

THE LIGHTHOUSE JOURNAL

EMPOWERING INDEPENDENCE. ENCOURAGING INSIGHT.



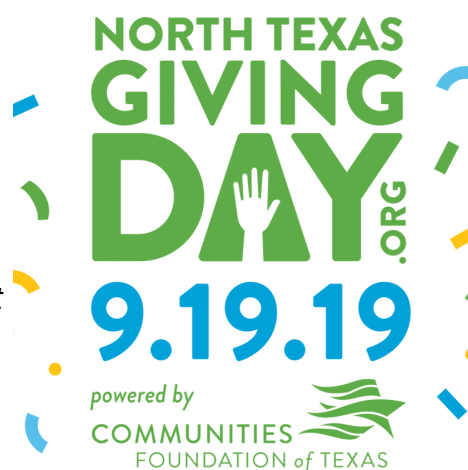
Pictured left to right: Jim Roach & Platt Allen, III, President/CEO

Volunteer of the Year!

Congratulations to Mr. Jim Roach on being selected as the Lighthouse Volunteer of the Year! Jim has been a dedicated volunteer and donor for the last five years. We are so thankful to have him as part of our Lighthouse family!

"I believe that any 'best progress' of man is based on sharing. My vision as well as my capability to drive an automobile for transporting Lighthouse people, that enables them to visit their clients in their homes, are my gifts to share. When I have an opportunity to share; by driving for the Lighthouse I have a special-feeling that energizes me." - Jim Roach

Current Volunteer Openings on page 3



Got a question for the Blind Guys?
Send it to rsmith@lighthousefw.org
or post it on our Facebook page!

Dear Blind People,

Do you all use social media? If so, how does that work without vision...

Sincerely,
Sighted People

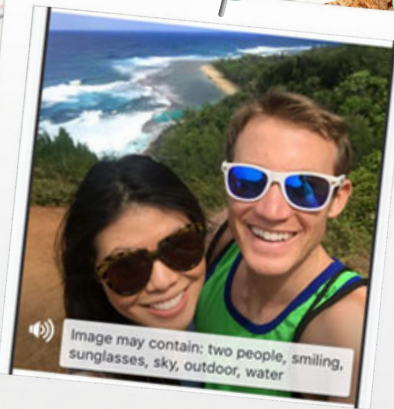
Lighthouse for the Blind
of Fort Worth
912 W. Broad
Fort Worth.

Dear Sighted People,

Yes, many people who are visually impaired enjoy using social media from Facebook, LinkedIn, YouTube and even Instagram! Accessible technology, like screen readers, have made it easier than ever for us to like, comment, share and create content on social media. According to a Facebook Accessibility Research Report from 2017, "people with visual impairments comment and like photos as often as people who do not have a visual impairment." The majority of mobile devices have built in features similar to Apple's 'Voice Over' that reads text and alt text from photos and graphics aloud.

You're probably wondering, what in the world is alt text! This is an HTML feature that allows a typed description of an image to be attached and once attached our accessible technology will read that description to us - allowing us to enjoy all your photos! The image to the left shows a preview of the default alt text Facebook provides, "Image may contain: two people, smiling, sunglasses, sky, outdoor, water."

Sincerely,
Blind People



Alt Text Preview

MARK YOUR CALENDARS!

Donor Appreciation Reception

PRESENTED BY:

Worldwide Express

THURSDAY, NOVEMBER 7TH

5:30 - 7:30 PM

CHADRA MEZZA & GRILL

1622 PARK PLACE AVE • FORT WORTH • TEXAS 76110

We would like to personally show our appreciation to everyone who has supported the Lighthouse since we opened our doors in 1935!



Volunteers Needed

Lighthouse for the Blind of Fort Worth offers volunteer opportunities for every schedule. We appreciate and honor every person who donates their time and efforts to support our mission.

Volunteer Opportunities

Lighthouse CCTV Loaner Program – Assist in the delivery of donated CCTVs to Lighthouse clients. *Commitment: Twice a month*

**Must be able to lift 50 pounds*

Translator (Spanish) – Translate communications materials and web content from English to Spanish. *Commitment: Flexible*

Transportation Driver – Provide transportation to Lighthouse clients and/or staff who are visually impaired or blind for Lighthouse activities, errands or medical appointments. *Commitment: Once a week*

Special Events – Assist with Lighthouse events ranging from monthly classes to holiday parties. *Commitment: Depends on event needs*

Thank you Volunteers!

Apply online at LighthouseFW.org/volunteer.

If you have any questions, please contact

Rebecca Smith at 817-332-3341 or

rsmith@lighthousefw.org.

All volunteers are required to complete a background check

2018 VOLUNTEER STATS

114 SERVICE HOURS

31 ACTIVE VOLUNTEERS

North Texas Giving Day

2019



On Thursday, Sept. 19th, we will be participating in North Texas Giving Day again! We invite you to join the movement and help us reach our goal of **\$20,000**.

Here's how you can help:

~ **Get up and give on Sept. 19th!** Your gift matters! If you donate to us online between 6 A.M. and midnight, your dollar will be increased from bonus

funds and prizes raised by the Communities Foundation of Texas!

~ **Spread the word!** Tell your friends and family about Lighthouse and North Texas Giving Day.

~ **Follow Us!** Follow our social media accounts on Facebook, Instagram and Twitter.

GOAL
\$20,000

9.19.19

#NTxGivingDay

Thanks to everyone who generously made a donation last year to help us reach our goal of **\$13,000!** We raised a total of **\$5,382.92** and were able to purchase two new 24" Topaz XL HD CCTVs for our Lighthouse CCTV Loaner Program.

2018

Lighthouse CCTV Loaner Program

With the help for our community, we are able to purchase Closed Circuit TVs (CCTV) and loan them out at no charge to help individuals with low vision regain their visual independence.

The majority of clients who need a CCTV are adults over the age of 60 living on a fixed income and simply cannot afford to buy one. By using a CCTV, they are able to read their mail privately, read the newspaper, recipes, books and any other form of print or written material. Some of the ladies even use their CCTVs to manicure their fingernails!

The units we purchase are high quality, durable and come with a warranty. They include an Optical Character Reader (OCR) using text-to-speech software. Combining a clear voice with magnification or high contrast makes reading so much easier! CCTV magnifiers provide low vision aid for a full range of visual needs, specializing in assisting individuals with macular degeneration, glaucoma, cataracts, retinitis pigmentosa, diabetic retinopathy, and other low vision causing eye diseases and conditions.

CCTVs typically cost between \$3,500 and \$4000 per unit, depending upon the features and if the audible speech component (OCR) is included.

Please rally around this cause and help us purchase five new CCTVs with OCR totaling \$20,000. As long as we can continue helping people do what they've always done prior to their loss of vision, then we're giving them the priceless gift of INDEPENDENCE!



A CCTV functions much like a desktop video magnifier using a camera to enlarge print on a monitor screen.

As Texans, we know everything we do is bigger and better! What's more fun than setting a Lighthouse record in generosity?! Help us reach our North Texas Giving Day goal of \$20,000 on Sept. 19th, making 2019 our biggest and best year!

Donate online at <http://bit.ly/LFBFW>

Macular Degeneration

Macular Degeneration is the leading cause of vision loss, affecting more than 10 million Americans – more than cataracts and glaucoma combined and is currently considered an incurable eye disease.

Macular Degeneration is the result of damage to the macula, a small spot near the center of the retina and the part of the eye needed for sharp, central vision, which lets us see objects that are straight ahead. The macula controls our ability to read, drive a car, recognize faces or colors and see objects in fine detail.

One can compare the human eye to a camera. The macula is the central and most sensitive area of the so-called film. When it is working properly, the macula collects highly detailed images at the center of the field of vision and sends them up the optic nerve to the brain, which interprets them as sight. When the cells of the macula deteriorate, images are not received correctly. In early stages, macular degeneration does not affect vision. Later, if the disease progresses, people experience wavy or blurred vision, and, if the condition continues to worsen, central vision may be completely lost. People with very advanced macular degeneration are considered legally blind. Even so, because the rest of the retina is still working, they retain their peripheral vision, which is not as clear as central vision.

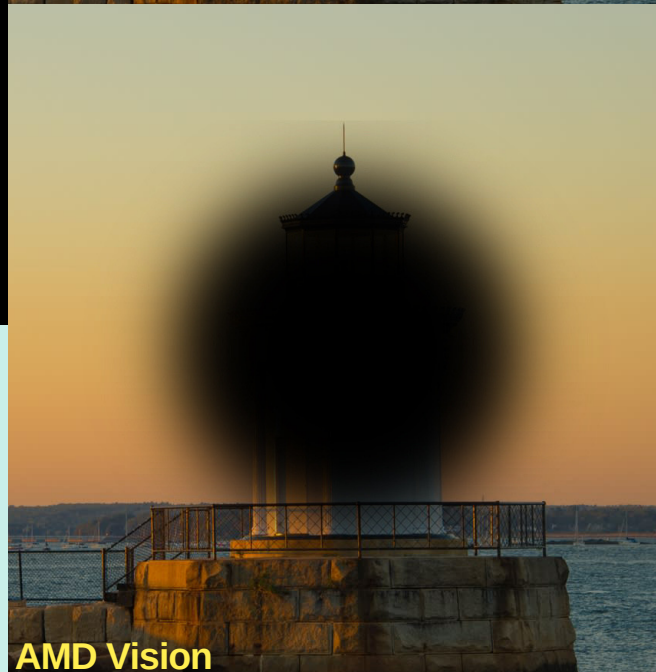
Types of Macular Degeneration

There are two basic types of Macular Degeneration: “dry” and “wet.” Approximately 85% to 90% of the cases of Macular Degeneration are the “dry” type, while 10-15% are the “wet” type.

Stargardt disease is a form of macular degeneration found in young people, caused by a recessive gene.



Normal Vision



AMD Vision

Stages of Macular Degeneration

There are three stages of Age-related Macular Degeneration (AMD).

- **Early AMD** – Most people do not experience vision loss in the early stage of AMD, which is why regular eye exams are important, particularly if you have more than one risk factor. Early AMD is diagnosed by the presence of medium-sized drusen (yellow deposits beneath the retina).
- **Intermediate AMD** – At this stage, there may be some vision loss, but there still may not be noticeable symptoms. A comprehensive eye exam with specific tests will look for larger drusen and/or pigment changes in the retina.
- **Late AMD** – At this stage, vision loss has become noticeable.

Causes of AMD

No one knows exactly what causes dry macular degeneration. But research indicates it may be related to a combination of heredity and environmental factors, including smoking and diet. Scientists know the causes are not the same for Age-related Macular Degeneration as they are for Stargardt disease. Stargardt disease has a specific genetic cause in most cases, whereas AMD involves both genetic and environmental factors.

Dr. Carl Kupfer, the former Director of the National Eye Institute, has stated that Macular Degeneration will soon take on aspects of an epidemic as the Baby Boomers' age: *"As the 'baby boom' generation ages, and in the absence of further prevention and treatment advances, the prevalence of AMD is estimated to reach epidemic proportions of 6.3 million Americans by the year 2030."*

The condition develops as the eye ages. Dry macular degeneration affects the macula — an area of the retina that's responsible for clear vision in your direct line of sight. Over time tissue in your macula may thin and break down.

Risk Factors

The biggest risk factor for Macular Degeneration is age. Your risk increases as you age, and the disease is most likely to occur in those 55 and older. Other risk factors include:

- **Genetics** – People with a family history of AMD are at a higher risk.
- **Race** – Caucasians are more likely to develop the disease than African-Americans or Hispanics/Latinos.
- **Smoking** – Smoking doubles the risk of AMD.

Treatment

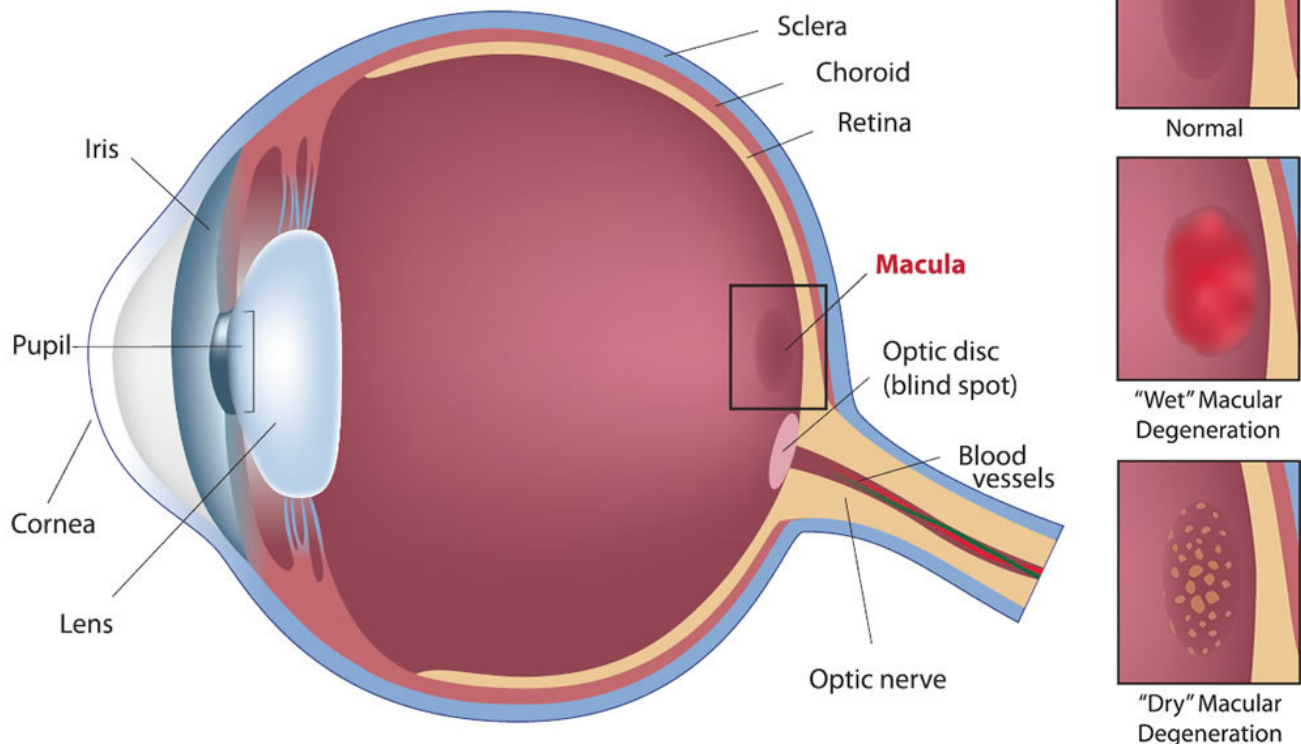
There is currently no known cure for Macular Degeneration, but there are things you can do to reduce your risk and possibly slow the progression once you've been diagnosed.

- Avoid smoking
- Exercise regularly
- Maintain normal blood pressure & cholesterol
- Eat a healthy diet rich in green leafy vegetables and fish
- Avoid ultraviolet light

Resources

National Eye Institute
American Macular Degeneration Foundation
Mayo Clinic

Macular Degeneration



Let's Get SOCIAL

Are you following Lighthouse for the Blind of Fort Worth on social media? *If not, here are three good reasons to hop on board!*

- 1. Keep Yourself Up-to-Date:** We are actively sharing stories on our social media channels about everything we have going on.
- 2. Ask, Comment, or Praise:** Social media is a wonderful place for communication! We will gladly answer all your questions and will appreciate all feedback, suggestions and testimonials.
- 3. Get To Know Us:** Follow us to hear the stories of the people who make up our Lighthouse family and how you can help to support our mission.



facebook.com/Lighthousefw

[@FortWorthLighthouse](https://www.instagram.com/FortWorthLighthouse)



[@FWLighthouse](https://twitter.com/FWLighthouse)

youtube.com/Lighthousefw



www.lighthousefw.org

Main Phone: 817.332.3341

