



Notes from the President

First, let us address the elephant in the room (note: it's not me, no matter what that blabbermouth scale and refrigerator say!). COVID-19 has redefined how we all act and respond to situations. Our ability to interact and co-mingle with people has changed, so it affects our ability to serve and help those in need. Lions Clubs have had to figure new and innovative ways to meet, fundraise and serve the communities. Our Lions Eye Clinic had to find ways to continue to serve those in need. The Clinic has met that challenge head on and solved it. It seems that these new ways of serving will be long term, and constantly redefined/revised as we go forward. The Virginia Lions Eye Institute Foundation (VLEIF) continues to find ways to help.

As always, I would like to say thanks for the herculean efforts of everyone involved.

Thanks to the Clubs of the District for their continuing support. Without the strong support of the Clubs, we would not exist. Clubs continue to support us even though their ability to raise funds have been hampered. That is truly the "Lion Spirit" and epitomize the motto "We Serve".

Thanks to the Board members and advisors who give of their time and talents to make sure we have an organization that functions in an excellent and effective manner always. Your response during these trying times have been nothing short of fantastic. You truly make this a first-rate organization.

Thanks to the Lions Eye Clinic and all the volunteers and permanent workers who have adapted and found ways to continue to serve those in need.

Thanks to the District Clubs for sponsoring the "Joe Lipomi" Scholastic Grant applicants. Our turnouts have been fantastic in the past, and we hope to find ways to continue club and family interaction with the applicants. Time will tell as to how we can make this happen.

Thanks to the Scholastic Grant Committee for timely approval of qualified applicants and for going the extra mile to help those who sometimes struggle to properly complete the applications. The upcoming deadline (December 5th) is fast approaching, and I know you will be up to the challenge.

Thanks to the Low Vision Learning Centers and Prevention of Blindness Society of the Washington Metropolitan Area for continuing to maintain a high level of service to those that need it.

Thanks to our Treasurer (PDG Sally Kenavan), our Vice President (PDG Joe Volpe) and our Secretary (Lion Shirley Gorospe). They deserve medals for trying to keep this old fellow going in the right direction. Their support is one of my many blessings.

Sincerely,
Woody
Ed "Woody" Woodard
President, VLEIF

VLEIF

Virginia Lions Eye Institute Foundation

Lions Eye Clinic Serving District 24- L



TABLE OF CONTENTS

- | | | | |
|----|---|----|---|
| 1 | Notes from the President | 28 | POB Message for Child Eye Health |
| 2 | October EyeWatch Table of Contents | 29 | YourEyes Resources for Healthy Vision (English) |
| 3 | COVID Message | 31 | YourEyes Resources for Healthy Vision (Spanish) |
| 4 | September 23, 2020 Board of Trustees Meeting | 32 | Letter from iNOVA |
| 5 | President's Comments (post BOT meeting) | 33 | VLEIF Resource Information |
| 6 | Board of Trustees | 34 | Low Vision Clinic Masks |
| 7 | Leader Dogs for the Blind Article | 35 | Letters and Photos from Grant Recipients |
| 10 | Children's Eye Foundation Flyer | 39 | Northern Virginia Lions Mobile Sight & Hearing Screening Unit Information |
| 11 | School Health Vision Supplies | 40 | iNova Cares Eye Clinic Information |
| 12 | Dr. Richard A. Falls Research Grant Information and Application | 41 | Free Clinic Resource Table |
| 13 | Prevention of Blindness Society Halloween Safety | | |
| 16 | POB Reducing Eye Strain While Learning | | |
| 19 | Low Vision Learning Center | | |
| 19 | 2020 Census Update | | |
| 20 | POB Information | | |
| 23 | Cooking With Technology | | |
| 23 | Inspiration Corner | | |
| 24 | Lion Sheryl Bass Computer Lighting Article | | |
| 25 | Memorial Day Parade Masks & T-Shirt Flyer | | |
| 26 | How to donate to VLEIF | | |
| 27 | Joe Lipomi Scholastic Grant Application | | |

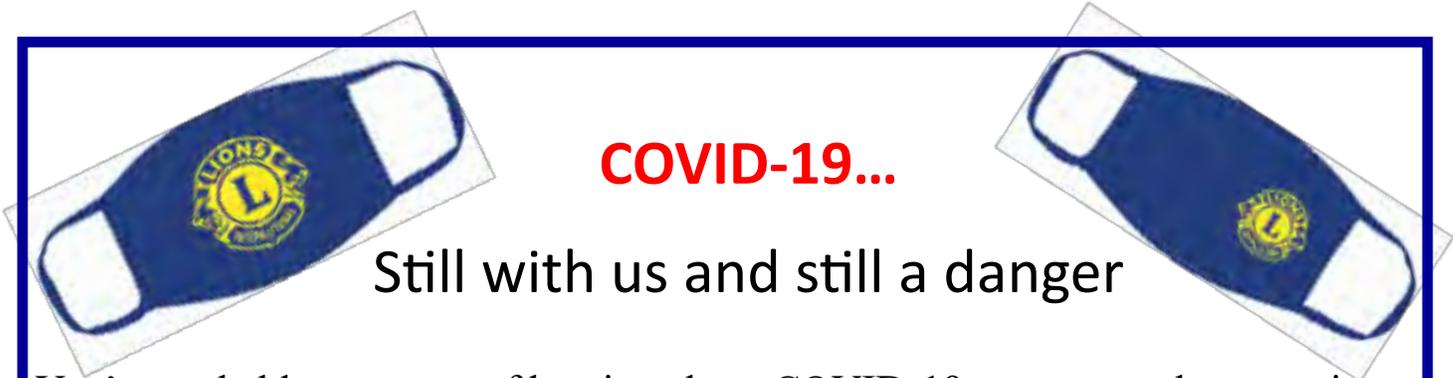
Important Links

[VLEIF](#)

[American Academy of Ophthalmology](#)

[Prevention of Blindness Society of Metropolitan Washington](#)

[Low Vision Services](#)



COVID-19...

Still with us and still a danger

You're probably as weary of hearing about COVID-19 as you are about staying home, but it's still with us and still a danger. That's especially true for all of us "mature" (better word than "older") folks.

VLEIF encourages all Lions to continue to follow safety guidelines in helping reduce exposure for ourselves and our family, friends and neighbors. A basic tenant of safety is wearing a mask. Even after seven months of quarantine and infrequent trips to grocery stores, etc., it's easy to forget our masks. Luckily, many stores provide hand sanitizer and masks at their entries. Here's a reminder of the way to wear a facemask for the most protection: Both your mouth and nose should be protected. Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears. Wash or replace masks frequently. For guidelines on COVID-19 safety, visit the [Centers for Disease Control](#) and/or the [State of Virginia](#) websites.

Like those LIONS facemasks? See the flyer on page 25 of this edition of EyeWatch and get one for yourself. Please stay safe!





The VLEIF Board of Trustees held their first Zoom meeting from noon to 2 p.m. on Wednesday, September 23, 2020. Discussions included the 2020-2021 Treasurer's Report and approval of the Budget, fundraising events, Low Vision programs, reports from the Foundation Fighting Blindness, MyEyeDoctor and Prevention of Blindness programs. The Board discussed the possibility of in-person meetings, the Eyeglass Recycling Program, purchase of new, improved equipment, and research and scholastic grant programs.

VLEIF Proposed Budget 2020 - 2021

Budget - 2020 - 2021	Assumed Inc - 2020-21	2019 - 20 Actual
Portfolio Potential		
VLEIF Donations	\$40,000.00	\$120,000.00
Direct Draw - POB	\$15,000.00	\$15,076.00
Grant Presentation - Funds Collected	\$24,000.00	\$24,000.00
INOVA Low Vision Clinic (Operational)	\$2,500.00	\$1,500.00
TOTALS	\$106,500.00	\$185,576.00
Budgeted Expenses	2020-2021 Budget	2019-2020 Actual
Line Items		
Insurance	\$1,500.00	\$1,500.00
Accountant/Audit Support	\$3,000.00	\$3,000.00
Book Keeping Support	\$400.00	\$400.00
Secretary Support	As Approved	As Approved
Indigent Working Poor Support		
Administrative Supplies	\$300.00	\$400.00
Postage	\$160.00	\$160.00
Publicity & Website	\$600.00	\$200.00
Eye Clinic Support	\$25,000.00	\$25,000.00
Conferences Expenses	As Approved	As Approved
Eyeglass Program for Lions Clinic	As Approved	\$12,000.00
Clinic Equipment	As Approved	\$50,957.00
Scholastic Grants	\$60,000.00	\$78,000.00
Scholastic Grants Presentations	\$1,500.00	\$1,500.00
Continuing Education	As Approved	\$0.00
Cypress Management Fee	\$9,200.00	\$9,400.00
Low Vision Taxi Vouchers	\$500.00	\$0.00
State Corporation Fee	\$25.00	\$25.00
President's Fund	\$1,000.00	\$1,000.00
Low Vision MOU with POB	\$24,000.00	\$24,000.00
Club Assistance	\$5,000.00	\$350.00
Dr. Richard A. Falls Research Grant	\$40,000.00	
Unbudgeted Line Item Support	\$18,015.00	
TOTALS	\$190,200.00	\$207,892.00

PRESIDENT'S COMMENTS
September 23, 2020 Board of Trustees Meeting

I will start by saying many thanks for the work that you do as board members. Without you, we could not do the good work that we do. The COVID-19 pandemic has forced us to alter our usual operations, but we still find ways to help. I would also like to formally welcome our newest board member Lion Don Bradley (Burke Host).

Thanks to the Research Grant Committee (Dr. Mark Falls; Dr. Alex Melamud and Dr. Sally Kenavan) for formulating the Grant rules and application. We hope this is a means to extend our service and help more visually impaired people and a perfect vehicle to always remember and honor our most distinguished member Dr. Richard A. Falls. We already have interest and tentative applicants.

I would like to encourage all board members to sign up for the active committees. It is through your ideas and assistance that we can achieve the great things we would like to do.

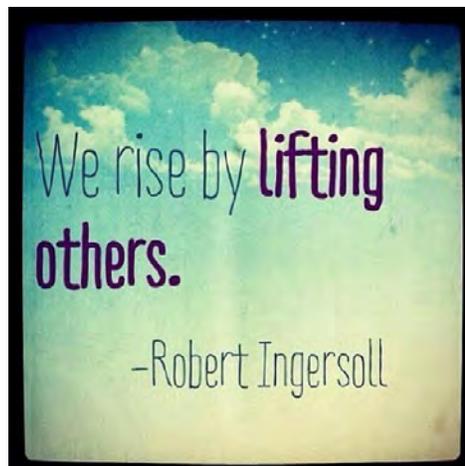
Conflict of Interest forms will be passed out at our first in person quarterly meeting. I will be giving them to all board members, because whether or not you are a voting member, you always have a voice and influence on the board, and encouraged to speak out with ideas that can help us grow as a foundation.

Thanks to Katie for stepping up as usual and arranging our meeting as, always a top-notch effort.

We will still pursue expanding our services to the Fredericksburg area when we can do it safely. Lion Ken Lapin has volunteered to assist with this project.

Don't forget, we plan to have our annual meeting at the Fall Conference November 7th at the Hyatt Regency Dulles. However, after conversation with VP Joe Volpe, I would entertain a motion to forego the annual meeting and provide all clubs with a brief statement of our solvency and continued mission, with our Treasurer's input. This would be done prior to the Fall Conference.

Woody



Got something to say or share? Send articles and photos to
VLEIF EyeWatch Editor Lion Beth Kelley at kelleyei@aol.com



**VLEIF
BOARD OF TRUSTEES**



**PDG Woody Woodard
President
NE Region Zone C Rep**

**PDG Joseph R. Volpe,
Vice President
NE Region Zone E Rep**

**Lion Shirley Gorospe
Secretary
NE Region Zone C Rep**

**PDG Sally B. Kenavan,
Ph.D.
Treasurer**

**DG Glen Logan
Ex-Officio Member**

**1VDG Joel Kendall
Ex-Officio Member**

**Lion Ralph Thompson
NE Region Zone E Rep**

**Lion Sheryl Bass
District Chair
SE Region Zone G Rep**

**2VDG Rose Burrus
Ex-Officio Member**

**Fadi Y. Saadeh
Inova
Director, Safety Net Clinics**

**PDG Wilma Murphy
SE Region Zone I Rep**

**Lion Don Bradley
NE Region Zone E Rep**

**Karen Berube
Inova
Population Health**

**Tofik Ali, M.D.
Medical Director
Lions Eye Clinic**

**Caren Forsten
Executive Director
Prevention of Blindness
Metropolitan Area**

**Lion Mark Armendaris
Certified Public Accountant**

**Lion Sandy Armendaris
Bookkeeper**

MEDICAL REPRESENTATIVES

**Manfred Von Fricken, M.D.
Lion Suleiman Alibhai, O.D.
Alex Meamud, M.D., M.A.
Richard Weinberg, M.D.
Mark Falls, M.D.**



“FOR” EYES



News from Leader Dogs for the Blind For MD24-L October 2020

Blindness Awareness Month

The month of October seems to be recognized in the blind and visually impaired community. In addition to October being declared Blindness Awareness Month, there are several days or weeks dedicated to blindness and vision lost this month.

- October 8th is World Sight Day which focuses on global attention on blindness and vision impairment. World Sight Day began in 2000 during Lions Clubs International’s Campaign Sight First program.
- October 5th – 11th is National Braille Week which highlights the importance of braille and alternative formats that open the written word to people who are vision impaired.
- October 15th is White Cane Awareness Day which celebrates the achievements of the blind or visually impaired individuals especially in their ability to travel safely by emphasizing the critical role that this tool plays in the lives of the blind community. The White Cane is an essential tool that gives them the ability to achieve a full and independent life.
- October is Eye Injury Prevention Month. The American Academy of Ophthalmology states that nearly 2.5 million people suffer eye injuries each year and nearly a million of those injuries end up with some degree of vision lost.
- October is also Home Eye Safety Month. During the month of October, important safety tips are outlined to protect your vision around the home. From spring cleaning, to yard work, to just playing around with the little ones the risk of eye injuries are more likely at home than anywhere else.



Helen Keller Quote of the month:
“When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.”

Because of Covid-19, Leader Dogs for the Blind Training Staff has had to rethink how they can safely train with their clients and new Leader Dogs. One new tool they are using is a voice amplifier. This new tool allows the instructors to be heard while socially distancing.



Did you know ... That Leader Dogs for the Blind has the ability to provide materials to their clients in large print, braille, or recorded CD's. Their Accessible Materials Room might not be the most visited area on their campus tours but volunteers and staff who work in this area provide a much needed and at times custom service to their clients.

Pictures of the month:



Want to play?

FLD Maya and MIA ready for training



Did someone say camping?

At least one is wearing a mask.

Join me this month in viewing the Lifecycle of a Leader Dog. This video highlights the different stages of a Leader Dog. Click on this link below and get ready to say ahh. <https://youtu.be/PgXOrXfgQFk>

October can be stressful for our four-footed friends but not Future Leader Dogs. Click on this link to see how they deal with scary environments. <https://www.facebook.com/leaderdogsfortheblind/videos/262528758270226/>



Ready for some fall fun with your-four footed friends. Help support Leader Dogs for the Blind and at the same time receive some great outdoor picnic supplies for your fall outing. Order your kit today at <https://secure.qgiv.com/for/qldp>

Thank you again for your support to Leader Dogs for the Blind. Together, Lions and Leader Dogs for the Blind can make everyone unstoppable!!!

In every Leader Dog Beats the heart of a Lion!!!

Lion Chuck Schwab

MD-24L Leader Dogs for the Blind Chairperson

lionclschwab@netscape.net





PEDIATRIC EYE EXAMS AND ONE YEAR OF FOLLOW-UP CARE FOR UNINSURED/UNDER-INSURED CHILDREN

Includes Children who have lost their health insurance due to COVID-19

**Launching In:
Maryland, Washington DC and Northern Virginia
In October 2020**

All US children (citizens/legal residents under the age of 18) who are unable to access care because of socioeconomic circumstances.

The American Association for Pediatric Ophthalmologists and Strabismus members volunteer to provide care for children who do not have the financial resources or health insurance to see a physician.

Children who have failed a vision screening or are presenting some other vision issue will be prioritized.

If you know of a child who has failed a vision screening or is having issues with their vision, please ask them to visit allchildrensee.org and complete the on-line application.





Safe Screening with the Spot®!

The Welch Allyn Spot Vision Screener is a non-contact, easy-to-use photo screener that quickly and accurately identifies vision risk factors from a non-invasive distance of three feet!

[Learn More](#)

Get an Exclusive Deal from School Health on Spot!

Each Spot Vision Screener purchase from School Health includes a **FREE 5 Year Partners in Care Agreement (a \$1,425 savings)** which includes:

- Expert repair services
- Accessory protection
- Remote technical support
- Accidental damage including drop protection
- Free shipping and loaner coverage



Shop PPE, Thermometry, Social Distancing Supplies, and More!

[Shop Now](#)

The Dr. Richard A. Falls Research Grant

The Virginia Lions Eye Institute Foundation (VLEIF) of Northern Virginia is proud to sponsor the inaugural **Dr. Richard A. Falls Research Grant**. Named in honor of the late Dr. Richard A. Falls, the grant seeks to “support research that will contribute to the wider field of knowledge on eye disease with the goal of improving vision and eye health”. The Lions hope that this generous grant will spur innovation in the field of ophthalmology and optometry. Applications are due by October 1st each year. A total of \$40,000 of grant funding is available. All worthwhile projects will be considered by the research committee.

Dr. Richard Falls was a long-time Lion and supporter of medical education and vision research. He started the Eye clinic in partnership with the Fairfax County Health Department in 1974 to serve indigent patients. It has grown into a partnership with Inova and the Georgetown University Ophthalmology residency program to provide medical and surgical eye care for our underserved population. Dr. Falls was always a strong advocate for the clinic during his tenure as Fairfax Hospital’s Chief of Ophthalmology. As one of the early members of VLEIF, he helped direct our charitable giving, including generous yearly gifts to the clinic for equipment and management. We hope his memory will be well served by these research grants.

Grant administrators:

Dr. Alex Melamud - AMelamud@rgw.com

Dr. Mark Falls - mfallsmd@gmail.com

PDG Sally Kenavan - sally.tom@comcast.net



**DR. RICHARD A. FALLS RESEARCH GRANT
VIRGINIA LIONS EYE INSTITUTE FOUNDATION**

APPLICATION FOR GRANT

Our Mission Statement:

The Dr. Richard A. Falls Virginia Lions Eye Institute Foundation Grant seeks to support research that will contribute to the wider field of knowledge on eye disease with the goal of improving vision and eye health.

The application deadline is October 1 each year. Grants may range from \$500 to \$40,000 and are for one year, with the opportunity to re-apply for a second cycle. The funding level will be determined by the needs of the project and the number of competitive grants received in a given year as evaluated by the Grant Administrators. It is the expectation that the proposed research will be conducted according to the ethical standards and Institutional Review Board (IRB) obligations of the primary investigator's affiliated institution.

This application should be completed by the primary investigator applying for the Grant, including the separate attachments as described on the next page.

Completed application and supporting documents should be emailed to Dr. Alex Melamud at amelamud@rgw.com. For questions, please call him on (703) 698-9335.

Grant Administrators

Dr. Mark Falls

Dr. Sally Kenavan

Dr. Alex Melamud

DEADLINE FOR SUBMISSION: OCTOBER 1

All information to be completed by the Principle Investigator

Principle Investigator (PI) Name _____

PI Contact Information

Email _____

Phone _____

Address _____

PI's Affiliated Institution _____

Title of Research Project _____

Provide the following information as separate attachments to your application:

1. Cover Sheet
2. The Principle Investigator's *Curriculum Vitae*
3. A summary (500 words or less) of the proposed project, including the research question, background, and proposed methods. Include how the research supports the mission statement of the Virginia Lions Eye Institute Foundation (VLEIF).
4. The Principles Investigator's bibliography (limit to one printed page, 12-point font)
5. A budget to include all costs associated with conducting the research and plans to present the findings at a local or national conference.
6. A list of other current grants or funding for the proposed study

It is the expectation that any published results or any data presented will be shared with the VLEIF and that a summary of the status of the project will be submitted to the VLEIF at the end of the one-year grant cycle.



Prevention of Blindness Society of Metropolitan Washington®

Did you know that October is Halloween Eye Safety Month?

Since many traditional Halloween activities can be high-risk for spreading viruses, the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) is discouraging trick-or-treating, costume masks, and Halloween parties this year.

CDC recommended alternative ways to participate in Halloween include:

- Carving or decorating pumpkins with members of your household and displaying them
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with

The [American Academy of Ophthalmology](https://www.aao.org) is warning the public against wearing costume contact lenses purchased without a prescription. Tiger eyes, checkered pupils: non-prescription decorative lenses also called cosmetic, costume, or "plano" contact lenses come in many different patterns and colors. To safely wear decorative contact lenses this Halloween or any time of year, the [American Academy of Ophthalmology](https://www.aao.org) recommends following these guidelines:

- Only buy decorative contact lenses from an eye care professional such as an ophthalmologist – a medical doctor specializing in the diagnosis, medical and surgical treatment of eye diseases and conditions – optometrist or retailer that requires a prescription and sells FDA-approved products.
- If you don't already have a contact lens prescription, obtain a valid prescription and eye exam from an ophthalmologist or optometrist, a health care professional who provides primary vision care ranging from sight testing and correction to the diagnosis, treatment, and management of vision changes.
- Even for those with perfect vision, an eye exam and prescription are mandatory in order to fit the right size contacts. Do not fall victim to false advertising claims and lenses labeled as "one size fits all" or "no need to see an eye specialist."



- Follow the directions for cleaning, disinfecting, and wearing the lenses. Contacts that are left in for too long or that are not properly cleaned and disinfected can significantly increase the risk of an [eye infection](https://www.cdc.gov/eyeinfection).
- Never share contact lenses or wear expired lenses.
- If you notice redness, swelling, excessive discharge, pain, or discomfort from wearing contact lenses, remove the lenses, and seek immediate medical attention from an ophthalmologist. Eye infections like keratitis can quickly become serious and cause blindness if left untreated.
- Try to avoid costumes with masks, wigs, floppy hats, or eye patches that block children's vision.
- Try to avoid pointed costume props such as spears, swords, or wands that may harm other children's eyes.
- Remember to tie costume hats and scarves securely so they don't slip over children's eyes and block their sight.



Don't let an eye infection be the scariest part of your Halloween. Using decorative lenses without a valid prescription can cause serious harm to your eyes—haunting you long after October 31. You can safely buy contact lenses from eye doctors' offices, online, or by mail order with a valid prescription. Do not purchase decorative contact lenses from costume shops, online stores, beauty salons, drug stores, flea markets, or anywhere that doesn't require a prescription. When decorative contact lenses are sold without a prescription, proper fitting, and education from an eye doctor, there may be a higher chance of contact lens-related eye problems. Decorative lenses purchased without a prescription may not fit properly, leaving the eye more susceptible to scratches on the outer layer of the eye, or getting an ulcer (an open sore) on the cornea- the clear covering over the front of the eye. The result of a scratch or sore can be scarring, infection, and permanent vision reduction or loss.

Educate yourself and others about the dangers (including eye sores and vision loss) of using decorative contact lenses without a prescription. Enjoy a safe and happy Halloween and practice healthy contact lens wear and care. Follow these tips when considering [decorative contact lenses](#).

Spread the word! Share our Halloween contact lens health [messages](#) and [images](#) on social media.

You can also learn more from these partner materials:

FDA. [Decorative Contact Lenses: Is Your Vision Worth It?external icon](#)

FDA. ['Lucky 13' Tips for a Safe Halloweenexternal icon](#)

AAO. [Halloween Hazard: Never Buy Decorative Contact Lenses Without a Prescriptionexternal icon](#)

AAO. [Halloween Warning from Ophthalmologistsexternal icon](#)

AAO. [Over-the-Counter Costume Contact Lenses Can Ruin Visionexternal icon](#)

AAO. [Video: No Prescription, No Way](#)

AOA. [Beware of Inferior Quality Contact Lensesexternal icon](#)

**ALL CONTACT LENSES
REQUIRE A PRESCRIPTION.**



Whether they correct vision or not, all contact lenses require a prescription from an eye doctor.

For more information on contact lens safety, visit Prevent Blindness at www.preventblindness.org/wearing-contact-lenses





Reduce Eye Strain While Learning Online

Good vision is an essential tool for our children's education and social success and can lay a strong foundation for their future.

To combat eye strain, POB recommends parents to encourage:

- Following the "20/20/20 rule." Every 20 minutes, look about 20 feet away for 20 seconds by allowing the eyes to rest, which is needed as children focus on their device's screen during distance learning.
- 30-120 minutes of outdoor time per day for children, to slow the progression of myopia.
- Reducing screen time for children outside of school hours to offset their increased use during "school time."

Check out [this television interview](#) on heading back to school with healthy vision featuring Dr. Mohamad S. Jaafar from Children's National Hospital. Dr. Jaafar also serves on POB's Board of Trustees.

Super-Vision News - October 2020

A new monthly newsletter from the

[Prevention of Blindness Society of Metropolitan Washington](#)

Children's Vision Health Team



**Low Vision Learning Center Information &
Resource Hotline Remains Open:
(301) 951-4444**

While our locations may be closed to the public due to COVID-19, **the Information and Resource Hotline remains open and ready to receive your calls!** We can answer questions about available resources, including reading, transportation, technology and much more! You can also ask about our Town Hall Calls and other support groups meeting by phone/online. Our Low Vision Resource Navigators are ready for your questions!

Hotline Hours: 11 a.m. - 5 p.m. on Monday, Tuesday, Wednesday, Friday.



In the last edition of EyeWatch, we encouraged everyone to complete the 2020 Census. Counting everyone who was living in the United States and its territories guarantees appropriate representation in our government.

The census is over and tabulation has started. As required by law, the U.S. Census Bureau reports the findings to the President by December 31, 2020.

Here's an interesting look of the [census](https://2020census.gov/en/focus/years-counting.html) taken in 1790 and the one taken this year (<https://2020census.gov/en/focus/years-counting.html>).

Prevention of Blindness Society of Metropolitan Washington staff members compiled many answers to frequently asked questions about the Census in large-print format and Braille accessible means.

[Click here to take a look at it.](#)



Prevention of Blindness Society
of Metropolitan Washington®

**Your Eyes Today - October
2020**

*A monthly newsletter sponsored by
the Low Vision Resource & Support
Group Network.'*

**Download and print this month's
large-print newsletter
by [clicking here.](#)**

Virtual Training for Virginia Residents

The [Virginia Rehabilitation Center for the Blind and Vision Impaired](#) (VRCBVI) is pleased to offer virtual training opportunities throughout Fall 2020! All sessions are open to any Virginia resident, free of charge. Each training will begin at 1:00 p.m. and end by 3:00 p.m. If you have any questions, please contact Greg Chittum at **(804) 371-3204** or greg.chittum@dbvi.virginia.gov.

**The Low Vision Learning Center Information & Resource Hotline Remains
Open
(301) 951-4444**

Our Low Vision Resource Specialists are ready
for your questions!
Hotline Hours: 11 a.m. - 5 p.m. - Weekdays

While our locations may be closed to the public due to COVID-19, **the Information and Resource Hotline remains open and ready to receive your calls!** We can answer questions about available resources, including reading, transportation, technology and much more! You can also ask about our Town Hall Calls and other support groups meeting by phone/online. Our Low Vision Resource Navigators are ready for your questions! **Hotline Hours: 11 a.m. - 5 p.m. on Monday, Tuesday, Wednesday, Friday. Call us at (301) 951-4444.**



Grant for Northern Virginia Students

The Virginia Lions Eye Institute Joe Lipomi Memorial Scholastic Grant is now available for visually impaired Northern Virginia full-time students. It may be used for assistive devices, educational/training expenses, and more.

Any visually impaired Northern Virginia resident that lives within the Lions District 24L may apply. This region includes Winchester to Charlottesville, Fredericksburg, and all of Northern Virginia. Individuals must be a Northern Virginia resident, full-time student and there is no financial or age qualification. Submission deadline is December 5. To request the application or for more information, email woodywoodard@cox.net or call **(703) 314-0889**.



Tuesday, October 20, 2020, 1 p.m. - 2 p.m.

Tech Talk Tuesday with Nitesh (Virtual Event)

Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to hear about the latest tech and to have your tech questions answered.

Hosted by Prevention of Blindness Society of Metropolitan Washington

To register, call **(301) 951-4444**.

Saturday, October 24, 2020, 10:30 a.m. - 12 p.m.

Low Vision Device & Resource Symposium (Virtual Event)

Join this free virtual conference and hear from various low vision aid and device vendors that will demonstrate their products and applications. Each person is different, so this is a great chance to learn about the aids that may be useful for you! POB's Low Vision Learning Center will be in attendance to demonstrate how our trained resource specialists can assist you!

Hosted by MedStar Washington Hospital Center

To register, call **(301) 951-4444**.

Monday, October 26, 2020, 1 p.m.

POB Update (Virtual Event)

Join Sean Curry, POB's Senior Programs Manager, as he discusses POB's new initiatives. Learn about low vision programs, children's eye health, and more.

Hosted by Friendship Heights Village Center

To register, call **(301) 656-2797**.

The Low Vision Perspective

Two columns written by our Low Vision Learning Center's vision rehabilitation resource specialists. *Taming Technology* by Nitesh Rathod and *Living with Low Vision* by Tara Aziz will cover various topics on technology and living with vision loss from two living with low vision in our community.

Accessible Voting - Have Your Voice Heard!

The General Election is **November 3, 2020**. The election includes the Presidential race and state and local offices. Find information for voting this November below, including ways to vote, how to register, accessible options, and more. Rules and dates vary by state, so contact your election board to confirm.

If you plan to vote by mail (often called an "absentee" ballot), request your mail-in ballot at least 15 days before Election Day. Once received, follow the instructions. Add postage to the return envelope if needed. Mail your ballot at least 7 days before Election Day.

As a voter with a disability, you have the right to vote privately and independently and have an accessible polling place with voting machines for voters with disabilities.

You may seek assistance from poll workers who have been trained to use the accessible voting machine or bring someone to help you vote.

You may request your election officials to tell you about any voting aids, voting assistance, and voting procedures that are available. Common voting aids include headsets and high-contrast and large-print screens. Other aids may be available.

In **DC**, all active voters will be sent a Mail-In Ballot. For more information, visit dcboe.org or call **(202) 727-2525**. In **Maryland**, any registered voter may vote by Mail-In Ballot after submitting an application (due by October 20). For more information, visit <http://elections.maryland.gov>, or call **(410) 269-2840**.

In **Virginia**, any registered voter may request to vote by absentee ballot by-mail (request due by October 23). For more information, visit <http://elections.virginia.gov>, or call **(800) 552-9745**.

Visit youreyes.org for more information, or call your local **Board of Elections** using the information above.



Casting My Vote

by Tara Aziz

These are exciting times! I come from a place where election results were decided whether people voted or not, or you were forced to vote via threat. I cherish my right to vote.

Due to COVID-19, vote by mail and early in-person voting options are open to everyone. People who are blind or with low vision have several options to vote. Virginians who are blind or visually impaired can now receive and complete their mail-in ballot, compatible with screen readers, electronically and print them without having to ask someone for assistance.

Take your handheld or video magnifier with you to the polling station in case there is a problem with the accessible ballot casting device and you do not want assistance.

For those who decide to vote in-person, early or on election day, all voting locations have an accessible ballot casting device (with the same vision accessibility features found on computers). The audio feature is also enabled. If for any reason the scanner does not accept the ballot you have printed, ask an election official for another printed one.

Call the POB Low Vision Resource and Information Hotline at **(301) 951-4444** for more information.



Cooking with Technology

by Nitesh Rathod

Cooking is an essential part of our daily lives. We feel a sense of pride in being able to cook healthy and tasty food for friends and family. Technology can create an easier, safer, and potentially delicious cooking experience!

First, lighting is so important – keep the kitchen bright but not glary. Keep the cooking area clutter-free and organized. Using large print or audio cookbooks, contrasting colors, and safety glasses can reduce frustrations. Large print/tactile measuring cups, safety cutters and graters, and finger guards are good aids. Aids like long oven mitts and boil guards provide safety from hot items and surfaces.

Use tactile marking on existing appliances like stovetops and ovens or even talking appliances. Tactile or voice identifiers on dry goods can be very useful!

Lastly, smart home hubs allow control and automation of most appliances by virtual assistants like Amazon Alexa or the Google Assistant!

To learn more about helpful technology, call the POB Low Vision Resource and Information Hotline at **(301) 951-4444**.



**Never stop doing
little things for others.
Sometimes those little
things occupy the biggest
part of their hearts.**

InspirationBoost.com

From VLEIF District Representative Lion Sheryl Bass

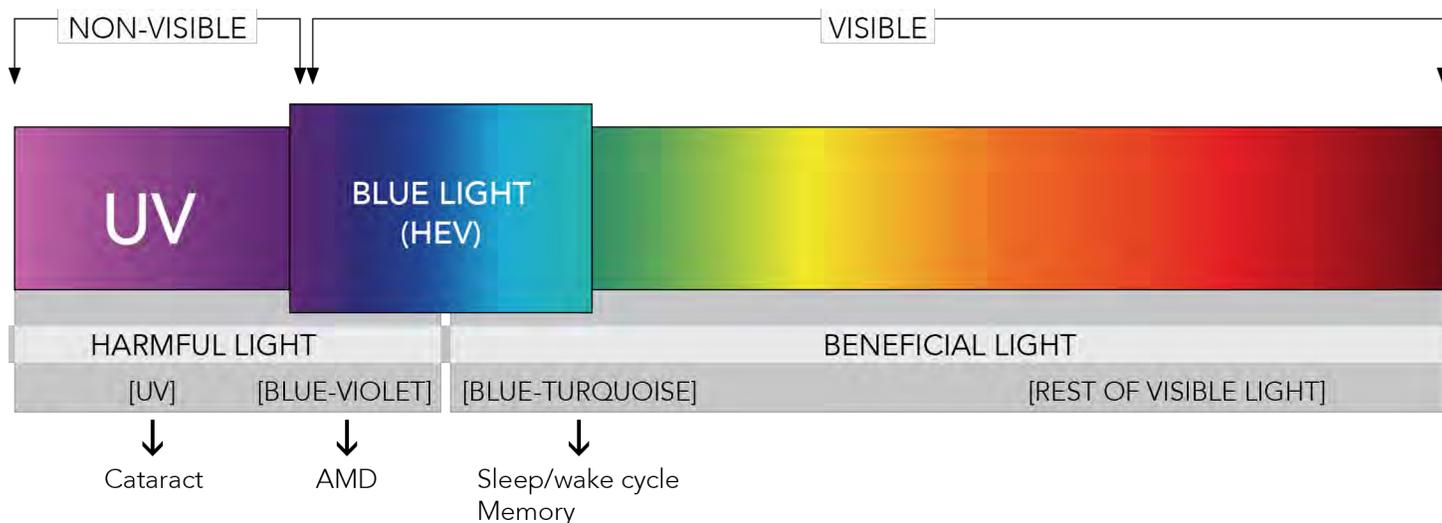
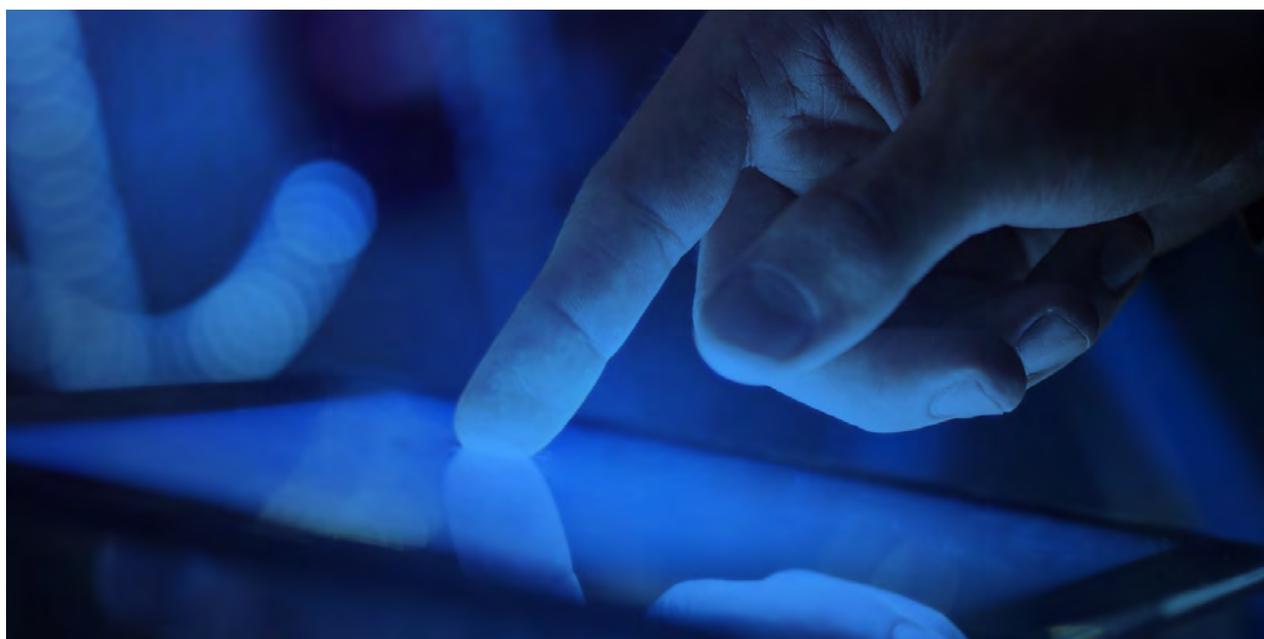
I am always clipping articles relating to vision and health to use in presentations and talks. This brief article explains a little about blue light emissions and how they may affect our vision:

“Can Blue Light Cause Age-Related Macular Degeneration?” (Washington Post)

Age-related macular degeneration (AMD) occurs when a portion of the retina, called the macula, becomes damaged. The condition, which can evolve from a dry to a more serious wet form, prevents you from seeing fine details and affects your central vision while keeping your peripheral (side) vision intact.

Blue light passes through the cornea and lens and ultimately reaches the retina, and some research suggests that this light may lead to, or worsen, AMD. But many experts say that the blue light you need to worry about comes from the sun, not your electronic devices (which is why they advise everyone to wear UV-blocking sunglasses).

In fact, experts at Harvard Medical School say that factors like aging, smoking, cardiovascular disease, high blood pressure or being overweight are far more significant than exposure to blue light in the development of





Lion Logo T-Shirts and Face Masks

For Sale



All net proceeds go to help fund the Lions Participation in the National Memorial Day Parade



Small - 3X-Large	\$12.00
*4X-Large – 5X-Large	\$14.00
Lion Logo Face Masks**	\$8.00
Ladies V-Neck Style T-Shirts Available	
Face Masks are reusable	



***Sizes 4XL & 5XL are in limited supply but can be special ordered.**

****Masks available with Large or Small Logo**

We will gladly fill and ship orders at cost of the T-Shirt plus Shipping. We will ship at the lowest rates possible. Orders over \$100 will ship free.

Our slight increase in Price (First in 12 Years) is due to increases in price from our suppliers.

Contact info: PDG Woody Woodard (24L)- woodywoodard@cox.net

PDG Don Beeson (22C)- donb798@gmail.com

Lion Mike Yuenger (24L)- myuenger@comcast.net

VDG Bill Lavelly (22C)- bwlavelly@verizon.net

Lion Bill Strauss (22W)- williamstrauss@msn.com

PID Joe Gaffigan (MD22)- pidjfg@gmail.com



We could try begging...



pleading....



or even some old-fashioned guilt...

GUILT



But we'd rather show you what your generous donations to VLEIF can do:

Joe Lipomi Scholarships: \$78,000

Lions Eye Clinic operations: \$25,000

Low Vision Center: \$24,000

Medical Equipment: \$31,364

Retinal Scanner Purchase: \$19,593

Lions Eye Clinic Eyeglass Program: \$12,000



donate to VLEIF today!

VLEIF

c/o Lion Sandy Armendaris

7623 Virginia Avenue

Falls Church, VA 22043-3202

CFC Designation Number: 95254

Joe Lipomi Memorial SCHOLASTIC GRANT APPLICATION

Purpose: The Virginia Lions Eye Institute Joe Lipomi Memorial Scholastic Grants are given to qualified visually handicapped individuals and sponsored by individual Lions clubs of District 24-L. The overriding objectives of the grants are **to enhance the potential for the recipients to achieve an independent, self supporting life.** Grant dollars may be used for assistive devices, educational/training expenses, and other expenses associated with the objectives of the Grants and the recipients.

Qualifications:

- 1) **Visual acuity must be limited to 20/70 or less**, best corrected in the best eye or a binocular visual field of 30 degrees or less. Sight must be documented by an eye care professional (Ophthalmologist or Optometrist).
- 2) Sponsorship by a Lions Club with a recommendation by the sponsoring club. VLEI will find a sponsoring club if the applicant needs that service.
- 3) **The Grant Application must be accompanied by a separate Essay explaining why the grant is needed and how the funds will be used.** It is helpful if the applicants "introduce themselves" and describe their interests and objectives for the future. Other than 1) above, the Essay is the only information the Board of Trustees has to distinguish between applicants when the number of applications Exceed the annual budget for Grants. **First time applicants receive priority over applications from those who have received previous Grants.**

Required Personal Data (SSN may be ATTACHED on a plain sheet without name if desired)

Name: _____ SSN: _____

Address: _____ Phone: _____

Email _____
(Legible to be useful)

Visual Disability:

Visual acuity with best correction: Right eye _____ Left eye _____

Visual field (binocular) Degrees _____

Ophthalmologist/Optometrist evaluation with signature / phone (may be attached)

Sponsoring Lions Club: _____

Completed applications must be mailed to: VLEIF, C/O Sandi Armendaris, 7623 Virginia Avenue, Falls Church, VA 22043-3202, and **must arrive NLT December, 5th**. Approved applicants will be notified in late December. The grants will be presented at a venue determined by the Scholastic Grant Committee. Details will be announced when finalized. Questions should be sent via e-mail to: woodywoodard@cox.net (subject: Scholastic Grant) or call 703-314-0889

For more information on our mission to serve, visit our Website at: <http://vleif.org/>



Prevention of Blindness Society of Metropolitan Washington[®]

As children throughout DC, Maryland, and Virginia prepare to begin school virtually, the [Prevention of Blindness Society of Metropolitan Washington](#) (POB) has developed a campaign to remind parents to take simple steps to protect their children from the effects of too much screen time, including eye strain.

Good vision is an essential tool for our children's education and social success and can lay a strong foundation for their future. To combat eye strain, POB recommends parents to encourage:

- Following the "20/20/20 rule." Every 20 minutes, look about 20 feet away for 20 seconds by allowing the eyes to rest, which is needed as children focus on their device's screen during distance learning.
- 30-120 minutes of outdoor time per day for children, to slow the progression of myopia.
- Reducing screen time for children outside of school hours to offset their increased use during "school time."

Consider setting up your child's study space with these tips in mind

(provided by the [American Academy of Ophthalmology](#)):

- Make sure your child views a laptop at arm's length (about 18 to 24 inches from where they are sitting). Ideally, your child should have a monitor positioned at eye level, directly in front of the body. Tablets should also be held at arm's length.
- To reduce glare, position the light behind your child's back (not behind the computer screen).
- Adjust the brightness and contrast on the screen to a comfortable level for your child.
- Don't use a device outside or in bright areas; the screen's glare can cause eye strain.
- Avoid using a device in a dark room. As the pupil expands to accommodate the darkness, the screen's brightness can aggravate after-images and cause discomfort.
- Put down the device 30-60 minutes before bedtime. Blue light may disrupt sleep. For your procrastinating teens, switch to the device's "**night mode**" to reduce blue light exposure.

Noticing eye strain, 'squinting,' or moving closer to the screens? Reach out to the Prevention of Blindness Society of Metropolitan Washington for a FREE at-home vision screening kit.

These tips and other vital children's eye health information will be shared on POB's social media accounts. **Please follow and share POB's posts with your family and community!**

Follow POB on Social Media!

[facebook.com/youreyesdc](https://www.facebook.com/youreyesdc) [instagram.com/youreyesdc](https://www.instagram.com/youreyesdc) twitter.com/youreyesdc

POB provides free eye health information regarding eye strain and other topics to parents, school nurses, educators, and school leaders. For more information, call the **Prevention of Blindness Society of Metropolitan Washington** at (202) 234-1010.

Low Vision Town Hall Call in Meetings
<https://anchor.fm/youreyesdc>

(08-2020)

BACK TO SCHOOL VIRTUALLY?

For Healthy Vision:

20/20/20

Every 20 minutes, look
at something 20 feet
away for 20 seconds

GET OUTSIDE

30-120 minutes of
outdoor time every day

GET OFFLINE

Reduce recreational screen
time outside of school hours



Prevention of Blindness Society
of Metropolitan Washington®

youreyes.org

@youreyesdc   



Sociedad de Prevención de la Ceguera de Washington Metropolitano

Mientras los niños de DC, Maryland y Virginia se preparan para comenzar con las clases virtuales, la [Sociedad de Prevención de la Ceguera de Washington Metropolitano](#) (POB) ha desarrollado una campaña para recordar a los padres que tomen medidas simples para proteger a sus hijos de los efectos de pasar demasiado tiempo frente a una pantalla. incluyendo fatiga visual.

La buena visión es una herramienta esencial para la educación y el éxito social de nuestros niños y puede sentar una base sólida para su futuro. Para combatir la fatiga visual, POB recomienda a los padres:

- Seguir la "regla 20/20/20". Cada 20 minutos, mire a unos 20 pies de distancia durante 20 segundos permitiendo que los ojos descansen, lo cual es necesario cuando los niños se enfocan en la pantalla de su dispositivo durante el aprendizaje a distancia.
- 30-120 minutos de tiempo al aire libre por día para los niños, para ralentizar la progresión de la miopía.
- Reducir el tiempo de pantalla de los niños fuera del horario escolar para compensar su mayor uso durante el "horario escolar."

Considere configurar el espacio de estudio de su hijo con estos consejos en mente *(proporcionados por la [Academia Estadounidense de Oftalmología](#)):*

- Asegúrese de que su hijo mire una computadora portátil con el brazo extendido (aproximadamente de 18 a 24 pulgadas desde donde está sentado). Idealmente, su hijo debe contar con un monitor colocado al nivel de los ojos, directamente frente al cuerpo. Las tabletas también deben mantenerse a la distancia del brazo.
- Para reducir el deslumbramiento, coloque la luz detrás de la espalda de su hijo (no detrás de la pantalla de la computadora).
- Ajuste el brillo y el contraste de la pantalla a un nivel cómodo para su hijo.
- No use un dispositivo al aire libre o en áreas brillantes; el resplandor de la pantalla puede causar fatiga visual.
- Evite utilizar un dispositivo en una habitación oscura. A medida que la pupila se expande para adaptarse a la oscuridad, el brillo de la pantalla puede agravar las imágenes residuales y causar incomodidad.
- Deje el dispositivo de 30 a 60 minutos antes de acostarse. La luz azul puede interrumpir el sueño. Para sus adolescentes que postergan las cosas, cambie al "modo nocturno" del dispositivo para reducir la exposición a la luz azul.

¿Notando tensión en los ojos, 'entrecerrando los ojos' o acercándose a las pantallas? Contacte con la Prevention of Blindness Society of Metropolitan Washington para obtener un kit de detección de visión en casa GRATUITO.

Estos consejos y otra información vital sobre la salud ocular de los niños se compartirán en las cuentas de los medios sociales de POB. **¡Por favor, siga y comparta las publicaciones de POB con su familia y comunidad!**

¡Síguenos en las redes sociales! [facebook.com/youreyesdc](https://www.facebook.com/youreyesdc) | [instagram.com/youreyesdc](https://www.instagram.com/youreyesdc) | twitter.com/youreyesdc

POB proporciona información gratuita sobre la salud ocular con respecto a la fatiga ocular y otros temas a padres, enfermeras escolares, educadores y líderes escolares. Para obtener más información, llame a la **Sociedad de Prevención de la Ceguera de Washington Metropolitano al (202) 234-1010.**

(09-2020)

¿DE REGRESO A LA ESCUELA VIRTUAL?

Pará una Visión saludable:

20/20/20

Cada 20 minutos, mire algo a 20 pies de distancia durante 20 segundos.

VAYA AFUERA

30-120 minutos de tiempo al aire libre todos los días

DESCONÉCTESE

Reduzca el tiempo de pantalla recreativa fuera del horario escolar



Sociedad de Prevención de la Ceguera
de Washington Metropolitana

youreyes.org

@youreyesdc   



September 21, 2020

Mr. Woody Woodward
c/o Sandy Armendaris
Virginia Lions Eye Institute Foundation
7633 Virginia Avenue
Falls Church, VA 22043-3202

Dear Mr. Woodward,

You are a very important part of our family. You play a key role – along with our researchers, physicians, nurses, healthcare professionals, team members and volunteers – in making Inova the place where so many patients and families turn for urgently needed care and support at the times when they need it the most.

Please extend our thanks to everyone in the Virginia Lions Eye Institute Foundation for your generous gift of \$25,000.00 to our Virginia Lion's Eye Clinic Fund. Your gift has a tremendous impact in ways you might not even imagine – making a significant difference to patients and families whose lives have been forever changed because of you and the gift you provided at a critical time.

Your generosity makes it possible for us to be there at each stage of the health care journey – from wellness to health screenings to inpatient clinical care to researching innovative new treatments — by providing the critical resources needed to save lives and invest in the best medical treatment, enhanced emergency services, neonatal intensive care services, groundbreaking research, and much more.

You have many choices on where you would like to make your gift. On behalf of the entire Inova family, we are honored that you choose to support us so that we may be there when our communities need our services the most.

Warmly,

Sage Bolte, PhD, LCSW, CST
Chief Philanthropy Officer and President
Inova Health Foundation

P.S. As a non-profit organization, we rely on gifts like yours to ensure we can be there when patients and families are in need. For questions please contact the main Foundation line at 703-289-2372.

Note: In compliance with Federal tax law, we also acknowledge that you received no goods or services in return for your gift. This receipt should be retained as substantiation of any charitable deduction.

6100 Greenway Blvd, Suite 300 East, Falls Church, VA 22042
P: 703 289 2072 F: 703 289 3373
www.inova.org

VLEIF

Virginia Lions Eye Institute Foundation

Lions Eye Clinic Serving District 24- L



VLEIF, Inc. c/o Sandi Armendaris, 7623 Virginia Ave, Falls Church, VA 22043

Virginia Lions Eye Institute Foundation

1. Do you know what we do?? Invite us to your Club/Region/Zone Meetings so we can inform you as to what we do, and how we help those with vision-related issues.
2. Besides the Scholarship Grants that we offer, we also support the Lions Eye Clinic, and the Virginia Low Vision Learning Center in Alexandria. We are also working to expand Low Vision Services in Northern Virginia.
3. Check out our “Joe Lipomi Scholarship Grant”. Please check your communities for scholarship applicants. Applications plus detailed instructions and requirements are featured on our VLEIF Website at <http://vleif.org/>. Please send in applications as you get them — no need to wait for the December deadline. Get acquainted with the “Teachers of the Visually Impaired (TVIs) in your local schools. They have the inside track to students that could benefit from our scholarships.
4. **ATTENTION CLUBS!** We now have board approval and a budget set aside to assist clubs that may need help meeting the needs of people with vision-related problems, trying to enhance the quality of their lives. We will work with the clubs and Special Needs Chair to help when needed. This will be on a case-by-case basis as needed and within our budget constraints. All we ask is that your Club has (a) Set a reasonable Budget for eye care and exceeded it. (b) Checked with Zone/Region Chair to see if club in nearby area are able to help. If your club has done this, and still need help, please contact us (Letter, E-Mail or Phone Call). Our aim is to make sure that you can meet the needs of your communities.
5. Please consider including us in your budget. We are only able to do what we do because of donations by the clubs and individual Lions. We are a 501(c)3 Organization, and part of the federal government’s Combined Federal Campaign of the National Capital Area (CFCNA), so giving is very easy. Thanks to one and all for your support, and we plan to continue trying to help those with vision-related problems improve their quality of life.

Sincerely,

Ed “Woody” Woodard, PDG

President VLEIF Board

Cell: 703-314-0889 E-Mail: woodywoodard@cox.net

District 24-L Representative for VLEIF is:

Lion Sheryl Bass

Cell: 703-314-4278 E-Mail: s.l.bass@verizon.net





Thanks to Paul for sharing a photo in his mask! Already have your mask? Send us a photo at events@youreyes.org.

FREE (while supplies last) **cloth face masks with a symbol indicating the wearer has low vision.**

The symbol, designed by the [Checked Eye Project](#) can help reduce confusion and frustration for people with vision impairment and those they interact with, especially during the pandemic, by communicating that the wearer has low vision.

Those with low vision have had to adapt to the new requirements of a "socially distant" society, which relies on visual cues. For example, stickers on the floor may indicate a six-foot distance between shoppers or which direction to walk down a grocery store aisle.

These face masks will allow those with low vision to feel more comfortable traveling out of the home (like going to the grocery store or doctor's appointments).

POB is teaching local businesses about the symbol and how their staff can interact with an individual with low vision. This project will increase public awareness about the often misunderstood issue of low vision.



Masks are available to residents of:

- Washington, DC (Special thanks to the [DC Mayor's Office of Community Affairs](#))
- Montgomery County, MD
- Prince George's County, MD
- Northern Virginia (Alexandria, Arlington, Fairfax)

Call the POB Low Vision Learning Center at (301) 951-4444 to request a face mask.

Why what we do really matters...

Please take the time to read the letters and look at the pictures about two Joe Lipomi Scholastic Grant awardees and be proud that you are part of the foundation that helped two young ladies on their way to a bright future. Woody

Michele Stocum, Teacher of the Visually Impaired
Loudoun County Public Schools
Loudoun County Public Schools
Round Hill Center, 20 High Street
Round Hill, VA 20141
10/21/2019

Lions Club: VLEIF
Joe Lipomi Memorial SCHOLASTIC GRANT APPLICATION
7623 Virginia Avenue
Falls Church, VA 22043-3202

Dear Lions Club:

Thank you for offering this wonderful scholarship. Your support provides students with visual impairments opportunities to access their world. The gift of a scholarship also enables a child to receive materials or equipment that they may otherwise not be able to afford.

Cortical Visual Impairment, CVI, is one of the leading causes of visual impairment in childhood. With CVI in an educational environment, we observe abnormal visual responses and visual behavior. For example, visual novelty is a CVI characteristic that involves a child who will view things that they like or are familiar with but will not view new or novel items. Another visual behavior occurs when a child will view only in certain peripheral fields and not others. There are several diagnoses which can lead to CVI, but it primarily has a basis as a brain condition.

I have only worked with Havilah Mitchell for a short time, but it is exciting see her working hard to use her vision. One of the things that is quickly missed when working with children diagnosed with CVI, is that it takes a while for them to view. This characteristic, latency, often seems as if the child is not looking, when in fact they view, look away, look back, then reach. It takes a tremendous amount of effort. Havilah is working on reaching for objects after viewing and expanding her peripheral field viewing.

Research and practice have shown that visual improvement is possible because of brain plasticity, or the brain's ability to change due to experience. Given appropriate and routine experiences, Havilah has the potential to improve her

viewing. At her current functioning, she is learning to have more consistent visual responses, but does not yet use vision for functional tasks. I hope that you will support Havilah and her family so that they can access materials that will contribute to her viewing improvement.

Sincerely,

Michele Slocum, Teacher of the Visually Impaired
Loudoun County Public Schools



Havilah Mitchell is visually impaired and has other disabilities as well, but her parents (especially mom Whitney) is extremely appreciative for the help VLEIF has provided. For the past two years, the Mitchell family has received the grant and has taken the time to write and send pictures. Mount Vernon Lions Club has essentially adopted the family. Our good work as Lions continues...

Dearest Lions,

I can't believe that it has already been so many months since you graciously bestowed upon us a SECOND grant. To say that we are grateful is such an understatement. I wish that there were bigger words to say "thank you" for your grant has, once again, been life-changing for Haviela and our family.

As soon as we found out that we were eligible for a second grant, we started asking all of Haviela's teachers and therapists for advice on how to use the funds to best support Haviela. There were a few things that we had been wanting for her for a long time - those were easy, immediate decisions. But many other items were pondered, researched, and discussed for hours before they were bought. We are so happy with each of these decisions, and so grateful to each of you for this opportunity.



Our hope is that some day, when the world situation is less crazy, we could spend more time in person with you all so that you will be able to see how all of this equipment has truly benefited our girl. In the meantime, pictures most suffice! I hope that you enjoy seeing your generosity in action.

Thank you again, Lions Club! Special thanks to Mr. Hood and the Mt. Vernon Evening Lions. Andre, Steve, and Mary - You are knit an our hearts, and we look forward to seeing you again. Please, if any of you ever find yourselves in the Ashburn, VA area, let us know; it would be our true pleasure to welcome you into our home.

Talk to you soon!

Haviela Mitchell and Family
 Charlie, Whitney, & Landon

November 26, 2019

Hello!

My name is Elma Ghairatmal, and I am 14 years old. I go to Lake Braddock Secondary and I am in 8th grade. My favorite subjects right now are algebra and civics. I am taking two honors classes now. When I graduate, I plan on going to college and major in pre-med.

I am visually impaired, due to my condition cone rod dystrophy. Its been very hard to see many things in the past ten years. If I am lucky enough to receive this generous grant, I would like to invest the funds into some devices that would help me see better in school. These days, there are many new devices being developed and by the time I graduate I hope to buy one. I have always been sitting in the front of the class my entire life and I would like to sit in any other location to see the board and take notes like everyone else does.

Thank you for your time!
Sincerely, Elma Ghairatmal



Hello Mrs. Bradley,

I am writing this email to thank you and the Lions Club for the wonderful scholarship gift you have provided for Elma to help with her studies and advance her knowledge with growing farther closer to her goals and dreams. With the money from the scholarship Elma bought the largest iPad Pro with a computer that has helped her with her studies as well as her passion for art. I am attaching couple of her artworks to this email. We are excited to know that she will be able to apply and use the money for her benefit with her school for next year as well. We hope she is the eligible nominee for the next year's scholarship as well.

Best
Ghairatmal (Elma's father)

**NORTHERN VIRGINIA LIONS MOBILE
SIGHT & HEARING SCREENING UNIT, Inc.**

A 501(c)3 Corporation – CFC #37060

Since 1976, We are there when you need us!!!



Book us for Sight & Hearing Screenings:

24-Hour Van Scheduling – Lion Jim Alexander – Home: (540) 658-0469 Cell: (703) 475-1692

email: Vanscheduler@yahoo.com Check us out at: <http://24alionsmobilescreening.org/>

Our Van is funded by donations from Lions Clubs, Schools, Individuals and Corporations. Donations should be made payable to: Northern Virginia Lions Mobile Sight & Hearing Screening Unit” and mailed to: Treasurer Doug Cross, PDG, 13334 Fieldstone Way, Gainesville, VA 20155-6616

Book a Program for your Club:

Lion Jim Cech, District Chair (703) 680 2363 (jamesvcech@comcast.net)

To: All District 24-L Lions Clubs

1. Are you doing enough to help the Visually Impaired in your Communities??
2. Are you familiar with the TVIs (Teachers of the Visually Impaired) in the Schools in your communities??
3. Have you sponsored a student for the “Joe Lipomi” Scholastic Grant available through the VLEIF??
4. Do you know that VLEIF is willing to assist you in helping deserving and eligible individuals that need help due to vision impairment??
5. Do you know of any facilities or practitioners that are helping the visually impaired and have you shared this information??

The questions above should also be a part of your community-needs assessment. VLEIF is working to help you help others.

Woody

Ed “Woody” Woodard, PDG
VLEIF President

Woodywoodard@cox.net Ph: 703-314-0889

VLEIF Eye Watch — October 2020

Published by the Virginia Lions Eye Institute Foundation VISIT OUR WEBSITE! www.vleif.org

Inova Cares Lions Eye Clinic

The Inova Cares Lions Eye Clinic provides free comprehensive ophthalmic care, including laser, medical and surgical care for all types of conditions of the eye.

The clinic is supported by Inova as part of its Community Safety Net initiative and also receives annual support from the Virginia Lions Eye Institute Foundation. Established in 1974, the clinic currently provides more than 5,000 free visits to uninsured patients each year.



The clinic is open Monday through Friday and is located near Inova Fairfax Hospital. To qualify for clinic services, patients must meet Inova's Financial Assistance policy requirements and be referred by a local community safety net provider.

For more information about the Inova Lions Eye Clinic, visit <https://www.inova.org/inova-in-the-community/access-to-care>



Inova Cares Lions Eye Clinic
3299 Woodburn Road, Suite 150
Annandale, VA 22003
([Map and interactive directions](#))
[703-876-2700](tel:703-876-2700)

Free Clinics

Arlington Free Clinic	2921 11th Street South Arlington, VA 22204	703-979-1400
Prince William Free Clinic	13900 Church Hill Drive Woodbridge, VA 22191	703-499-9034
Loudoun Free Clinic	224-A Cornwall Street, NW Leesburg, VA 20176	703-779-5416
Fauquier Free Clinic	35 Rock Pointe Lane Warrenton, VA 20186	540-347-0394
Lloyd F Moss Free Clinic	1301 Sam Perry Boulevard Fredericksburg, VA 22401	540-741-1061
Free Clinic of Culpeper	610 Laurel Street, Suite 3 Culpeper, VA 22701	540-829-5032
Community Health Center of the Rappahannock Region	1965 Jefferson Davis Highway Fredericksburg, VA 22401	540-735-0560
Neighborhood Health	Multiple locations throughout Alexandria	703-535-5568
HealthWorks of Northern Virginia	163 Fort Evans Road NE Leesburg, VA 20176	703-443-2000
Greater Prince William Health Center	4379 Ridgewood Center Drive, Suite 102 Woodbridge, VA 22192	703-680-7950
Community Health Center of Elkton	800 Shenandoah Avenue, Suite 170 Elkton, VA 22827	540-298-9900

Search for free clinics by area/zip code:

<https://www.vafreeclinics.org/find-clinic/>

<https://vacommunityhealth.org/about-the-association/about-chcs/locations/>

Inova Fairfax Hospital's Financial Assistance (Charity Care) Policy (includes zip codes that are covered in this policy):

<https://www.inova.org/upload/docs/Patients%20and%20Visitors/Fin-Help/English/eng-policy-fin-asst.pdf>