

Spectrios Institute for Low Vision

The Brightside

2019, Volume 2



Please Join Us For The 2019 Annual Golf Classic



Golf for Good

Monday, September 9, we will be holding our Annual Golf Classic. The classic combines two great things: golf and goodwill. Join us for a fun day of progressive best ball and support Spectrios Institute's mission to provide hope, supported by science, to people with vision loss. This event funds the many programs at Spectrios that dramatically impact the lives of people struggling with vision loss.

- *Honoring Hawk Harrelson* -
for his dedication to our mission



Golf Packages

Foursomes \$1,200 | Individual Golfer \$350

Reception Guest \$75

Create a foursome and save \$50 a golfer!

Golf Packages include:

Golf • Cart • Continental Breakfast • Lunch
Reception with appetizers and open bar

Registration can be found on Page 3

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 Amazon Smile

Did you know that a portion of every purchase you make on Amazon can be donated to Spectrios Institute for Low Vision

The average donation per Amazon customer is small, \$5 a year. That said, if everyone who received The Brightside shopped through Smile we would **raise \$37,500 a year**, and that's something to smile about.

Directions on how to set up your account:

1. Go to Smile.Amazon.com
2. Log into your Amazon account (you will need your log-in information).
3. You will see the highlighted charities, go below that and you will see: "Or pick your own charitable organization."
4. In the box type: Spectrios Institute for Low Vision and hit search.
5. Spectrios will show up on the list and you will select it.
6. A pop-up will come up to confirm that this is the charity you selected. You can click yes, if it shows Spectrios.
7. Still need help? Contact Susanna at PerrettS@spectrios.org and she will walk you through it.

You will have to type Smile.Amazon.com when you are placing an order, and a portion of the money you spend will come back to Spectrios.



2019 Golf Classic Registration Form

Name: _____

Company: _____

Address: _____

City/State/Zip: _____

Phone: _____ Fax: _____

Cell Phone: _____

Email: _____

Foursome Members

USGA Index

1. _____

2. _____

3. _____

4. _____

Package Name(s)

I am unable to attend but wish to make a donation

Method of Payment: _____

Enclosed is my check made payable to Spectrios Institute for \$ _____

Please charge my credit card \$ _____

Master Card Visa Discover AmEx

Card Number: _____

Exp Date: _____ CVV: _____

Name on Card: _____

Signature: _____

Mail your registration to:
Diane Levine
Spectrios Institute for Low Vision
219 E Cole Avenue, Wheaton, IL 60187



To download the complete brochure, please scan the QR Code, or visit our website at Spectrios.org.



≈ Celebration of Bricks ≈

Early in June we celebrated the donors and those they honored that have purchased bricks to support Spectrios' mission of providing independence to people suffering from vision loss. If you would like to purchase a brick, please contact Diane Levine at LevineD@spectrios.org for more information.



Donated in memory of Lenore Garling.



Donated in memory of Mona Ekdawi, MD.

≈ New Staff, Susanna Perrett ≈



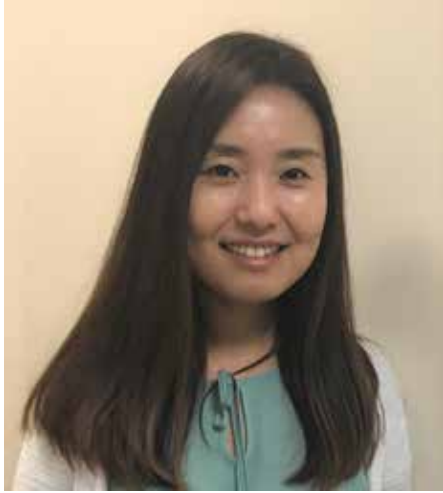
Susanna Perrett is the new Director of Community Relations. She will be coordinating programs, marketing our services and working with the team to increase the visibility of Spectrios in the community.

Prior to joining us, Susanna worked for several large fortune 500 companies in product management and marketing. She has a MBA in Health Systems Management from Case Western Reserve University and completed her undergraduate work at Occidental College in California.

During the dead of winter she often wonders why she left California. Susanna has been in the Wheaton area for 10 years. Her 3 kids keep her busy with soccer, flying and OSU football. But hanging out with her dog, Mookie, named after Mookie Betts, is her favorite thing.

≈ New Doctor ≈

Rachel Lee, O.D., F.A.A.O.



We are so excited to welcome **Rachel Lee, O.D., F.A.A.O.**, to the Spectrios team. She will be working with patients at our VNA location, in addition to our main location on Cole Avenue.

During her junior year in college, Rachel had an opportunity to shadow several optometrists as she explored a variety of medical professions. Initially, she thought optometry was just about glasses and contact lenses. Quickly, she was proven wrong! As she learned about sub-specialties and different modes of practice, and

observed the positive patient/physician interactions, she was sold – “I never looked back.”

She graduated Summa cum laude from the Illinois College of Optometry. Her residency was at the Portland VA Health Care System. The director was a "low vision guy" and made a point to expose all residents to low vision patients. Helping veterans with low vision regain independence and achieve daily goals was one of the most rewarding experiences she had during that year. She is excited to practice low vision at Spectrios!

Rachel is passionate about mission trips and giving back to those who are in need. She has been on several medical mission trips to Honduras and Mexico, and is looking forward to the next opportunity to go again.

She was born in Pusan, South Korea, raised in sunny, Southern California but now has made Chicagoland her home. She doesn't mind the winter much (yet) but visits family in SoCal at least a few times a year. In November, Rachel will be marrying the “love of her life.”

~Gala Sponsors~

Special thanks to the following partners for their support to our 2019 Gala:

2019 Premiere Partners



WHEATON LIONS CLUB
Serving the Sight and Hearing Impaired



2019 Presenting Partners



DESIGNS FOR VISION, INC.

~Task Lighting~



Lighting is such an important part of any strategy to aid vision. As a result, one of the most frequently asked questions from people with low vision is "what is the best task light?" There is no one answer. Use what works best for you!

Here are some tips to make the most of your task light:

- Position the lamp on the same side as your better eye for reading
- For writing, place the lamp on the opposite of your dominate hand
- Place the light on the task at hand
- Ensure that there is plenty of light in the room, in addition to the task light

≈ Gala Wrap Up ≈

Volunteer of the Year: Nancy Neville



Pictured L to R: Dr. Tracy Williams, Executive Director; Nancy and Mike Neville; Peter Whinfrey, Board Chair; Richard Feinbloom, Board Member



Hats were the fashion of the evening - looking fabulous ladies!



Retired staff member Leah Gerlach & Jim Gebhardt.



We even had two of Dr. Richard Gieser's friends from the Congo.

Lions Club International Foundation Partner with Vision Recipient



Pictured L to R: Gillian Gibbs; Dr. Tracy Williams, Executive Director; Rebecca Daou



Mark shared his inspirational story about achieving his goal of maintaining his job; Melia, a Seeing is Believing (a program for children) participant, shared her's about achieving her goal of attending college.

Play!

Play is such an important part of stress relief. It is good for your mind, it can help you connect with others and is just plain fun. Many of us play games on our phones, here is a round-up of some of the hottest accessible phone app games.

Blindfold Games is one of the leaders in creation of audio games. They have over 25 titles in their collection ranging from air hockey to word games to card games. They even offer a wide range of game show style games. Some favorites are:

Blindfold Racer, where you drive with your ears instead of your eyes.



Missing Candy Crush? Blindfold Games offers Color Crush which is a cross between Candy Crush and Bejeweled.

Blindfold Clue is a detective game where you figure out who done it!



Blindfold RS Games offers 19 different games to play against the computer, with friends in a private room or with other users around the world. Set up a time and meet friends for a virtual game night.

If you are looking for adventure games, look no further than the highly rated Stardew Valley. You have inherited your grandfather's farm in Stardew Valley. This game encompasses everything from running your own farm with crops and animals to mining and even fighting off monsters!



If farming isn't your thing, check out Knight Commander for a game that is completely voice controlled, and lead your tribe. You can build buildings, craft items and grow your empire – but watch out for the clowns! This game is 0% graphics and 100% imagination.

The highly acclaimed game FEER is a challenge for the senses. Slide underneath ravens and jump over zombies, but save the fairies. This fantasy game is the first endless runner game for low vision.



If none of these strike your fancy, search accessible games in the App Store, or head on over to Game-accessibility.com for reviews of the latest games and ratings on fun and accessibility.

~Patient Profile, Teresa~



In May of 2018, Teresa had surgery for a detached retina. Due to complications, she has had three additional surgeries and has vision loss.

At the time, Teresa was working as a full-time Clinical Associate Professor of Nursing at the University of Illinois at Chicago. Her position required her to read hundreds of pages of papers written by her nursing students. She would magnify her computer screen and use a hand-held magnifier, reading one word at a time. “After a few hours I would be exhausted from the eye strain and holding the magnifier.”

Initially, her doctors told her to wait and see where her vision ended up before she started to get help managing her new situation. Eventually she did reach out to Spectrios Institute, and is so glad she did. Teresa’s advice to others would be to go as soon as possible. Had she known what was available she might have been able to continue working longer.

During her visit with Dr. Irvine, Teresa learned that her peripheral vision was good enough that she could qualify for daytime driving. After being told that she would never drive or read again, this was welcome news. Teresa will be working with our driving partner at MarianJoy.

Katrina, our Occupational Therapist, helped Teresa with strategies around the house, focusing on task lighting. Lighting plays such an important role in our ability to read, work on projects, and many other activities of daily living. Katrina also activated the accessibility settings on her phone, and now it is much easier to use.

Developing a variety of magnification strategies has been an important part of Teresa’s plan. She has a Humanware Explore® 5 - a hand-held electronic magnifier. She also uses a lighted magnifier that hangs on her neck for trips to the store. “I don’t have to ask my husband to read me the prices anymore!” It is great because she doesn’t have to dig through her purse to find her hand-held model.

She is looking forward to the delivery of her new CCTV, which will enable her to read again. The tray allows you to move the page without refocusing. The smaller handheld magnifiers have to refocus every time you move them, so this will be a huge improvement and allow for greater ease in reading large amounts of text, like one might find in students' papers.

Teresa exemplifies the spirit of *never say never* and we are so happy to have been able to help her.

≈ Honor & Memory ≈

**A donation has been made in memory or honor of the following persons:
(Name in bold print, donor name in regular print)**

Phyllis M. Bystol

Bruce Newlander

Dr. P. Kenneth Gieser

Dr. and Mrs. Stoll

Richard Gotsch

Joann and Jerome Pederson

Bernard O'Reilly

Dave & Eileen Womack

Laverne Pater

Mrs. Names

Mary Lou Rada

Mr. Johnson

Louise Smith

Charles Smith

Rachel Sullivan

Peter K. Whinfrey

Dr. R. Tracy Williams

Kathleen Bush-Joseph

**The following doctors from the Wheaton Eye Clinic
made donations in memory of their patients:**

Dr. Anderson-Nelson, Dr. Michelle Andreoli, Dr. Michael Andreoli, Dr. R. Andreoli, Dr. Brazis, Dr. Daily, Dr. Fenton, Dr. David Gieser, Dr. Jon Gieser, Dr. Stephen Gieser, Dr. Haag, Dr. T. Kietzman, Dr. M. Kipp, Dr. M. Kron-Gray, Dr. Lafayette, Dr. Lee, Dr. Mehaffey, Dr. Michelson, Dr. Pak, Dr. Park, Dr. Sacher, Dr. Setlur, Dr. Sims, Dr. Sung, Dr. Voirin, Dr. Williams, Dr. Wingard

Honoring Others

Donations in honor of friends, family members, and/or special occasions are a unique, thoughtful way to celebrate the ones you love. To make a donation use the enclosed envelope, or go to our website and click **DONATE NOW**



The Last Word

Take time to Play! And walk on Sunshine.....

I love to Play, just as much as I did when I was a child. You can count me in to play Pinochle, UNO, Yahtzee, Scrabble, Dominos, play along with TV game shows or even work a puzzle.

It's all good for your mind, makes you laugh and connects you with people! I love to go outside and Play! I begin everyday playing ball with my dogs.

I often go on a run, go biking, take a walk, play wiffle ball and even golf. I can't wait to go to the Northwoods to hike, swim with the loons, canoe and go water skiing. (No more trick water skiing though)!

I have had some spills, bumps and bruises, but those "endorphins" and "walking on sunshine" makes me feel good!!!

There are always Play opportunities for everyone no matter how old or physically challenged. It is simply a choice, "Can I Play today?" Yes you can!!!!

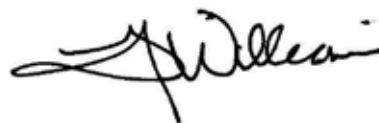
I have found Playing to be a powerful medicine to distract me from worries, keep my weight and blood pressure down and my mood up! It promotes kindness, good thinking and spirituality. It's great therapy!

So please, you must find time to Play today!

And please sign up for our Golf Event, and support our Great Mission!!!

We help children and adults with vision loss Play!!!

You may also want to listen to the Katrina and the Waves song "Walking on Sunshine".....it will make you Feel Good!!!



We Want To Hear From You!

Have a great idea for a story?

Tell us about it!

Contact: Susanna Perrett
PerrettS@Spectrios.org
630-690-7115 ext 116



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Spectrios Institute for Low Vision



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@SpectriosEye



Twitter:

@SpectriosEye



LinkedIn:

Spectrios Institute for Low Vision

Spectrios Institute
for Low Vision
at Deicke House
219 E. Cole Avenue
Wheaton, IL 60187
630-690-7115
www.spectrios.org



Brick Campaign

Looking for a unique gift
for the person who has
everything?

Consider buying a
commemorative brick!
Single patio bricks are
\$125.00 and include 14
characters/3 lines and are
placed in our beautiful
patio garden.

Double patio bricks are
\$500.00, can include an
image (cross, flower, heart,
etc) and are placed in our
front walkway.



Spectrios Institute
is accredited by the National
Accreditation Council for Blind
and Low Vision Services