

The Impact of Vision Rehabilitation

John Heyne lost the sight in his left eye in 2017, and his right this January, to optic neuropathy. Treatment was able to save just a remnant of light and shadow sensitivity. The condition is not reversible.

“I was walking around zombie style” (demonstrates arms stretched out front, hands extended.) “It was a huge hit– not driving, selling my car.”

His ophthalmologist referred Heyne to Lighthouse Vision Loss Education Center. After researching the types of services available, he stopped in for a visit.

A case manager signed John up for the Adjustment to Vision Loss (AVL) course. Before the next session started, an instructor came to his home and began mobility training.

Impact, continued on Page 2



John studies Assistive Technology with instructor Elliott Natale.

“When we begin, everything is impossible. I learned hundreds of things I never knew about.”

Collaboration: Working Together

Lighthouse had the opportunity to collaborate with several government agencies and organizations on projects this summer. The learning goes both ways, enhancing our participation in the community.



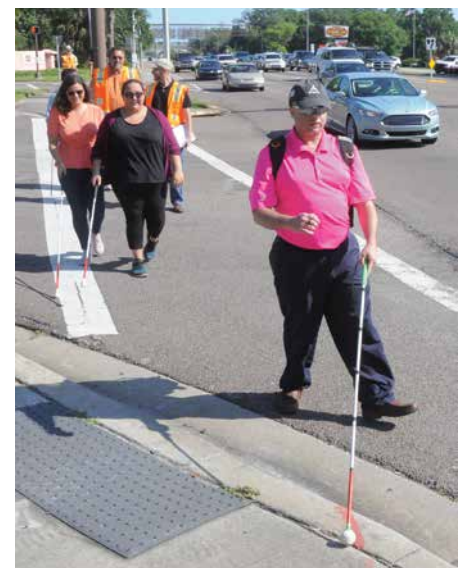
The Florida Department of Transportation spoke to Mobility instructors Maddy Spencer, Angela Freniere and Latricia Gambrell, and Assistive Technology specialist Randy Reed about how to improve pedestrian access and safety at crosswalks. A team from FDOT met us at US 41 and University Parkway, which Randy crosses daily with his white cane.

collaborate

\kə-'la-bə-,rāt

Origin

19th Cent. from Latin
Col - “together”
Laborare - “to work”



More collaborations on page 3

Hope and Empowerment for the Visually Impaired

After 34 years of providing hope and empowerment for the visually impaired, Lighthouse of Manasota is now **Lighthouse Vision Loss Education Center!**

Lighthouse
Vision Loss Education Center
SARASOTA • MANATEE • CHARLOTTE • DESOTO • HIGHLANDS



How did we get here? By listening to you! Community and stakeholder feedback showed that we were not telling our story well enough. We are proud of our history and confident that our work helps to inspire hope and empowerment for those we serve. We want our name and visual identity to reflect the life-changing work that we do. To briefly explain our new logo:

"Manasota" is no longer representative of the region we serve, so we eliminated it. There has been a perception that we only serve the blind. The words "vision loss" refer to varying degrees of vision impairment.

Lighthouse is recognized for quality education and training, so "education center" is an accurate description of who we are and what we do. Additionally, "center"

indicates a place where people with similar interests and needs gather for a common purpose.

Braille is a crucial tool to help the visually impaired lead independent, productive lives so we included it in our visual brand. On the left and right are the Braille letters for "L" and "H". Finally, studies of colors show that blue is often seen as representative of "hope", and our new tagline is "Hope and Empowerment for the Visually Impaired." I hope you like it. Let me know what you think.

Lisa J. Howard, CFRE
CEO, Lighthouse Vision Loss Education Center

Art in the Dark • Save the Date **7** **March 2020**
LIGHTHOUSE VISION LOSS EDUCATION CENTER'S ANNUAL BENEFIT - MICHAEL'S ON EAST

Impact, continued from Page 1

She brought a white cane of proper size and they began by navigating the house. Developing his cane skills over weeks, they moved on to sidewalks, curbs, crosswalks and public transportation.

One session, they met at the local Publix, and did John's grocery shopping. No longer confined to the house, John gets around on the MCAT Handy Bus and on foot.

"The cane is also a good signal to other people. Before, I was walking around and people were saying 'watch out, get out of the way.' Now they see the cane and realize I don't see them."

Ten people came to Lighthouse for John's weekly AVL classes. "We had really good guest speakers almost every week. We went to The Ringling museum. The guide was so knowledgeable, telling us about what we couldn't see." The group graduated in May.

"When we begin, everything is impossible. I learned hundreds of things I never knew about. The buttons (tactile dots) you stick on the microwave and appliances make it easy. The Talking Books program, the audio (description) headsets in movie theaters."



John now comes to Assistive Technology classes. The smart phone's built-in features and apps that talk are a boon to people with low vision. "I never had a smart phone before I was blind, so there is a lot to learn. But you can do everything on the phone now."

"It was like one-stop shopping, help with so many different things. Talking to other people, learning if you have a problem, chances are someone else has had it."

Collaboration, Site Visits, Gifts

Collaboration, *continued from page 1*

The City of Sarasota, working on the city-wide “Sarasota in Motion” transportation plan, had concerns about crosswalk accessibility. Planners walked parts of First Street, Main Street and the Five Points roundabout with Lighthouse Rehabilitation Manager Maddy Spencer and Jordan Courter, a graduate of Mobility Training at Lighthouse.

At right, Transportation Planner Megan Lui and Planning Technician Billy Cooney try low vision simulation goggles, instructed by Spencer.



At left, Erin Clay, Manager at Betty J. Johnson Library, left, and Assistant Manager of Selby Library Alicia Diaz, right, came to Lighthouse to work with Assistive Technology Specialist Randy Reed, learning more about computer accessibility using screen magnification and voice reading programs.

All 10 locations in the Sarasota County Library system are upgrading accessibility, and the managers will be training library employees and volunteers to assist the public.

Site Visit Shuffle



The Community Foundation of Sarasota County held a “Site Visit Shuffle” of local nonprofit organizations, representatives visiting and learning from each other.

Lighthouse hosted 12 guests for hands-on demonstrations of white cane mobility, kitchen safety and Braille machines; our representatives in turn visited 9 sites, earning a 5th Place award for participation by the Foundation, among 43 participants.

At left, Rehabilitation Manager Latricia Gambrell guides Jackie Ott Jaakola of The Cat Depot. Above, visitors take turns working with Braille machines.



Grants and Gifts

The Lighthouse Vision Loss Education Center was awarded a \$7,500 grant from the Jerome and Mildred Paddock Foundation to support the Independent Living Program. The Program also received an additional \$7,500 from the Harold E. and Ruth M. Niles Fund of the Community Foundation of Sarasota County. This program offers no-cost comprehensive Vision Rehabilitation Therapy for adults who have been diagnosed with Low Vision.

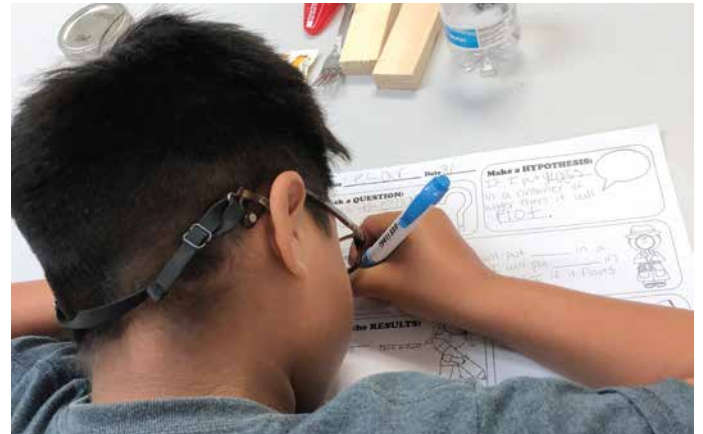
Charitable Giving Options:

Leave a gift that will sustain the Lighthouse Vision Loss Education Center well beyond your lifetime. No minimum is required, regardless of the method selected by you and your advisors. Choose from charitable bequests, lead trusts and remainder trusts, add us as a beneficiary on your life insurance or retirement plans (IRA accounts), or donate some appreciated stock or a piece of real estate, vehicle or boat and receive the tax deduction. For more information contact the Development Department at (941) 359-1404.

Summer with the Children's Program

The Lighthouse Children's Program summer session worked with scientific method on experiments like floating properties of objects and balloon rockets on a string.

The cooking and kitchen safety segment prepared lunches with healthy ingredients as a group, and they visited Mote Marine Aquarium.



Recording experiment hypotheses and results



Balloon Races teach propulsion



The group cooking lunch



Reef life at Mote Aquarium

Summer with the Young Adults Program

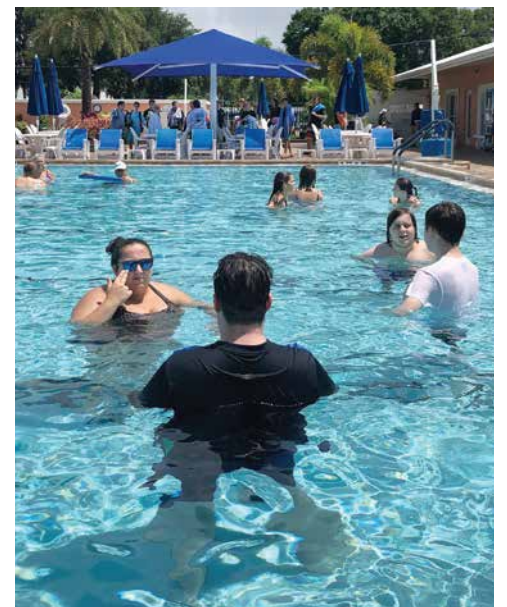


Safe and healthy cooking

The Young Adults Programs from Sarasota and Venice had things to do in and out of the classroom. Activities included cooking the group lunch, learning different preparation techniques.



Bouncing at The Sky Zone



Cooling off at Sun N Fun

New Faces, New Support Group



We welcome two new members to our Board:

Jason Levy, an attorney with Blalock Walters P.A., works in the firm's Business & Corporate and Healthcare practice areas. He is a Sarasota native who has a B.S. in Business Administration in Finance and a Juris Doctor (law) degree from University of Florida. Jason was recently named to the Manatee County Bar Association's Young Lawyers Division Board of Directors.



Robb Olsen is an attorney specializing in mediation and conflict resolution. He has the unique title of Chief Disruption Officer at his consulting firm, Conflict Disrupted, LLC. He teaches mediation courses at Eckerd College, and at Champlain College in Burlington, VT via distance learning. Robb has practiced law in Boone, North Carolina and earned his Juris Doctor (law) degree at North Carolina Central University.

They join other members of our Board of Directors:

Angela Abrams *Certified Ophthalmic Technician*

Ana V. Betancourt Rivera *Children's Advocate*

Linda Brown, President *Retired District Administrator, Division of Blind Services*

David C. Cruikshank, Treasurer
Retired Insurance Executive

Richard A. Draper *R.A. Draper and Daughters*

Josh Kitchner *K&P Benefits Consulting Group*

Arysol Soltero Niñeberger, M.D. *Pediatric Ophthalmologist*

Jay Solomon *CEO of Aviva Senior Life*

Chelsea Spalding, O.D. *Community Eye Center in Port Charlotte*

Michelle Tarullo *Senior Employee Relations Consultant, Florida Blue*

Wilhelmine Wiese-Rometsch, M.D. *Director, Internal Medicine Residency Program, Sarasota Memorial Hospital*

New faces in the office:



Jan Houck joined Lighthouse this spring as Office and Peepers Store manager. Jan comes from a broad background of sales and marketing, yet being a social worker, leads with her heart. She is honored to be a member of the Lighthouse family.



Sam Loera welcomes visitors to Lighthouse and works the switchboard 3 days a week. He has been part of our Young Adults Program doing a work experience term at the reception desk. He handled the job so well, we decided to keep him there.

Why does Pam Green contribute her time and expertise?

"Knowing that I can make an impact on someone's life, large or small."

Pam is the facilitator for Lighthouse's new Caregivers Support Group. She also facilitates four other support groups monthly, for Alzheimer's caregivers.

"Caregiver support is universal, the basic core is the same. You've got to take care of yourself, if you're going to take care of others. To prevent caregiver burnout, don't neglect your own care. Give *yourself* an hour. The support group is a safe environment and gives you more tools to cope."

By profession, Pam is Director of Business Development for Help at Home Homecare, continuing over 27 years working in the field of Senior Care.

If you care for someone with vision loss, you are invited to come to the Caregivers Support Group at Lighthouse on the third Wednesday of every month at 2 p.m.



::Lighthouse::

Vision Loss Education Center
7318 North Tamiami Trail
Sarasota, FL 34243

InSight

::Lighthouse::

Vision Loss Education Center
SARASOTA • MANATEE • CHARLOTTE • DESOTO • HIGHLANDS

News From Lighthouse • August, 2019

Visit the PEEPERS Low Vision Store



Magnifiers • Kitchen Gadgets Audio Clocks and Watches

PEEPERS Store Summer Hours:
Monday to Friday 10 a.m. to 4 p.m.
7318 N. Tamiami Trail, Sarasota

(941) 359-1404



InSide:

Impact of Vision Rehabilitation
Making a difference in people's lives

Collaboration

Community involvement with local organizations and government

School's Out For the Summer

Children's and Young Adults' programs have more time for learning, and fun too

Support for Caregivers

Our new support group

Site Visit Shuffle

Seeing other nonprofits

New Faces at Lighthouse

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LighthouseEducationCenter.org