



# ***STAYING FOCUSED***

## ***Magnifiers & More***

***Volume 6 Issue 1***

Dear Friends,

Winter greetings to all of you!

I hope that the holidays treated all of you well and you were able to enjoy the reasons for the season.

Here at Magnifiers & More we were busy helping many folks like you and your family members. This past holiday season many of your family members or friends visited Magnifiers & More to purchase gifts and gift certificates for you; *their loved one that has low vision*. This was so encouraging, not from a sales point, but because it was heartening to see that your family and friends have taken notice that you need low vision aids! Hallelujah ~ people are recognizing that you need something useful!

In the last newsletter, I talked about how "acceptance" was the first step in dealing with low vision impairment, and how "acceptance" was also the hardest thing to do. So what happens next? Education! Not only do you, the vision impaired have to understand your disease, but your loved ones need to be educated on your dis-ease. The question I am asked a lot is "how do I explain my vision to other people"? The most common response a well-meaning sighted person will say to you is "You don't look like you are blind, or that you have a vision problem". So what do they think a blind person is suppose to look like? Unfortunately, most of us have stereotyped a blind person as someone who has dark glasses on, an eye patch, white cane or has a guide dog. In actuality, only about 1% of the population is totally blind yet 23% of the population suffers from some form of vision impairment. That means that one out of four people have some type of a vision problem. Inside of this newsletter, I have given you some examples to show or explain to people what your vision is like. Hopefully, this will help "educate" the folks who cannot understand what you are not seeing! For more information on what it "looks" like to be visually impaired; visit our website for more information and descriptions.

*Remember: You are not alone in this battle!*

Here's wishing all of you a great 2008.

This is the year of acceptance!

Debbie & Murphy Kogler and Staff

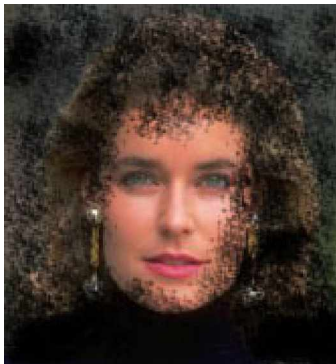
## DIS-EASE OF:

What does a person with vision impairment see?

**The center of the macula is called the fovea and is responsible for fine detail vision - our central (or reading) vision, both for distance and close up. When the eye is directed at an object to be seen, whichever part is focused on the fovea will be the clearest, the most**

Macular Degeneration: imagine having Vaseline spots smeared on your eyeglass lenses and not being able to remove it.

Diabetic Retinopathy: imagine your windshield covered with bird droppings and not being able to clean your windows with your wipers (macular degeneration can also look like this).



Glaucoma: imagine looking thru a tube from a roll of toilet paper (tunnel vision).



Cataracts: imagine looking through a frosted window

## MAGNIFICENT NEWS

### Research shows promising results:

A team of eye researchers from the Cleveland Clinic and Case Western Reserve University School of Medicine have discovered what triggers the pivotal moments that can jumpstart a common form of blindness in the elderly. With the help of laboratory mice, the project, offers scientists a glimpse of how normally cooperative proteins suddenly go awry and provoke the body's defense mechanisms to emit a barrage of friendly fire. The violent immune response leaves a scattered debris field in the eye known as drusin; that is the hallmark of age-related macular degeneration. Researchers say new diagnostic and preventive therapies could evolve from this research. The research also advances understanding of a disease apparently driven by multiple forces ranging from genes and the environment to autoimmune functions. Getting mice to develop the symptoms of AMD began about three years ago, not long after researchers from Cleveland Clinic and Case nailed down the composition of drusin deposits in a series of test-tube experiments. They discovered a number of abnormal proteins whose coats were decorated with oxidized fragments of fatty acids that tend to accumulate in the eyes of people with AMD. The researchers surmised that eyes in the throes of AMD could well be mounting a devastating autoimmune response to proteins that they no longer recognized. (Full story available on our website [www.magnifiersandmore.net](http://www.magnifiersandmore.net) or at [http://blog.cleveland.com/metro/2008/01/cleveland\\_clinic\\_case\\_research.html](http://blog.cleveland.com/metro/2008/01/cleveland_clinic_case_research.html))

### HAPPY ANNIVERSARY!

Magnifiers & More celebrates Five years of helping and serving you the Visually Impaired and Vision Challenged. We certainly have grown in five years: Moved to a bigger location, added a website, started a support group, quarterly newsletters and much more! The hundreds of wonderful folks we have met, the tears we have shed with you and the smiles we have all shared have certainly been worth it and we look forward to 50 more years of memories!

Thank You!

## FOR YOUR INFORMATION:

### All Ohio Resident and Property Owners

Do you know that the Homestead Exemption Policy is STILL available to all Ohio homeowners, regardless of income, who are age 65 or older or permanently and totally disabled? These changes are the result of House Bill 119, which was signed into law by Gov. Ted Strickland on June 30, 2007.

Previously, eligibility for the Homestead Exemption was restricted through income tests that disqualified many senior citizens.

Now all households who qualify for the Homestead Exemption will receive a flat \$25,000 property tax exemption on the market value of their home. Call your County Auditor to apply before this year's June 2, 2008 deadline.



### WILL I HAVE TO GIVE UP DRIVING?

One of the many worries that tops the list of a visually impaired person, is will I have to give up driving? For some the answer will eventually be yes, for a few the answer will be no. Under most state laws, if your doctor finds that your vision is not in the acceptable acuity range, he/she must report it to the Department of Motor Vehicles. (Note: every state has different requirements). In Ohio, when it is time for you to renew your license you must go to a license bureau and take the eye test. This eye test is for your distance and peripheral vision. If you fail this test; the license bureau will give you a Vision Screening Referral form, which you must then take to your eye doctor. This form will show what part of the vision test you failed. Your eye doctor will then have to test your vision and complete the form. This form is then returned by you to the license bureau. If your eye doctor feels that you meet all the vision requirements then your license will be renewed for you. In several cases, a failed test at the license bureau does not mean you have to give up driving ~ your eye doctor has a say too!

*In our next newsletter: What happens if I can no longer drive?*

Like to watch videos but now have trouble seeing the TV:

Descriptive Video Services has videos that you can purchase that include narration along with the video about what the movie is about and what is happening. For more information call: 800-333-1203

## MURPHY'S PAGE

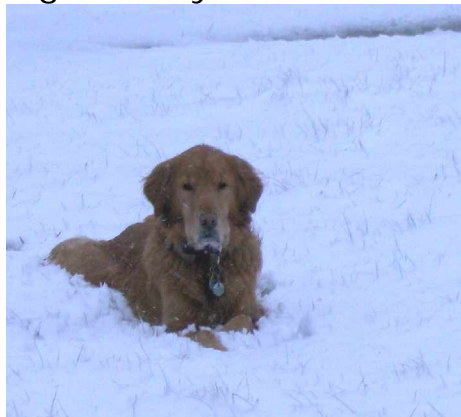


Happy Wintry Days to all!

Isn't this weather just the coolest! It is so much fun to run around in that white powdery cold stuff. Mom calls it "doggy cocaine", since I seem to get such a high from playing in it. I just love burying my nose in it and rolling around in the snow making doggy angels. And I just love to have snow ball fights; since I can't throw them back I eat the snowballs. Yummy! Except if I eat too many snowballs, I then have to tinkle more! One of the best things though about this cold weather is that my skin allergies are not so bad. I still have some itches, but not like I did this summer. Though the best part of winter weather is our snow walks. I love to hear the snow crunch under my paws, I sound like a big bad monster stomping through the woods. "Look out here comes the Murphy Monster!" (Don't tell mom, but really the best part about our walks is that I don't have to get all bundled up like mom does. It takes her ten minutes to get all snuggled up; and me; well I have this beautiful fur coat and I can just walk right out into the elements).

I must also tell you that Santa Paws was very good to me. He remembered my food allergies and left me my lots of good treats and plenty of toys. My good friend Betty bought me a pillow that said "I've been a good boy Santa....most of the time"! I even got to go to the mall with mom and have my picture taken with the *real* Santa. (I put it on my webpage for you to see!) It was pawrific and all the little kids were watching me and I didn't even bark when I saw Santa.

I hope that this new year will be a great year for you and me. I turn eight this year; can't believe it. But I have lots of things planned for this



year! As always, I will keep you posted of my adventures!

Stay warm, but remember enjoy the snow as it will be gone soon! Just like every snowflake is different and special; so are you!

Woof Woof, Murphy Kogler, CEO  
(Canine Executive Officer)

## EDWIN'S CORNER: *Focusing On YOU*



### New Challenges, New Adventures

In my corner of the newsletter, I have been presenting to you my perspective of what it is like for a visually impaired person (VIP) to live in a world that is more focused on the sighted.

I was born 2 months premature, during my time in the incubator I was subjected to too much oxygen. As a result I have an eye condition called Retinopathy of Prematurity (ROP). My left retina has very thick scar tissue and my right eye has a weak retina. Due to the ROP, I have had two retinal detachments and a cataract removed in that same eye. So my visual world has always been a challenge, yet also an adventure.

How did I cope with these challenges? The very way you should: See it as an adventure! Find out what you can do and just do it in a new way.

For example:

If you have a difficult time holding a magnifier, use a double-sided clamp attached to your table and clamp the magnifier into the other end. Great for writing checks!



Always remember to bring your protective eye wear with you. You never know what type of lighting conditions you may encounter. Yellow is the most popular for most vision impaired people.

Never be afraid to ask for help. Being visually impaired is NOT something to be embarrassed about. Statistics show an epidemic increase of people with vision impairment. The more educated and adaptive you are of your impairment helps others in knowing how to assist you.

Life IS an adventure; you just need to find new ways of doing what you like to do best. You may be dependant on a device, but you WON'T LOSE your independence.

**2008 Large print calendars are still available.**

## TIP OF THE MONTH

### Cooking Tip:

Not feeling confident that you can chop your food with a knife? One of our clients recommends a safe solution to this issue. Meat cutters/butchers use a steel mesh glove to wear while using a knife. It fits like a glove and has steel woven through the glove to prevent you from cutting yourself! We will be carrying this product in the very near future.

*Next newsletter:* How to "see" money easier!

## SUPPORT GROUP HIGHLIGHTS

### LOW VISION SUPPORT GROUP

Mentor Senior Center: 4<sup>th</sup> Wed. of every month 2 to 4 PM  
8484 Munson Rd Mentor, OH 44060 (440) 255-1100

Mentor Public Library: 2<sup>nd</sup> Mon. every month 1 to 3 PM  
8215 Mentor Ave. Mentor OH 44060 (440) 255-8811

Kirtland Senior Center: Bi-monthly 2<sup>nd</sup> Mon. 10-11 AM  
7900 Chardon Rd Kirtland, OH 44094 (440) 256-4711

If you know of a support group that you would like listed here please let us know!

## STAYING FOCUSED

Edwin Janoch

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FREE MATTER FOR THE  
BLIND AND  
PHYSICALLY  
HANDICAPPED

### **UPCOMING EVENTS**

Feb. 27, Mar. 26,

Apr. 23:

Low Vision Support Group

Mentor Senior Center: 2- 4 PM.

March 4:

Ohio Primary Presidential Election

March 10:

Kirtland Senior Center

Low vision Support group 10-11 AM.