



Lighthouse Guild In Brief

From Dr. Cal Roberts, President and CEO

Dear Friends,

June is Cataract Awareness Month: Early Intervention is Key with this Common Eye Condition

Cataracts, a clouding of the lens in the eye, are a common eye condition that often affects people as they age. In fact, more than half of Americans age 80 and older have a cataract or have had cataract surgery. With symptoms of blurry, dim vision that get worse over time, cataracts can cause blindness if left untreated. An early diagnosis affords more treatment options to patients. As always, we urge everyone to have a comprehensive eye exam that can detect issues and help preserve vision.

Leading causes are age, smoking, and diabetes, with increased risk posed by prolonged exposure to ultraviolet rays in sunlight and a family history of cataracts. Cataracts may also develop after eye surgery or an eye injury. Symptoms of cataracts include:

- Cloudy or blurry vision
- Seeing faded colors
- Glare, with headlights, lamp, or sunlight appearing too bright
- Seeing a halo around lights

- Worse vision at night
- Double vision/seeing multiple images
- Having to change your eyeglasses or contact lens prescription often



This is how the world may appear to a person with cataracts.

The early symptoms of cataracts may improve with new glasses, anti-glare sunglasses, magnifying lenses, or brighter lighting. If you don't see enough improvement in your vision, your eye care professional may recommend surgery to remove the cloudy lens and replace it with an artificial lens.

Groundbreaking for Our New, State-of-the-Art Technology Center

James Dubin, the Chairman of Lighthouse Guild's Board of Directors, and Manhattan Borough President Gale Brewer joined me, Chief Operating Officer Paul Misiti, Chief Program and Services Officer Maura Sweeney, and Lighthouse Guild's staff to celebrate construction on our new Tech Center. The Center, which will occupy 11,000 square feet at our NYC headquarters, will be a one-stop resource for eye care, vision rehabilitation, and technology training.



Photo of Lighthouse Guild staff with Gale Brewer in the center. From left to right: Theresa Chinheya, Jacqueline Suh, Ed Plumacher, Dr. Calvin Roberts, James Dubin, Gale Brewer, Michael Boyd, Paul Misiti, Maura Sweeney, Brian Dever, Dr. Bruce Rosenthal, Judy Katzen, Trisha Samuel, Valerie Cruz, Isidoro Acevedo

Jeremy Helps Us Spread the Word

Jeremy, a Lighthouse Guild Marketing intern, has known us both as a scholarship recipient and as a client who received career services. He has been legally blind since birth due to a genetic retinal disease called X-linked retinoschisis. Jeremy has had many procedures to preserve his vision, including cataract surgery.

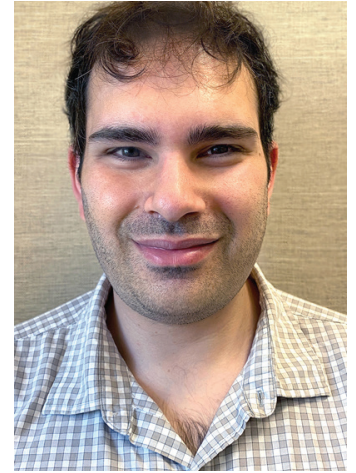
In 2010, Jeremy was awarded a Lighthouse Guild scholarship that he used for his first year at the University of Michigan. A few years after college, Jeremy was referred to Jaydan Mitchell, a Lighthouse Guild employment specialist. Jaydan helped Jeremy find the job that started his career in market research by showing him how to update his resume, set up a LinkedIn page, and prepare for interviews.

“I wouldn’t have a career if it wasn’t for Lighthouse Guild. Once I connected with Jaydan, he helped build my confidence and I felt more professional. It helped open doors, and I started networking and

meeting new people. I owe much to Lighthouse Guild and all its services, and I am looking forward to using more of the services in the future. They are a lifeline to me.”

Jeremy brings extensive market research and strategic skills, applying his expertise to increase subscribers to our podcast and followers to our social media outlets as well as helping us promote our programs and services.

“Something I have learned, and I don’t think most people are aware of, is Lighthouse Guild provides more than vision care. There are so many ways that Lighthouse Guild helps improve your life beyond what you can or cannot see.”



Re-Opening of Our GuildCare Program

One of the programs the New York State Department of Health (DOH) put on hold because of the pandemic was our GuildCare program — the only Adult Day Health Care program in New York State specializing in care for people with vision loss. With COVID-19 cases down because of the availability of vaccines, I am pleased to report that the DOH has lifted the suspension and we have begun re-opening our centers with strict health and safety protocols in place.

Our Buffalo and Niagara Falls programs are open, while our programs in Manhattan and Albany are soon to follow. Once again, clients can benefit from our services, including nursing care, physical, occupational and speech therapy, social and therapeutic activities, and vision rehabilitation. For more information, visit <https://bit.ly/3xoP5Eq>

Behavioral Health Clinic Renamed to Honor a Dedicated Supporter

In recognition of long-time supporter and donor Dorothy Strelsin, Lighthouse Guild has announced the naming of The Dorothy Strelsin Behavioral Health Clinic. We are extremely grateful for the unwavering support of Ms. Strelsin. The Dorothy Strelsin Behavioral Health Clinic is the only one in

the United States dedicated to helping individuals and families deal with the effects of vision loss on emotional health.

If you or someone you know needs help in coping with vision loss, call **212-769-7800**.

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** at <https://bit.ly/3jMebcr>

Be well and stay safe,

A handwritten signature in blue ink that reads "Cal".

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

Donate: lighthouseguild.org/donate/

Volunteer: lighthouseguild.org/volunteer/

Share: Twitter @lighthousegl | Facebook @lighthouseguild



Dedicated to providing exceptional services that inspire people who are visually impaired to attain their goals.
800-284-4422 | lighthouseguild.org