

insight

Spring 2017

New Caregiver Program

10 Counties Benefit From New Services for Older Adults

The Sight Center is pleased to announce new services that benefit older adults in ten (10) northwest Ohio counties. The services target two primary groups: caregivers of older adults who are visually impaired and older adults who are caregivers for grandchildren or young relatives with



vision impairments. Thanks to funding from the Family Caregiver Support Program of the Area Office on Aging – Toledo District, residents of Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams, and Wood Counties are eligible for these new individualized and group services.

The individualized services available through the Family Caregiver Support Program can include:

- Low vision home modifications - lighting, contrast and addition of tactile enhancements
- Adaptive daily living skills - pouring, eating, clothing care, etc.
- Sighted guide training – techniques to reinforce travel safety
- Assistive technology tips to make existing home computer systems accessible

As recognized in the Older Americans Act, eligible participants for the new services include:

- Adult family members or other caregivers caring for individuals 60 and older who are visually impaired
- Adult family members or other caregivers providing care to individuals of any age with Alzheimer's disease and low vision
- Grandparents and other relatives (not parents) age 55+ providing care to children or adults who are blind or visually impaired



Additionally, The Sight Center will offer support groups in each part of the region to share information about available services, help caregivers access the available services, and identify the need for individualized caregiver training.



Call Jill at 419-720-3937 x114 to:

- Apply for caregiver services
- Request a group presentation
- Schedule a caregiver support group



Let Me Tell You A Story

A client finds his voice after losing his sight

"Losing my sight was the best thing that ever happened to me," said Michael McArthur. This Toledo resident and former Sight Center client was only somewhat serious when he uttered those words at the Lions Club Christmas party in December.

Michael, who has a background in sales promotion and marketing dating back to the 1970s, had been a frequent public speaker. His topics included "The Serious Business of Being Funny," a talk about improving the effectiveness of business communications by sprinkling in some appropriate instances of humor.

In 2003, Michael was diagnosed with diabetic retinopathy which is the leading cause of permanent vision loss in the country. He underwent a number of laser and surgical treatments to address the symptoms. In 2008, a detached retina left him with seriously impaired vision in his right eye. In 2011, he turned in his driver's license and began receiving disability insurance from the Social Security Administration.

On two occasions, The Sight Center provided assistance to Michael in the form of equipment and training. He has received hand held and desktop magnifiers in addition to valuable instruction in homemaking and occupational skills. He also learned new computer skills which he calls "life changing."

In one memorable visit, Michael recalled The Sight Center occupational therapist working with him to label his stove. Using a dab of brightly colored fingernail polish, she marked the simmer location on the burner dials. Since services were tailored to Michael's needs and lifestyle, she also marked two important settings on the oven dial - 350-degrees to bake a pizza and 250-degrees to reheat it. Recalling a humorous anecdote which resulted from that visit, Michael said, "She left the nail polish for me to use elsewhere, which raise some questions when my brother visited later that day!"

Energized by his new-found confidence, Michael joined the Westgate Toastmasters Club in 2013 to rekindle his love for public speaking. Thanks to the assistance and training he received from The Sight Center, Michael remains an active member of the Toastmasters group.

So, while losing his sight may not have truly been the best thing that ever happened to him, it did force Michael McArthur to take a closer look at his life. Today, Michael's diabetic condition is under control, his vision is stable, and he is enjoying life. He continues to find joy in storytelling and public speaking. In recognition of the impact The Sight Center has had on his life, Michael has offered to share his story for community presentations.



To request a Sight Center presentation at an event or meeting, call Amy at 419-720-3937 x106



Our Mission

**We empower independence and enrich the lives
of people who are blind or visually impaired.**



"Knights of the Blind" Celebrate 100 Years

Lions Club's Link to Northwest Ohio

In 1917, Melvin Jones asked a simple and world-changing question – what if people put their talents to work improving their communities? One hundred years later, Lions Clubs International is the world's largest service club organization, with 1.35 million members in more than 46,000 clubs worldwide.

In 1925, Helen Keller addressed the Lions Clubs International Convention in Cedar Point, Ohio, where she challenged Lions to become "knights of the blind in the crusade against darkness." Since then, Lions Clubs have worked tirelessly to address issues affecting people who are blind or visually impaired in communities across the globe.

The Sight Center thanks the dozens of Lions Club chapters in northwest Ohio and southeastern Michigan. For many years, our local Lions Clubs and their members have supported our work with their time, talent, and treasure. The local Lions Clubs are vital to the work we do to enrich the lives of people who are blind or visually impaired. Happy anniversary, Lions!



Helen Keller in Toledo

The Sight Center History Preserved at UT

Helen Keller and Annie Sullivan Macy visited the Toledo Society for the Blind in January of 1925. This visit was sponsored by the Toledo Committee of the American Foundation for the Blind.

More information about The Sight Center's history and the history of disability in the Toledo area can be found at The Ward M. Canaday Center for Special Collections at the University of Toledo.

New Billboard Turns Heads & Opens Eyes



Thanks to a grant from The Albert G. and Olive H. Schlink Foundation and a longstanding partnership with Lamar Advertising, The Sight Center recently unveiled a new billboard in Toledo. The fresh images emphasize independence and remind people The Sight Center is "more than a magnifier."

Coming to a Road Near you!

A Second Helping of "Dining in the Dark"

6th Annual Signature Gala More Appetizing Than Ever!

The Sight Center is pleased to present the 6th Annual Signature EyEvent Gala. The theme, "Dining in the Dark, An Evening of Taste, Sounds and Touch" will offer guests an exclusive opportunity to experience a "sensory smorgasbord" while relying on non-visual techniques and the other four senses. Guests will enjoy a portion of the dinner guided by a Sight Center Vision Rehabilitation Specialist in simulated darkness. All proceeds will help The Sight Center empower independence and enrich the lives of people who are blind or visually impaired

EyEvent



6th ANNUAL SIGNATURE



Join us on
Wednesday April 26, 2017
at The Pinnacle
1772 Indian Wood Circle
Maumee, OH

6:00 Cocktail Hour
7:00 "Dining in the Dark" Dinner
7:30 Special Program

Other event highlights include:

- Celebration of changing lives
- Client testimonial
- Presentation of the Goerlich Award
- Live and silent auction, including Paris & Breckinridge vacation packages



*Jim Walton (and Irwin)
with Master of Ceremonies
Chris Vickers in 2016*



Attend. Sponsor. Donate.

Call 419-720-3937 to get involved!

Dr. Carol Kollarits

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Thank you to our sponsors!

Sight Center Hosts Interactive Guide Dog Program on May 19



GUIDE DOG
FOUNDATION
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The Sight Center is hosting an interactive workshop for people interested in learning more about guide dogs. On Friday, May 19 from 9 AM to 12 PM, the Guide Dog Foundation of Smithtown, New York, one of the most reputable guide dog schools in the country, will be in Toledo at The Sight Center. This workshop will

introduce people who are blind or visually impaired to the unique benefits and responsibilities of working and living with a guide dog.



Participants will gain information through discussion and hands-on experiences. In addition to learning about guide dog care and training, workshop participants can take part in simulated guide dog walks and can experience navigating routes with real guide dogs



To learn more or to register, contact Jill Hunt
at 419-720-3937 or jhunt@sightcentertoledo.org

Golf Returns With *The Sight Center Open*

Drive, chip and putt your way to bragging rights and great prizes at The Sight Center Open Golf Scramble this July! Enjoy a full day of fun: 18 holes of golf (including cart), lunch, door prizes, raffles, awards, and a delicious dinner.

Activities include:

- Shotgun Start
- Silent Auction
- Hole Challenges
- Raffle Prizes

The Sight Center Open Golf Scramble

Wednesday, July 12 @ 1 PM

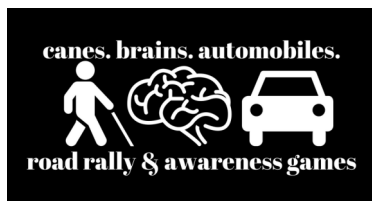
Whiteford Valley Golf Club

7980 Beck Road, Ottawa Lake, MI

Call 419-720-3937 for registration & sponsorship details



Driving Rains No Match for Canes, Brains & Automobiles!



Heavy rain could not extinguish the excitement for Canes, Brains & Automobiles Road Rally & Awareness Games at The Sight Center this past September. Over 100 people came out for this new experiential fundraiser, which was part Amazing Race and part Olympics, raising over \$11,000 for the agency that empowers independence in people who are blind or visually impaired. This event, formerly known as the White Cane Walk, brought attention to some of the daily realities experienced by people who have little or no sight. **Save the date for the 2017 Canes, Brains & Automobiles Road Rally and Awareness Games on September 16th.**



New Partnership For Jobs & Opportunities

Sight Center Takes First Steps with NIB



When The Sight Center was established in 1923 as the Toledo Society for the Blind, one role for the new agency was to provide sheltered employment opportunities for Toledo residents who were blind. In the decades since, that function disappeared, but it will soon be returning.

In February 2017, The Sight Center's application with NIB was approved, beginning the process that will ultimately lead to a local "industry" which will be comprised of at least 75% people with vision impairments.



One goal of this new endeavor is to bring more competitive employment and advancement opportunities to people who are blind or visually impaired while providing The Sight Center with another way to support mission-driven services. The importance of this type of project is highlighted by the fact that unemployment rates for people who live with permanent vision loss is significantly higher than average. Only 40% of working age adults with a significant vision loss are employed, according to the National Federation for the Blind.

The Sight Center will soon begin accepting applications and inquiries from anyone interested in this emerging opportunity. Look for more information to be coming in the near future.



We don't change vision. We change lives.



It's Not Too Late—Large Print Calendars Still in Stock!



The Sight Center
of northwest ohio
1002 Garden Lake Parkway, Toledo, Ohio 43614
(419) 720-EYES (3937) ♦ Toll-free (800) 624-8378 ♦ www.SightCenterToledo.org



Generously supported by
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January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Memo			



More than a magnifier. Our mission is your independence.

In case you didn't get your 2017 large print calendar, there's still time! Thanks to the generous support of our 2017 sponsor, Kingston Healthcare, we're able to provide Sight Center clients with one complimentary calendar while supplies last. This 24"x18" easy-to-read calendar can be placed on a desk or hung on the wall. Call Tim at 419-720-3937 x105. You can also purchase calendars in The Shop at The Sight Center or The Shop online at www.sightcentertoledo.org.

Mark your calendar to get on our list for 2018!


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Retinitis Pigmentosa (RP) Support Group

A few pioneering souls (Joe, Ken and Kathi) have taken steps to create a support group for people with RP. Making new friends, sharing common experiences, and identifying helpful resources are among the goals for the RP group. This seedling needs some help to grow!



If you or someone you know has RP and would like more information, contact Jill Hunt, LSW at 419-720-3937 x114 or jhunt@sightcentertoledo.org.

2017 Board of Trustees

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Wake Up to the Facts About Non-24

Non-24 is the common name for Non-24-Hour Sleep-Wake Disorder, a serious chronic disorder that disrupts a person's circadian rhythms. Everyone has an internal circadian clock, or body clock, that runs a little longer than 24 hours. For sighted people, it is reset everyday by environmental light cues. For people who are visually impaired, totally blind or unable to perceive light, the body clock and sleep-wake cycle can become out of sync with the 24-hour day-night cycle. People who have Non-24 experience a constant daily shift in the times when their body expects to sleep and be awake. Up to 70% of people who are totally blind have Non-24 and may not even know it.



Without light cues, people living with Non-24 may have trouble falling asleep, staying asleep, or may wake up groggy. They may also experience a strong urge to sleep during the day or have sleep patterns that are different from other people. It's important for those who experience these symptoms to speak with their doctor.

One company taking on Non-24 is Vanda Pharmaceuticals Inc. Vanda is a biopharmaceutical company focused on providing solutions to unmet medical needs, such as Non-24. In 2015 the company received the Helen Keller Award from the American Foundation for the Blind, which celebrates individuals and organizations that have demonstrated outstanding achievement in improving the quality of life for people with vision loss. In addition to pharmaceutical research, Vanda also conducts educational programs about Non-24 by an educator and a patient advocate. These programs provide information about the biology and symptoms of Non-24 while providing participants a chance to join a comprehensive program with personalized information and resources. If you would like to have a Nurse Educator speak at your support group or other function, call LeAnne Fakir, RN BSN, Nurse Educator for Vanda, at (202) 744-6121 leanne.fakir@vandapharma.com or visit www.non-24.com.

Call The Sight Center at 419-720-3937 to learn about upcoming Non-24 programs



1002 Garden Lake Parkway
Toledo, Ohio 43614
(800) 624-8378
(419) 720-3937
www.sightcentertoledo.org

Get Involved!

To learn about
events, activities &
meetings, call the

Event Line

(419)

214-3459



Open House to Celebrate a Decade of Progress

For over 90 years The Sight Center has helped people take a big step. For some it was a step into their new world of blindness. For others it was their first step with a white cane. Still others stepped confidently into a new job. In May 2007, The Sight Center took a big step into a new building in South Toledo thanks to visionary leaders and generous donors. For ten years the facility has enhanced The Sight Center's ability to empower independence and enrich the lives of people who are blind or visually impaired.

Countless people have taken their first step into a brighter future by walking through our front door. The Sight Center is throwing open that door to celebrate our special anniversary and to recognize the big steps taken by people who live without the vision many take for granted.

We invite you to join us on Wednesday, May 24 to celebrate our past, embrace our future, and re-dedicate The Sight Center of Northwest Ohio to the exciting, life-changing work we do for people who are blind or visually impaired. Event highlights include:

- Introduction of the new ***Family Room***
- Announcement of an exciting ***new partnership***
- Presentation of the ***Volunteer of the Year Award***
- Tours of ***The Shop***, the low-vision retail space at The Sight Center



10th Anniversary Celebration and Re-dedication Ceremony
Wednesday, May 24 from 4-6 PM with special program at 5:15
The Sight Center of Northwest Ohio, 1002 Garden Lake Parkway in Toledo
Free & open to the public