K Run/Walk Registration
- 7 - 9:30 Costume Dog Contest Registration
- 7:30 - 8:30 Dog Obedience Exercises
- 8 am 5K Run/Walk Begins
- 8:30 - 9:30 Dog Games
- 9:30 Dog Costume Contest
- 10 Awards

There is still time to raise money by getting sponsors or come by the day of the event. You can call 352-435-5040 for information on preregistering. More information and forms can

be found on our website [www.n-v-i.org/specialevents](http://www.n-v-i.org/specialevents).

Volunteers are still needed. If you know of a high school student in need of Community Service Hours, please direct them our way.

### Thank you to our Sponsors:

2010 Census

Lake County Eagles #4273 Aerie & Auxiliary

Amvets

Ram Eye Care and Retina Center

Country Club of Mount Dora  
Women's Club

Jimmie Ray & Gloria Ann

Central Florida Health Alliance

Silver Springs Citrus

Mount Dora Lions VIP Support Group

Mount Dora Lions

United Southern Bank

Medicine Chest of The Villages

Capt. Jack & Anne Keidel

Member of Lake Port Square VIP

Dorothy Thompson

Loyal Order of Moose Lodge #874

### Thank you to our Funders:

DOE/DBS and the State of Florida

United Way of Lake and Sumter

Counties, Inc

FISH Foundation

Orlando Sentinel Family Fund Holiday Campaign

Lake County Department of Human Services

Community Foundation of South Lake County

Harper Family Charitable Foundation

## Three New Contracts -

As of October 1st, New Vision was awarded 3 additional contracts with Division of Blind Services in addition to the Blind Babies Contract that was awarded on July 1st. The Independent Living Adult Program (ILAP), Independent Living Stimulus Contract, and Vocational Rehabilitation Contract partially supporting us in serving adults who are blind or visually impaired in Lake and Sumter Counties and expands our service area to include The Villages

### 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.

## White Cane Safety Day: A Symbol of Independence.

Did you know that White Cane Safety Day is held on October 15 of each year? President Lyndon B. Johnson, along with Congress, signed a joint resolution in 1964 as a way to increase knowledge among Americans and to celebrate the achievements of people who are blind or visually impaired and the important symbol of blindness and tool of independence, the white cane. New Vision for Independence, a non-profit organization serving people with blindness or low vision, will offer information about white canes, low vision, blindness, and rehabilitation during our Sneakers & Paws event on October 17, 2009 at Lake-Sumter Community College. Sneakers & Paws includes a 5K Run or a ½ mile walk for people, dog obedience demonstrations, a dog costume contest, and dog games. Attendees may also participate in a blind-folded sensory walk. Registration begins at 7:00AM. For more information, contact 435-5040.

## Christmas Luncheon

New Vision's annual Christmas Luncheon will be held at Venetian Gardens in Leesburg on December 4th from 11:00 to 1:00. Christmas dinner with all the trimmings to be served at 11:45, entertainment, and door prizes will be provided for the low ticket price of \$10. Checks to reserve your seat made payable to New Vision can be sent to New Vision for Independence, 9501 US Hwy 441, Leesburg, FL 34788. Call Bob at 352-314-3078 for more information.

## Low Vision Specialist

Low Vision often causes extreme upset, fear, unhappiness, and even depression by eliminating the ability to do the important things in life. Activities we take for granted like reading and writing, driving, watching television, seeing faces, and perhaps, remaining independent become difficult or impossible.

Low Vision Specialists of Optometry are trained to address those issues and offer help to low vision regardless of the cause of vision loss. They perform a functional low vision assessment and offer a variety of special glasses and other solutions to those suffering the effects of vision loss.

2 Low Vision Specialists in our area are:

Dr. Sonya Braudway at Total Eye Care Center in Clermont 352-394-7137

Dr. Sarah Brostko at Kaufmann Eye Institute in Bushnell 352-568-0600

Dr. Chris Choat at Mid-Florida Eye Center 407-895-4400

## Functional Screening Questionnaire

Please check all that apply.

1. Do you wear: glasses contact lenses intraocular lenses no glasses  
How do you rate your vision with your present glasses: good adequate poor
2. Can you see signs?
3. When did you last read a newspaper or periodical?
4. Have you had pain? redness? burning? itching?
5. Have you noticed floaters?
6. Do bright lights cause glare? Do you have difficulty seeing in the dark?
7. Do you have difficulty seeing the edge of stairs or curbs?
8. Can you identify a person's facial features?
9. Do you bump into objects off to the side?
10. Are you driving? If not, why did you stop?
11. Do you have to rely on others to write checks? Shop?
12. Have you had to give up a hobby or an interest because of vision?

Questions 1 and 2 are related to acuity. Any reduction in acuity suggests the need for further investigation.

Question 3 addresses near vision. The remedy can be as simple as a new pair of glasses. However, blurred vision also is a common early symptom of cataract, glaucoma, macular degeneration, diabetes and many systemic medications.

Question 4 might uncover an infection or allergy.

Question 5 might suggest a detached vitreous or retina.

Question 6 might suggest a light sensitivity due to corneal disease, cataracts, or retinal cone disease. In several eye diseases such as glaucoma, retinitis pigmentosa, and Vitamin A deficiency, night blindness is a common symptom.

Questions 7 and 8 relate to contrast. Contrast sensitivity function is a subtle retinal process and can be tested with a number of clinical tests. The response of a patient with macular degeneration to contrast sensitivity function tests is a valuable guide to rehabilitation incorporating the use of magnification, lighting, and increased contrast.

Question 9 relates to peripheral field. If the response was "yes" it might indicate a serious eye problem such as glaucoma, retinitis pigmentosa, or a neurological field deficit.

Questions 10-12 concern daily living and provide clues to a patient's quality of life.

## H1N1 - SWINE FLU TIPS...

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe).
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect

on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive, and powerful preventative method.

4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.

5. Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink as much of warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate, or do any harm.

**Let's all stay healthy this flu season!**