

Offering Hope & Maximizing Quality Of Life For People With Vision Loss

VIC Welcomes New Clinic Director

Ret Stewart of Zillah has been hired to fill the position of clinic director of Vision for Independence Center.



Marsha Lance, who has been with VIC for over six years, the last five as clinic director, has announced her semi-retirement. Ret comes to VIC with vast experience in finances and accounting, serving as a city clerk for 18 years in various cities. The community of Zillah has also benefitted from her volunteer work

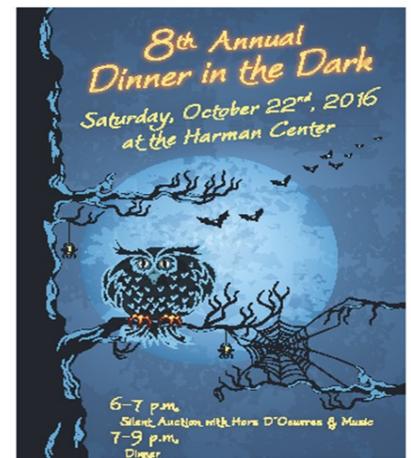
including that with the American Red Cross and the Zillah Lions Club. Ret has also gained vast experience, both as a volunteer and as a director of volunteers through a number of volunteer groups and agencies that she has served on.

"I became aware of VIC when I began looking for various services in the community that assist with vision," she said, adding that increasing the awareness of VIC in the Yakima and Kittitas Counties is one of her main priorities.

As retiring Director, Marsha will continue to work at VIC, particularly in billing and outreach, but will now have more time for family and travel. Congrats to both!

Dinner in the Dark to be Planned for an 8th Year

Seven years ago the VIC board proposed a new type of fundraiser to Yakima; a dinner where guests ate with blindfolds on. This experience provided a perspective of vision loss that sighted people rarely consider... the difficulty of seasoning food, corralling peas on a fork, cutting up meat. VIC is now ready to host the 8th Annual Dinner in the Dark on Saturday, October 22. DID is an opportunity to learn about the difficulty of vision loss, but in a forgiving way... all the while assisting VIC with its mission. Your ticket provides appetizers, wine, beer, live music, a full meal and entertainment. Come, join us for an evening of fun while supporting VIC's mission of assisting those with low vision. Tickets are available at (509) 452-301. Seating is limited and advanced reservations are required. Mark your calendars!



Northwest Lions Foundation's Grant Used for Low Vision

A recent Northwest Lions Foundation grant has been awarded to Vision for Independence Center, allowing for the purchase of much needed equipment for use with low vision exams. Assisting people with hearing and vision loss for over 40 years, NWLF issued the grant for \$10,981. With it, VIC was able to purchase the LuxIQ/2™ (see article on facing page) as well as a new selection of lamps. Included with the LuxIQ/2™ is a software program used to measure and recommend the most efficient lighting for near tasks.



Our most sincere appreciation to the Northwest Lions Foundation for their demonstration of confidence in the work that VIC does in the Yakima and Ellensburg areas.

The Importance of Lighting for Reading, for Tasks

Normal age-related vision changes begin around age 40. These changes result in deterioration of low-light vision and also contribute to the need for improved home lighting for reading, cooking, selecting the right color of clothing, or even walking safely in the home. A typical 60 year-old needs three times as much light as a 20 year-old to accomplish tasks that require distinguishing color and contrast.

As we age, we need better task lighting to more easily read food packages or thread a needle. The overhead ceiling light, which provides ambient lighting, may be useful to find our way about the home, but we need accent lighting to show us how many more steps on a stairway or where the edges of an area rug are.

To provide added lighting for task work by switching the bulb in a lamp to a 100 watt bulb may not take care of the problem. The lamp may only be safe for using a 60 watt equivalent bulb or the added light may increase glare. The light

may be too yellow (low end of the color temperature scale) or too blue (high end). Certain eye conditions prefer different colors of light. A lamp shade may fail to direct the light where it is most needed. Outdoor lighting may bounce off of a countertop or shiny floor to cause a blinding glare.

A low vision rehabilitation occupational therapist can assist with all of these lighting concerns.



DID YOU KNOW?

Color temperature is measured in Kelvin (°K). These temperatures can range from over 5,000K which are called cool colors (bluish white), while lower color temperatures, 2700-3000K are called warm colors (yellowish white through red).

LuxIQ/2™ Exam System Simplifies Lighting Recommendations

The LuxIQ/2™ is the first standard exam tool to allow low vision rehabilitation and eye care specialists to recommend task and floor lamps and light bulbs tailored to your lighting needs and color temperature preferences. Both brightness and color temperature impact near-vision acuity. While light is known to be important for functional vision, it is challenging to measure.

With the LuxIQ/2™, purchased with a Northwest Lions Foundation grant, VIC staff can select the most advantageous light intensity and color temperature to help the client make the most of lighting for their home or select the proper color of shields to reduce glare or increase contrast outdoors.

Published studies show that many people need bright light of 2000-5000 lux to maximize reading and task acuity.

A typical desk lamp provides only 800 lux, which is the measurement of light intensity on a surface. The lux rating will decrease the farther away it is measured from the light source.



At this time, a visit to VIC for an evaluation with the LuxIQ/2™ is complimentary, by appointment. VIC office hours are Tuesday, Wednesday and Friday, 9-4. VIC can be reached at (509) 452-8301.

www.facebook.com/YakimaVIC



VIC Increases its Lamp Selection

VIC has recently added a variety of new lamps to our selection to complement the recommendations for lighting provided by the LuxIQ/2™ .



“We now offer lamps manufactured by Ott, Stella, and Berryessa Designs,” said Marsha Lance, who ordered the new equipment. “These lamps offer quality LED light for people with low vision. Good task lighting is a very important way to boost remaining vision for reading and other near tasks. ”

The new high brightness of LED lamps design allows individuals to read longer, concentrate better and be more productive, studies reveal. Additionally, LED lamps consume less power, achieve full brightness instantaneously, and leave a small carbon footprint.

The new lamps are available in floor and desk models, many with dimmer switches allowing for adjustment of the level of light.

VIC Welcomes a New Line of Electronic Magnifiers

With the addition of a new line of visual devices from HumanWare, VIC has added the Explore line of electronic magnifiers which offers three screen sizes, with similar applications. Prices range from \$295 for the 3" screen, to \$1099 for the largest 7" screen.

The Explore 5 provides a brilliant 5" HD LCD screen and magnifies 2x to 22x. It offers a folding handle for hand use or a folding handle for tabletop propping. The battery holds up to five or more hours of continuous use



or the device can be connected to your TV for a larger display. If you'd like to save images, the Explore 5 will hold a gallery of 1000 images, and this small, lightweight device offers 18 color enhancement modes.

Come on in and try them out.



Thank you, Abbott's Printing, the printer of choice for VIC.



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