

May 2021



Lighthouse Guild

Lighthouse Guild In Brief

From Dr. Cal Roberts, President and CEO

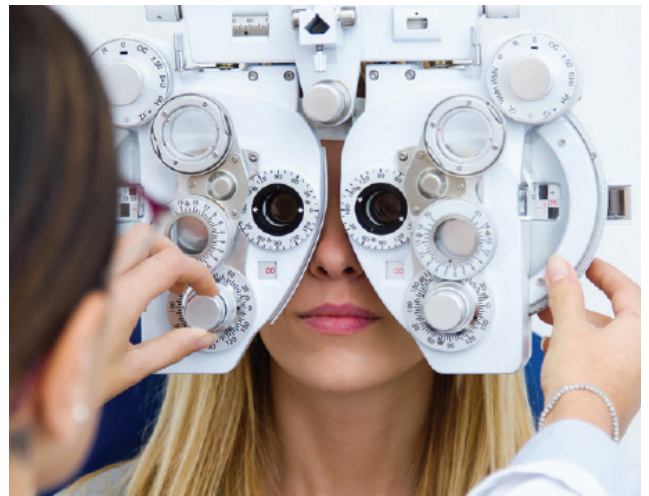


Dear Friends,

May is Healthy Vision Month: Make Your Vision a Health Priority

Taking care of your eyes should be a health priority, like eating a balanced diet and being physically active, starting with a comprehensive dilated eye exam to check for common vision problems and eye disease. Other simple practices can help maintain healthy vision:

- Wearing protective eyewear when playing sports or doing activities such as yard work, painting and repairs
- Wearing sunglasses that block 99-100 percent of UVA and UVB rays
- Quitting smoking
- Taking periodic breaks, looking away from the computer to reduce eyestrain.
- Eating healthy foods such as dark leafy greens and fish high in omega-3 fatty acids
- Knowing your family's eye health history



Helping Students Exceed Expectations

We are excited to announce that we will be awarding 20 scholarships to students who are visually impaired from across the country to help them attain their academic goals.

Lighthouse Guild Scholarships, which reward strong academic accomplishment and impressive personal qualities, are intended to help students who are legally blind make a successful transition to college, graduate or professional school. The 2021 recipients are a diverse group and will attend some of the nation's most competitive universities. We are particularly pleased to provide scholarships this year during a time when COVID-19 has presented unprecedented challenges for students who are blind.

Since 2005, Lighthouse Guild's scholarship program has awarded over \$2.6 million in scholarships to outstanding students from 39 states. Former recipients have gone on to careers as nurses, attorneys, teachers, engineers, chemists, composers, musicians, neuroscientists, social workers, business owners, investors, epidemiologists, physician assistants, physical therapists, occupational therapists, speech therapists, journalists and computer scientists.

It is my privilege to introduce you to a few of our future leaders, innovators and role models.

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“Losing my vision and becoming legally blind has presented me with countless adversities throughout my academic career,” said **Grace**, who will attend Harriet L. Wilkes Honors College, part of Florida Atlantic University in the fall. “I have exceedingly high expectations for my future and receiving this Lighthouse Guild scholarship will aid me in achieving these goals.” Grace’s goal is to become a lawyer specializing in disability rights.



Ryan will pursue a doctorate in clinical psychology after he earns his Bachelor’s in neuroscience at Binghamton.

University, part of the State University of New York. “With my education, I hope to open a nonprofit group practice and conduct research related to social anxiety and body image,” he says. When he was in high school, Ryan participated in Lighthouse Guild’s **Youth Leadership Program** — an intensive summer curriculum that combines study, workshops and collaborative projects, all with the goal of sharpening the skills needed for academic and career success.



“I have been legally blind since birth and have always had a fascination with the innovation of products and improving functionality,” says **Joel**, who is bound for Purdue University. A soccer player and competitive runner, Joel earned two gold medals and one silver as a member of the US Paralympic Track and Field team in 2019. He plans to become an industrial engineer. “Using visual assistive technologies throughout my academic career has given me a unique perspective regarding such technologies.”



We at Lighthouse Guild congratulate Grace, Ryan, Joel and the rest of the outstanding students selected for their perseverance and academic achievements and wish them success in their future careers. Visit the **Scholarships page** of our website to learn more. Maybe you or someone you know could become one of the 2022 Lighthouse Guild Scholarship awardees!

The recipients of this year’s Lighthouse Guild Scholarships inspire us. I wish that we could award even more scholarships, as we had so many deserving applicants that outnumbered the available scholarships. If you or someone you know wants to endow a scholarship or contribute to the scholarship fund, please contact our Chief Development Officer Brian Dever at bdever@lighthouseguild.org or 212-769-6307. What an incredible legacy for a donor to know that their gift opens up learning opportunities for young people who are blind or visually impaired.

Join Us: Become a member of Lighthouse Guild’s community of support and care by volunteering, donating and spreading the word on **Twitter** and **Facebook**. And for the latest on technology to help people with vision loss, listen to our podcast: **On Tech & Vision with Dr. Cal Roberts**.

Be well and stay safe,

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

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