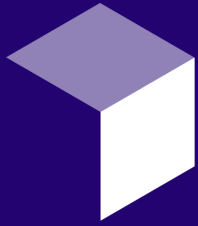
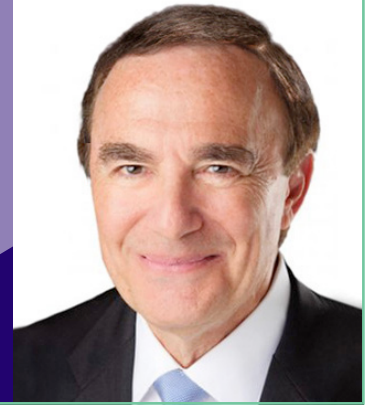


July 2022



# Lighthouse Guild

**Lighthouse Guild In Brief**  
From Dr. Cal Roberts, President and CEO



Dear Friends,

## **Wear Your Shades!**

We hope you are enjoying your summer. Lighthouse Guild wants to remind you that whether you're in the park, on the beach, or just taking a stroll, it's essential to protect your eyes from the sun's harmful rays.

Sunglasses can prevent damage to the eyes from the sun that could be permanent. Excessive hours in the summer sun increase the risk of developing age-related eye conditions, such as macular degeneration. Moreover, prolonged exposure to UV light can lead to other eye conditions, including cataracts and corneal problems. According to the National Eye Institute, an estimated 20 percent of cataract cases are caused by extended UV exposure.



Photo: A young woman wearing sunglasses placing her hand on the shoulder of an older woman wearing sunglasses and a large brimmed hat.

Sunglasses can reduce the amount of light reaching the eye, protect against harmful UV light, decrease glare and increase contrast. This is especially important for people with impaired vision. If you have a condition such as glaucoma, diabetic eye disease, or retinitis pigmentosa, reducing glare and/or maximizing contrast are key to seeing your best.

We urge everyone to wear sunglasses whenever they are outdoors – and particularly during long hours spent in the intense summer sun. **Even on a cloudy day, UV rays are present, and it's best to wear sunglasses.** It's also important to wear a hat with a wide brim or a visor to shield your eyes from the sun's rays. Wearing a hat and sunglasses decreases UV exposure by 30 percent.

When selecting sunglasses to safeguard your vision, please keep in mind:

- For optimal protection, lenses need to absorb 99-100 percent of UV-A and UV-B rays.
- Look for sunglasses made by well-known optical manufacturers and are labeled as giving "UV400 protection."
- A dark lens does not necessarily have UV protection.
- The best protection comes from polycarbonate lenses, which are impact resistant (so the lenses will not shatter and damage the eyes) and block both UVA and UVB rays.
- If you have a vision impairment, speak with your eye care professional or low vision specialist to learn which sunglasses best suit your needs. You can also schedule an appointment for an eye exam with one of our **vision experts**.

For more tips on sunglasses including types of lenses that may be best for you, visit our **website**.

## It Takes a Team

Over 20 corporate volunteers from **Moody's**, a financial services firm, recently came to Lighthouse Guild to create therapeutic activity boxes for members of our GuildCare program. The boxes were specially decorated, filled with large print puzzles, musical instruments, and a personalized note for each GuildCare client. The dedicated team also participated in human guide training. Not only did they learn about our mission and the community we serve, but they contributed to providing a nurturing experience for our clients.



Photo: Moody's volunteer team with Chief Volunteer Officer Cheryl Pemberton-Graves standing next to a large stack of activity boxes they created for our GuildCare members.

## A Legacy that Inspires

We are pleased share to that Lighthouse Guild has received a most generous gift from **Randi Krieger and the late Robert Krieger**. Robert was a long-time supporter of Lighthouse Guild. Having had a cousin who was blind from an early age, Robert decided to do what he could to help people who are visually impaired. He knew that Lighthouse Guild was most effective at providing services to people of all ages, including teens, enabling them to maintain good health, develop skills, and learn to use ever-changing technologies.

Recently, we had the pleasure of Randi visiting Lighthouse Guild to learn more about our programs. She expressed how Robert would be very pleased with the vast array of technology offerings and vital training our clients receive. We are so grateful to Randi and Robert. Their investment in Lighthouse Guild is a lasting legacy that will help inspire so many to achieve their goals.

To learn more about how to make a gift that will help people who are visually impaired for years to come, visit our [website](#) or contact our Director of Planned Giving Donna Lippman at **646-874-8443**.

## Innovations in Vision Tech

We were thrilled to co-host — with Dr. Stanley Chang, Dr. Donald J. D'Amico, Dr. Pravin Dugel, Dr. Talia R. Kaden, Dr. Szilárd Kiss, Dr. Ramiro Ribeiro, and Dr. Lawrence A. Yannuzzi — the Innovations in Vision Tech Reception for members of the American Society of Retinal Specialists (ASRS). Guests toured our Technology Center, featuring an innovative Smart Home, learning about the latest cutting-edge assistive technologies, results from our technology research study and services that could help their patients. Thanks to **Apellis** and **Iveric Bio** for the generous support for the event and **MedEdicus** for providing promotional services.



Photos right to left: Chief Technology Officer Dr. Bryan Wolynski demonstrates the Vision Buddy head-worn assistive device. Director of Research Operations Fernanda Garcia-Piña shares the latest findings from a study on wearable technology for users who are visually impaired.





Photos right to left: Event co-hosts Dr. Szilárd Kiss, Weill Cornell Medicine, Advisory Board member Dr. Talia R. Kaden, Manhattan Eye, Ear & Throat Hospital and Dr. Donald J. D’Amico, Weill Cornell Medicine; Board member Dr. Christopher Starr and CEO Dr. Calvin Roberts with co-host Dr. Pravin Dugel, Iveric Bio.

## Margaret Maintains Her Independence

Margaret was first connected with Lighthouse Guild when she was six years old. She has Stargardt’s disease and was a patient of the former Medical Director, Ophthalmological Advisor, and Director of Lighthouse Guild Low Vision Services, the late Dr. Eleanor Faye. A Lighthouse Guild optician would help her find which magnifying reader was best for her vision at that given time.

When Margaret was attending college, and living in New York City, she continued going to Lighthouse Guild for follow-up appointments with its optical team to replace and update her magnifiers and readers. They would also show her devices such as magnifiers with lights on them and close circuit televisions (CCTV).

Margaret worked as a Social Worker until retiring just before the COVID pandemic started. Then in 2021, she began seeing **Dr. Bruce Rosenthal**, Chief of Low Vision Services. Regarding Dr. Rosenthal, Margaret says, “Wonderful. Wonderful in the sense that he has very much been extremely responsive, and he is educated in terms of what my issues are, and he introduced me to Dr. Bryan Wolynski, who heads the Technology Center.”

“I think the technology center at Lighthouse Guild is going to be a game-changer for people.”  
—Margaret



Photo: A quote, “I think the technology center at Lighthouse Guild is going to be a game-changer for people,” next to a portrait of Margaret.

After her vision evaluation in **Low Vision Services**, Margaret went to the **Lighthouse Guild Technology Center**. She says, “I thought it was absolutely fabulous. I think I am in a different situation in that, having had vision loss over the years and since childhood, I have really adapted to things ... but I really find that having [this] type of environment to show people how to do things, how to do things safely, and how to use things, I think is amazing.”

Margaret was interested in trying the OrCam MyEye device. The small wireless smart camera that attaches to the arm of eyeglasses. The camera captures an image of what’s in front of the user and communicates the information audibly. After trying the device, Margaret said, “I told Dr. Wolynski that it was a game-changer for me because I am so independent.”

Margaret did not grow up using computers and does not consider herself a technical person. She says, “To have people at Lighthouse Guild like Dr. Rosenthal and Dr. Wolynski, who will really listen to you about what you do and what you don’t do, and say you know, you might be interested in this, or you might be interested in that. They get it immediately about what you need and what’s best for you in

terms of accessibility. You just don't find those people. They are a needle in a haystack. You don't get that anywhere, and that's why I think the technology center at Lighthouse Guild is going to be a game-changer for people."

Read more about Margaret's story by visiting our [website](#).

### Big Ideas for Summer Listening

If you're looking for a great summer podcast, check out [On Tech and Vision](#). You'll find a library of 17 episodes where we talk to vision scientists and developers from all over the world, who share about their innovations that are tearing down barriers for people with vision loss. It's all about big ideas — from cracking the retina's neural code and optogenetics to restore vision to devices that use virtual reality to remap sight.

### If You Like "On Tech and Vision," VOTE!

For a second year, our podcast has been entered in the People's Choice Podcast Awards. You can vote for [On Tech and Vision with Dr. Cal Roberts](#) in the 'People's Choice' and the 'Technology' categories. This is a great way to help spread the news about groundbreaking advancements in technology that are changing lives for millions of people with vision impairment. Voting will close on July 31, 2022. So, if you like our podcast, please register and [vote here](#)!

### Aloha, from GuildCare

From great food to Karaoke and music by DJ Johnny K — our **GuildCare** members enjoyed a luau-style picnic at our Adult Day Health Care program in Buffalo.

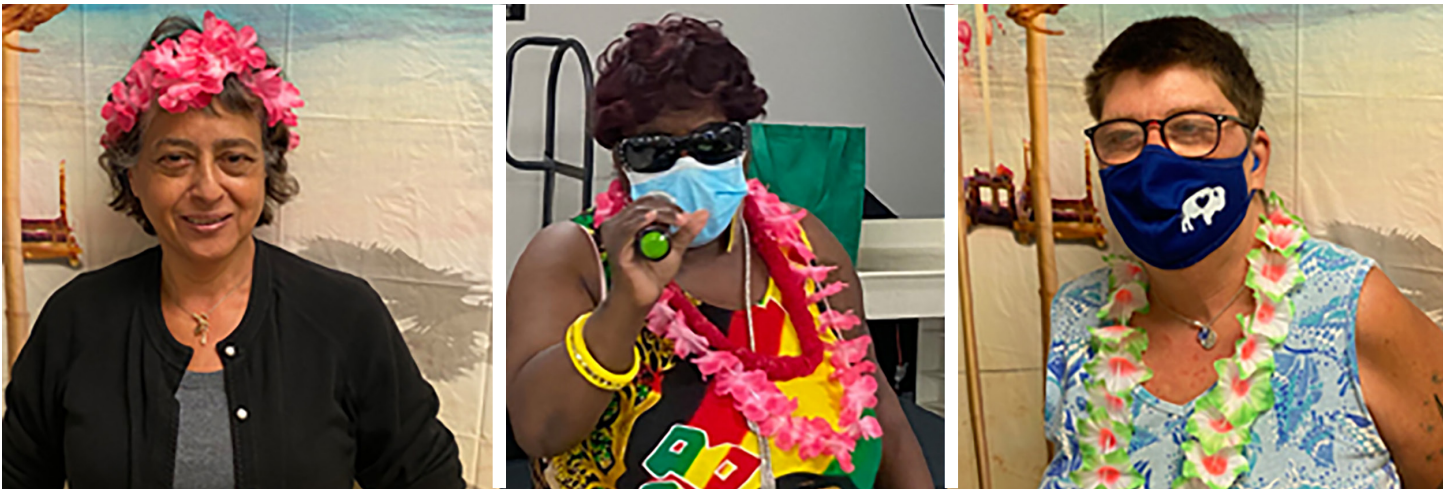



Photo: GuildCare Buffalo members from left to right, Carolina wears a halo of bright pink flowers, Marla sings in a colorful ensemble and Sandra shows off a lei of tropical pink and green flowers.

**Lighthouse Guild's GuildCare 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. Services and activities are specially designed and adapted for individuals with all levels of disability — physical, cognitive, and visual. 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.

Our **GuildCare team** is ready to provide your patient or 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 the GuildCare section of our [website](#).

Whether it's a luau with therapeutic activities and medical services for our GuildCare members or low vision and technology services that enable clients like Margaret to maintain her quality of life — we could not do this without your support. Please consider [donating](#), [volunteering](#), or [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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Dedicated to providing exceptional services that inspire people who are visually impaired to attain their goals.  
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