



Dear Friends,

Focusing on Healthy Aging and Vision

As we age, we are at higher risk for certain eye diseases and conditions that can cause low vision and impact quality of life. These include age-related macular degeneration (AMD), cataract, diabetic retinopathy, and glaucoma. September is Healthy Aging Month and Lighthouse Guild wants to remind you about preserving vision as we age.

“Normal aging of the eye does not lead to low vision. It is a result of eye diseases, injuries or both,” says Dr. Bruce Rosenthal, Chief of Low Vision Services at Lighthouse Guild. “Low vision symptoms include loss of central and/or peripheral vision, blurred or hazy vision or night blindness.” If you experience any of these symptoms, it is important to see your eye care professional who will check for, treat, or refer for any underlying conditions and advise on resources.



Tips to Reduce Risk

In addition to regular comprehensive eye exams, many lifestyle factors can play an important role in protecting vision as we age, it is important to:

- Eat a balanced diet.
- Maintain a healthy weight and exercising.
- Get enough sleep.
- Quit smoking.
- Keep diabetes under control.
- Wear sunglasses and a brimmed hat outdoors.

Prevention of vision loss across the life span can help to preserve and maintain our quality of life at any age. For more on tips to protect your vision, visit the Lighthouse Guild website.

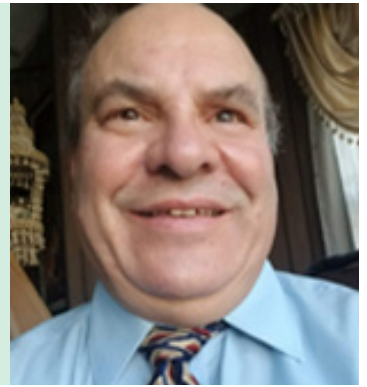
Joseph Moves Forward

Former engineer, professor, and now union official, Joseph had to have his eye removed due to a post-surgery infection. He came to Lighthouse Guild for help when he was diagnosed with macular degeneration in his remaining eye. His retinal specialist referred him to Dr. Bruce Rosenthal.

In addition to the comprehensive low vision exam, Dr. Rosenthal connected Joseph with various technologies such as a wearable vision enhancement device, IrisVision.

“I can actually see the facial features when watching a movie and when I wear it outside, it helps me to read signage from a distance and see all the beautiful flowers in the garden. I can see clearly across the

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street with the device.” He counts on Dr. Rosenthal to keep him apprised of new technology. The rehabilitation training Joseph received at Lighthouse Guild in cooking at home and navigation also helped, as did some group therapy sessions. He says, “Angel Guzman and his team worked with me and helped me to make necessary adjustments I needed to adjust to my vision loss.”

“My advice to others is to go forward and do not be afraid. If it is not the eyes, it can be another condition. The doctors are the real heroes.” You can read more about Joseph on our [website](#).

Your determination and spirit inspires us, Joseph!

We’re Talking Tech, Again!

I’m thrilled to announce the return of our podcast **On Tech & Vision with Dr. Cal Roberts!** In episode 1 of season 2, we focus on tactile technology and its evolution beyond Braille. On “The Latest Frontier in Tactile Technologies,” I speak with Dr. Julia R. Greer from Caltech and Dr. John Gardner from Oregon State University – two individuals working to develop technologies that will one day help people with vision impairment better experience images and graphics. We are always looking for the next big idea. If you have one, don’t keep it to yourself. Tell us about it at 646-791-6115. You could be on an upcoming episode!



Helping Professionals

If you are an eye care or healthcare professional, we have online educational programs that help you provide the very best care and services for people with vision loss. Check out our eLearning for Professionals.

A Solid Foundation for Preschoolers with Vision Loss

Though September is Healthy Aging Month, we want to remind you that Lighthouse Guild also helps preschool children who are visually impaired reach their full potential. **Through our Ethel and Samuel J. LeFrak Children’s Educational Services**, students work with a New York State Certified Teacher of the Visually Impaired (TVI) on skills specific to meet their developmental goals in a safe, enriching environment.

Lighthouse Guild services and programs that inspire people of all ages with vision impairment to attain their goals are not possible without your support. Please consider **volunteering, donating**, and spreading the word on **Twitter** and **Facebook!**

A handwritten signature in blue ink that reads "Calvin Roberts, MD".

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. 800-284-4422 | lighthouseguild.org