

Tips for Seniors

Low vision specialists at NewView assist seniors to maximize their current vision and help them remain independent.

Here are some tips that we often use in our patient therapy.

(sources: allaboutvision.com & visionaware.org)

LIGHTING

- Install task lighting underneath kitchen cabinets or above stoves to help illuminate work areas in your garage, sewing room or other areas where you need to see fine details.
- Replace fluorescent and incandescent light bulbs with long lasting, energy efficient LED bulbs. For seniors with macular degeneration, you might find daylight bulbs are best for your vision. If you have glare issues, it is best to choose a bulb that is soft white. There are also lamps that allow you to adjust the color of the light.

EYE CARE

- Routine eye exams are essential to make sure you are wearing the best vision correction possible. Studies have shown that wearing eyeglasses with single vision lenses rather than multifocal lenses when walking may decrease the risk of falls among older adults. This is because single vision lenses have no near-vision segment that could impair your ability to see your feet (and the floor, ground or sidewalk) clearly without first lowering your head. Ask your eye doctor if you are wearing the best style of eyeglass lenses for your condition and needs.
- A low vision specialist can assess whether simple changes such as the use of special magnifiers and large-print books, playing cards, labels, etc., can help a person better cope with their visual disability.



HOUSEHOLD

- Increase use of contrast. Paint door trim, replace covers on outlets and light switches and put contrasting tape on steps.
- Avoid use of throw rugs and low-lying furniture to help prevent falls.
- Do not move furniture or objects around without a plan or announcing these changes ahead of time.

FOR CAREGIVERS

- Provide enlarged, tactile versions of games, (playing cards, bingo cards and board games).
- Describe the place setting and food arrangement on the plate in terms of a clock face so the person can participate in meals confidently.
- When walking with a person with vision loss, offer your arm for the person to hold onto. Walk about 1/2 step ahead of the person so that you can avoid objects in the pathway. This assistance is called "sighted guide."
- Use clear, verbal descriptions when giving directions and offer a tour of new places, including how to find restrooms.

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Newsletter
JULY 2017

Living Life Independently

In 2015, Bud Shepherd underwent surgery for a kidney removal and suffered an ischemic stroke, losing a significant amount of his eyesight. After living a very full life, Bud was suddenly faced with giving up many things that he liked to do, including driving, reading, spending time on is computer, and taking care of his cows and horses.

In February 2017, Bud was referred to NewView Oklahoma by his ophthalmologist, something he says was "life-changing." He was seen by one of our doctors for a low vision eye exam, which helped him get yoked prism glasses, giving him some increased peripheral vision and assisting with his balance. He was also given a low vision occupational therapy (OT) evaluation and low vision OT treatments.

NewView occupational therapist Anita Miller went into Bud's home and marked many of the things that he uses daily, including the microwave and his computer keyboard. She also marked steps in his home with high contrasting tape to make his transitions safer. In

addition, she taught Bud medication safety so he could manage his own medication on a daily basis.

Today Bud has the proper magnification and can read again when he isn't listening to books on tape. He can also use his iPhone more efficiently and get the most of the functions it offers. Bud will soon be receiving orientation and mobility training, giving him even more independence in and around the home.



OWL Campers Enjoy Summer Fun

NewView Oklahoma believes that every child deserves to have a summer camp experience. OWL Camp, or Oklahomans Without Limits, was created in 2000 and has grown to two weeks of camp each summer for children ages 8 to 18.

Camp activities include bowling, movies, museum trips and more. A favorite camp activity is the adaptive water sports, including water skiing, wake boarding and tubing.

"We build our activities on reaching our limits through trying new things and showing off those activities we are best at," said Cathy Holden, senior vice president of rehabilitation and clinical operations at NewView Oklahoma.

Each blind or visually impaired camper is partnered with a sighted buddy. Campers can do all the same things the sighted youth do with very little adaptation.

"The kids have such a great time being together and getting to do activities they thought they might never do because of their vision impairment," Holden said. "For many, this camp is a time to forget about their limitations and explore a world built around their abilities." The 2017 OWL Camps wrapped up recently in Oklahoma City and Tulsa.



Bud and Vonda enjoy their property outside of Noble, Oklahoma.

20% OFF everything excluding electronic video magnifiers
& **\$100 OFF** electronic video magnifiers

OKC Low Vision Clinic
710 W. Wilshire, Ste. 102

Tulsa Low Vision Clinic
5986 S. Yale Ave.

Expires 10.15.17

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NewView Douglas Location Hit by Storms, Sustains Flood Damage

On April 29, 2017, NewView Oklahoma's corporate offices suffered devastating damage when severe storms ripped through Oklahoma City. A major roof failure due to 90 mph straight line winds resulted in flooding our offices from the 4th floor down. This tragedy caused extensive damage to our building where 60 blind and visually impaired Oklahomans are employed in our manufacturing area and contact center. The building also serves as a corporate headquarters where a dedicated staff of professionals work diligently to provide Oklahomans who are blind with the opportunities, tools and resources they need to live independently and work productively.

The financial impact of making repairs to our building will be significant and we are asking for your help.

Fortunately, our manufacturing facility was not damaged, but we lost productivity for more than a week as we ensured the facility was made safe for ingress/egress for our blind and visually impaired employees. We did not produce or ship any products during that time, but continued to pay every employee on staff. Since the severe storm damage was inflicted, many of our staff have been working at alternate locations while insurance evaluations are being completed and temporary repairs are performed. Many thanks to United Way of Central Oklahoma and the Arthritis Foundation for allowing our employees to use offices within their facilities.

While our employees are back on the job, we know that because of the extreme water and structural damage our property suffered, it will take months and hundreds of

thousands of dollars to return NewView to where we were before April 29. As of June 30, NewView has incurred more than \$75,000 in upfront costs related to storm damage just to make the building safe and restore basic functionality to the building. Based on current estimates from our insurance company and contractors, NewView will incur another \$475,000 in other upfront costs related to storm remediation, roof, electrical and plumbing repairs, damaged equipment and rental of temporary office space for dislocated staff.

While most of the repair costs should be covered by insurance, NewView's deductible and other out-of-pocket expenses are estimated to be greater than \$150,000.00 – funds that would otherwise be used to deliver our life changing services to thousands of visually impaired Oklahomans.

Please consider making a gift to NewView Oklahoma to offset the costs for the needed repairs to our building. Your generosity will ensure that NewView will be able to continue to fulfill our mission – to empower people with vision loss to achieve their full potential for living independently where they live, work, learn and play. A contribution envelope is enclosed for your convenience or visit www.newviewoklahoma.org to donate online.

With your help, we will persevere and come out of this trial stronger than ever. Thank you for your consideration and your interest in improving the lives of blind Oklahomans.

SAVE THE DATE | October 25, 2017

Please join us at our third annual Tulsa ENVISION THE FUTURE luncheon to learn how you can support our life-changing programs.

WEDNESDAY, OCTOBER 25, 2017 | 12:00 P.M.- 1:00 P.M.

Renaissance Hotel & Convention Center | 6808 South 107th East Avenue

HONORARY CHAIRS: Sarah Hansel, Sarah Miller

To RSVP, or if you are interested in hosting a table, please contact Tiffany Henley at thenley@newviewoklahoma.org

Summer Fun for Blind or Visually Impaired Kids

Summer is usually a time for fun, outings and enjoying the outdoors, but it can often be difficult to find projects that are appropriate for young children who are blind, visually impaired, or with multiple disabilities. You can find ideas on Pinterest and several other online resources, including the list below from wonderbaby.org, for adapted projects to make summer fulfilling for the visually impaired.

Beyond the usual parks, water parks, and picnics, these go outside the box:

- Slip 'n Slide: If you don't have water nearby, try getting a Slip 'n Slide for your yard with easy set up and instant cooling factor.
- Water Play: Even without a pool, you can have fun with water toys and throwing a home-made sponge ball around. Or fill a big pot with water and throw in some plastic balls to make ball soup!
- Playing with Fans: Sitting in front of a fan can be a fun game too. Tie ribbons and a couple of small balloons to a fan so kids can feel how the wind moves them around.

- Playing with JELLO: Make some JELLO following package directions and have it set in a shallow cookie sheet. When it's done you have a big, cold slippery surface that can be fun to touch or even dig into. Try hiding some toys in the JELLO and see if your child can find them!
- Balloons: a favorite texture game... fill balloons with different textures (like flour or beans) and see if you can guess what's inside. For summer fun, fill with water and have a water balloon fight.
- Finger Paint with Food: Why not finger paint with applesauce and pudding? You can do this outside for easy spray down fun and clean up.
- Make a Touch Book or Story Box: Touch books and boxes are fun ways to highlight different textures. Use objects you've got laying around the house (like foil, tape or fabric remnants) and glue to the pages of your very own book, or put them in a box to touch while telling the story. You can also use this for a memory book about your summer or family vacation.

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