

2014-2015 Winter Edition
Volume 1 Issue 1



SIGHTED GUIDE OHIO

Serving visually impaired and blind
friends & family across the State of Ohio.

SGO



CREATING AWARENESS "ONE DAY AT A TIME"



Visual Impairment
Family Association
& Support

419-870-2797
adrienne@vifas.org

VIFAS is a non-profit organization working with local school districts in the Northwest Ohio area to provide necessary resources for the visually impaired and blind.

VIFAS is proud to be creating awareness and support for visual impaired / blind friends and family through workshops and events that target community outreach and education.



www.vifas.org

WE BRING FAMILIES AND RESOURCES TOGETHER



Message from the Editor

Welcome to Sighted Guide Ohio

My name is Adrienne Kolasinski and I have a son that was born 100% blind. I decided to create a publication that reaches out to the visually impaired and blind communities through out the State of Ohio. Sighted Guide Ohio would like to offer resources, services for your area, latest technology information, news and stories of people just like you and me....Welcome to Sighted Guide Ohio!!



Photo of Adrienne Kolasinski

Sighted Guide Ohio's mission is to provide a magazine dedicated to the visually impaired and blind friends and family. We reach out to the State of Ohio for the people that need a voice for visually impaired and blind communities.

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Photo of John Soovagian

*Optimism is the faith
that leads to
achievement.
Nothing can be done
without hope and
confidence.*

— Helen Keller





Inspiration

by Dr. Rosenthal



Photo of
Dr. Rosenthal

I have been an ophthalmologist for 30 years. I have lived in an era of astounding scientific advances and equally astounding moral challenges. There is today pervasive pressure to make medicine a business and a boondoggle for industry and certain providers. In spite of this, there have been many advances over the years, great technologies, dedicated clinicians, and brilliant scientists.

None of which provide the reason we are here.

It is not about science. It is not about corporations or their money. It is not about doctors and their careers or accomplishments. It is most certainly not about doctors and hospitals and corporations teaming up to treat patients as clients, or worse, profit centers.

It is about people. It is about each of us knowing that we are all equally susceptible to the same things and equally able to help those who are afflicted. It is about being indomitable, playing the hand we are dealt, getting it done, not stopping for anything.

We live in a time when it is easy for people, patients and their families, to be placed second. What inspires me and many doctors to put them first

is the bravery and humility that we see in our patients. That bravery is no better seen than in children. Kids don't succumb to bad odds because it never occurs to them that there is such a thing as bad odds. They just keep going with what they have.

I had a premature patient with severe disease and no parents who would take him. He was actually sent to hospice to die. But Charlie didn't get that memo. He just kept going. He just kept living with what he had, and ultimately he was adopted by a wonderful family who learned from him just how to keep living.

I know a young man who was born blind. At age five, he had learned about most of the equipment in my office. By 7, he was working the cash register at his parents' restaurant. We were recently talking about possible new advances in artificial vision therapies, but he just said that he was fine the way he was.

So many kids. So grounded. So brave. So indomitable. The personal traits that

come out in these kids over and over

aren't that they are imposing or intimidating. These kids are defined by their kindness. They are just nice, appreciative, patient, grounded, and thoughtful. How could they not inspire?

Well, they do. I don't know if they inspire their parents or if it's the other way around. I'm sure it's both. When my little grandson is afraid of something, he asks his mom if he can "borrow" some of her brave. If he sees her afraid, he offers her his "brave". That's what I see in my young patients and their parents. They hold each other up and get each other through.

And it is such an honor and a privilege to work with them. Some doctors spurn kids, or anyone, who can't pay or can't pay enough. They are missing a great gift. Patients are not just income sources and they aren't fodder for running

a business. They are people and we should be their advocates.

It makes us better. It transcends the cynicism and corporatization of medicine. Quite simply, it gives us a reason to be.

*"Go confidently
in the direction of
your dreams.
Live the life you
have imagined."
~ Henry David
Thoreau*



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"Believe you can and you're half way there."
~ Theodore Roosevelt

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Even if no eye or vision problems are apparent, the American Optometric Association recommends scheduling your baby's first eye assessment at 6 months.

Things that the Optometrist will test for include:

- ❖ Excessive or unequal amounts of nearsightedness, farsightedness, or astigmatism
- ❖ Eye movement ability
- ❖ Eye health problems
- ❖ These problems are not common, but it is important to identify children who have them at this young age. Vision development and eye health problems are easier to correct if treatment begins early.

Call InfantSEE® Toll Free
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www.infantsee.org





Our Stories... Dawn Lanting



Photo of Dawn Lanting

**Dawn, 54
Toledo, OH**

Hello my name is Dawn Lanting and I live in Toledo Ohio. I lost my eyesight nine years ago due to being a Diabetic. It is called Diabetic Retinopathy.

I lost my sight in a matter of months. I started seeing spider leg like images in my eyes. My eyes were bleeding on the inside. They were "bleeders."

I went to the eye doctor. He referred me to a specialist for laser treatments, and then yet another specialist. This doctor said I had the worst set of eyes he had ever seen. He told me that when he got done with me, I would probably just see shadows.

I then had several operations, and after it was all over, I was left totally blind. Seeing nothing, no light, no shadows, nothing!

The doctor was a very good doctor. I didn't blame him at all, it was just how it was. I was totally blind. I laid in bed and I listened to tapes on how blindness was going to affect me.

I got a call from a nurse who gave me information on the National Federation of the Blind. I talked to a woman named Barbara Pierce. She told me she was totally blind and she also shared with me of all the wonderful things she did and does. She amazed me. She sent me books on tape of stories from other blind people and how they dealt with their blindness.

She also suggested that I get in touch with the Sight Center of Greater Toledo, the resource

available for the totally blind people in Toledo, Ohio. They told me to use special lighting, gave me sun glasses so the light wouldn't hurt my eyes, gave me some magnifiers and told me to use black things on white contrast. Well none of this was going to help me. I wasn't visually impaired, I was totally blind!

Out of all the blind people in the world, only about ten percent are totally blind. Some people see shadows, maybe have light perception, or maybe have tunnel vision. There are all different degrees of blindness. Well, I guess, I hit the lottery and am totally blind. I see nothing.

In my opinion, Toledo doesn't know how to deal with a totally blind person, but with the help of the National Federation of the Blind and some friends, I was dealing with my blindness.

I use to work for Chrysler and was an Inspector. I drove, I walked, I played Bingo, I bowled, I camped, I did everything a person does who loves life. My whole life changed and I had to learn things all over again. I could do some of the things I did before, I had to do them different, but at least I could do them.

It took me a lot of years to get

to where I am now. I am trying to get a guide dog. I believe a dog will help me feel safer and get more exercise. It will be a good companion and I feel more independent.

The whole thing about being blind is that you can't let it take your independence. You don't want to be dependent on anything if you don't have to be.

This summer, I went tubing and canoeing down a river on a three hour trip. At first I didn't want to do it, but I did and I had a wonderful time. I went camping with some friends and had a great time. I love to swim and can teach swimming lessons!

I love life too much to give up. So every day I am learning new things and trying new things, even though I have been blind almost ten years. I am currently trying to learn braille, but being a diabetic it is more difficult because my fingers are numb from poking them, but I am going to figure it out!!

I am thankful for new technology because I can use the internet. I am on Facebook which is a favorite pastime. I have loved connecting with other people and making new friends. I do feel blessed and am very thankful looking forward to learning more and doing more everyday.

*I wasn't
visually
impaired...
I was totally
blind!*



Chasing Down Diabetic Eye Disease

The Problem

Diabetic eye disease is a silent problem....until it suddenly isn't. Everyone has their lives to lead, and diabetes is just not a welcomed interruption. Fortunately, things are not like they used to be, when diabetes was a lifechanging sentence. We now have far for that we can do, from better and easier monitoring, to medicines, and even just better knowledge about healthy lifestyles. Simply by doing this, we can prevent diabetic blindness in over 95% of people.

Diabetes is getting more common. This is closely related to dietary changes in the US, super sized meals, and decreasing levels of exercise.

Some diabetics are great at following recommendations, but many aren't and there is a growing number of people becoming diabetic who don't even know it (yet).

We can take control by

- Improving education about diabetes prevention!
- Educating people that with fairly simple lifestyle adjustments, diabetes can reduce or even eliminate impact on their lives!
- Do better at coordinating care between primary caregivers, specialist, and educators.

Getting Down to it

It's simple. You play a little "hard ball" with the diabetes, or it plays hard ball with you.

- Get checked. See your doctor. Go to a health fair. Whatever it takes.
- Get off the couch. You can

join a health club, but you don't have to. Take a walk. Learn other exercise options from your doctor or any hospital diabetes education program. Go online and check out Medscape. "Google" the term "diabetes"

- If you have diabetes, learn everything you can. In a nutshell:!
- Take your meds!
- Memorize your Hemoglobin A1c level. Check your blood sugar at least twice a day too. The A1c alone isn't enough.
- Minimize your need for meds in two simple ways: give

up fast food and walk 30 minutes a day. Once the delightful effects of that become apparent, you can do more.

- Check for trouble. Get a dilated eye exam. Check your feet for sores. Make sure your blood pressure and kidneys are okay.
- Eye screening is easy, painless, and available.

Protecting Vision

This is simple too. We have lots of ways to prevent and control problems. The vast majority of people who get into trouble are those who simply don't get checked in time. Sooooo, Get checked. See your doctor. Go to a health fair.

- Whatever it takes.
- See an optometrist or ophthalmologist for a dilated eye exam at least once a year.



Photo of Diabetic Eye Disease

You needn't be confused about these terms. Either an OD or an MD is fine as long as they look in the back. Only a small minority of patients need to see a retinal specialist, and the primary care eye doctor can tell when that's necessary.

• We can look in back and when necessary do special pictures to check for subtle changes. **NONE OF THIS HURTS!!!**

• Providers in the Vision Alliance Coalition are also developing screening programs at the time of your primary medical care checkup. This is not to replace regular, full eye care, but rather to support it and to include the 40% of diabetics who are not getting checked.

Call the program coordinator, Dr. Rosenthal, at 419-873-6800 for more information



COTA Moves Central Ohio

The Central Ohio Transit Authority (COTA) is the regional public transportation provider for greater Columbus and central Ohio. COTA provides over 18 million passenger trips annually. For people with disabilities, public transportation offers reliable travel options throughout the community.

Fixed-route Service

All COTA buses are equipped with features for riders with disabilities:

- Ramps to accommodate mobility devices
- Buses lower to the curb for easy boarding
- Announcement and display of bus stops
- One Personal Care Attendant (PCA) rides free with ADA identification

- Service animals ride free

Travel Training

COTA offers free, personalized travel training on its fixed-route service to those seeking independence using public transportation. The goal of this service is to maximize each person's ability to travel safely and confidently. Travel trainees will learn to: plan a trip; read route maps and bus schedules; travel to and from the bus stop; understand the fare structure; locate and transfer to another bus; recognize bus numbers, bus stops and landmarks; and board and exit the bus safely.

Mainstream Service

Over 275,000 of COTA's annual trips are provided through



Picture of COTA bus with wheelchair accessibility

Mainstream service (including Non-ADA and Will Call services). COTA's demand-response services are available to individuals whose disabilities prevent them from accessing the fixed-route bus system, and ensure that all people have access to public transportation. Eligibility is determined through an application and assessment process based on the Americans with Disabilities Act (ADA) requirements.

Mainstream is a shared-ride service available to eligible riders traveling within ¼ mile of COTA's fixed-route service and during the same hours as fixed-route service. Mainstream Service must be scheduled up to seven days prior and at least one day in advance.

Non-ADA is a shared-ride service available to eligible riders traveling beyond ¼ mile of fixed-route service but within COTA's service area, or outside of fixed-route service hours. Service must be scheduled at least 24 hours in advance of the trip request time.

Will Call is a transportation

service for riders who receive ongoing, long-term medical treatments such as dialysis, radiation or chemotherapy. Service must be scheduled at least one hour before every pickup.

For all services:

- One Personal Care Attendant (PCA) rides free with ADA identification
- Companions with the same origin and destination as the customer pay full fare
- Service animals ride free

Mobility Services Facility

In 2011, COTA opened a new Mobility Services Facility at 1330 Fields Ave, Columbus, OH. The facility features a state-of-the-art eligibility Assessment Center and houses operations, maintenance and administrative functions for COTA's Mainstream Service.

Apply for Mainstream Service

For information about applying for COTA's Mainstream service, visit www.cota.com, or call (614) 275-5828 / (614) 275-5878 (TTY). For COTA customer service, call (614) 228-1776.



Local Artists Who Are Blind Sweep International Art Competition

Seven local artists were honored at the APH Insights 2014 (American Printing House), an international art competition, drawing international attention.

Among the seven honorees from Clovernook Center are three first place winners Wanda Owens (Forest Park) in Sculpture, Sharon Garland (College Hill) in Crafts, and Cassandra Proud (Saylor Park) in Grades 10, 11, 12. Hannah Defelice (Covedale) took second place in Sculpture, and Lynn Jansen took third in Crafts. Jane Strohmeier and Lauren Allen also had their work featured in the annual display.

First place, was an unexpected surprise for Wanda Owens, "If you're chasing first

place you'll never truly enjoy it. I didn't submit it with an expectation to win, which made it that much more special."

Owens has been sculpting for ten years, and has been featured three times, as a one woman show, at The Willoughby Art Gallery. In past APH Insights competitions she has received second place, third place, and honorable mention, but this is the first time she has earned the top honor.

"For Eden's Illusion, I sculpted the face of an African American woman onto a vessel. I can imagine what she looks like with a beautiful afro, an earring, and rich colors, just beautiful."

Having had sight, Owens sculpts from memory, as well as

imagination, and has turned her former love of people watching into her inspiration.

This year's awards ceremony was held in Louisville Kentucky on October 17, 2014.

The annual competition is open to all artists who meet the legal definition of blindness, and entrants come from around the globe to compete.

Clovernook Center is honored to be represented by such strong contingent of artists. To see various art pieces by artists who are blind or visually impaired visit The Willoughby Art Gallery, at Clovernook Center, Monday – Friday, 8 am – 5 pm or by appointment.

For more information please call Scott Wallace at 513-522-3860.

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The "Ride of Toledo"

Toledo Area Regional Transit Authority—TARTA—has been the "Ride of Toledo" since 1971. TARTA has 30 routes and carries almost 3.5 million passengers each year in and around the Toledo metropolitan area. TARTA currently serves the communities of Maumee, Ottawa Hills, Rossford, Sylvania, Sylvania Township, Toledo, and Waterville.

TARTA fare is one dollar per person; 50 cents for persons with disabilities and senior citizens age 65 and over. Children under 6 ride free with adult, limit of two. TARTA tokens are sold in quantities of 25 for \$22.50. Weekly and monthly passes are available for \$10.00 and \$40.00, respectively; reduced fare senior/disabled weekly passes are \$5.00; monthly are \$20.00 to persons with disabilities and senior citizens age 65 and over.

All TARTA buses are equipped with lifts and ramps making them 100% wheelchair-accessible. TARTA also recognizes the role of bicycles in riders' commutes and has bike racks mounted on the front of all of its buses. Each rack holds two bicycles (adult or child) independently. There is no charge to use the bus bicycle racks.

For persons with disabilities that may prevent them from using regular TARTA buses, there's TARPS—TARTA's paratransit service. TARPS operates


in compliance with the Americans with Disabilities Act and covers the same service area as TARTA. Applications are available by calling TARTA at 419-243-7433. TARPS is available to qualified riders only.

TARTA's other innovations include a Call-A-Ride service in Maumee, Ottawa Hills, Rossford, Sylvania, Sylvania Township, and Waterville. Fare is one dollar per person; 50 cents for persons with disabilities and senior citizens age 65 and over. Call-A-Ride passengers may also connect to and from TARTA's regular line service.

TARTA Call-A-Ride offers a more flexible schedule than fixed-route bus service and is designed to transport riders in and around their community. Hours of operation vary, but most run Call-A-Rides operate seven days per week.

TARTAtacker.com is a website accessible from any computer or mobile device allowing users to track TARTA line service buses for arrival times to stops throughout TARTA's service area. Alert notifications are available letting riders know when their bus is getting close to their current location. TARTAtacker.com

For more information, visit TARTA.com or call 419-243-RIDE today. Service updates, route detours, schedules and route maps are available online.



When We Go Further, You Go Further

As a forward-thinking organization, we continually embrace new technologies that protect the environment, improve operational efficiency, reduce costs and, above all, enhance the lives of our riders. Here are some of our pivotal achievements:

- Implementing TARTA Tracker, a GPS-based tool that provides real-time bus route information at TARTAtacker.com.
- Completing our new TARPS facility that boasts many "green" features.
- Adding Call-A-Ride, the Muddy and Walleye shuttles and TARPS, our paratransit service, to TARTA's regular bus line.
- Updating our buses so all have bike racks and are 100% wheelchair accessible.





TARTA offers older adults a mobility choice.



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50¢ for seniors and persons with disabilities, \$1 for everyone else.



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Affordable, reliable transportation to those in need.

Toledo-area seniors are experiencing what an economical choice TARTA can be at just 50¢ per ride. And TARTA's weekly senior/disabled pass is just \$5.

For more information about TARTA, Call-A-Ride, and TARPS, please call 419-243-RIDE (7433) or visit TARTA.com today.



TARTA
419-243-RIDE
TARTA.com



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White Cane Law of Ohio:

White Cane Law of Ohio: 4511.47 Right-of-way of blind person.

(A) As used in this section "blind person" or "blind pedestrian" means a person having not more than 20/200 visual acuity in the better eye with correcting lenses or visual acuity greater than 20/200 but with a limitation in the fields of vision such that the widest diameter of the visual field sub-

tends an angle no greater than twenty degrees. The driver of every vehicle shall yield the right of way to every blind pedestrian guided by a guide dog, or carrying a cane which is predominantly white or metallic in color, with or without a red tip.

(B) No person, other than a blind person, while on any public highway, street, alley, or other public thoroughfare shall carry a white or metallic cane with or without a red tip.

(C) Except as otherwise provided in this division, whoever violates this section is guilty of a minor misdemeanor. If, within one year of the offense, the offender previously has been convicted of or pleaded guilty to one predicate motor vehicle or traffic offense, whoever violates this section is guilty of a misdemeanor of the fourth degree. If, within one year of the offense, the offender previously has been convicted of two or more predicate motor vehicle or traffic offenses, whoever violates this section is guilty of a misdemeanor of the third degree.

Did you know
October 15th is
**National White Cane
Safety Day?**

It is celebrated to
remind people about
the abilities, rights,
and responsibilities of
the blind.



Opportunities Unlimited for the Blind



Serving youth and adults with blindness or visual impairments

OUB's Mission:

to enrich the quality of life of people who are blind and visually impaired through lifelong education and recreation.

More than a summer camp

OUB Camps are fabulous opportunities for children and adults with blindness or visual impairments to learn, grow and thrive! Our camps provide an outdoor educational experience where kids and adults can safely participate in all of the usual traditional camping activities like campfires, swimming, boating and hiking, while learning skills that will help prepare them for a lifetime of independence and success.



Contact Us

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At OUB Camps, children and adults learn:

- Social Skills
- Cooking
- Mobility
- Gardening
- Science
- Nature
- Self-reliance
- Self-confidence
- Blindness is not a barrier, just an obstacle!



OUB is a charitable nonprofit organization under Section 501(c)(3). We gladly accept your generous donations!

Who can attend?

Anyone who is blind or has a visual impairment that interferes with their learning and living is welcome to attend OUB Camps.



Our Stories...

Michelle Ballard

My name is Michelle Ballard and my husband Scott and I have been married for almost 15 years. I am a Pediatric Float RN and Scott is the music director for our church, musician and F/T student in International Business. We have two wonderful boys, Jalen 12 and Eli 6. Jalen was born with congenital bilateral microphthalmia with cataracts and right lambdoid craniosynostosis with mild Arnold Chiari Malformation (repaired at 1yr of age) but otherwise perfectly healthy. Eli was born without any vision issues and healthy!

Because the midline structures all develop at the same time as eye development we were told Jalen could also have had brain abnormalities, heart, kidney, liver, etc... or it could have been associated with a syndrome. We sought out genetic testing, a cardiologist, and a neurologist. He had several tests, including EEG, BAER/VAEP, echo cardiogram, MRI, blood work, etc... All of which ruled out any genetic or hereditary reason this occurred and left us with no definite answers as why his eyes did not develop properly.

We've been told microphthalmia occurs in approximately 1 in 10,000 indi-

viduals, and bilaterally is even less common. Microphthalmia means small eyes and either the eye is severely underdeveloped or just small. It mostly affects only one eye. There is also anophthalmia with means the eye is completely absent and never forms. Because Jalen's eyes are small and he had his lenses removed with his cataracts he also wears clear shells to help with bony growth around his face and for lense replacement. The conformers are similar to clear contact lenses, but much thicker and he also wears glasses.

When we first brought home our newborn baby boy, we had never really known anyone who was blind or visually impaired. With all of the doctors appointments and medical procedures his first



Photo of Michelle Ballard and her two sons Jalen and Eli

year of life was very busy for our family and full of a lot of information. Because Jalen was born with a disability, we were connected to Early Intervention and they also started working with our family. That was where we met our first team of Occupational and Physical Therapists, and our first Teacher of the Visually Impaired.

After getting over the "grief" that my child had some kind of disability I was able to accept



Our Stories...

it and move forward.

I have made it my life's mission to find out any possible way to help him succeed in life and become a completely, independent, happy and successful adult! I scoured the internet and found International Children's Anophthalmia/Microphthalmia Network when he was a baby and made some good connections with other parents. I also found Michigan Parents of Visually Impaired (MPVI) when he was in Kindergarten and they have become a great addition to our family.

There is nothing like being able to speak to other parents whose child is experiencing the same or similar problem.

Now that Jalen is older, he also enjoys being around other kids and families that are blind. Its a comfort to know you can ask any question and everyone will understand. People will know its your "cane" not your "stick." They know not to pet a dog that is working. They know to give verbal directions and introduce themselves as they are talking. You get new ideas on how to teach your child a task that has been challenging or difficult. Share

stories and ideas! Words, simply cannot describe the comfort that is felt at retreats and functions!

Now that Jalen is in 7th grade, I feel its my purpose in life to help create awareness about blindness. Its my passion to reach other families struggling to find answers, like I was all those years ago

to get any help possible. To help others know its okay to ask for help and its okay to push your kids past the limits they feel they can go, because if we don't, they may not push themselves.

Jalen

I am Jalen. I was born with bilateral microphthalmia and cataracts.

My cataracts were removed when I was 3 months old and since then I

have developed nystagmus and glaucoma. I've had many surgeries to try and keep my glaucoma under control and I am on 4 different medications to help too. I can see color, shapes, large print, etc..

out of my right eye only if its right next to it. I can only see light/dark in my left eye. I also wear clear conformers, which are similar to contact lenses, but much thicker. I don't have a lens in either eye, so these are my replacements. I am a braille reader/writer and am currently in the 7th grade. In my current grade school, I am able to take high school classes this year, so I also attend high school every afternoon. I am going to attend a college where I can obtain my degree in some kind of computer programming and will eventually make that my career. I currently enjoy learning about and creating computer code, software, websites and computer technology. I also enjoy snow skiing, roller skating, swimming, being on the beach and spending time with my family.



Photo of Jalen Ballard

**Jalen, 12
West Toledo,
OH**



VISION RESEARCH SCIENTIFIC FORUM

Features projects from some of
Ohio's most talented young scientists

Columbus, OH (Oct. 7, 2014)
-A Vision Research Scientific Forum featuring presentations from recipients of the Prevent Blindness Young Investigator Student Fellowship Awards for Female Scholars in Vision Research will be held on Thursday, November 20, 2014 from 1:00 to 3:00 pm at VSP, 3400 Morse Crossing, Columbus 43213. Registration opens at 12:30 pm and the program begins at 1 p.m. The Scientific Forum is co-sponsored by Ohio's Aging Eye Public Private Partnership and the Ohio Affiliate of Prevent Blindness and is open and free to the public.

Julie Racine, PhD, Director of Visual Electrophysiology, Nationwide Children's Hospital will speak about "Bringing Research from the Lab Bench to the Public: A Challenge to Women in Science."

Student fellow presentations will be given by:

- *Lucy Coughlin* from Northeast Ohio Medical University is conducting research which addresses where and when mitochondria play a role in the

development of glaucoma which could offer a target for glaucoma treatment. This project has the potential to provide valuable data to better understand the progression of glaucoma and possibly introduce new avenues for early intervention for this debilitating disease. Glaucoma, often known as the "sneak thief of sight", is a leading cause of blindness affecting approximately 106,000 Ohioans.

- *Kathleen Farhang* from the Cleveland Clinic Foundation-Cole Eye Institute is studying the utility of ultra-widefield fluorescein angiography in the diagnosis and management of uveitis patients. Uveitis represents a collection of inflammatory disease of the eye and is responsible for 10-20% of all blindness in the United States. Improvements in the ability to both diagnose patients earlier and objectively follow them with treatment could improve clinical outcomes and significantly reduce visual disability.

- *Alicia Powers* from The



Ohio State University College of Optometry is studying the driving exposure and motor vehicle collision circumstances in drivers with visual impairment who use bioptic telescopic spectacles. This project has potential to affect public health and safety in Ohio for bioptic drivers as well as the general population. It also has the potential to change clinical care for patients with vision impairment in a meaningful way by guiding the evaluation and selection of bioptic drivers.

To register for the Forum, contact *Laura Schwartz* at 614-464-2020 ext. 112 or e-mail lauras@pbOhio.org. More information at www.pbOhio.org





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Transition Planning Asia

www.transitionplanningasia.org



Webcasts

www.perkins.org/resources/webcasts



Paths to Literacy

www.pathstoliteracy.org



WonderBaby.org

www.wonderbaby.org



Activity Bank

www.perkinselearning.org/strategies



Accessible Science

www.perkins.org/resources/curricular/

For more information contact:

Mary C. Zatta, Ph.D.

P: 617-972-7344

E: Mary.Zatta@Perkins.org

Perkins

175 North Beacon Street

Watertown, MA 02472

www.Perkins.org



Ohio Lions- MD13 Agency List, Foundations & Websites

SIGHT & HEARING AGENCIES

Central Ohio Lions Eye Bank, Inc
Phyllis McNabb, Executive Director
262 Neil Ave.,
Columbus, OH 43215
P: (614) 545-2057
Website: CentralOhioLionsEyeBank

Newsreel, Inc.
5 E Long St, Suite 1001
Columbus, OH 43215
Toll-Free: 888-723-8737
P: (614) 469-0700
E: info@newsreelmag.org
Website: Newsreel, Inc.

Columbus Speech & Hearing Center:
Deaf/Blind Outreach
Dawn Gleason, CEO & President
510 E North Broadway
Columbus, OH 43214
P: (614) 263-5151
Website: Columbus Speech & Hearing Center

Ohio Radio Reading Service
Columbus location:
P: (614) 644-1714
ETECH (ORRS)
C/O Michael Bosela
2747 Belmont Ave.
Youngstown, OH 44505
Website: Ohio Radio Reading Service

Lions Pilot Dogs, Inc
Jay Gray, Executive Director
625 W Town St
Columbus, OH 43215
P: (614) 221-6367
Website: Pilot Dogs, Inc

Prevent Blindness Ohio
Sherry Williams, CEO
Stephanie Koscher, Director of Marketing
1500 W. 3rd Ave., Suite 200
Columbus, Ohio 43212
(800) 301-2020
E: stephaniek@pbOhio.org
Website: Prevent Blindness Ohio

OHIO LIONS FOUNDATIONS

Ohio Lions Eye Research Foundation (O.L.E.R.F.)
Executive Director
PCC Jeffrey Hillis (Joy)
1197 Sherwood Dr.
Bucyrus, OH 44820
H: (419) 562-4455
E: pccpdgjeff@gmail.com
Website: Ohio Lions Eye Research

Ohio Lions Foundation (O.L.F.)
Jeff Brantner, Secretary
P.O. Box 21016
Columbus, OH 43221-0016
(614) 459-5200 ext 230
E: jwbrantner@rpbke.com
Website: Ohio Lions Foundation

INTERNATIONAL RELATIONS AGENCIES

Amigos de las Americas
Ohio Chapter
P.O. Box 126
Kent OH 44240

VOSH/OHIO
Darlene Pohlman, Treasurer
11330 Bloomlock Road
Delphos, OH 45833

Student VOSH (SVOSH)
OSU College of Optometry
338 W 10th Ave
Columbus, OH 43210
P: (614) 292-2020 Ext. 1

MISCELLANEOUS PROGRAMS

Lions Project for Canine Companions for Independence
Lion Bud Brown, Area Director
931 Crestwood Hills Dr
Vandalia OH 45377
(937) 890-5796
PROGRAMS
E: esther_e_brown@juno.com
Website: Canine Companions for Independence

Eddie Eyeglasses
Bob Miller

939 Northwest Blvd
Columbus, OH 43212
(614) 291-7619

YOUTH ACTIVITIES

Ohio Lions Quest Program
4074 Hoover Rd
Grove City OH 43123
(614) 539-5060
E: lionoffice@rrohoio.com

Ohio State School For The Blind
5220 N High St
Columbus OH 43214
(614) 752-1152
Booking for Events (614) 995-2183
Website: Ohio State School For The Blind

Camp Echoing Hills
Buddy Busch, President/CEO
E: bbusch@echoinghillsvillage.org
Donnis Meek, Camp Administrator
36272 County Rd 79
Warsaw OH 43844
(740) 327-2311 ext 232
Website: Camp Echoing Hills

James T. & Betty Coffey
Scholarship Program
c/o Ohio Lions - Youth Committee
4074 Hoover Rd
Grove City OH 43123
(614) 539-5060

Echoing Hills Village Foundation
Cordell Brown, Founder
Dave Jarrett, Administrative Assistant
448 Main St, Ste. 204
Coshocton OH 43812
(800) 470-0577
(740) 623-2250

GOOD Program
Lion Ron Derry
12437 Heinberger
Baltimore OH 43105
(740) 862-3363
E: rderry@greenapple.com



Lions Clubs International

We are global.



Ohio Lions, Inc.
4074 Hoover Road, Grove City, Ohio
(614) 539-5060
Email: lionsoffice@ohiolions.org

VISION STATEMENT

TO BE the global leader in community and humanitarian service.

MISSION STATEMENT

TO EMPOWER volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

PURPOSES

TO ORGANIZE, charter and supervise service clubs to be known as Lions clubs.

TO COORDINATE the activities and standardize the administration of Lions clubs.

TO CREATE and foster a spirit of understanding among the peoples of the world.

TO PROMOTE the principles of good government and good citizenship.

TO TAKE an active interest in the civic, cultural, social and moral welfare of the community.

TO UNITE the clubs in the bonds of friendship, good fellowship and mutual understanding.

TO PROVIDE a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members.

TO ENCOURAGE service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavors.

www.ohiolions.org



Free White Cane Program

We believe the long white cane is a means to independence. The white cane has proved a useful tool to millions of blind people in navigating their environments with confidence and safety. It is a tool which allows blind people to travel where and when they want, and as such leads to self-sufficiency.

We believe that independence and freedom to travel are so important to the quality of life of blind people that every blind person should have a cane, regardless of ability to pay.

We are giving, free of charge to the user, rigid fiber-glass canes. Please see the

online application or download the paper application to view available cane sizes.

Any blind individual in the fifty states, the District of Columbia and Puerto Rico may request a cane for their personal use. Requests may be made as often as every six months.

To be eligible for a cane you must acknowledge the following:

- I am blind or visually impaired.
- This cane is for my personal use.
- It is more than six months since a previous request for a white cane.
- OR, I am requesting a white cane on behalf of a child under the age of 18.



Photo of hand holding white cane

Request a free white cane!

Visit our online free white cane application form at <http://freecane.nfb.org>.



Free Braille Books Program

Each year the AAF breaks new ground by offering fresh and interesting titles and series that are sometimes overlooked in the Braille community. This year we are featuring books recommended by "Good Reads" for our younger readers. A few upcoming titles are: *Big Mean Mike*, *Piggy Bunny*, *Dinosaurs Don't Dinosaurs Do*, and *Mice on Ice*.

For our older readers we are featuring books written by Gordon Korman. He wrote his first book when he was just twelve years old! He loves adventure, mystery and keeping the reader

on the edge of their seat. We will feature two of his trilogies during the year, *Everest* and *Titanic*.

Participants may choose to receive all or any combination of these titles, as they like. And the books are free and theirs to keep. All blind youth, blind parents, teachers of the blind, schools, and libraries serving the blind are eligible to participate in this program. Participants may enroll in or withdraw from the program at any time.

Enroll

To enroll, fill out our Free Braille Books online application



American Action Fund
for Blind Children and Adults

at www.actionfund.org, or use the Word version of our Free Braille Books application to mail, fax, or email to the address below:

American Action Fund for Blind Children and Adults
Free Braille Books Program
1800 Johnson Street
Baltimore, Maryland 21230
(410) 659-9315, ext. 2287
Fax: (410) 685-2340
actionfund@actionfund.org



Special Projects ... and free braille!

At Seedlings we strive to provide opportunities for literacy. Listed below are some of our ongoing special projects.

The Rose Project

World Book Encyclopedia Articles in braille. A free service for visually-impaired students in grades 1-12.

2014 Book Angel Program for V-I Children

If you live in the US or Canada, you can register your V-I

child for two free braille books per year in Seedlings' Book Angel Program! Books will be sent as time and materials allow. (Please re-register each year.)

The Gift of Reading 2014

A holiday give-away program for visually-impaired children who live in Michigan. Please register V-I children who are Michigan residents by 11/11/14 for their free braille book from Seedlings and the Detroit Free Press!



Sign up for one or more of these programs online at www.seedlings.org/special.php

Seedlings Braille Books for Children is a 501(c)3 non-profit, tax-exempt organization dedicated to increasing the opportunity for literacy by providing high quality, low cost braille books for children.

For details call 800-777-8552 or visit www.seedlings.org

Braille Alphabet

The six dots of the braille cell are arranged and numbered:



The capital sign, dot 6, placed before a letter makes a capital letter.



The number sign, dots 3, 4, 5, 6, placed before the characters a through j, makes the numbers 1 through 0. For example: a preceded by the number sign is 1, h is 2, etc.



a	b	c	d	e	f	g	h	i	j
•	••	•••	••••	•••••	••••••	•••••••	••••••••	•••••••••	••••••••••
k	l	m	n	o	p	q	r	s	t
•••	••••	•••••	••••••	•••••••	••••••••	•••••••••	••••••••••	•••••••••••	••••••••••••
u	v	w	x	y	z	Capital Sign	Number Sign	Period	Comma
••••	•••••	••••••	•••••••	••••••••	•••••••••	•	••••	•••	•

NATIONAL BRAILLE PRESS INC.
88 ST. STEPHEN STREET
BOSTON, MA 02115
www.nbp.org

Braille Exercise:



The Blind use the Braille Code to read and write. Come up with a phrase write it down and ask a friend to decode it! Have fun!!



Our Mission: To assist blind and visually impaired young people in the Knoxville area to live independent and productive lives by identifying their unique capacities and developing their individual strengths.

Low Vision/ Blindness Related Products

The use of Braille, assistive technology (such as computers with synthetic speech), IOS devices from Apple with Voice Over software included, scanners, or large-print displays provide alternatives to print reading and writing. The following resources are designed to help transition into or improve the use of these adaptive technologies. It is important to note that most of the resources described or titled for the blind are also appropriate for people with low vision.

While Club VIBES can not endorse any of the organizations listed on this page, the following is a list of the most established companies and nonprofit organizations providing various types of adaptive technology for people who are blind or visually impaired. As with any other consumer purchase, you are encouraged to research and check before buying. We have made every effort, however, not to include any entity with a poor professional reputation.

Apple

Apple has recently grown to be one of the new leaders in the field of serving blind and low vision. Using the built in screenreader called Voice Over, VO, they are competi-

tively priced in the mainstream market and offer many hardware devices that with the use of apps can bring lots of independence to a totally blind user. Learning to utilize the touch screen with audio feedback can be a true learning curve, but offers much to the user once learned.

Freedom Scientific

Freedom Scientific is perhaps the largest and best known company producing adaptive technology for the visually impaired. Its products include: screen reading software for the blind, magnification software for those with low-vision, and other products for accessible scanning and reading, as well as Braille displays, notetakers, and an accessible PDA.

GW Micro

GW Micro features a wide range of adaptive products, which include screen reading software, Braille notetakers, an accessible laptop, and a CCTV for enlarging print for those with low vision.

Non Visual Desktop Access

This is a free screen reader software download for people who are blind or have low vision. The free RoboBraille translation service has now officially added support for American English grades 1

Club VIBES (Visually Impaired/Blind Enhanced Services) is a free mentoring service for visually impaired or blind youth and their parents/guardians residing in or around the Knoxville, Tennessee area. Established in November 2008, Club VIBES is a chartered not-for-profit organization registered with the state of Tennessee and Knox County.

Club VIBES is made up of a group of volunteers who care about visually impaired youth as they make the transition into an independent adult life. Through mentoring, these volunteers teach independent living skills and provide Club members with educational activities which model, develop and reinforce social and leadership skills. Social outings and special events also are used as learning opportunities.

www.club-vibes.org

and 2 braille. You can attach a document in a variety of formats, including pictures of print documents, and have the result e-mailed to you as a braille document. To generate contracted braille, e-mail your print document to bana-grade2@robobraille.org

Duxbury Systems

Duxbury Systems provide high-quality software for Braille. The Duxbury Braille Translator (DBT) and MegaDots are used by virtually all of the world's leading Braille publishers. No one supports more languages than Duxbury Systems — DBT supports grade 1 and grade 2 translations in English, Spanish, French, German, Portuguese, Arabic, Malaysian, Swedish, and other languages. Its software can produce contracted and uncontracted Braille, mathematics, and technical Braille.

American Printing House for the Blind

APH provides a number



Low Vision/ Blindness Related Products

of excellent computer and computer-related resources including:

Accessible Textbook Department: Because of changes in the way textbooks are selected and used in general education, the American Printing House for the Blind is revamping its procedure for recording and distributing texts for classroom use. It is creating new systems to provide accessible textbooks in an expanded variety of media. In addition to traditional textbooks, titles will be produced in Braille, hardcopy, Electronic files for embossing, and downloadable files from the APH web site.

Enabling Technologies

Enabling Technologies designs, manufactures, and supports some of the most popular Braille Embossers, a device for quickly printing large quantities of high-quality Braille.

HumanWare

Although the home page highlights macular degeneration, this company provides high-quality services of use to virtually anyone with any type of vision loss. It produces Braille-Note, the world's smallest PDA for the blind; PocketViewer, a portable magnifier; Orator, software to enable the blind to easily use the BlackBerry PDA; and Victor Reader Stream, a digital talking book player. HumanWare is especially noteworthy for an excellent reputation for customer support.

System Access to Go

While the quality of the speech leaves a good deal to be desired and the software is not as full-featured as its pricier competition, this screen reader is a unique technology with

significant promise. It is also noteworthy that it is easier to learn and, therefore, may be better suited for a user who is not interested in, or does not need, a more sophisticated product.

AI Squared

AI Squared makes Zoom Text, one of the leading screen enlargement programs for using computers. It is one of the largest and best known companies in this market.

VisionCue: Devices for Low Vision & Blindness

This company offers a select assortment of Braille and speech products including: optical character recognition (OCR) packages; screen readers; enlargement software; a portable magnifier for laptops; hand-held organizers and many other products from a variety of key manufacturers.

Independent Living Aids

Over 30 years old, ILA offers a wide variety of products, some designed for the general public and many others specially created for the blind/visually impaired market. You can order by phone, online, or through an accessible catalog. You may also get either a free PDF or text-based catalog.

MaxiAids

Over 20 years old, MaxiAids offers over 6,000 products for several groups of customers with disabilities. Orders may be placed through their web site, by faxing 631-752-0689, or by calling their toll-free number, 800-522-6294.

Blind Audio Catalogs

"You can get free access to catalogs such as LL Bean, Lands End, Avon Campaign, Beauty Boutique, Anthony

Richards and Carol Wright Gifts, and more. Catalogs are available as download, quad track cassette, or mp3/cd. Telephone 877-814-7323 and place your order."

Blind Mice Mega Maul

This online store offers audio books, software for entertainment, tools, electronics, housewares, kitchen products, sporting goods, toys, as well as other Adaptive products for the blind. Telephone 713-893-7277.

Future Aids: The Braille Superstore

Although the catalog is not as extensive as some other sites, there is, nonetheless, a good listing of accessible products, especially for someone who is adjusting to vision loss. Major sections include toys and games, time keeping, low vision products, "Braille workshop," copying services, housewares, greeting cards, gifts, computer lab, and a Braille bookstore. Phone 800-987-1231.

Blind Bargain

Billed as "your home" for the latest deals, and news for the blind and visually impaired. Blind Bargains scours the net to bring you the latest sales, deals, and news on computers, screen readers, notetakers, braille printers, hard drives, accessible cell phones, memory cards, talking products, household items, and much more. It also presents articles, news, and resources of general interest to the blind community and friends." Highly accessible site so that a blind computer user may easily order online.

More information is available at www.club-vibes.org.



Ohio State School for the Blind

—By Lauri Kaplan, Parent Mentor

My husband and I are parents of two young adults and live in Columbus, Ohio. Our oldest, Jacob, was born with several challenges and was diagnosed as blind when he was about 6 months old. Throughout his schooling, I realized I needed to educate myself about his medical and school needs to help him make progress. I also realized that often I received the most helpful information from other parents of children with special needs.

In 2003, I began working at the Ohio State School for the Blind as a parent mentor. According to Ohio's Parent Mentor Program funded through the Ohio Department of Education, a parent mentor "provides information and support to families of a child with a disability and school

districts." Currently there are approximately 75 Ohio Parent Mentor Programs in Ohio, serving nearly one-third of the schools and families in Ohio's school districts. As a mentor I reach out to those with children who are blind in all Ohio counties – some children attend the Ohio State School for the Blind (OSSB – see photo above), and others are being served in their local district.

Parent mentors receive ongoing professional development to guide families through the special education 'maze'; helping them understand their rights and responsibilities. Ohio Parent Mentors provide information and resources, attend IEP and other meetings, and listen and support families and school staff. Many times a parent may feel overwhelmed and just need

someone to talk with who has 'been in their shoes'.

It has been my pleasure to provide support to parents whose children are visually impaired or blind. Our children have what is considered a 'low incidence' disability, meaning they make up an extremely small percentage of a school, often less than 1 percent. Therefore, families are an important part of the child's school team, helping to educate, explore accommodations, classroom modifications and/or placements that may be critical to their child's progress.

For more information about the Ohio Parent Mentor program, or to locate a parent mentor in your school district, please go to www.ocecd.org, scroll down and click on the right side – Parent Mentors of Ohio.



Take a Break with a Digital Talking Book



The Ohio Library for the Blind and Physically Disabled (OLBPD) is part of the Cleveland Public Library. In partnership with the State Library of Ohio Talking Book Program, OLBPD serves as the Regional Library for the National Library Service for the Blind and Physically Handicapped (NLS) of the Library of Congress, and administers a free library program of braille and audio materials circulated to eligible borrowers in the State of Ohio by postage-free mail. OLBPD and the State Library of Ohio Talking Book Program received the 2010 National Library Service Network Library of the Year Award.



Ohio Library for the
Blind & Physically Disabled
at Cleveland Public Library

17121 Lake Shore Blvd.
Cleveland, Ohio 44110-4006
Phone: 216.623.2911
Ohio Toll-Free: 800.362.1262
Fax: 216.623.7036
Email: olbpd@cpl.org



Getting Around Cleveland

Greater Cleveland Regional Transit Authority offers special services for those with disabilities.

ADA Fares and Services

The Americans with Disabilities Act (ADA) was signed into law in 1990. The act requires that public transit agencies also provide service to individuals who because of their disabilities are not able to use regular public transit services without the assistance of someone other than the operator. The service must be provided during the same times and areas that persons without a disability can use regular bus or train service.

RTA is in full compliance with this requirement of the ADA law and in addition, RTA offers service to individuals with Paratransit eligibility within a five mile radius of their home regardless of whether a regular RTA bus or train is operating. (ADA requirement – serve within ¾ miles of fixed bus or train route).

To ensure equal access to public transportation, RTA has developed a variety of special transportation services for those who qualify under the ADA.

ADA Service Package

RTA's ADA related service

package is composed of a number of service elements. These include: lift equipped fixed route vehicles, and special door-to-door Paratransit service.

Accessible Fixed Route Service

RTA's entire fixed route bus fleet is now totally wheelchair accessible. Customers with an RTA Senior/disabled ID card or Medicare card can ride this service. All-Day Passes are available.

ADA Complementary Paratransit Service

To supplement accessible fixed-route service, RTA offers persons with disabilities who qualify under ADA, special Paratransit service. RTA's Paratransit service is provided by specially trained operators using smaller, lift-equipped buses seven days a week.

Individuals who qualify for Category I & III are eligible for special Door-to-Door Service. Customers are provided service from point of origination to destination anywhere in the RTA service area, provided the trip origin and destination are within 3/4 of a mile of RTA fixed route service and at a time when fixed route service is available. Service will be provided to

ADA eligible riders who reside more than 3/4 mile from a fixed route, but only within a five mile radius (within Cuyahoga County) and on a space available basis.

Paratransit Eligibility

Guidelines provided in the 1990 Americans with Disabilities Act establish the eligibility criteria for RTA's Paratransit service. You may qualify for special RTA service under ADA if:

- You are unable, without special assistance, as the result of physical or mental impairment, to get on, ride, or get off an accessible vehicle on the public transit system.
- You need the assistance of a wheelchair lift or other boarding device and are able to get on, ride, and get off an accessible vehicle, but such a vehicle is not available on the route when you are planning to travel.

- You have a specific impairment-related condition which prevents you from traveling to or from a station or stop on the transit system.

Applying for Paratransit Service

To use RTA's Paratransit service, you must first apply for ADA certification. To request an ADA application, or if you need help completing the application, call 216.566.5124 or for the hearing impaired only call 216.781.4757 (TDD). *More details available at www.rid-erta.com/paratransit.*





Imagination Station, Toledo's Science Center

Imagination Station, Toledo's Science Center, in Downtown Toledo is our region's leader in interactive Science, Technology, Engineering and Math (STEM) education. Since opening on October 10, 2009, more than 984,435 visitors have explored Imagination Station's 80,000 square feet of exhibit space. The science center provides a critical layer of science enrichment by serving as an educational partner for educators, schools, parents and the community.

With hundreds of interactive exhibits, activities and demonstrations, Imagination Station is a hub of learning, a place that inspires and equips visitors to follow their passions for science, an institution that provides the tools necessary to thrive in the 21st century and that shapes future scientists and innovators. Imagination Station represents the idea that the sciences are fun and engaging.

The science center is organized into seven Learning Worlds that focus on specific themes or topics: Eat It Up!, Engineer It!, Energy Factory, Grow U, Little KIDSPACE, Mind Zone and Water Works. Learn about nutrition and exercise as they run on the Wheel of Fire in Eat It Up! Construct an earthquake-proof structure in Engineer It! Energy Factory explores the world of oil refining and solar energy. Test agricultural knowledge in Grow U's FARM



Photo of dinosaur

101: Know It to Grow It! Kids 5 & under can learn about forces, motion, math and life science in Little KIDSPACE. Discover how the human mind perceives the world around it in Mind Zone. Explore the slippery science of water in Water Works.

Imagination Station is currently hosting Dinosaurs Unearthed – a temporary exhibition that takes visitors on a journey back in time to the world of dinosaurs – through April 12, 2015. With 14 life-size animatronic dinosaurs plus educational interactives, fossils, skeletons and more, Dinosaurs Unearthed brings the world of dinosaurs and paleontology to life. Timed ticket required for this exhibition.

A journey through Imagination Station is not complete without checking out the jaw-dropping attractions that bring scientific concepts to life. Riders can use center of gravity on the High Wire Cycle to bike across a wire that's suspended 18 feet above the ground or convert potential energy to kinetic energy

as they become a human yo-yo on the BOYO.

Imagination Station brings interactive science activities and demonstrations to visitors every day. In Science Studio, trained team members guide visitors through a science experiment. In EXTREME Science theater, exploding hydrogen balloons during a combustion show and exploring the states of matter using a fluid that is 320°F

below zero are only a few of the ways Imagination Station's Extreme Scientists make learning about science fun.

Imagination Station is located at 1 Discovery Way in downtown Toledo at the corner of Adams and Summit. For more information, call 419.244.2674 or visit imaginationstationtoledo.org.



Hours
Tuesday – Saturday:
10am – 5pm
Sunday:
Noon – 5pm
*Closed Mondays**
*Visit online for exceptions.

Imagination Station Admission:

Members: Free
Big Kids (13 – 64): \$10
Seniors (65+): \$9
Kids (3 – 12): \$8
Kids 2 & under: Free

Dinosaurs Unearthed Admission

Member: \$6.50
Big Kids (13 – 64): \$19.50
Senior (65+): \$17.50
Kid (3 – 12): \$15.50
Group Rate: \$13.00

** Timed ticket required. Tickets are available online. Includes admission to the science center.



The InfantSEE® program:

- Provides no-cost access to an eye-care doctor who has the instruments and resources not available to general-care doctors like pediatricians and family physicians
- Detects potential problems that, if undetected, may lead to learning and developmental issues later
- Gives new parents the peace of mind that their infant's vision is developing properly

Prevalence of Vision Problems and Eye Diseases That Will Develop in Children

- 1 in 10 children is at risk from undiagnosed vision problems
- 1 in 30 children will be affected by amblyopia – often referred to as lazy eye – a leading cause of vision loss in people younger than 45 years
- 1 in 25 will develop strabismus – more commonly known as crossed-eyes – a risk factor for amblyopia
- 1 in 33 will show significant refractive error such as near-sightedness, far-sightedness and astigmatism[iv]
- 1 in 100 will exhibit evidence of eye disease – e.g. glaucoma
- 1 in 20,000 children have retinoblastoma (intraocular



cancer) the seventh most common pediatric cancer

Clinical Data Demonstrating the Need for InfantSEE®

A study reported by the American Academy of Pediatric Ophthalmology and Strabismus (AAPOS) in 1999 compared two groups of 8-year-olds for amblyopia

- One group of 808 children had been screened between the ages of 12 and 30 months and provided appropriate treatment
- The other 782 children from the same community did not receive the infant screening
- At age 8, the group that did not receive the infant screening was 17 times more likely to have amblyopia

The Avon Longitudinal Study of Pregnancy and Childhood (ALSPAC) reported that intensive screening performed 6 times between ages 8 months and 37 months by an eye care professional led to a decrease in:

- Amblyopia, which was

InfantSEE® Program Background

Optometry Cares® – The AOA Foundation and The Vision Care Institute™, LLC a Johnson & Johnson company partnered to create InfantSEE®, a no-cost public health program developed to provide professional eye care for infants nationwide. Through InfantSEE®, optometrists provide a one-time, comprehensive eye assessment to infants in their first year of life, offering early detection of potential eye and vision problems at no cost regardless of income.

three times less likely after treatment – from 1.8 percent to 0.6 percent

- Residual amblyopia from 25 percent to 7.5 percent after treatment

Current red reflex screening appears to be ineffective in detecting early retinoblastoma as over 80 percent of patients had their presenting sign detected by a family member or friend

Untreated amblyopia costs the U.S. nearly \$7.4 billion in earning power each year. There is a return of \$22 for each dollar spent on amblyopia diagnosis and treatment

To learn more about InfantSEE® call toll-free (888) 396-EYES (3937) or visit www.infantsee.org.



METRO

Serving the Cincinnati area

Metro Service Features

The Metro fleet has low-floor buses that provide easier wheelchair access and feature ramps allowing for faster and easier boarding.

Newer buses feature an automatic voice system to announce key stops, transfer points and other important information.

All of our buses are equipped with a wheelchair lift or ramp and two securement areas for wheelchairs.



Access Information
513-632-7586

www.go-metro.com

Access

Access is a shared-ride public transportation service, providing origin-to-destination transportation in smaller buses for people whose disabilities prevent them from riding Metro buses.



Imagination Station Events

Homeschool Workshops* • Now - April 2015

1st Tuesday of the month, 10am

These 90-minute workshops cover a variety of topics: from chemistry to astronomy and all the fun, messy science in-between! Reservation required. Register online or call a Reservation Specialist at 419.244.2674 ext. 250.

Dinosaurs Unearthed • October 25, 2014 – April 12, 2015

Experience a new reality with an adventure back in time 65 million years. Actively engage in a unique and entertaining learning experience and discover roaring, moving, life-size, animatronic dinosaurs. State-of-the-art and scientifically accurate—down to the feathers on T. rex—Dinosaurs Unearthed features more than a dozen realistic, full-bodied dinosaurs as well as educational interactive, skeletons, fossils, a predator scene and much more! Presented by BP.

Additional ticket required. Purchase tickets online at imaginationstationtoledo.org/DinosaursUnearthed.

Engineer It! • Last Chance! • Available through January 2015

Think it. Build it. Test it... Do it again! Don't miss your chance to explore the engineering process before Engineer It! leaves the science center. Explore the physics behind the Catenary Arch, learn about aerodynamics by making the perfect paper airplane and build your own paddle boat.

Scouts Workshops • November 2014 - March 2015

Have a blast earning your pin, badge or belt loop with our live demonstrations, activities in Science Studio and unlimited fun! Reservation required. Register



online or call a Reservation Specialist at 419.244.2674 ext. 250.

Frostology: The Science of the Season • December 2 - January 4, 2015

Discover the science of the season and explore the slippery science of snow, make engineers out of elves and create masterpieces from paper.

Frostology events:

Snowflake Workshops • December 27 & 28, Noon – 4pm

Learn the art of Scherenschnitte (paper cutting) with snowflake expert, Mary Gaynier.

Build It! LEGO Workshops • December 28 & 29

Build It! visits Imagination Station. Build a giant snowflake out of K'NEX, race LEGO sleds and even send reindeer soaring across the room!

Dinosaur Walk • December 28 & 29

Be prepared to step back in time and meet this giant, anatomically-perfect, realistic T. rex puppet which stands over 8' tall and 12' long! Timed tickets required.

Jan-u-AIR-y • January 6 – 31, 2015

Explore the strange properties of air with some air-raising experiments all month long. Blast smoke rings and create a toilet paper mummy – these activities and more will take your breath away this Jan-u-AIR-y!

Visit www.imaginationstation-toledo.org for more information and special holiday hours.

Upcoming Events

Events are subject to change. Call ahead to confirm.



The Arc
Lucas County

Caregiver Support & Information

1st Wednesday of Each Month
6:00 pm - 8:00 pm
Arc Office

Board Meetings

1st Wednesday of each month
5:30pm
3450 W. Central Ave. Suite 354
Toledo, Ohio 43606

People First Meetings

3rd Thursday of each month
6:00 - 8:00 pm
The Ability Center
5605 Monroe Street
Holiday Party in December

Glass City Beer Festival

Save The Date for next years event! March 6, 2015

The Arc of Lucas County
3450 W. Central Ave., Suite 354, Toledo, Oh 43606
419.882.0941
www.arclucas.org



Upcoming Events



Opportunities Unlimited for the Blind

Proposal for 2015 OUB CAMPS

January 16-18 **Snow Much Fun – ITC**

February 7 **Valentine Dance and Fundraiser - ITC**

February 22 **Bowling Fundraiser – Bowling alley**

Spring dates TBD

Ozzie's Gala, Spring Fling or a combination event – ITC

For more information, contact: Melinda Latham, Camp Director, 517-505-1637 or melinda@oubmichigan.org or go to www.oubmichigan.org

SAVE THE DATE!!!!

Tuesday, March 3, 2015 has been reserved for DD Awareness & Advocacy Day.

List your event with us.

Email:

Adrienne@vifas.org

Ohio Accessible Playgrounds

Beachwood

Preston's H.O.P.E. — Located on the property of The Mandel JCC, 26001 South Woodland Rd. The largest fully accessible playground park in Northeast Ohio.

Cambridge

City Park — McKinley Ave & Lakeside Dr. This GameTime playground includes swings, slides, coil-spring rides, climbing platforms and activity panels, and is treated with an added safety feature of a rubberized coating.

Circleville

Mary Virginia Crites Hannan Community Park — A Boundless™ Playground is located off Rt. 188 on Pontius Road.

The City of Ravenna

Ravenna Community Playground — Located in Chestnut Hills Park, on North Chestnut Street in Ravenna.

Colerain Township

Clippard Park Boundless™ Playground — 10243 Dewhill Road.

Columbus

Carriage Place Park — 4900 Sawmill Road.

Dayton

W.S. McIntosh Memorial Park—W Riverview Ave Located a half-mile from a historic Wright Brothers site.

Euclid

Playground of Possibilities — located at Bexley Park.



Mason

Thomas P Quinn Park — 880 Tradewinds Drive. This neighborhood park features a handicap accessible playground along with tennis, basketball.

Newark

Newark Rotary Accessible Playground—located on Sharon Valley Road just north of the OSUN/COTC campus.

Powell

Liberty Township Boundless™ Playground — 2507 Home Rd.

Stow

Stow Outdoor Accessible Recreation Playground — located at Silver Springs Park, 5027 Stow Road.

Warren

The Valley's Inclusive Playground — located within Perkins Park, 391 Mahoning Ave.

West Chester

Hopewell Elementary School Boundless™ Playground — 8300 Cox Road.

Westerville

Millstone Creek Park — 745 N. Spring Rd.

More info. at www.sightedguideohio.org



Kids and Staff at Toledo Zoo petting animals

Touching and learning to groom animals is exciting for all ages and a popular family activity. Facilitators add to animal safety and visitor learning. Scheduled break periods and off exhibit rest areas for goats and guinea pigs insure a healthy animal collection.

toledo zoo.org

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