

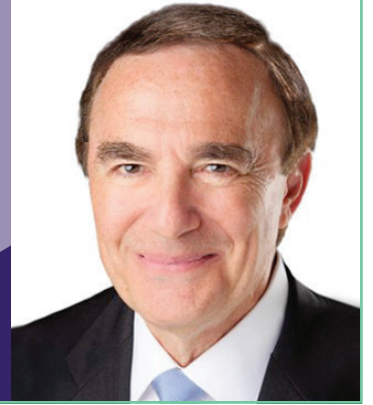
May 2022



Lighthouse Guild

Lighthouse Guild In Brief

From Dr. Cal Roberts, President and CEO



May is Healthy Vision Month!

Your eyecare should be a health priority, like eating a balanced diet and being physically active. It starts with a comprehensive dilated eye exam to check for common vision problems and eye disease. Lighthouse Guild urges people of all ages to schedule regular eye exams, but especially older adults who are at increased risk for eye disease.

An examination can detect potential vision-threatening eye conditions, such as: cataracts, diabetic retinopathy, glaucoma, and age-related macular degeneration. 20 million Americans have some form of vision loss caused by eye diseases. When you need an eye exam, our Lighthouse Guild optometrists are experts. Schedule an **appointment with us**.

Many common eye problems can be corrected with glasses, contact lenses, or laser surgery. Millions of Americans would see better if they used corrective lenses or had corrective eye surgery, if appropriate. For people who have low vision — vision loss that cannot be corrected with glasses, medication, or surgery — vision rehabilitation and technology can help with everyday tasks.

Tips and techniques to protect your vision

In addition to scheduling regular eye exams, other simple practices can help maintain healthy vision, including:

- **Wearing protective eyewear** when playing sports or doing activities such as painting, yardwork, and home repairs.
- **Wearing sunglasses** that block 99-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- **Quitting smoking.**
- **Knowing your family's eye health history.**

For more tips, visit our [website](#).

2022 Bressler Prize and Pisart Award Recipients

Lighthouse Guild's annual scientific awards honor excellence in research and development, that translates into treatment, rehabilitation, and technology for people with vision impairment. We are honored to announce the recipients of this year's Bressler Prize in Vision Science and Pisart Award in Vision Science.

Dr. Sheila Nirenberg 2022 Bressler Prize Recipient



Photo: "Dr. Sheila Nirenberg 2022 Bressler Prize Recipient" next to a portrait of Dr. Nirenberg.

Sheila Nirenberg, PhD, has been awarded the **2022 Bressler Prize** for her outstanding advances in vision science, including deciphering the retina's neural code, which is the key to restoring meaningful vision in people who are blind from retinal degeneration. Dr. Nirenberg is opening new neural pathways to help people with vision loss lead full and productive lives. Her work advances our basic understanding of computational neuroscience, and the codes neurons use, enabling her to recreate the patterns of electric signals to the brain that could restore sight in people with retinal degeneration.

Learn more about Dr. Nirenberg on our [website](#) and listen to our **On Tech & Vision** podcast episode: **Restoring Vision: Code Breaking and Optogenetics** where I talk to Dr. Nirenberg about her work.

Javier Pita Lozano, CEO of NaviLens, received the **2022 Pisart Award**. NaviLens is a technology that marries labeling information with orientation guidance to increase the accessibility of public spaces and transportation infrastructure for people with vision impairment. Using improved QR code technology and a smartphone, the NaviLens app scans the area. Once it picks up the unique NaviLens code, the app provides the embedded information audibly to the user along with their distance/directionality from the code.

Javier Pita Lozano

2022 Pisart Award Recipient



Photo: “Javier Pita Lozano 2022 Pisart Award Recipient” next to a portrait of Mr. Pita Lozano.

Check out our [website](#) to learn more about Mr. Pita Lozano and hear how NaviLens is making independent navigation a reality on our **On Tech & Vision** podcast episode: **How the Simple QR Code Became an Empowering Navigation Tool**.

Immediate Open Spots in Our GuildCare Programs!

Do you care for adult patients, clients, or loved ones who have chronic health conditions? Need assistance with activities of daily living? Have functional vision problems?

Our **GuildCare Adult Day Health Care program** offers comprehensive healthcare and a full day of activities. With centers in New York City, Albany, Buffalo, and Niagara Falls, we provide a safe, comfortable, and attentive environment. Our expert team provides nursing care, diabetes care, physical, occupational and speech therapy, medication management, vision rehabilitation therapy, social work services, and structured therapeutic activities. Services and activities are specially designed and adapted for individuals with all levels of disability — physical, cognitive, and visual.

GuildCare Adult Day Health Care

Comprehensive healthcare and a full day of activities



Photo: “Adult Day Health Care, Comprehensive healthcare and a full day of activities” next to a photo of an older man with glasses sitting near a healthcare provider.

Our **GuildCare team** is ready to provide your patient or your loved one with the daily care that meets their medical and social needs. For more information, to make a referral, or schedule a tour, visit our [website](#).

Education Session

We were pleased to welcome staff from the **New York State Commission for The Blind**, part of New York State. Office for Children & Family Services, to Lighthouse Guild for an educational session focused on vision rehabilitation, low vision examinations, research findings and the latest technology to help people who are visually impaired and blind. The session included hands-on demonstrations of various high and low-tech devices and solutions. Thank you to everyone who was able to join us and learn about what is available for people with vision loss!



Photo left to right: Lighthouse Guild’s Senior Academic Instructor Jaqueline Suh tries out a head worn magnification device while VRT Lilly Harris assists.

“Lighthouse Guild gave me a whole new outlook on life.”



Photo: A quote, “Lighthouse Guild gave me a whole new outlook on life” next to an image of Willie happily displaying an awards plaque at his place of work.

Willie’s New Outlook

Despite having lost the vision in his right eye due to glaucoma, Willie thrived as the head concierge for a large NYC building for two decades. Then, last year, he lost about 70% of the vision in his left eye after surgery to remove a cataract did not go as planned.

At that time, he says “I was in a down phase in my life. My vision was gone, my life was changing, and I didn’t know how I was going to be able to get around to do all the things I used to do. I was in the midst of a lot of confusion, and I didn’t know which way to go with it. Then Lighthouse Guild came into my life.”

Because he could not perform the tasks at his current position due to his vision loss, Willie had to take a step back, returning to the position he had when he first started working with the company 20 years ago, covering the building’s main entrance. His employer and colleagues were very supportive. Everyone kept saying: “We are so happy to see you.’ Receiving so much love, it made me feel like a different person, and it lifted me up and made me want to stay on the job and not retire.”

Willie was referred to us after his surgery by his ophthalmologist. During his first low vision exam with

Chief of Low Vision Services Dr. Bruce Rosenthal, he thought “that I would be able to walk away with a pair of glasses at most.” Dr. Rosenthal helped him with so much more. He recommended that Willie contact the New York State Commission for the Blind (NYSCB) to receive available services. Willie shares that by the time he left Dr. Rosenthal’s office, he was registered with NYSCB.

Willie’s NYSCB counselor connected him with our experts including Adaptive Technology Specialist, Cheryl Chung, who Willie says, “is amazing.” Cheryl arranged for him to receive a piece of equipment called the Snowman 12 that enlarges text on the computer, and she came to his job three times to train him on how to use the equipment to help him with his work. Orientation & Mobility Instructor Jeffery Ambury came to Willie’s home and taught him how to use a white cane, navigate his neighborhood and the subway safely. Social Worker Tamara Greeley helped him set up Access-a-ride and home cleaning needs.

Willie says, “Lighthouse Guild gave me a whole new outlook on life,” he continues, “there is no better place to go for assistance when you have a vision impairment... I have some great people surrounding me now with Lighthouse Guild, and they can definitely help you there.” Read more of Willie’s story on our [website](#).



Photo: Chief Technology Officer Dr. Bryan Wolynski shows volunteer and client Bill the latest OrCam MyEye at our first of many TechKnowledge Day events.

Tech: What You Need to Know

- Starting June 15, 2022, the Microsoft Internet Explorer browser will no longer be supported on Microsoft Windows 10 and older operating systems. Internet Explorer users are encouraged to move to Microsoft Edge (the new Microsoft Windows web browser), Mozilla Firefox or other web browser, otherwise a website you are attempting to access will inform you it no longer supports the browser you are using. For more information visit our [website](#).
- New York Subway riders who are 65 or older or have a disability are eligible for reduced fare. Starting this summer, reduced-fare riders will also be able to use OMNY (One Metro New York) via contactless card or smart device. For more information on reduced fares and OMNY visit the [MTA website](#).
- At our first **TechKnowledge Day** event, we provided an array of low and high-tech devices and information to interested guests. Don’t miss the next opportunity to learn about what Lighthouse Guild services and tech have to offer, email techcenter@lighthouseguild.org to receive alerts for the next **TechKnowledge Day**!

Presentations for People with Vision Impairment and their Families

Our **Tele-Support Presentation Program** provides information on various topics related to supporting children, teens, and families with vision impairment. Join us the first Monday of every month for a FREE presentation! The next presentation is:

Safety and Self-Defense for People Living with Vision Loss • June 20, 8:30-9:30pm EST

Increased rates of violence across the United States and in our own neighborhoods has raised safety concerns for everyone, especially those with vision loss. During this presentation, Sensei Devin Fernandez will share self-defense tips and strategies that can help those with vision loss stay safe at home or in their community. To learn more or register, visit our [website](#).

Join us as we help patients and clients like Willie have a whole new outlook on life despite a vision loss! Please consider **donating, volunteering, referring** people who can benefit from our services, and spreading the word on **Twitter** and **Facebook**!

Be well and stay safe,



Calvin W. Roberts, MD
President and CEO, Lighthouse Guild
Twitter: @EyeDrCal

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