



STAYING FOCUSED

Magnifiers & More

Volume 6 Issue 2

Dear Friends,

Finally, the warmer weather has reached Northeast Ohio! It sure was a long, cold winter and we are glad that winter is behind us. Am I the only one who thinks that cold months drag on forever and the warmer months fly so quickly?

In this newsletter, we have taken the liberty once again to emphasize the importance of UV protection and food health. Find out about a few changes you can make to prevent yourself or a loved one from developing a devastating vision impairment.

Not a week goes by that one of our customers tells us they wished they had known about the products and services available for the visually impaired sooner. Though we try our best to advertise and get the message out; we still have a lot more people to reach who are in need of low vision help. So, I am asking you for your input as to where the best places are to advertise; besides the newspaper and TV, that will help spread the word; that there is help for people with vision impairments or who just need a little extra boost to see better. Send or email us your ideas and/or recommendations and we will enter your name into a drawing for a free gift card to Giant Eagle; which can be used for food, gas or pharmacy purchases. Deadline for the entries will be **August 25, 2008**.

I would also like to thank all of you for being such good referral sources for Magnifiers & More. We appreciate your referrals and recommendations.

Speaking of *thank you's*, I failed to mention in our last newsletter that Magnifiers & More is celebrating their Fifth Anniversary! We couldn't have done this with out your support! Time sure has flown. The past five years have seen great progress in the treatment of macular degeneration as well as in the aids and services that are available to people with low vision. It is our mission here at Magnifiers & More to continue to provide services, aids and information that will be of help to those with low vision. We are looking forward to many more anniversaries and making more friends!

I hope that you are enjoying your long, warm summer days.

Debbie & Murphy Kogler and Staff

DIS-EASE OF:

Diseases caused by excessive Ultra Violet (UV) Rays:

- Macular Degeneration
 - Cataracts
 - Glaucoma
 - Pterygium
 - Skin Cancer
- Premature aging of the skin

A little known fact is that our eyes are **ten times** more sensitive to UV light than our skin! Yet most of us will take care to apply sunscreen to our skin but do little to protect our eyes. A simple task of wearing 100% UV filtered sunglasses can reduce our risk by 70% in developing an eye disease.

According to the World Health Organization, 80 per cent of a lifetime's UV is absorbed into the eye before the age of eighteen, yet the damage from this exposure usually does not show until the sixth decade of life.

One of the simplest and easiest ways to delay or prevent an age-related eye disease is to wear sunglasses. If you "learn" to wear sunglasses at an early age it is half the battle against eye diseases. Special glasses designed for infants through toddler's are called Baby Banz or Kidz Banz are ideal for helping youngsters in early prevention of eye disease.

Look for sunglasses that protect you from 99% to 100% of both UVA and UVB light. This includes those labeled as "UV 400," which refers to protection from 400 nanometers (all of UVA and UVB). You may want to consider wrap-around sunglasses to prevent harmful UV rays from entering around the frame and protect more of the skin around your eyes. The degree of darkness has no effect on UV protection. Tint and color are your choice of how you want to see the world. Gray and brown are popular because they distort colors the least. Other tints may be chosen for their color-enhancing properties; for example, yellow or plum colored lenses are popular with people who suffer from macular degeneration or cataracts because they work well in low light, reduce haze and increase contrast for a sharper image. Polarized lenses are best to reduce glare from the water.

MAGNIFICENT NEWS

EAT BETTER, SEE BETTER

Your diet is another way to help control your vision. Remember to eat the bright color foods; especially fruits and vegetables. This is the time of year when fruits and vegetables are at their peak and taste the best. Eating just a cup a day of the following foods can help prevent the repaid spread of Macular Degeneration.

- * Blueberries
- * Strawberries
- * Cantaloupe
- * Tomatoes
- * Spinach
- * Kale

Another way to support the health of the eye is through supplements. Omega-3, lutein and zeaxanthin are excellent sources of antioxidants. These antioxidants help support the development and maintenance of eye tissue, protect ocular cells from oxidative stress, support healthy vision, tissue moisture and slow the progression of age-related eye disorders. Supplements such as Ultimate DHA Eye is formulated with key ocular nutrients that have been shown to protect the eyes and support healthy vision. Ultimate DHA Eye consists of purified fish oil high in DHA combined with the fat-soluble carotenoids, lutein and zeaxanthin.

In review, the three easiest ways to help maintain healthy vision is UV protection, eating healthy foods and taking ocular supplements.

One of Deb's favorite jokes:

Mrs. Jones was telling her friend: "My doctor recently told me how important it is to eat a healthy diet. He told me if I remember to eat foods that are bright in colors: orange, red, green, yellow etc. then I was sure to lead a much healthier life.....So I went home and ate a whole bag of M & M's! "

(Deb loves M&M's, especially the dark chocolate; since dark chocolate is better for you!)

FOR YOUR INFORMATION:

If you or someone you know is having financial hard times, especially with the current rising food and gas prices, here is an organization that can help:

Angel Food Ministries

Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60.00. Orders and distribution are handled by churches who act as the host sites. Orders are collected by the host sites during the first part of each month. For more info call 888-819-3745 or visit their website at: <http://www.angelfoodministries.com>

DID YOU KNOW????

Do you see things that nobody else sees?

For many patients with macular degeneration and other eye disease, sometimes images may appear to you but in reality the image actually is not there. Has this happened to you? Are you afraid to tell anyone; fearing that they may think you have real lost it? Reports of such images of trees, birds, skyline etc have been noted, but in actuality the image is really not there. You are not hallucinating and should not be afraid to tell your doctor that you are seeing these images. This is a common side affect for people with vision impairments. The medical name for this is called **Charles Bonnet syndrome** or **Phantom Vision**. Charles Bonnet, an 18th century Swiss naturalist and philosopher, is credited as the first person to describe the syndrome after he suffered from a low vision disease. These images can appear at anytime and can be "mixed" in with your real site. There is no cure and these images can last for several days to several years, and may even change. People with moderate to severe vision lost are more susceptible to phantom vision. However, it is important to let your eye doctor know about these "sightings".

MURPHY'S PAGE



Hello to all!

Well the hot weather is here and unlike most of you I am not a big fan of it! Don't get mad at me, I know it was a long winter, but have you ever tried wearing a fur coat when it is above sixty degrees outside? Trust me, it is not fun. But being the good canine sport that I am, I will endure these hotter months. My survival techniques are begging for cool things like: trips to the lake to go swimming, air conditioning, cold treats (mom's special frosty yogurt treats), watermelon and of course my sunglasses. Yes, it is canine cool to wear sunglasses! Not only do they help me from getting cataracts but they also help in preventing flying bugs and objects from entering my eyes when I am riding in the car and playing outside. They also help me to stay incognito when I am out and about. When I wear them and mom is with me we tell people she is my guide person!

During these warmer days, I have been busy working in the yard helping mom pick up sticks and mulching them. I love to chew on them and then spit those wood pieces out for mom to clean up. I have also been busy chasing the bumble bees, which usually gets me in trouble with mom. I am allergic to bee stings, so mom gets a little crazed when she sees me chasing bees. And of course smell the flowers! I am a flower dog! I love to smell flowers.

The best part about the warmer months though is that I get to have a party. This month I will be celebrating my eighth birthday. Do you remember what you did for your eight birthday? (In doggy years, it would have been your fifty-sixth birthday!) Mom has not given me any clues as to what we are going to do but I am sure it will be a blast. Lots of treats and presents. I am hoping for lots of Rice Cakes, ice cream and maybe some watermelon! With all of my allergies, they are the some of the things I can eat! If you have access to a computer, be sure to check out our website and look at my page. There are lots of pictures of my adventures!

Wishing you all a very happy, pleasant and safe summer filled with lots of treats and fun!

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

GADGET CORNER: Focusing On Making Life Easier



Compact+ by Optelec

The Power To See...In The Palm of Your Hand

Read contents on prescription labels.

Sign credit card receipts and checks.

Great for checking prices and label information.

Read the menu at your favorite restaurant.

Review your mail.

Read maps and directions

Adjustable magnification up to 10X magnification.

4. 3"color TFT screen

Freeze Frame capability

Weighs only 10 ounces.

Three-hour rechargeable battery

WE CURRENTLY HAVE IN STOCK SEVERAL PRE-OWNED CCTV
(READING MACHINES) OF VARIOUS SIZES AND MODELS.

Stop by the store to check these models out.

Help Us Help You!

In an effort to reduce cost and join the "go green" theme we are electronically sending out our quarterly newsletter. If you have an email address and 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!

TIP OF THE MONTH

\$\$\$\$\$\$ How to identify your money easier! \$\$\$\$\$\$

Having trouble discerning the value of the paper bill? If you turn the paper bill towards you so that the back of the bill is facing you the bottom right corner the denomination number is the largest. This is true for the 5, 10, 20 & 50 bills. Recently, the US Mint changed the five dollar bill to have a larger number and made the color to be a burgundy.

Having trouble discerning your coins? If you feel the edges of your coins you will notice that there are different edges to them. The dime and quarter have a rough or serrated type edge, and the penny and nickel have a smooth edge.

Having 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 and when you need to give out your credit card number it will be easier to see.

LOCAL SUPPORT GROUP

Mentor Senior Center: 4th Wed. of every month 2 to 4 PM
8484 Munson Rd 440-255-1100
AUGUST 27 Picnic @ Veteran's Park

Mentor Public Library: 2nd Mon. every month 1 to 3 pm
8215 Mentor Ave

Rocky River Senior Center: 4th Tuesday of every month 10:30am

Strongsville Senior Center: First Thursday of every month 10am

Orange Senior Center: Second Tuesday of every month
32000 Chagrin Blvd

STAYING FOCUSED

Edwin Janoch

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**FREE MATTER FOR THE
Blind & Physically Handicapped**

UPCOMING EVENTS

**July 23: Visionaries Low Vision Support Group
Mentor Senior Center 2- 4 PM**

Aug. 11: Kirtland Senior Center 10 AM

**Aug. 14: Independence Village Health Fair 10-2 PM
Avon Lake, OH**

**Aug. 27: Visionaries Support Group Picnic
Veteran's Park Mentor, OH 2-4 PM**

Aug. 28: Chippewa Place Brecksville, OH 10 AM

Join Magnifiers & More at these events!!