NewView Changed My Life!

If you met Lindya on the street, you would meet a woman with vibrant energy, a woman who enjoys spending time with her family and loves to read. What you might not guess, though, is just how many adversities Lindya has overcome. Several years ago, Lindya was diagnosed with pancreatic cancer. She beat the cancer, but she was left with a diabetes diagnosis that affected her eyesight. In recent years, her retina has detached and she has been diagnosed with both diabetic retinopathy and macular degeneration. And in the midst of her own health challenges, she is also the primary caregiver for her husband, Pete, who lives with mesothelioma.

Lindya and Pete recently moved into a home where they hoped to continue living independently. But when Lindya began to experience vision problems and her doctor told her there was nothing else he could do for her, she began considering assisted living homes. She and her husband weren’t ready to leave their home, but Lindya felt like she was out of options. Lindya’s doctor referred her to NewView Oklahoma’s Center for Low Vision and Blindness, and Pete suggested they not make any major decisions until after the appointment.

In March 2019, Lindya visited NewView for the first time, and she now says NewView changed her life. She recently participated in our diabetes education program to learn adaptive self-management techniques. She has also learned to utilize assistive technology, including Siri, Seeing Ai and other apps designed for those with low vision. She is able to read physical books due to proper lighting and magnification prescriptions from NewView, and she also enjoys accessing the Library for the Blind.

With the help of NewView’s occupational therapists, Lindya’s visual impairment has decreased from 67% to 30%. She is now able to manage her own medication and NewView helped adapt her appliances so she can cook and clean safely at home.

“I can stay in my own home as long as I want to,” said Lindya. “I feel like I’m not so lost anymore.”

Lindya’s journey has had its fair share of challenges, but with help and support from NewView, her future is bright.
Celebrating ONE MILLION Fire Hoses

In 2019, NewView Oklahoma is celebrating the production of 1,000,000 fire hoses for the U.S. Forest Service. Over the years, the production of fire hoses has consistently been an integral part of NewView’s business model and a source of great pride for NewView employees, who know they are doing their part to save lives and homes from forest fires. Each hose is 100 feet long, which means NewView employees have produced a total of nearly 19,000 miles of fire hose—that’s almost the circumference of the entire planet earth!

NewView is proud to be the sole provider of fire hoses for the U.S. Forest Service and to simultaneously provide jobs for people who are blind and visually impaired in Oklahoma City. Here’s to another 1,000,000 hoses!

To tour our manufacturing facility and see where our fire hoses are made, contact Mark Ivy at mivy@newviewoklahoma.org.
Why I Serve
General Ben Robinson

One of the clearest benchmarks of a society’s health is its employment rate—specifically concerning those who may have outstanding barriers to employment. For General Ben Robinson, the issue of employment informs both his work as the Secretary of Military and Veterans Affairs for the state of Oklahoma and his involvement as a Board member at NewView Oklahoma.

When Gen. Robinson first toured NewView’s manufacturing facility, he saw firsthand the work NewView does to remove barriers and employ people who are visually impaired.

Soon after meeting President and CEO Lauren Branch, Gen. Robinson sat in on his first Board meeting. He has now served on NewView’s Board of Directors for more than six years.

Gen. Robinson’s heart for people with disabilities, however, far precedes his involvement with NewView. His mother was deaf for almost all of his life, an experience which he says continues to give him empathy for those who face challenges with their vision or hearing.

“NewView is doing outstanding work to help sight-impaired individuals overcome challenges,” Robinson said. When asked about what he deems the most essential aspects of NewView’s services, he mentioned NewView’s commitment to employ individuals who are visually impaired. “It increases their quality of life, creates independence, and allows them to take care of themselves and their families.”

“I simply cannot say enough good things about the support Gen. Robinson gives our organization,” said NewView President and CEO Lauren Branch. “His assistance is vital to our fundraising efforts, advocacy work and workforce development.”

We are immensely grateful for Gen. Robinson’s dedication to NewView’s mission as well as his service to the U.S. Military and the state of Oklahoma.

If you would like to get involved with NewView or make a donation, contact Sarah Frey at sfrey@newviewoklahoma.org.

Gifts in Action

More than 10 percent of Oklahomans have diabetes, and diabetic retinopathy is the leading cause of blindness among adults 20 to 74 years of age. But most educational or support programs are not adapted for those with vision loss. Without audio or magnification, individuals with diabetes and vision loss may struggle to read a glucose monitor and manage medication; they may also forgo exercise for fear of injury or rely on unhealthy packaged foods.

NewView Oklahoma was honored to receive a $20,000 grant from the Oklahoma City Community Foundation to support our adapted Diabetes Education program. NewView is one of only three low vision programs in the country to offer an accredited program adapted for those with vision loss. The 17-hour curriculum includes an initial assessment followed by skills training in blood sugar monitoring, exercise, preparing healthy meals and risk reduction. Monthly sessions taught by NewView’s Occupational Therapist/Certified Diabetes Educator are in full swing at our new facility on Classen.

The impact of technology is especially life transforming for those who live with low vision or blindness. NewView recently received a grant from Union Pacific to purchase Cyber Eyez and Aira devices for use by NewView employees. With these “smart glasses,” our employees who are blind or visually impaired can more readily access information, thus improving their independence and productivity in the workplace.

NewView strives to develop innovative programming that meets the needs of people challenged by vision loss. NewView is grateful to the Oklahoma City Community Foundation, Union Pacific and other generous donors for their support of our efforts to improve the quality of life of the clients we serve!
Which Light is Right?

By Dr. Judith Riley, OD
Vision Rehabilitation Optometrist
Tulsa Low Vision Center

As fall begins and the days get shorter, everyone feels the effects of longer nights—especially those whose vision relies on having adequate light. Thankfully, there are many ways to add light to our lives and optimize vision.

Choosing the right lighting can be complicated, but our therapists are ready to evaluate your lighting and find the setup that’s best for you. Until then, here’s a rundown of various types of lightbulbs and a few tips for optimizing your lighting.

Many of our patients report that natural light works the best, but sunlight changes throughout the day and can create shadows or glare. The type of bulb that most closely mimics natural light is a Full Spectrum light.

Incandescent lights are warmer, with a K rating of about 2800K. They often do not provide enough light for high contrast, however, and can be expensive.

Halogen lights give off a warm white light (3200K) and are great for contrast. They tend to be heat-emitting but are still useful for areas such as track lighting and ceiling fixtures.

Fluorescent lights and Compact Fluorescent Lamps (CFLs): Fluorescents (4500K) are known for giving overall bright light without glare or shadows, while CFLs offer the same brightness in the size of a standard lightbulb. CFLs take a while to reach full brightness, plus they contain mercury and require appropriate recycling.

Light-Emitting Diodes (LEDs): LEDs produce very little heat, are energy-efficient, and achieve full brightness instantaneously. They are best for task lighting with a shade that directs light downward.

Combination lighting: A combination of CFL, LED and fluorescent light that typically provides comfortable light with a full spectrum.

Finding the right lighting reminds me of the Goldilocks story, where the porridge was always too cold or too hot. Too much lighting causes glare; too little light and you can’t see. Here are some strategies to help you find the perfect Goldilocks lighting.

Home and workplace ideas:
- Aim light on the task at hand.
- Install dimmer switches for easy adjusting.
- Utilize under-cabinet lighting in work areas.
- Add lighting to hallways and stairs to prevent falls.
- Choose light plates that contrast with walls.

For reading and task lamps:
- Try LED lights for safety and economy.
- Choose a K value of 3,000 to 4,800.
- Use dimmable lights to alleviate eye strain.
- Opt for adjustable light fixtures to prevent glare.
- Aim for 12 inches of light at a distance of 12 inches for an adequate reading area.

Envision the Future Luncheon

More than 375 people gathered at the Cox Business Center on October 2 for the 5th Annual Envision the Future Luncheon in Tulsa. Kirk Hays and Stuart Sullivan served as co-chairs for the event.

In Tulsa and the surrounding areas, more than 20,000 people are affected by vision loss, and that number grows every single day. Our annual luncheon helps educate the public about NewView’s programs and helps raise funds to continue our services throughout the state.

If you weren’t able to join us in Tulsa, save the date for our 11th annual Envision the Future Luncheon in OKC on April 8, 2020, from 12:00 p.m.- 1:00 p.m. at The Criterion. To RSVP, or if you are interested in hosting a table or sponsorship opportunities, please contact Tiffany Henley at thenley@newviewoklahoma.org or at (405) 602-0780.
Kids Climb, Splash and Fly their Way Through OWL Camp 2019

In the year 2000, we identified a need for visually impaired children to experience summer camp, so we created OWL Camp, or Oklahomans Without Limits. It quickly grew to two camps during the summer months and has hosted thousands of children over the years.

This year, kids at the Oklahoma City OWL Camp had a chance to spread their wings by skydiving indoors at iFly on Memorial Road, they spent a day at Frontier City, they had their annual talent show and they learned rock climbing at Threshold Gym with a special visit from Justin Salas. Justin is a professional rock climber from Tulsa who is blind and who has won two consecutive gold medals at the USA Climbing Adaptive National championship, among many other awards. He was an inspiration to our campers, and he loved getting to meet so many eager young kids with visual impairments. We can’t thank Justin enough for spending so much time with our campers!

At our Waterski Camp at Lake Tenkiller, we were thrilled to have No Limits Adaptive Waterski back to help our campers learn to ski. Several campers tried skiing or tubing for the first time, but many were pros from attending camp in the past! Campers also enjoyed staying at the beautiful NewView/Globe Life Lodge on Lake Tenkiller. This was our first time to use the Lodge for our camp, and it was definitely a hit!

A heartfelt thank you to our sponsors, volunteers and staff (including our amazing interns) for making these camps such a success. We can’t wait until next year!

To learn more about our OWL Camps, visit nvoklahoma.org/community-programs.

To find out how you can help support OWL Camps in 2020 either through volunteerism, donations or sponsorships, please contact Sarah Frey at Sfrey@newviewoklahoma.org.
Upcoming Activities and Events

**Diabetes Education**

**November 1, 8, 15, and 22**
NewView OKC Low Vision Center
4301 N Classen Blvd.
1:00 p.m. – 4:00 p.m.

If you are diabetic, you’re at risk of vision loss. Find out how you can reduce your risk of diabetes related eye conditions while learning how to manage your diabetes during this 4-session program.

**Eyes Just Talking**

**October 23, 2019**
**Halloween Party**
NewView Headquarters
501 N Douglas Ave.
3:30 p.m. – 5:00 p.m.

November 13, 2019
NewView OKC Low Vision Center
4301 N Classen Blvd.
3:30 p.m. – 5:00 p.m.

December 11, 2019
NewView Headquarters
501 N Douglas Ave.
3:30 p.m. – 5:00 p.m.

Eyes Just Talking is a peer-run activities group for visually impaired and blind individuals as well as their families and friends in the Oklahoma City metro area. Come enjoy refreshments, topic discussions, camaraderie, and exchange information and resources.

If you have any questions, please email info@newviewoklahoma.org.

**Veterans Luncheon**

**November 20, 2019**
Embassy Suites OKC Downtown Medical Center
741 N Phillips Ave.
11:30 a.m. – 1:00 p.m.

Celebrate and honor the service of NewView’s VITAL veterans and veterans in the OKC community. Please RSVP by Friday, November 15 to Tiffany Henley at (405) 602-0780 or thenley@newviewoklahoma.org.

**VITAL Monthly Meetings**

At NewView OKC Low Vision Center
4301 N Classen Blvd.

**September 18, 2019**
11:30 a.m. – 1:00 p.m.

**October 16, 2019**
11:30 a.m. – 1:00 p.m.

**December 18, 2019**
11:30 a.m. – 1:00 p.m.

VITAL gives social support to vision-impaired servicemen, women and their families by providing opportunities to build community, share stories, and access helpful resources. The VITAL group includes men and women who have served in every major war since World War II. Attendees enjoy a catered meal and guest speakers, and the group takes quarterly outings to military bases, museums and other venues.

Email info@newviewoklahoma.org for more information.

**October is National Disability Employment Awareness Month (NDEAM)**

NewView Oklahoma (formerly Oklahoma League for the Blind) was founded in 1949 with a mission to employ individuals who are blind or visually impaired. We now employ 148 individuals in Oklahoma and across the U.S. We love our employees and are proud to provide competitive wages, meaningful work, and personal independence.