



STAYING FOCUSED

Magnifiers & More

Volume 5 Issue 4

Dear Friends,

'Tis that time of year again... Where did 2007 go? This past year has been a year filled with "changes". Some good, some bad, but we have had to learn to accept them.

As we continue our mission here at Magnifiers & More: *To help those who have vision impairment.* I find that I am often asked "what is the "secret" to dealing with my vision impairments?" Many of you will think that I would say, finding the right visual aid, but that is not the correct answer. The "secret" to successfully dealing with low vision is acceptance.

The ability to accept this new "change" is the hardest thing to do. Yet, like so many things in life, when we accept that change, it actually gets easier. We don't have to like it, but we do have to accept it. However, one way to learn better acceptance of vision impairment is to be educated on the disease. Understanding your impairment is half the battle. The next step is learning about vision aids, techniques and tips in dealing with your changed vision.

I want you to know that here at Magnifiers & More you become a member of our NBA team ~ ~Never Be Alone. I started using this term in honor of my grandfather, Nelson B. Allen, who passed away this year, because you are not alone when you are afflicted with vision impairment. One thing that my grandfather would always say is "You have to keep goin' no matter what". And this is so true, once we admit defeat then the game is over. We are never too old to learn! We become creatures of habit: picking up the newspaper to read, yet if we were taught when we were little to read the paper with a magnifier, it would not be so awkward now!

So I challenge you for 2008 to learn acceptance. You don't have to like it; just accept it.

I hope that our newsletters are contributing to your acceptance and education of vision impairments. There is so much to learn and talk about that it is hard to put it all in a newsletter, but I hope you are getting the best of it!

On behalf of Murphy, Bev, Edwin and myself, we wish you a very happy, healthy and safe holiday season. We thank you for all your kind support, words of encouragement, referrals and we look forward to seeing you in 2008 ~ The Year of Acceptance!

Many special blessings and smiles to everyone!

Merry Christmas, Happy Hanukkah, Happy Kwanzaa to all,

Debbie & Murphy Kogler and Staff

THE DIS-EASE OF : AN EYE EXAM

The Importance of an Eye Exam

If you have eyes, then you must have an eye exam! Most people only go to the eye doctor when their vision changes or they have an eye infection. Over the age of 40, a regular comprehensive eye exam; which includes a dilated exam is extremely important. An eye exam can detect signs of serious vision problems and prevent further deterioration of sight. Even though your vision may seem fine, exams can uncover changes in the eye. High blood pressure, diabetes, eye tumors, retinal disorders and glaucoma are just a few diseases your eye doctor can detect. Many eye conditions have no symptoms in the early stages. If your family has a history of eye disease, diabetes, or if you're taking medicine that could have side effects on the eye, you need to have an eye exam yearly. It is also important to note that once you have been diagnosed with an eye disease, you still need to have regular exams to monitor the health of the rest of your eye.

See your eye doctor if you experience:

- ü Unusual trouble adjusting to dark rooms
- ü Difficulty focusing on near or distant objects
- ü Squinting or blinking due to unusual sensitivity to light or glare
- ü Red-rimmed, encrusted or swollen lids
- ü Recurrent pain in or around the eyes
- ü Double vision
- ü Dark spot at the center of viewing
- ü Lines and edges appear distorted or wavy
- ü Excess tearing or "watery eyes"
- ü Dry eyes with itching or burning
- ü Seeing spots, ghost-like images

Inform your eye doctor of:

Any family history of any eye disease

All medications, vitamins and herbs that you are taking

Take your most recent glasses with you even if they don't help

If you have a pair of glasses that work the best take them with you

If you want to read a certain size print; take that with you to show the doctor

MAGNIFICENT NEWS

Two Local Senior Centers do Their Part in Helping the Seniors in Their Community See Better!

Congratulations to the Kirtland Senior Center and the Mentor Senior Center for their recent purchase of reading machines. Both senior centers were concerned about their seniors who had difficulties reading their mail, letters, medications, etc. With the financial help of their respective cities they were able to purchase these life saving vision aids. If you are interested in getting information about reading machines to your senior center, please feel free to contact us and we will help you get the information to your senior center or library.

The 2008 Large print calendars are now available.

Debbie & Murphy will be featured on WKYC TV Channel 3 Golden Opportunities Show hosted by Armond Budish. The show will air on Sunday January 6, 2008 at either 11:30 AM or 12:30 PM (will depend on if the Brown's are in the playoffs!) Be sure to watch the show! We thank Fifty Something Magazine for making this happen. Pick up your free copy of *Fifty Something* Magazine at Magnifiers & More. It is filled with good Cleveland area news (and it is in larger font than most magazines!).



Don't Be Left Out in the Cold



The Home Energy Assistance Program (HEAP) is a program designed to help eligible Ohioans meet the high costs of home heating. It is designed to help eligible low-income Ohioans meet the high costs of home heating. HEAP provides a one-time payment for PUCO regulated utility customers for the winter heating season. You may be eligible to receive HEAP benefits. For more formation on HEAP guidelines call 1-800-282-0880 or visit their website at www.odod.state.oh.us/cdd/ocs/regheap.htm.

FOR YOUR INFORMATION:

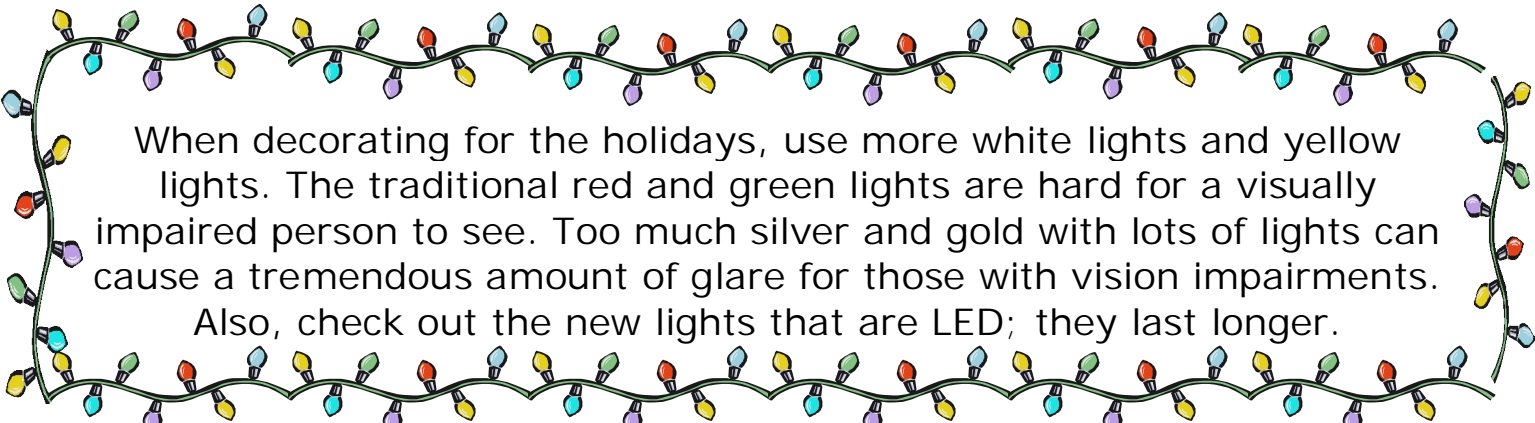
Looking for a FREE phone number anywhere in the United States;
Call 1-800-373-3411 (note you will have to listen to a commercial)
Call 1-800-466-4411 for Business Phone Numbers Only



ReadThisToMe.org

ReadThisToMe is a free reading service for the blind, powered by volunteers and Internet collaboration. This service allows blind and low vision people to have printed materials read to them over the phone. All you need is a phone line and a fax machine. You fax the document to a toll free number 877-333-8848. The first page of the fax needs to be a cover page that includes the client's first name and callback (voice) phone number. The document itself can be just about anything: a handwritten letter, a bill, a can of food, a multi-page magazine article -- just about anything that can be faxed. One of ReadThisToMe volunteer readers will call the client back, usually within an hour, and read the document. That's it! The service is available throughout the U.S. and Canada and is absolutely free (though donations are gladly accepted).

EYE DIDN'T KNOW ???



When decorating for the holidays, use more white lights and yellow lights. The traditional red and green lights are hard for a visually impaired person to see. Too much silver and gold with lots of lights can cause a tremendous amount of glare for those with vision impairments. Also, check out the new lights that are LED; they last longer.



MURPHY'S PAGE



Hello Friends,

It's a hop, skip and a jump into the leaf pile! I love to play in the leaves and chase the ball, at least I used to. But now I have allergies! Yup, me, the canine leaf wonder, has developed seasonal allergies! After scaring mom and causing panda-monium, my doctor discovered that I have more allergies than I knew about. I had a serve allergic reaction to grass, leaves and pollen; I already knew I had allergies to corn, wheat and peanut butter, but now I have more. I can't even wear those allergy dog tags because it would have to wrap around my neck three times to list all my allergies! So guess what, I am now praying for snow. And yes I do pray, mom taught me how to fold my paws and I know what *Amen* means!

So my new theme is "Let it Snow"! So far I am not allergic to snow! Most of you may not know, but I am part polar bear! I love the cold weather. It just sends wonderful tingles up my paws and tail. I love to do doggy angels in the white snow (mom says to stay away from yellow snow). It is a woof-underful feeling rolling around in snow and then having icicles hanging from all parts of me. Kool Kanine Fun.

I am getting ready to make my Santa Paws list. I have been a very good boy Santa; but please remember I have all these allergies to food now, so how about you just leave me a big fat gift certificate to the pet store; then mom and I can go do our own pawticular doggy shopping!

In case you are wondering what to get your favorite fur kid, here is my list to help you!

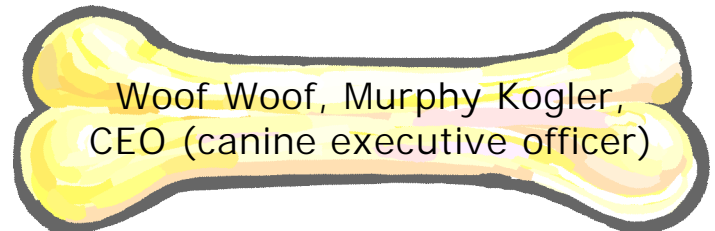
The Twelve Treats of Christmas

A red squirrel in a pine tree
Two tennis balls
Three belly rubs
Four rawhide chews
Five homemade treats
Six hours of swimming

Seven sticks for fetching
Eight bones for chewing
Nine holes worth digging
Ten hounds a' baying
Eleven trees for peeing
Twelve months of loving

Happy Howlidays to you!

Woof Woof, Murphy Kogler,
CEO (canine executive officer)















EDWIN'S CORNER: *Focusing On You*



Make this holiday season a “bigger” one for the visually impaired person in your life!

'Tis the season to think about the persons in your life who are struggling with low-vision. Buy a gift for your family member or friend that shows that you care about improving their quality of life.

Gift suggestions for the visually impaired from a visually impaired person:

-  Large Print 2008 Calendar
-  Large Print Playing Cards
-  Large Print Keyboard for the computer
-  Zoomtext Software for the computer (I love how this enlarges everything and talks to me)
-  Large Buttoned TV Remote (My cats can't carry this one off!)
-  Lighted Magnifier
-  Talking Watch
-  Talking Alarm Clock (I'm never late for work)
-  Magnifying Mirror (Great for shaving)
-  20/20 Pen (I love this pen, I can see what I write)
-  CCTV Reading Machine (I can't live with out mine)
-  Gift Certificates for their favorite place

I thank everyone for their kind words and appreciation throughout 2007 and I look forward to writing more information in my column in 2008!

TIP OF THE MONTH

If you carry a cell phone be sure to add into your list of contacts: ICE this contact means In Case of Emergency. In your list you simply put in the phone number of the person you want to be notified in case of an emergency. Most fire, police & safety workers are aware of this. If you are not able to respond to them; and you are carrying a cell phone; they will open your phone and look in your menu of contacts to see if you have ICE!

SUPPORT GROUP HIGHLIGHTS

In August our support group, The Visionaries, was a featured article in the News Herald Newspaper. The lengthy article featured a picture of the many of its members along with an article about what the group has done and the purpose of the group. After the article ran, we had 11 new members join the group! Find a Low Vision Support Group near you.

Other support groups in the area:

National Federation of the Blind: Second Monday of each month at
Mentor Library

Retina Associates of Cleveland: Call Kim @ 216-831-5700 for locations
& time

Please let us know if you know of other support groups; so that we may publish them.

Visionaries LOW VISION SUPPORT GROUP

Every FOURTH Wednesday of the month

Mentor Senior Center - 2 to 4 PM

8484 Munson Road

Mentor, OH 44060

440-255-1100

Senior Moment

Having trouble remembering if you took your medication; Place colored rubber bands around the bottle. If you take the medicine twice a day put two rubber bands on the bottle. Each time you take your medicine remove one of the rubber bands. Once they are removed then you know you have taken your daily doses. (Of course you have to remember to put them back on for the next day).



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**FREE MATTER FOR THE
BLIND AND PHYSICALLY
HANDICAPPED**



UPCOMING EVENTS

**Nov. 28, Dec. 19, Jan. 23: Visionaries Low Vision Support Group
Mentor Senior Center: 2- 4PM.**

**Dec 6 : Lakeland Community College Class on
the Eyes ~ Instructor Debbie Kogler**

Dec 6: Breckenridge Village Fair

**Jan 6, 2008 : Magnifiers & More will be featured on
TV Channel 3 WKYC Golden
Opportunities**