

Spring Newsletter 2014

EyePower

By Ms. Terry Eason, Executive Director

Hello at last to our readers! We have been so very busy fixing up our new space and reaching out to the greater metropolitan Washington DC community. We have been getting the word out about the wonderful resource we have here in downtown Bethesda, MD, by doing outreach presentations both at senior centers and for low vision groups. We encourage you to visit us and see what's new at LVC. (Remember to call for a free appointment first so we can give you our undivided attention!) We have lots to share with you and hope that you enjoy this issue of EyePower. We begin by introducing you to our new employee, Dottie Cornwell. Dottie has been a real gift to LVC and those of you who have already had an appointment with her know exactly what I mean.



Next, we want to brag about the great success we had with



our Tech Tuesday! Also, we would like to offer some thoughts about learning from your loved ones while you still have them.

Additionally, we have some great information about free parking in Maryland, and clinical trials for eye diseases. And let's not forget our CCTVs for sale!



Fundraising! Please come out and show your support for LVC at Nando's restaurant, located at 4839 Bethesda Avenue, Bethesda, MD, on Wednesday, June 4th. Come in between 1:30 and 8:00 to enjoy delicious food in a family friendly, comfortable setting at Nando's -- famous for their flame grilled chicken marinated for 24 hours. Let Nando's know you are there for the LVC fundraiser when you arrive. Nando's will very generously donate 40% of the proceeds from your check to the Low Vision Center. Nando's is easily accessible from Bethesda Metro and the Bethesda Circulator bus. Garage parking is also located next to Nando's on Bethesda Avenue. ***In order for LVC to get credit for your meal purchase, you must bring in this portion of the***

newsletter which mentions the fundraising, tell them when you order you are with LVC, or RSVP to LVCfundraising@aol.com.

Finally, we thank everyone who has so generously supported LVC, and we talk about ways that you can assist us. Hope you enjoy!



New Employee: We're pleased to welcome Dottie Cornwell to the Low Vision Center. Dottie brings her amazing spirit and enthusiasm to demonstrations, along with her incredible talents. She has thorough research and editing skills that have contributed to this newsletter. Dottie will be working at LVC on Wednesdays, Thursdays, and Fridays if you wish to schedule an appointment with her. We are pleased to have her as part of our LVC family.



Tech Tuesday - A Great Success! LVC joined forces with our neighbors and associates from

Envision Technology and Vision Support, both located here in our new building at 4905 Del Ray Avenue, to provide Technology Tuesday on March 11, 2014. We opened our doors from 10 AM until 2 PM at both offices, suites 504 and 320, to allow those who attended the opportunity to explore some of the many devices, techniques, programs, and equipment that are available today and are designed to help the visually impaired who are struggling to remain independent. We were at capacity and delighted to help all those who were present. It was such a great success that we are thinking of having one again in the fall. So if you missed this one, keep your eyes open for news about our next event! However, you certainly don't need to wait until the next Tech Tuesday to come visit our center...feel free to schedule an individual appointment at any time.

To Our Families and Caregivers: LVC often considers the folks who come along with many of our clients; the families and caregivers. We know that your job is a difficult one, often juggling jobs, families, children and the aid and care of parents, grandparents and others in need.

We think of you often and try to find ways to make it easier for you like staying open many federal holidays so you can bring your visually impaired loved one in to see us without taking any additional precious leave time.

Recently we read an article on line, The 6 Questions You Need To Ask



Your Mother While You Still Can, in Huffington Post by Jody Gastfriend, Vice President of Senior Care Services, www.Care.com. We liked this article and recommend it to you but most importantly we thought these 6 questions were worthy of repeating.

- What have you enjoyed about aging?
- What are the biggest challenges of growing old?
- What has surprised you the most in your later years?
- What has brought you the most joy?
- What would you do differently?
- What words of advice do you have for my generation, as we try

to grow closer to -- and guide -- our children?

We hope that you will find a convenient time to ask these or similar questions to your aging loved ones. You may be enlightened by the dialogue that will follow and gain a better understanding of how important your role is at this time in their lives. You might be surprised at what a gift you really have been given!

Free Parking: Did you know that if you have a valid handicap tag or placard on your vehicle, you can park for free when you visit the Low Vision Center? In



Montgomery County, and throughout the state of Maryland, anyone with a valid handicap tag or placard can park for free at any parking meter for up to 4 hours or double the normal maximum for the meter -- whichever is less. Also, Montgomery County's Bethesda parking garage #36, which has an entrance on Del Ray Avenue just south of the Low Vision Center on the same side of the street, has reserved handicap parking spaces

on the lowest level of the garage, just inside the Del Ray Avenue entrance.

This free handicap parking is a Maryland state law and we thought you might like to know!

Eye Disease Clinical Trials Information: All clinical trials must now be registered with the U.S. Government. This means individuals are now able to access information on all clinical trials and also obtain the results. The website www.ClinicalTrials.gov is a registry and results database of publicly and privately funded clinical studies of human participants conducted around the world. Learn more about clinical studies and the site including relevant history, policies, and laws at: <http://clinicaltrials.gov> Accessing the website will enable you to use the search engine to see what ongoing trials are being conducted and in what geographical area they are being held. This is a service of the U.S. National Institutes of Health (NIH).

LVC Does NOT Take Credit Cards: You may have been to LVC, found something to purchase, only to

discover that we don't take credit cards. LVC does sell some items like magnifiers, writing guides, and household aids. However, as a small non-profit, we are unable to take credit cards for purchases as we cannot absorb the fees associated. Therefore, if you think you might like to buy something during your visit, remember to bring your checkbook or cash. Thank you.



Ways to Give: Have you been to the Low Vision Center? Did you benefit from our free services? We are celebrating 35 years of service to our community this year, and we could not have done it without you, the generous people who support us. There are many variations on ways to make a donation to the Low Vision Center.

Donor-advised funds are a popular and effective way to support charities like LVC. If you have a donor-advised fund we hope you will consider making a tax deductible donation to LVC.



Price List For Non-Optical Aids for Sale from the Low Vision Center

Address Book	\$18.00
Big Button Phone	\$35.00
Bold Lined Paper	\$5.00
Bold Pen	\$1.50
Bump Dots – each color	\$5.00
Calendar	***
Check Writing Guide	\$2.50
Easy Needle Threader	\$5.00
Envelope Writing Guide	\$2.50
Key Board Stickers	\$18.00
Letter Writing Guide	\$5.00
Liquid Level Indicator	\$18.00
Orange Marking Pen.....	\$5.00
Playing Cards	\$5.00
Lap Desk	\$30.00
Signature Guide – small	\$1.00
Signature Guide – large	\$2.00
Talking Alarm Clock – all styles	\$18.00
Talking Calculator	***
Talking Watch	\$18.00
Tiny Loc Dots.....	***

***Discontinued

A legacy gift would enable you to assist LVC into the future. You may want to explore this way to make a gift that takes into consideration your personal circumstances and the needs of your heirs. With thoughtful planning you can ensure the long-term health of the Low Vision Center and our mission, as well as the fulfillment of your personal financial objectives, by remembering LVC in your will or estate plan. Talk to your attorney or tax advisor or call us at 301-951-4444 if you have any questions.

We would like to thank the family of Lt. Col. Irene Michels Sorrough for the bequest left

Thank You

to us in August of 2013. To all of the generous donors who have supported us during the last year, we thank you too. Your gifts represent an endorsement of our work to continue assisting those with low vision to find devices and techniques that keep them functioning. Since we don't charge for our services, and we aren't supported by any government agency, the best way to validate that the Low Vision Center is valuable is

to receive a donation from you, our clients, who know our work best. Thank you again for your support!

Used CCTVs: Yes, you do see a note on used CCTVs in almost every issue of EyePower. We continue to receive donations of, and Low Vision Center continues to offer, gently used CCTVs. We have a great collection. We want you to be able to take these great, affordable devices home



for your use so come on in and try them out and see which one is right for you. Call 301-951-4444 for an appointment today to try them. Go to our website www.lowvisioninfo.org and follow the homepage link for CCTVs, then click on "link to a list of used CCTV systems" to see the list of current CCTVs available, OR type www.lowvisioninfo.org/cctvlist.htm directly into your web browser to view the list of CCTVs available for sale.

End Notes: "Dance like nobody's watching; love like you've never been hurt. Sing like nobody's listening; live like it's heaven on earth." – Mark Twain

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News and Information from the Low Vision Center



LOW VISION
CENTER

301-951-4444

www.lowvisioninfo.org

4905 Del Ray Avenue, Suite 504
Bethesda, MD 20814

Free Matter for
The Blind
Handle as First
Class Mail

Do you or your loved one receive this newsletter but no longer need it? Please pass it on to someone you may know living with low vision and call (301-951-4444) or email (lowvisionctr@aol.com) our office to have your name removed from our mailing list. This will save LVC expense and help our clients too! Thank you!

Reminder: LVC Has Moved!!!

Cut out and keep this reminder of our address change!



We've moved!



LOW VISION
CENTER

*Serving Our Community
Since 1979*

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(301) 951-4444

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