



New Vision News

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www.newvisionfl.org

Make a donation to New Vision today!

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This newsletter is in large print, APHont 16pt font. It is also available electronically or as an audio recording on newvisionfl.org/newsletter.php, or as an audio recording on cassette upon request.

Want to make a difference?

Help us raise \$20,000 this summer

New Vision relies on community support to provide low vision services at no charge to the babies, toddlers, teens, adults, and seniors who so desperately need us. Please make a donation today to help us change lives. You can make a secure donation online (newvisionfl.org) or complete and mail in the form below:

Single Gift: \$10 \$25 \$50
 \$100 \$_____

Monthly Gift: \$10 \$15 \$25

I have enclosed a check (payable to New Vision for Independence). OR

Please charge my credit card:

Card Number: _____

Expiration Date: _____

Card Holder Name: _____

Billing Zip Code: _____

Email (for receipt): _____

For a monthly gift: I authorize New Vision to charge the amount indicated on my credit card on the 15th of every month.

Dining in the Dark: “What a night!”

On April 19, 2013, the Lake County Sheriff’s Office SWAT team, wearing night vision goggles, served nearly 200 people in complete darkness at the third annual Dining in the Dark event for New Vision.

The dinner helped raise community awareness of the difficulties faced by residents with vision loss and the need for blind services in our community, as well as raised over \$12,000 for services for people with low vision or blindness in Lake and Sumter counties and The Villages.

Held at Lake Receptions on Friday, April 19, the evening began with a silent auction and photos with members of the Lake County SWAT team. The dining experience included the salad with the lights on and an inspiring speech from keynote speaker and legally blind athlete



Members of the Lake County SWAT team posed with guests. Above, SWAT with keynote speaker Donté Mickens. Thank you to SWAT, Donte, and photographer Carolyn Greene.

Donté Mickens. The entrée and dessert were in the dark, with volunteers from the Lake County SWAT team serving as part of a training exercise.

The Community Partner of the Year award was presented to Lake Sumter State College. The Lifetime Achievement award was presented to Robert and Doris Schott.

Photos from the event are posted on the New Vision Facebook

Dining in the Dark 2013, continued

page, www.facebook.com/newvisionfl.

The Dining in the Dark committee worked very hard since last spring and we want to take this opportunity to thank: Linda Harville, Lacey Gerard, Linda McFadden, Deanna Chapman, Terry Tabone, Bebe Chudeusz, Jenna Pruett, Glenda Hampton, Valerie Anderson, and Don Marx.

Thank you to volunteers who helped the day of the event: Kathy Parish, Cheri Schumacher, Tony Pastore, Toni Valley, and Valerie Winsett.

Thank you to our partners who made the event a success:

- The Lake County Sheriff's Office SWAT team
- Leslie at Sugar Mama's Bakery in Clermont
- Ed Henn at Henn-House Printing in Eustis

- Kevin Austin and the Daily Commercial
- Carolyn Green at Green Images
- The Center for Retina and Macular Disease
- All of the Silent Auction donors who donated approx. \$9,600 worth of goods and services

Thank you to our speakers at the event:

- Donte Mickens
- Chaplain Bob Whitworth
- Harry Doremus
- Tammy Wilkins-Ferrell

Thanks for your contribution to making Dining in the Dark 2013 the best one to date!

**Mark your calendar for next year's Dining in the Dark:
May 2, 2014**

**Tickets will go up next year—
buy your tickets now to get this
year's rate!**

May is Healthy Vision Month

Source: National Eye Institute, www.nei.nih.gov/hvm/

Approximately 38 million Americans have common eye diseases such as glaucoma, diabetic retinopathy, age-related macular degeneration, and cataracts.

One of the most important things people can do to protect their vision is to schedule a comprehensive dilated eye exam. In this painless procedure, an eye care professional examines the eyes to look for common vision problems and eye diseases, many of which have no early warning signs. A comprehensive dilated eye exam can detect eye diseases and conditions in their early stages, before vision loss occurs. Early detection and treatment can help to save your sight.

Take a look at your family history. Many eye conditions are hereditary. Talking to family members about their eye health

history can help determine if there is a higher risk for developing an eye disease.

Smoking may cause some eye diseases. Quit smoking or never start. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataracts, and optic nerve damage.

Eat healthy foods and maintain a healthy weight. Dark leafy greens, such as spinach, and fish high in omega-3 fatty acids, such as salmon, can help people protect their vision.

Use protective eyewear. Wearing approved safety glasses and goggles, safety shields and eye guards can help prevent eye injury. Sunglasses are important for eye care, especially those that block 99 to 100 percent of UV-A and UV-B radiation.

Melinda Williams gets ready for college

The first soon-to-be graduate of the Transition program to be first in her family to attend college

"This is good! This is really good – I didn't know any of this existed!" exclaimed Melinda Williams who had just learned about Lake-Sumter State College's (LSSC) Office for Students with Disabilities (OSD). As a high school senior with legal blindness, Melinda has participated in New Vision for Independence's transition program for almost a year. "New Vision has taught me independent living skills, how to get around in public, how to be safer when cooking, and how to be safer anywhere even without full vision."

As part of a transition lesson, Melinda was required to ask for directions to the OSD, locate the



Lake Sumter
State College

correct building and the office, and ask for specific information about the services provided. Upon locating the office she was greeted by Alexandra Guzman. "Ms. Guzman was very welcoming and gave me a lot of information" including the OSD brochure and phone number, a handy checklist

for starting college, and disability documentation requirements.

"The OSD will be helpful in setting up accommodations so that I can learn and not fall behind" said Melinda. "I know I will be more ready to start LSSC in the fall because of New Vision and the OSD!"

UPCOMING EVENTS

5th Annual 5k Run

Introducing the 2013 5k Run/Walk! With a successful Dining in the Dark event under our belts, we are gearing up for the 5th Annual 5k.

- Date: October 26, 2013
Time: Registration 7-7:45 a.m.,
5k 8 a.m.
Where: Lake Sumter State
College, Magnolia Room,
9501 US Hwy 441,
Leesburg
5k goes around Silver
Lake
Cost: \$25 by 5 p.m. on 10/24,
then \$30

Go to www.newvisionfl.org to register. Only online registrations are accepted this year.

How you can help:
Run, fundraise, form a team,
spread the word, volunteer



OCTOBER 26, 2013

**Lake-Sumter State College,
9501 US Hwy 441,
Leesburg**

**Professional timing
\$25 until 10/24, then \$30**

Register by 10/9 to be guaranteed a t-shirt

**For more information and
to register online, go to
www.newvisionfl.org**

WISHLIST

New Vision has the following items on our wish list. We ask for your help: please donate to help us acquire the following items in support of our agency:

Brochure Folding Machine \$329.99 ▼

New Vision prints many of our own brochures to cut down on printing costs. This machine would assist staff and volunteers in preparing materials while still conserving donations spent on printing.



Flat Screen TV & DVD Player *Est. \$350*

A TV and DVD player would assist in our programs, fundraising, and more.

FOR SALE

Large Print Calendar \$10

The 2013 Large Print Calendars are available at New Vision office for \$10. If you would like it mailed you, add \$2.50.

EZ Eyes Large Print Keyboard \$10 ▼

Enlarged black letters on yellow keys for improved readability, less eye strain, and better accuracy. New in the box.



Enhanced Vision Merlin LCD Video Magnifier \$1,000

Less than 2 years old. Color. Donated.

— Other CCTVs/video magnifiers are available for sale at New Vision's office.

New Vision for Independence
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Free Matter for the Blind

Thank you to our community supporters



Lake Sumter
State College



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Hours: Monday-Thursday, 8-5