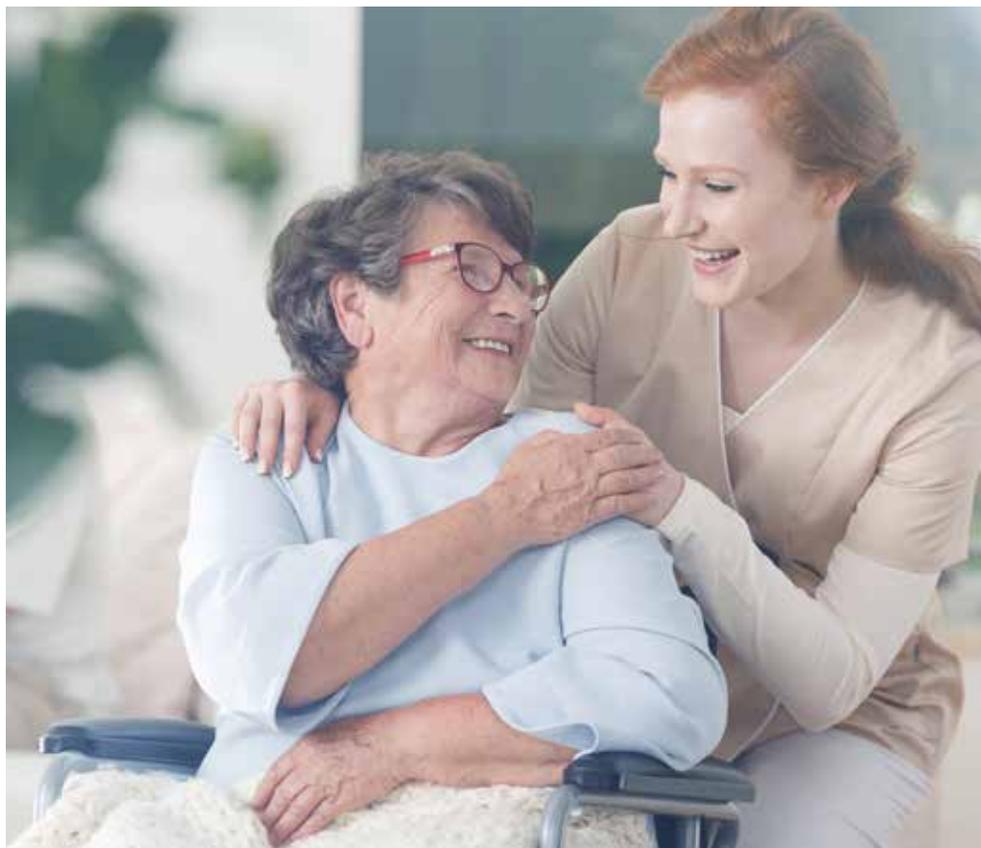


Fall 2020

Health Chronicle



Contents

- Supporting Vision Impaired Seniors 1
- Annual Meeting Proxy..... 3
- Vision Charity Nomination Form4
- HVA Supports Healthy Vision Around the World 6
- Healthy Vision Association Helps Educate and Inspire During National Blind Sports Week7
- Glaucoma: What you need to know about “the sneak thief of sight” 8

Supporting Vision Impaired Seniors

Vision loss or poor vision can be extremely challenging for older loved ones. Sadly, much of the time this ailment is inevitable. Although living a comfortable life despite vision impairment is 100% possible, many of these seniors are forced to rely on others for multiple daily activities.

Risks associated with poor vision among seniors include:

- **Trip Hazards:** Preventing seniors from falling is the most common problem associated with macular degeneration. This vicious disease wears down the



retina, causing men and women over 60-65 years in age to not see as well as they used to. According to the National Council on Aging, one in four Americans age 65 or over will fall at least once per year. Even worse, among the elderly, falls are the primary cause of both hospital admissions and fatal injuries. It only takes one fall to dramatically alter a person's life forever.

- **Inability to Continue Driving:** Many seniors with sight impairment are out there driving as if there is not a problem. This could be potentially deadly for not just themselves but also other drivers on the road. Not being able to drive is a major lifestyle crutch but could ultimately end up being the right restriction.
- **Cease to Engage in Hobbies:** Apart from the issue of self-transportation, hobbies as simple as reading or playing cards might no longer be possible. The inability to function properly in basic past times could result in an onslaught of boredom, leading to depression and maybe even destructive behavior.

Without the experience of a caregiver, knowing how to provide the proper support can be a challenge. By being aware of common risks to look out for, as well as using these consumer-oriented tips, it will be substantially easier to help elderly men and women who have poor vision.

Ensure Lighting Is More than Adequate

Nothing is going to be more important for the visually impaired than having the right lighting. Take note of where all the dark spots are within the home and install additional lights or add lamps. As for wattage, you might also want to upgrade all of the light bulbs to ones that are brighter. In the kitchen, consider installing lights underneath the cabinets too, furthering reducing blind spots.

Undergo More Frequent Eye Checks

One of the main advantages to seeing a low vision specialist is being able to get advice. Vision specialists have worked with similar elderly patients before in overcoming poor vision to lead a safer lifestyle. Additionally, the anxiety that comes with declining vision can be treated and softened by this specialist as well. He/she can also recommend low vision aids to assist in daily living.

Add Grab Bars in the Bathroom

There's a reason the ADA requires the installation of grab bars in lavatories for the handicapped. Bathrooms are one of the riskiest places in the house for the elderly to fall, and this risk is substantially heightened by poor vision. Adding grab bars will help them maneuver better despite not being able to see.

Move Furniture Out of All Pathways

Clear pathways are crucial. Rugs and ottomans might look nice, yet these are some of the most worrisome objects that could go unseen and result in tripping, slipping or falling. Rearranging everything to be entirely safe might take a thorough session of shifting furniture around, but the reduced risk will be well worth the trouble.

Always Declutter the Entire House

The elderly love having their grandchildren over to visit. Those little rug rats are great for the soul, just make sure toys and other hazardous items are not left lying around, especially in places where seniors will be moving about the house. All cords for electric appliances should be carefully managed and tucked away where no one will be walking.

The Bigger the Better

Every product comes in a larger version. For those with impaired vision, bigger sizes can make the world of difference. Books are sold in extra-large print, while even common household items such as calculators are available with expanded screens so the numbers are easier to read. And of course, a magnifying glass isn't only for detectives to inspect clues. Many convenient hands-free magnifiers are frequently used by senior citizens with vision trouble. On that same note, large screen computer monitors and televisions are now more affordable than ever.

For those who have experienced a loss of vision, the early problems will likely continue to get worse without proper assistance. Help prevent seniors from experiencing these awful problems by using the above tips. One day, you might be in need of the same generous level of day-to-day attentive care.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of The Healthy Vision Association will be held at 16476 Wild Horse Creek Road, Chesterfield, Missouri, on Thursday, December 3, 2020 at 4:00 p.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY Healthy Vision Association December 3, 2020 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF THE HEALTHY VISION ASSOCIATION

The undersigned member of The Healthy Vision Association does hereby constitute and appoint the President of the Healthy Vision Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of the Healthy Vision Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Richard Schindehette, Steven Tilley, Thomas Lohse, Beth Petti, and Joseph Gira.
Please visit www.healthyvisionassociation.com for more information about our board members.
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2020

Signature _____

Name (please print) _____

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
November 15, 2020
Date

Nominate your favorite vision charity for an HVA sponsorship!

Do you know of a worthy organization that promotes healthy vision? Tell us about it!

We'd like suggestions from you, the HVA members, about additional organizations who could benefit from a sponsorship from our association. Please fill in the information below and mail this page along with your completed proxy on the other side.

Thank you!

Suggestion for a Healthy Vision Association sponsorship

As an HVA member, I would like to suggest the following vision organization for an HVA sponsorship:

Name of organization: _____

Website address or phone number: _____

Your (HVA member's) name: _____

Your email or phone number: _____

Healthy Vision Association (HVA) continues to support students attending Optometry Schools nationwide who are members of the Association.

For more information regarding scholarships please visit
www.healthyvisionassociation.com

HVA SUPPORTS HEALTHY VISION AROUND THE WORLD

Every year, Healthy Vision Association sponsors a variety of charitable organizations. Here is a list of the organizations we currently, and are continuing to, sponsor.

- **Prevent Blindness** – <http://www.preventblindness.org>
- **Optometry Giving Sight** – <http://www.givingsight.org>
- **America's VetDogs** – <http://www.vetdogs.org>
- **Himalayan Cataract Project** – <http://www.cureblindness.org>
- **The Seeing Eye** – <http://www.seeingeye.org>
- **United States Association of Blind Athletes (USABA)** – <http://www.usaba.org>
- **Eye Thrive** – <http://www.eccoma.org>
- **Support Sight** – <http://www.mvrf.org>
- **Children's Center for the Visually Impaired (CCVI)** – <http://www.ccvi.org>
- **Guiding Eyes for the Blind** – <http://www.guidingeyes.org>
- **Team Activities for Special Kids (TASK)** – <http://www.tasksports.org>
- **Mercy Ships** – <http://www.mercyships.org>
- **Delta Gamma Center for Children with Visual Impairments** – <http://www.dgckids.org>
- **1Touch Project** – <http://www.1touchproject.com>
- **Kids Vision for Life St. Louis** – <http://www.kidsvisionforlifestlouis.com>
- **Unite for Sight** – <http://www.uniteforsight.org>
- **United in Stride** – <https://www.unitedinstride.com>
- **St. Louis Blues Blind Hockey Club** – <https://www.stlbbhc.org>
- **NY Metro Blind Hockey Team** – <https://www.nymbh.org>
- **Thompson Center for Autism - University of Missouri Autism and Visual Impairment Outreach**
- **Folsom Project for the Visually Impaired**
- **MUOT Tiger OT Low Vision Program**

HVA is very fortunate to have an extremely impressive board of directors. Their real world success and experience and their overall commitment and care have been pivotal to the growth and success of HVA.

Healthy Vision Association Helps Educate and Inspire During National Blind Sports Week



PRESENTED BY:



This year, for the first time, the United States Association of Blind Athletes (USABA) expanded its annual National Blind Sports Day into a virtual National Blind Sports Week, and Healthy Vision Association's presenting sponsorship helped expose hundreds of individuals across the nation to sports and recreation opportunities available to the blind and visually impaired. The week of virtual programming for National Blind Sports Week took place Sept. 28-Oct. 3, and featured sport webinars on goalball, judo, blind hockey, triathlon, track & field and blind soccer. There were also daily resource webinars led by national blindness organizations and interactive athlete Q&A with Paralympians and Paralympic hopefuls.

USABA would like to thank Healthy Vision Association for helping expand the breadth and reach of this impactful event through their generous support.



Glaucoma: What you need to know about 'the sneak thief of sight'

(BPT) - "Will I go blind?" It's a frightening thought that most people have when they are first told they have glaucoma.

"Patients are almost always concerned that they are going to lose their vision," said Dr. Andrew Iwach, executive director of the Glaucoma Center of San Francisco. "The good news for the majority of patients is that we can maintain their vision with treatment."

The sneak thief of sight

Glaucoma, an eye disease that damages the optic nerve, is the leading cause of irreversible blindness. It affects more than three million people in the United States. The National Eye Institute projects this number will rise by 58% over the next decade to 4.2 million people.

The most common form of the disease is open-angle glaucoma, which affects 90% of patients and occurs when the eye's drainage canals become clogged over time, according to the Glaucoma Research Foundation.

Open-angle glaucoma has been called "the sneak thief of sight" because it strikes without symptoms. Experts estimate that half of the patients who have glaucoma don't know it. As much as 40% of vision can be lost without a person noticing. And once that

eyesight is lost, it's permanently gone.

"I didn't have any symptoms prior to diagnosis," said Richie Kahn, 34, who was diagnosed in March 2019. "By then, glaucoma had already stolen part of my vision. I was surprised to learn that my brain was actually compensating for my vision loss by filling in the blanks."

Hope through treatment

Since glaucoma has no symptoms in its early stages and progresses slowly over many years, eye doctors emphasize the importance of regular eye exams to detect the disease before there's a significant loss of vision.

The target for glaucoma therapy is to lower intraocular pressure (IOP). High IOP causes damage to the optic nerve, which produces vision loss in the disease. Approaches to lowering IOP include a wide range of eye drop medications, laser treatments that are performed in a doctor's office and several types of incisional surgery.

Dr. Trinh Green has lived with glaucoma for 24 years after being diagnosed at age 21. Like Kahn, she had no symptoms of the disease, so news of her diagnosis came as a total surprise.

Her advice to others is to remain calm and stay optimistic throughout their care and treatment.

"I think it's very important for people to stay calm after learning they have glaucoma," said Trinh. "There are many more treatments available in the last few years. I also owe so much to Dr. Iwach. He's a very calming presence. Whenever there was a setback and the disease progressed, he would tell me, 'I have a few more tricks up my sleeve.'"

The power of knowledge

In addition to early detection and treatment, Iwach emphasized the importance of patients learning everything they can about glaucoma.

"Getting the facts, including risk factors and treatment options, can empower patients to improve their outcomes and reduce their fears," he said.

He encourages his patients to read "Understanding and Living with Glaucoma," published by the Glaucoma Research Foundation. The free booklet offers a comprehensive introduction to glaucoma and guidance about how patients can work with their doctors to manage the disease.

Glaucoma patients like Kahn found power in knowledge in their fight against glaucoma.

"Everyone's journey will be different and you have to be willing to advocate for yourself," Kahn said. "I learned a lot from the Glaucoma Research Foundation. Staying informed about my particular situation allows me to be an active member of my own care team, doing my part to preserve my vision."

A free copy of "Understanding and Living with Glaucoma" can be downloaded or ordered at www.glaucoma.org/booklet.





Membership Services Office
16476 Wild Horse Creek Road
Chesterfield, MO 63017

The HVA Health Chronicle is published by:
Healthy Vision Association

For information regarding your membership
and association services, call or write:

Membership Services Office
American Independent Business Coalition
16476 Wild Horse Creek Road
Chesterfield, MO 63017

1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative,
enlightening, and helpful to you. While all information contained
herein is meant to be completely factual, it is always subject to
change. Articles are not intended to provide medical advice,
diagnosis or treatment.

Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels.
For more information, or to upgrade your membership, please call
1-800-387-9027.

The Healthy Vision Association is dedicated to helping its members see well and be healthy by providing access that might not be available through employers to products, services and information that promote vision and overall health.

As a Healthy Vision Association member, you'll enjoy discounts and savings on health, travel and other services that can save you hundreds of dollars each year. And, you'll have the opportunity to enroll in premium vision plans offered by VSP® Vision Care to Association members (plans offered may vary by state). A portion of your annual enrollment fees will be used to sponsor charitable organizations that support vision and overall health and wellness.

