

### **Message from the Executive Director**

After many months of planning and construction the new addition to our Newtown facility is almost complete! As of January 4, 2016 the expanded Low Vision Clinic and Second Look Newtown Thrift Shop will be open for business and actively serving our community.

Features of the new addition include:

- New Low Vision Clinic - exam room and office space
- Technology Room
- High End Boutique in Second Look Newtown Thrift Shop
- Additional parking and storage

We would not have been able to accomplish this project without the support of our community. Foundations Community Partnership provided a generous grant for our TECH room, Dr. Denise T. Wilcox O.D., Ph.D. donated equipment for our exam room, Yardley Makefield Lions Club purchased a TV and wall mount for the clinic, Southampton Warminster Lions funded Ipads and the BCABVI Lions Club furnished our reception area.

General support of the expansion was also provided by our community partners we are so grateful to them for believing in our mission.

Eye Associates LLC, First National Bank and Trust Company of Newtown, Bensalem Lions Club, Bensalem Lioness Club, Chalfont Lions Club, District 14-A Lions Clubs, Langhorne Lions Club, Northampton Township Lions Club, Perkasio Lions Club, Philadelphia Law Enforcement Lions Club, Plumstead Lions Club, Quakertown Lions Club, Richlandtown Lions Club, Springfield Township Lions Club, Trumbauersville Lions Club, Warrington Lions Club and the Greater Newtown Exchange Club.

A special thank you to Joseph Catelli, our talented architect for his in-kind donation of services and amazing design, Denny Fratrik and John McIntyre of Twining Construction for making our vision a reality and Tom Bogia, chair of BCABVI's Operations Committee for the many hours he volunteered to help keep our project moving forward.

I would be remiss if I did not mention the dedicated Board of Directors, staff and volunteers at BCABVI who made operations flow seamlessly during the construction process. It was truly a team effort and the results are spectacular!

We hope you will come to our open house on January 28, 2016 to experience all our new facility has to offer. Once again, thank you to all the people who made this possible.

Anne Marie Hyer, Executive Director

## Notes from the Social Work Corner



In continuing with our Mission Statement to lead “vibrant independent lives” here is a reminder about adaptive devices and mobility canes.

Adaptive devices and mobility canes are used to assist you with routine daily activities. If you have these devices and have been trained with these tools, we ask that you have them with you at the center and for center outings just as you would use them at home.

During activities and support group sometimes reading, writing and moving about is required for you to fully participate in the activity or outing. So please bring your handheld magnifier, mobility cane or any other low vision devices that would assist you to independently enjoy, learn and assist in your social group, support group or group outing.

If you have not yet received Orientation and Mobility training or need adaptive devices to assist you with your independence, please contact your social worker.

Sheryl and Ellen



### Good Things Are Happening at BCABVI

Happy Birthday to Joy Ellis, who recently celebrated her 90th birthday! Joy has been a part of the BCABVI family for many years and we wish her many more happy years to come.



Congratulations to Carol Milligan, November 2015 Client of the Month! Carol advocates in her community assisting in presentations about BCABVI, is an active member of the BCABVI Lions Club, helps mentor new clients and assists with the TECH club. Carol is an inspiration to her peers and a valued member of the BCABVI team.



Deb Berlin was selected as our December 2015 Client of the Month. Deb was nominated by Dolly Cohen because of her involvement with numerous parts of the agency. Deb assists with the TECH group, mentors new clients, is an active member of the Life Sharing support group and educates students about vision loss and use of her white cane at local schools. Thank you Deb for all you do at BCABVI!



### From the Lion's Den

Annual Basket Raffle to Begin January 6, 2016

Look for many of your favorite themes, including two money baskets worth \$100 each, a night at the movies, wine & cheese, and a basket loaded with gift cards. Also back this year, courtesy of Maryann Godown, is a Keurig coffeemaker, with Pat Montgomery adding assorted coffee and tea selections.

Tickets are \$1 each or 8 for \$5.



[Drawing to be held March 2, 2016.](#)

### Center Closings

*Reminder : Office will reopen from Winter Break at  
8:00 am on Monday, January 4, 2016*

Monday, January 18, 2016 - Martin Luther King Jr. Day

Monday, February 15, 2016 - President's Day



BCABVI is hosting a "Dining in the Dark" event at 6:30 pm on Tuesday February 9, 2016 at our Newtown facility. At this sponsored event, guests will be blindfolded while they enjoy a delicious dinner prepared by Vecchia Osteria by Pasquale.

In addition to being a culinary delight, Dining in the Dark raises awareness about the challenges of being blind and visually impaired and teaches techniques to overcome potential obstacles. This event is perfect for family members and friends who want to learn more about how to help their loved ones while encouraging independence.

**Tickets are \$20 each** and can be purchased on our website [www.bucksblind.org](http://www.bucksblind.org) or by calling us at 215-968-9400. Only 40 tickets are available for this intimate dinner so don't delay!

### Sign Ups

#### **Wednesday January 13, 2016 *Movie and Pizza Day***

Watch the acclaimed movie "American Sniper" with Bradley Cooper with audio description while enjoying pizza with friends at BCABVI.

**Cost: \$10**

#### **Wednesday January 20, 2016 *Elder Law Workshop***

Have questions about Power of Attorney or Advanced Directives? Elder Law Attorney Rhonda Sherrod will be available to give general guidance about the importance of these documents and how to prepare them.

**Cost: There is no cost for this program**

#### **Wednesday February 10, 2016 *Winter Social***

The holidays may be over, but we are still celebrating at BCABVI! Come to our winter social - spend time with friends and enjoy some great food and music.

**Cost: \$15**

#### **Wednesday February 17, 2016 *Personal Grooming Workshop***

Learn adaptive tips for makeup application, shaving, manicures and overall grooming tips. Successful client mentors will assist with tricks and tips!

**Cost: There is no cost for this workshop**

### **GRAND OPENING OF NEW LOW VISION CLINIC**

Thursday January 28, 2016 5:00 - 8:00 pm

Enjoy hors d'oeuvres and wine, meet the BCABVI staff and explore our expanded facility including

- New Low Vision Clinic
- Technology Room
- High End Boutique in Second Look Newtown Thrift Shop

Please RSVP to Paula at 215-968-9400

### Transportation Reminders

As we start the new year, there will be some changes in our transportation procedures. We have been talking about these changes for the past month, but here are some reminders.

- 1) BCABVI will not be sending monthly invoices. You will still receive your monthly program schedule so you are aware of your programs.
- 2) Transportation copays will be collected by the drivers each time you use BCABVI transportation.
- 3) The drivers will not have change, so it is expected you will have your exact copay in cash or a check made out to BCABVI.
- 4) There may be some variation in copays depending on the distance from your home to the program site. For example, if you attend a social group in Newtown and a support group in Doylestown the copays may be different based on mileage.
- 5) You will be reminded of your copay when the front desk makes daily reminder calls.
- 6) Clients who do not have the copay will not be eligible to use transportation services that day. (we cannot bill you later)

Thank you in advance for following the rules for transportation services. We cannot make exceptions, but if you have questions we will be happy to explain the factors that impact your individual situation.

On another note, winter is coming! In the case of inclement weather, BCABVI may close programs and/or cancel transportation for your safety. For information please call BCABVI's main phone number at 215-968-9400. There will be a message by 6:30 am if programs will be cancelled for the day.

It is the responsibility of every client to ensure there is a clear pathway from their front door to the street. If snow or ice is present, the drivers may to refuse to transport a client for safety reasons. **Please be aware BCABVI drivers are not permitted to shovel or salt your walkway.**

If you have any questions, please call Shelley. Thank you!

## LIGHTING FOR VISUALLY IMPAIRED

Proper lighting is essential to maximize vision. There are several types of lighting available, each of which can be effective at helping those with vision loss to continue everyday activities with little or no assistance.

Your ability to perform daily living tasks can be greatly improved with appropriate lighting, which may vary according to task and your individual eye condition. The following is some information about different types of lighting and how it may help you.

Full spectrum lighting is the closest lighting to sunlight. This is often considered to be the best lighting option for discerning colors, and can be helpful in coordinating clothing. The downside of this type of lighting is that it can produce quite a bit of glare which is challenging for glaucoma patients. At BCABVI, we have this type of lighting available in our OTT light collection.

Incandescent lighting is commonly found in table or desk lamp light bulbs. There is less glare than in full spectrum lighting, but it is not as good for determining colors and is not very economical.

Halogen light bulbs produce a bright white light which is very good for enhancing contrast. For this reason, patients with macular degeneration may choose halogen lights. However, this type of lighting produces a lot of heat so the majority of low vision aids no longer use halogen bulbs.

LED lighting is very efficient and provides a bright white light. Although the initial cost of these bulbs is more expensive, they are considered to be very economical as they can last 20 years or longer. All of the hand-held and stand magnifiers at BCABVI have LED lighting.

Fluorescent lighting is bright and is most often found in public places because it is economical. It does not offer many benefits for people with low vision.

There are many other factors that are involved in choosing the proper lighting for your individual needs. If you are interested exploring options for lighting, we encourage you to make an appointment at BCABVI's Low Vision Clinic. The clinic is open 8:00 - 4:00 pm Monday - Friday. Please call us at 215-968-1035 and we will work with you.

Sue Stubbs, Low Vision Services Coordinator