



New Vision News

November 18, 2013 | Volume 6, Issue 6

www.newvisionfl.org

Remember New Vision in your estate plans!

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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.

Join us on December 4

Ralph Waldo Emerson said, "I awoke this morning with devout thanksgiving for my friends, the old and the new."

Every day, not just in the spirit of Thanksgiving, New Vision wishes to thank our donors, partners, volunteers, and staff who help us serve the babies, children, teens, adults, and seniors and empower them to live with greater independence.

We invite you to join us for our annual luncheon so we can share what we've been up to and thank you in person.

When: Wednesday, Dec. 4, 11:30 a.m.

Where: Venetian Gardens Community Building, 109 E. Dixie Ave., Leesburg
RSVP and purchase tickets by Nov. 25.
Call New Vision at 352-435-5040 for more information.

November is Diabetes Awareness Month

Source: visionaware.org (edited for space)

According to the National Eye Institute, people at higher risk for diabetic eye disease are older adults, African Americans, Hispanics/Latinos and American Indians/Alaska Natives. In the United States, diabetic eye disease is the leading cause of vision loss among working-age adults. Diabetic retinopathy is the most common form of this disease, and affects about 28.5 percent of Americans with diabetes age 40 and older. That's more than 7 million people, and the number is expected to reach more than 11 million by the year 2030.

The condition gradually weakens small blood vessels in and around the retina, the light-sensing layer of tissue at the back of the eye. If the disease progresses, these vessels may rupture and leak blood into the eye; they can also spread and grow on the surface of the retina and cause scarring.

Typically, diabetic retinopathy has no symptoms until it reaches an advanced stage. But the disease can be detected early through a comprehensive dilated eye exam.

At Risk for Retinopathy?

According to Diabetes.org, several factors influence whether you get diabetic retinopathy:

- blood sugar control
- blood pressure levels
- how long you have had diabetes
- genes

New Accessible Android Smartphone

Source: AFB Access World, <http://www.visionaware.org/community.aspx?AnnouncementID=1603> (edited for space)

At the spring 2013 M-Enabling Summit Sprint CEO Dan Hesse described the LG Optimus F3 as, "the first phone to come pre-loaded with Google TalkBack, which allows users who are blind or visually impaired to receive assistive voice prompts ... the moment they take the phone out of the box and turn it on."

Talkback is the free screen reader that comes on all new Android phones. It uses synthesized speech to voice the phone's data, menus and controls as you slide a finger across the touch display, or perform one of many Talkback gestures, such as a one-finger double tap to activate a control, or a two finger slide to move quickly

through a list. You can even use the phone's virtual touch screen keyboard to enter text messages, phone numbers and other information.

For most phones, Talkback needs to be enabled by activating a control deep inside the phone's settings menu, requiring sighted assistance. The Optimus F3 activates the screen reader automatically the very first time you start the phone.

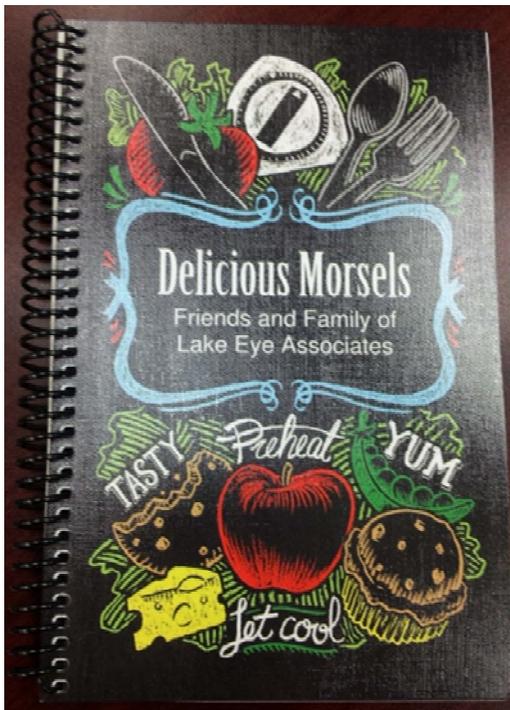
Sprint offers an Accessibility ID Pack, a curated selection of apps that are easy to select and install to help jumpstart your Android phone experience.

The LG Optimus F3 is from Sprint [with a two-year service agreement].

Cookbooks On Sale from Lake Eye Associates

Lake Eye Associates announces the sale of their new cookbook, "Delicious Morsels," the proceeds of which

benefit New Vision for Independence. The book was assembled by the staff, families, and friends of Lake Eye Associates.



"Delicious Morsels"
on sale now

Cookbooks are for sale for \$10 and can be purchased at Lake Eye's Tavares, Leesburg, and Villages location, and at New Vision's office in Leesburg.

UPCOMING EVENTS

Annual Luncheon

Join us for our Annual Luncheon on Wednesday, December 4, 11:30 to 1.

Where: Venetian Gardens,
109 E. Dixie Ave.,
Leesburg

RSVP/purchase tickets by
November 25 (no tickets
sold at the door)

Dining in the Dark

The 4th annual Dining in the Dark fundraiser is scheduled for Friday, May 2 at Lake Receptions, Mount Dora. Tickets are \$60 per person or reserve a table of 8 for \$440. We sold out last year so buy your tickets early at www.newvisionfl.org!

Human Guide (or Sighted Guide): How to Safely Guide A Person who is Blind or has Low Vision

Once known as Sighted Guide, New Vision refers to the following technique as Human Guide because someone can be a great guide with little or no sight.

Communicate

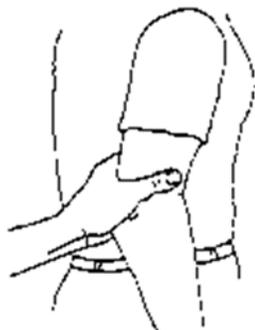
Talk with the person. Try to avoid physically contacting the person until you have communicated what you are offering. Offer guidance by saying something like "Would you like to hold my arm" or "Would you like to walk with me? Here's my arm."

Making Contact

Touch the back of your hand against the back of the hand of the person who is vision impaired.

Grip

The person who is vision impaired takes hold of your arm.



Stance

Keep your arm relaxed. The person's arm should also be relaxed, bent at 90 degrees and held next to his/her side. He/she will take up a position beside you but about half a pace behind you.



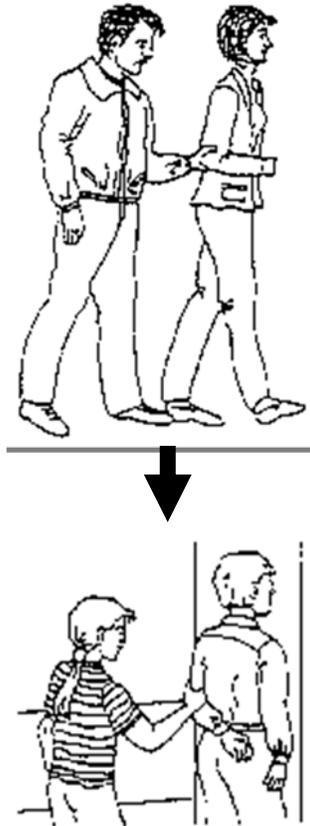
Narrow Spaces

For narrow spaces, aisles, doorways and other places too narrow to walk two

abreast, change position by making a definite movement with your arm backwards and to the center of your back.

The person with a vision impairment responds by straightening his/her arm and stepping in behind you. Now you are in single

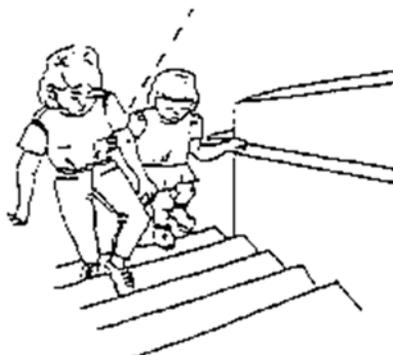
file with one full step between you. When you have passed through the narrow space, return your arm to the normal position. The person will respond by moving back to normal position.



Stairs

Tell the person you are approaching stairs and whether you are going up or down. Always approach at right angles and stop at the edge of the first step.

Offer him/her the handrail and allow him/her to change sides by moving behind you if needed. When he/



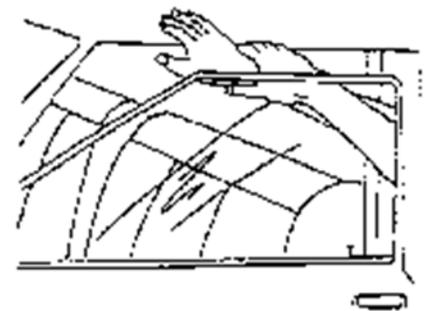
she is oriented ask them to move up next to you. You take the first step allowing him/her to judge the size of the step and then continue together in rhythm. Stop briefly at the last step to indicate that you have reached the top or bottom and then move away from the stairs.

Getting into a Car

Place the person's hand on the door handle and tell him/her which way the car is facing.

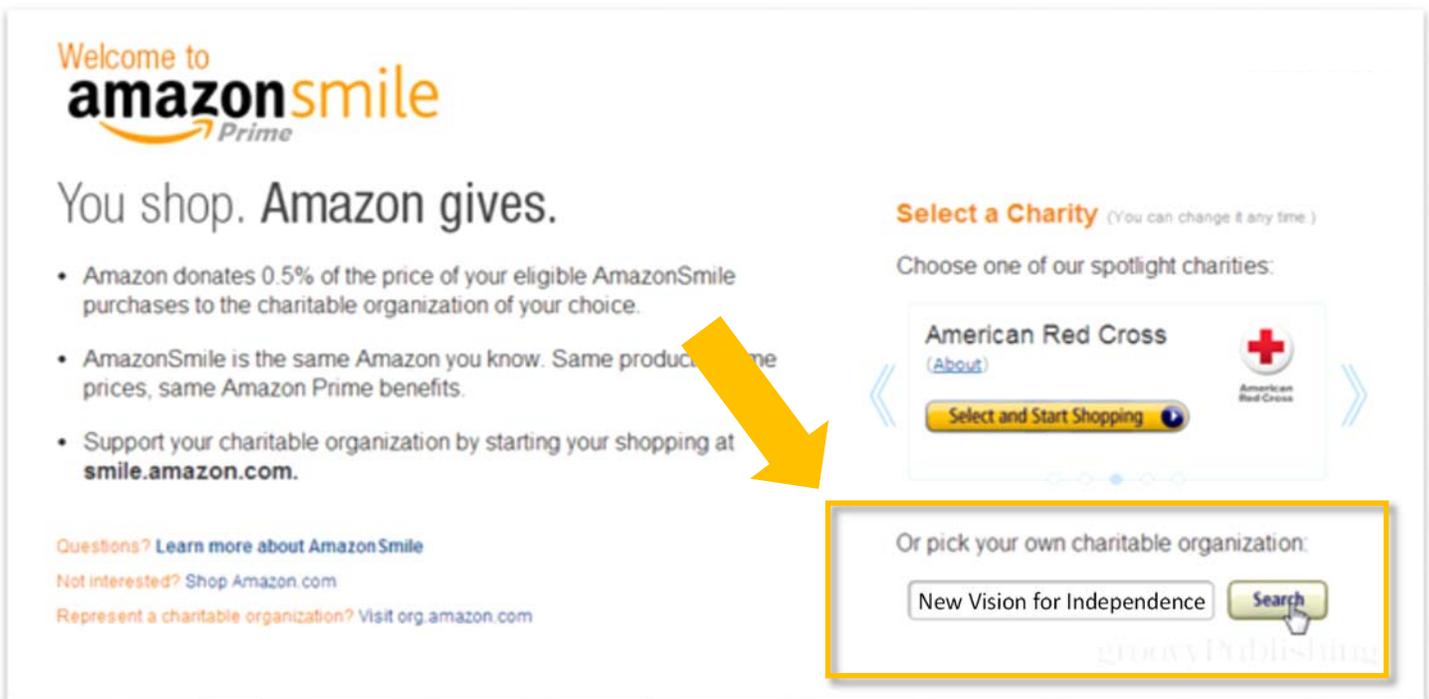
The other hand is used to locate the edge of the roof and then the back of the seat.

If you open the car door place one of his/her hands on the top corner of the door and his/her other hand on the edge of the roof.



SUPPORT US ON AMAZON.COM

If you frequently shop on online store Amazon.com, you can support New Vision for Independence via their AmazonSmile charity program, which offers up to 0.5% of all purchases towards a charitable institution of your choice. Visit smile.amazon.com. Below: a screen capture of the AmazonSmile website.



Other Ways to Support New Vision in the community

@ the Driver's License office: make a contribution to "Senior Vision Services" to support New Vision's services.

@ the Lake County Tax Collector's office: buy a candy bar to support New Vision's blind babies program. You can also purchase "A State of Vision" license plate or make a contribution to "Blind Babies" to support us.

New Vision for Independence
9501 US Hwy 441
Leesburg, FL 34788

Free Matter for the Blind

Thank you to our community supporters



Lake Sumter
State College



Community Foundation of South Lake
for their recent grant award for the
Senior BLIND program

Fraternal Order of Eagles for their
contribution to the Blind Babies pro-
gram

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Hours: Monday-Thursday, 8-5