



STAYING FOCUSED

Magnifiers & More

Volume 6 Issue 3

Dear Friends,

The smell and sights in the air are sure signs that the autumn season is here. This is my favorite time of the year! I love the crispness of the air and the beautiful foliage, yet I know that following this wonderful time of the year, the holiday season will be here! Soon it will be time to start planning all the holiday parties, shopping and family activities that come with the hustle and bustle of the season. And of course, the dreaded cold weather is not far behind. Maybe we will be lucky here in Northeast Ohio and have a mild winter!

As I write this, I am flying high! Literally..... I am flying back from Austin, Texas. I had the honor of speaking at the Macular Vision Research Foundation's SupportSight Seminar in Austin, Texas. My talk was about staying independent when you are a V.I.P. (visually impaired person) afflicted with AMD (age related macular degeneration). Inside the newsletter you will find a snippet of my talk and helpful hints. Interestingly enough, no matter what part of the country I am in, the visually impaired population is always the most generous and inspiring group of people that I meet. I was asked after the seminar what I thought of the seminar; and my answer was that no matter where I am, the visually impaired have the same difficulties and problems; yet they also continue to preserve and have hope. In addition, I am always learning something new from the V.I.P.'s that I meet!

Speaking of VIP's, inside this newsletter you will see a new addition: *Linda's Corner*. Linda will be helping me in compiling the newsletters. Be sure to read her section to learn more about her!

This month the staff at Magnifiers & More will be randomly calling our V.I.P.'s to "check-in" on you and see how your low vision aids are helping you. We will be happy to answer any low vision questions that you may have.

I hope that this newsletter will give you the inspiration to continue to preserve and have hope.

Though your vision impairment is an inconvenience; it should never stop you from living each day to its fullest.

Remember: ***Life is a Journey not a Destination.***
Live each day one day at a time.

Happy Fall to all,
Debbie, Murphy & Staff

DIS-EASE OF:

What is available for someone who is visually impaired?

Looking for something that can help to make life a bit easier and less frustrating?

Large Print items:

Calendars
Playing cards
Check Registers
Books
Clocks
Telephones
Keyboards



Talking Items:

Watches
Clocks
Scales
Microwave
Pill Boxes
Needle threader
Books on tape

Glare Control Glasses ~ Special colors to help with the glare that affects most people with vision impairments.

Electronic Magnification Devices ~ Devices that use a camera to allow you to select the amount of magnification you need. Devices can be stand alone, connect to a TV or computer screen, or portable to take with you.

Magnifying Items ~ Hand held magnifiers, stand alone magnifiers, clip-on magnifiers, magnifying mirrors, magnifying glasses, and software for computer.

Lighting ~ Special light bulbs, natural daylight lamps; floor and desk models, and magnifiers with lights.

Low vision aids are a necessity for people with vision impairments; however, **most people will need more than just one aid to help them.**

Please feel free to stop in, call or email us for more help in selecting the proper aids.

We currently have in stock several pre-owned reading machines of various models, sizes and cost. Please stop by store for more information.

MAGNIFICENT NEWS

Medicare Premium to Remain Unchanged in 2009

Medicare's monthly premium will remain unchanged for most beneficiaries for 2009. The Part B premium will remain at the 2008 level of \$96.40 for individuals earning \$85,000 or less or couples earning \$170,000 or less. The Part B deductible will remain at its 2008 level as well. Medicare Part B covers a portion of the cost of physicians' services, outpatient hospital services, certain home health services, durable medical equipment and other items. While the Part B premium and deductible will not rise, other Medicare deductibles and co-payments will. Here are all the new Medicare figures for 2009:

- Basic Part B premium: \$96.40/month (unchanged)
- Part B deductible: \$135 (unchanged)
- Part A deductible: \$1,068 (was \$1,024)
- Co-payment for hospital stay days 61-90: \$267/day (was \$256)
- Co-payment for hospital stay days 91-150 + :\$534/day (was \$512)
- Skilled nursing co-payment, days 21-100: \$133.50/day (was \$128)

*Thank you to Mutsko Insurance Services for providing this information.

Watch Magnifiers & More on WKYC TV-3

Magnifiers & More is teaming up with WKYC TV-3 to provide vision information and tips to viewers of *Good Company* on Thursday, November 13, 2008. *Good Company*, airs weekdays 10 - 11am, will feature Caring for Seniors Week, November 10 - 15, 2008. Along with Magnifiers & More there will be Caring for Seniors segments during the week by:

Hilltop Village, an independent living community in Euclid, OH

Brunner Health Care, mobility aids and health care products Mentor, OH

Advanced Audiology Concepts, hearing specialists in Mentor, OH

ServiceMaster Clean, Cleaning and restoration services

Home Watch Caregivers, Home health care services

You can also enter to win free gift baskets that will be given away during the week, but you have to watch the show!

FOR YOUR INFORMATION:

Looking to make some charitable donations before the end of the year that will help the visually impaired. Check out these organizations:

- Macular Vision Research Foundation www.mvrf.org
- Prevent Blindness America www.preventblindness.org
- National Federation of the Blind www.nfb.org
- American Council for the Blind www.acb.org

If you still file income taxes and itemize your deductions, remember, that any purchases you made during the year for your vision impairment (magnifiers, large print items, etc) can be counted towards your medical deductions.

Declaration of Independence for the Visually Impaired

When in the Course of human sight, it becomes necessary for the Visually Impaired Person to dissolve their fear & to assume among themselves the power to remain independent. All the visually impaired are equals to the sighted and have the same inalienable rights: life, liberty and the pursuit of happiness & safety.

We will Accept our disease; though we do not like it.

We will become Educated on our disease.

We will arm ourselves with the necessary Aids.

We will Practice Patience.

We will Never, Ever Give Up.

MURPHY'S PAGE



Woof, Woof my dear friends,

I hope this finds you romping in the leaves and playing football! I just love this time of the year. I have so much fun playing in the leaves and playing football with mom. Though this year, mom cannot throw the ball as far, but I still love to chase it. I pawticularly love to roll around in the leaves, though it can be embarrassing when I get up and there are leaves hanging from my tail. But that is what happy tails are for!

My summer was just fantastic. I spent time swimming in Lake Erie and take really long walks with mom, but the best was my birthday. I received lots of presents. (thank you to Ethel for all the rice cakes!) Everyone sure knew how to make a canine like me feel woof-underful.

This fall I will be busy helping mom with some important support group meetings and lectures. Soon I will be going to Columbus, OH to participate in the American Council of the Blind Ohio State Convention. And mom is receiving an award! So kool! Hot, digg-ity dog mom! I'm so proud of you!

I am also starting to make out my Santa Paws list. Yes, that time is coming very soon, and I want to be prepared. I am always available if you are in need of some gift ideas for your favorite fur angel. I have decided to run a "Howliday Hound" contest. Simply submit your photo of your favorite animal in a "Howliday Mood" and you could win a \$25.00 gift certificate to Pet Smart. Please email your photo to me at:

cbetter@magnifiersandmore.net and put in the subject: Murphy's Howliday Hound. I will choose one grand prize winner and two runner-ups. All three winners will be posted on my website. Please feel free to call me or email me if you have any questions. Deadline for entries is December 15, 2008.

Happy Tails to you all!

Murphy Kogler
CEO (Canine Executive Officer)

LINDA'S CORNER: I am a VIP



Dear Fellow VIP's:

When my vision began to decline I was devastated. I thought there would be so many things I could no longer do. Then someone explained I would just have to learn to do things differently and to live my life differently.

Of course by the time you hit the age of 60+, you are pretty set in your ways so at first I fought those changes. And there were those unpleasant moments when someone told me that my shirt was on inside out, or the time I left the lid off the coffee mug and spilled coffee all over the counter and me.

Now it is a great adventure. I have the opportunity to be creative and discover ideas that help me to navigate my world. At first I believed that I was useless because many of my skills were gone. I was wrong. They were not gone just misplaced a bit.

I decided to begin my adventure when someone asked me what I missed most in my life. The question made me think. My response was intellectual stimulation, being able to take care of my own bills, finding my way around my kitchen safely, shopping, and being social.

An inexpensive tool: My thick black Sharpie pen (permanent ink)

- I marked my measuring cups and spoons with big black numbers
- When I come home from the grocery store, I use my Sharpie to mark the items. I take everything to my magnifying device and write the expiration date, calories, sodium, carbs and any instructions.
- I use my Sharpie to mark the bottles in the shower and now I can tell the difference between the shampoo and the conditioner.
- All my RX bottles look the same so I make a large black Sharpie letter on each container to indicate what is inside.

Keep on Hoppin',
Linda

TIP OF THE MONTH

- 1) Looking for a new appliance this year, but don't want the hassle of shopping at the mall? Try a standalone box store, such as Kmart. They carry the same name brand appliances as Sears does, with less hassle of walking around. Many will have personalized shopping assistance; just ask at the customer service desk.
- 2) Have trouble reading the numbers on your credit card? Place a piece of paper over the credit card and then take a pencil and color over the raised numbers of the credit card. Be sure to also color the expiration date. Then keep this in a safe place. When you need to give out your credit card number it will be easier to see. You should also write the three digit number on the back of the card onto the paper. Many businesses now need that number to process the credit card.

SUPPORT GROUP LISTINGS

LOW VISION SUPPORT GROUPS

Mentor Senior Center: Fourth Wed. of every month 2 to 4 PM
8484 Munson Rd 440-255-1100

Rocky River Senior Center: Fourth Tues. of every month 10 AM

Strongsville Community Center: First Thurs. of every month 10 AM

Orange Senior Center: Second Tues. of every month 1 PM
32000 Chagrin Blvd

Avon Lake Community Center: Fourth Thurs. of every month 10 AM

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Linda Bendis

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

Help Us Help You!

In an effort to reduce cost and join the "go green" theme we are now electronically sending out our quarterly newsletter. If you would like to receive our newsletters via email please email us at: cbetter@magnifiersandmore.net . In the subject line please use: **add to mailings**. Please list the email address to which you would like to receive the newsletter. We will not share your email address! All emails sent to you will be done in the blind copy form so that no one can see the addresses that we are sending to.

Thank you for helping us help you!