



## *Notes from the President*

As always, I would first like to say thanks to Board for always stepping up and making sure that we stay focused and provide the most help possible for the visually impaired.

Thanks to the Scholastic Grant Committee for putting in the time necessary to ensure that all qualified applicants were given equal consideration. It was their fine efforts that ensured that our budgeted amount was used judiciously and helped as many recipients as possible. Kudos to one and all for your efforts. A synopsis of the Scholarship awards is included in this edition as well.

Thanks to the Low Vision Learning Centers and Prevention of Blindness Society of the Washington Metropolitan Area for continuing to provide a very high level of service to those that are in need and for being actively involved with our organization. Your partnership is appreciated, and it has helped us to provide a higher level of care and assistance for the vision impaired, and especially those without adequate insurance coverages.

Thanks to the Expansion Task Force chaired by PCC Wilma Murphy. We are on the verge of establishing an exam lane at the Moss Free Clinic in Fredericksburg. The space allocated by the clinic has been refreshed and is ready for the equipment which will be delivered as soon as possible. The staff is excited, and eager to get this operation moving forward. The clinic will be seeking eyecare professional volunteers who are willing to utilize this facility to provide eye care to clinic patients, most of whom are underserved.

Thanks to our Board and Board Officers for always keeping me on track and pointed in the right direction. Our Board membership committee (Lion Shirley Gorospe, Lion Ralph Thompson and PDG Glen Logan) will be working to ensure that we give everyone an opportunity to serve in leadership capacities, and that every Region of the District has an opportunity to have Board Representation.

We are looking forward to getting back to regular quarterly in-person meetings. Although Zoom meetings have been productive and well attended, in-person meetings seems to accomplish even more.

Sincerely,

*Woody*

Ed "Woody" Woodard, PDG, President, VLEIF

email: [Woodywoodard@cox.net](mailto:Woodywoodard@cox.net) Cell: 703-314-0889

Don't forget to  
visit our  
website!



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## ***Important Links***

[VLEIF](#)

[American Academy of Ophthalmology](#)

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

[Low Vision Services](#)



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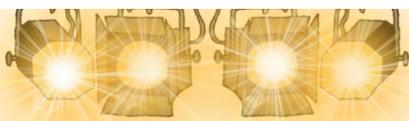
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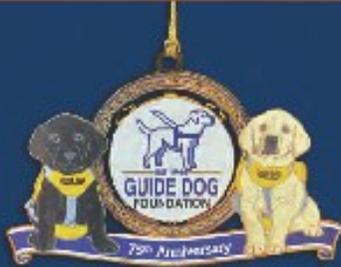
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# The GUIDEWAY



## Second Sight® Shop

When you shop at the Guide Dog Foundation's Second Sight Shop®, you're not only giving a gift to someone you love, you're helping someone who's blind or visually impaired, or who has other disabilities. Every purchase you make helps support our efforts. Whether you're looking for plush toys, cards, or clothes, the Second Sight Shop is your best destination.

Check out our newest merchandise!

[GuideDog.org](http://GuideDog.org)

Sign up for our e-newsletters at [GuideDog.org](http://GuideDog.org)



Live Without Boundaries



In 1988, Davida Luehrs was diagnosed with retinitis pigmentosa, a genetic eye disorder that causes loss of vision; she was 29 years old. Her life changed, but with the loss of her vision came new purpose.

Luehrs became active in the Foundation Fighting Blindness. She founded a northern Virginia chapter in 2005 and became its first president, a position she still holds today, spearheading

## Davida Luehrs

# Losing Her Vision but Finding a New Purpose

many fundraisers for the organization.

"Knowing that 'sight' was a core mission of the Lions, I reached out to some northern Virginia Lions clubs to do a presentation on behalf of FFB," she says. "I instantly fell in love with the concept of Lionism and became a Lion."

That was 11 years ago, she adds, and since then, Luehrs has served as president, zone chair, and region chair for District 24L. For the past seven years, she's been the district sight chair. "I continue to be amazed at how quickly Lions step up to meet any need and all that we accomplish in both big and small ways."

Luehrs was managing her vision loss and navigated with the use of the white safety cane. However, she began to notice that her vision was getting worse with each passing year. "I was losing the edges of the sidewalk at times when I was walking with my white cane and that was causing me to have to slow down." As an active person – dancing and walking are two of her favorite activities – she was concerned.

Luehrs and her husband had taken up dancing as a fun activity for the two of them to do together. "We thought we would do it for a little bit and stop, but then we realized that we really liked it."

While her husband is content to be what she calls a "social dancer," Luehrs says, *(continued on page 4)*

## Finding a New Purpose

(continued from cover)

"I really fell in love" with dancing and continued her lessons. This past August, she and her partner (her dancing instructor) participated in her first-ever competition; she has several more planned for the future. Despite her continued vision loss, Luehrs remains committed and focused to continue dancing and competing.

### A new partner

"My deteriorating vision was causing me to lose confidence," Luehrs says. "I felt that a guide dog would help with my mobility, my self-confidence, and keep me safer than using a cane. As a Lion I have also seen firsthand how guide and service dogs can and do change people's lives for the better."

Luehrs chose the Guide Dog Foundation for her first guide dog. "My parents began donating to the Foundation in 1993, a few years after my diagnosis," she says. She was also impressed by a *Consumer Reports* article that rated the Foundation as one of the top two charities in the blindness category. And finally, "I grew up in North Merrick, New York. I felt like I was going to be 'close' to home."

During a visit back to Long Island in 2018, Luehrs took a tour of the Foundation. "When I saw the Lion plaque in the lobby that sealed my decision."

Luehrs trained with guide dog Chubb in 2019. "I was warmly welcomed to my training classes and felt that every aspect of my experience was excellent," she says. "We began by working with just a harness before we were introduced to our new guide dog. It helped prepare us and refresh our mobility skills."

During the Foundation's two-week training program, an instructor works with two students. This

2:1 student/instructor ratio means that each student has ample one-on-one time with their instructor. Students review lectures on a daily basis, and work both on and off campus.

"The day had a good structure to it and was well balanced," Luehrs says. "When off campus in Huntington, [the Foundation] had volunteers keep us company while our instructor was out with another student. On campus, we experienced daily challenges and obstacles and distractions that we could not anticipate."

Since she and Chubb have become partners, "My mobility and self-confidence have increased," Luehrs says.

In gratitude for what Chubb has brought to her life, Luehrs decided to "pay it forward." She took the lead in her family's fundraising efforts to sponsor puppy Danny, who was named in honor of her father, Daniel.

Daniel passed away in July, but before he did, he had agreed with the family's desire to sponsor and name a second puppy, Maddy, after his wife. Luehrs also has plans to sponsor a third puppy to honor the founder of the Foundation Fighting Blindness, Gordon Gund.

She keeps a busy schedule between her volunteer work and fundraising efforts, and her dancing.

Luehrs shares an experience from when she first returned home with Chubb to illustrate how essential he had already become in her life: The dog guided her home from a neighbor's home in the dark. "It was very empowering to successfully manage something that in the past I would have needed an arm of assistance to do," she says. "Sometimes, it is truly the small things in life that seem to make such a difference." 🐾

Graduate | Davida Luehrs

Puppy Raiser | Courtney Stewart

Sponsor | Athens Puppy Raisers



Hope is being  
able to see that  
there is light  
despite all of the  
darkness.

— Desmond Tutu

The District's Expansion Task Force is moving forward with the establishment of an eye care facility at the Moss Free Clinic in Fredericksburg. After careful review by leading eye care professionals to ensure we are purchasing what is needed, the equipment was ordered and installed the first week of May. This brings low-vision screenings to an area that was previously underserved, bringing an all-important service to residents in our area.



Our next big step will be to begin asking eyecare professionals in the area to donate a few hours of their time to provide examinations.

The VLEIF is funding this endeavor and can really use financial help from Lions Clubs in our District. Any amount an individual or club can contribute will be greatly appreciated. Checks should be made payable to VLEIF with a notation for Expansion Task Force and mailed to PDG Sally Kenavan, 1108 Potomac Drive, Stafford, VA 22554.

PCC Wilma  
Chair, Expansion Task Force



***Who is the Moss Free Clinic named after?***

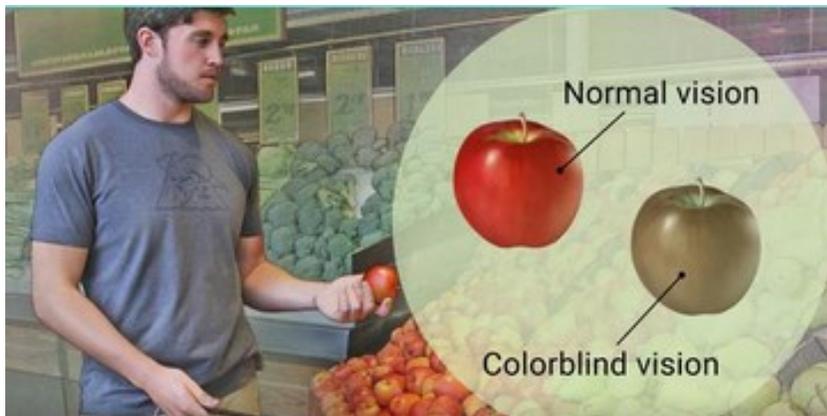
Dr. Lloyd F. Moss, Sr. was a physician and leader in Fredericksburg for more than six decades. He was one of the founding fathers at Pratt Medical Center and retired from his practice at Pratt in 1989. Not one to idle his time away, Dr. Moss saw the need to provide healthcare for the uninsured and poor. To meet this end, he helped found the free clinic which bears his name, the Lloyd F. Moss Free Clinic.

A graduate of Hampden-Sydney College and the Medical College of Virginia, Dr. Moss served the U.S. Army from 1941-46, attaining the rank of major. He worked at McGuire VA Hospital until February 1948 and at Children's Hospital in Boston until June of that year. At the age of 33, he entered private practice and continued to practice medicine for 41 years.

Dr. Moss, who was born and raised in Fredericksburg, died on August 28, 2006, at age 90.

[MyVision.org](https://myvision.org) is a free digital resource led by expert ophthalmologists and optometrists to provide trusted information on eye health and vision.

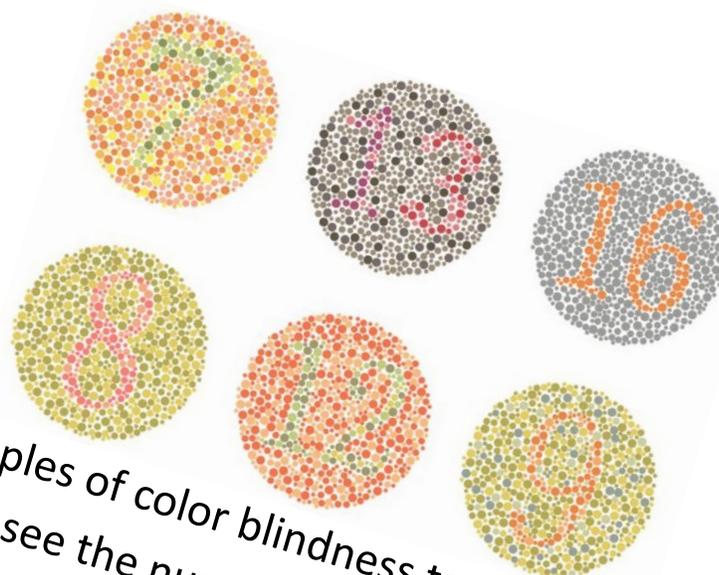
More than 350 million people worldwide have some form of color blindness, a condition that hinders the ability to distinguish between some colors or prevents someone from seeing any colors.



To educate the public on this, myvision.org recently published a [comprehensive guide](#) on color blindness that covers the following topics:

- ◆ What Is Color Blindness?
  - ◆ Types of Color Blindness?
  - ◆ Who Is Commonly Affected?
  - ◆ Who Is at Risk?
  - ◆ Diagnosis, Treatment & more
- Here's the link if you're interested: <https://myvision.org/guides/colorblindness/>

Bismarck Valera  
Myvision.org



Samples of color blindness tests—can you see the numbers in the circles?



## Did you know?

- ✓ Everyone sees color a little differently — even people who aren't color blind
- ✓ About 1 in 12 men are color blind
- ✓ Most people with color blindness are born with it, but sometimes it doesn't show up until later in life



**years**—that's how long



District 24-L has been supporting the Foundation Fighting Blindness VisionWalk. Nationally, this program has generated millions that has been invested in sight saving research. Currently the Foundation is funding 43 clinical trials and more research grants are under review for funding.

I would like to provide you with an update on this year's VisionWalk, and also apologize for not being able to personally host a Lions gathering at Cameron Run Park. Between the fact that the park was impossible to work with and Jim and I had to replace our main water line to our house which ate up my budget for this, it was not meant to be this year.

Walk day at the Lincoln Memorial on April 30th was picture perfect! The overwhelming feedback we have received was that it was a great location. Parking was not an issue and those present expressed the desire to have it at the Lincoln Memorial again next year. The actual walk was around the reflecting pool and did generate some nice visibility for the Foundation. .

Here is a snap shot post walk day of our united fundraising effort to end blinding retinal diseases We are still fundraising until the end of June Checks can be mailed to Lion Davida Luehrs 11902 Winstead Lane, Reston VA. Make checks payable to Foundation Fighting Blindness.

**Total raised by the chapter as of May 12: \$153,222; total raised by District 24-L: \$14,476**

With more than 90 clubs in our District, many clubs opted to help us get to our \$18,000 goal with a donation of at least \$200. We are \$4,000 away from that goal, so if 20 more clubs jump in we will meet or exceed our goal.

Thank you to the following clubs for donating to the District Team Alexandria Watergate, Vienna, Springfield Global, Clifton, Fairfax, Charlottesville Lioness, Park West, Mason Neck, Reston, Stafford, Westmoreland, Winchester Shawnee, Strasburg, Stauton, Fredericksburg Host, Charlottesville, Louisa, Winchester host, Massanutten, LOW Lioness, Aquia Harbor Host, Spotsylvania, Mt Vernon

Thanks for your time and consideration. I am hopeful that next year we will all face less challenges as we try to make a difference in our commodities. I'd be happy to do a program for your club at any time!

Lion Davida Luehrs  
District 24L Sight Chair  
703-742-8043 home 703-819-8621 cell  
davidaluehrs@gmail.com

As the District 24-L Sight Chair, I am here to help foster and maintain a good partnership connection to the retail optometric practice, My Eye Doctor. As you may already know, we have a wonderful partnership program whereby they provide an exam and basic eyeglasses for those individuals we are helping. Our clubs are billed \$50 and \$50 respectively. This program is meant to provide another eye service provider option for clubs to have.

The important message I now wish to convey is the point of contact for ***Lions everywhere*** for MED billing has changed. It is now Ashley Yarborough, located in Raleigh, North Carolina and she works remotely from her home.. Her email and phone is:

Ashley Yarborough 919-948-9757  
[community.lionsclub@myeyedr.com](mailto:community.lionsclub@myeyedr.com)

It is each participating club's responsibility to ensure that MED has the current email, phone and mailing address for each club point of contact. MED sends out monthly bills, If you have not seen one recently and are using their services, please contact Ashley immediately. The bills are mailed out but she is happy to switch to emails if you prefer.

It has come to my attention that all club records at MED are not up to date. We need to remember to check on this annually. Please help me make sure the lines of communication are well established so we can maintain a successful partnership.

For questions, or to set up a new account contact 24-L District Sight Chair Davida Luehrs at 703-742-8043 or [davidaluehrs@gmail.com](mailto:davidaluehrs@gmail.com). If you would like to set up an account, please contact me first. I will then connect you with Trisha King,, the MED staff member who sets up the accounts.

Cordially,

Lion Davida



VLEIF President Woody once again did his Lions share at the National Memorial Day parade in Washington, D.C. on May 30, 2022!



## Development of an Improved AMD Model

Martin Pera, PhD

The Jackson Laboratories

The Foundation Fighting Blindness is funding Dr. Pera to develop a mouse model of age-related macular degeneration (AMD) that more closely mimics AMD in humans than current models, which aren't optimal for evaluating disease factors or potential therapies. AMD first affects a supportive layer of cells called the retinal pigment epithelium (RPE). Loss of the RPE ultimately leads to photoreceptor and vision loss. The model under development will cause RPE degeneration similar to the way it occurs in humans with AMD and will thus provide: better tools for early diagnosis and intervention in disease, better understanding of individual genetic susceptibility to AMD, and identification of protective genetic mechanisms that limit the impact of mutations in individuals who do not succumb to disease.

## Development of a Dry AMD Gene Therapy

Bärbel Rohrer, PhD,

Medical University of South Carolina

There are currently no therapies for the dry form of age-related macular degeneration (AMD). The Foundation Fighting Blindness is funding Dr. Rohrer to conduct an animal study of a gene therapy designed to selectively deliver a component of complement factor H (CFH) to temper the overactive innate immune system in AMD. The approach is designed to mitigate retinal degeneration caused by the immune response, targeting the damage where it is most likely to occur. A single application of the therapy should last for the lifetime of the patient.

## FDA Approves Genentech's Susvimo for Treating Wet AMD

The US Food & Drug Administration (FDA) has approved Susvimo™, Genentech's port delivery system (PDS) with ranibizumab, for the treatment of wet age-related macular degeneration (AMD).

The PDS, a refillable capsule the size of a rice grain, provides continual release of ranibizumab, a protein that blocks the growth of vision-robbing, leaky blood vessels which are the hallmark of wet AMD. The PDS is implanted at the surface of the eye during a one-time, outpatient, surgical procedure. The PDS may be refilled as infrequently as twice a year. Susvimo will be available to patients in the coming months. In contrast, other FDA-approved wet AMD therapies —including Lucentis® (ranibizumab) and Eylea® (aflibercept) — are injected into the vitreous (soft gel in the middle of the eye) on a regular basis, usually several times a year.

## Apellis to Seek FDA Approval of its Dry AMD Drug

The biopharmaceutical company Apellis announced that combined results from two Phase 3 clinical trials, DERBY and OAKS, showed that its drug APL-2 (pegcetacoplan) reduced the progression of geographic atrophy (GA), the advanced form of dry age-related macular degeneration (AMD).

Monthly and every-other-month treatment with APL-2 reduced GA lesion growth by 17 percent and 14 percent, respectively, in the two trials. Treatments with the drug are made by injections into the vitreous, the soft gel in the middle of the eye. A total of 1,258 people were enrolled in the studies. The company plans to submit a New Drug Application (NDA) for APL-2 to the U.S. Food and Drug Administration (FDA) in the first half of 2022. If approved by the FDA, the drug would be the first treatment available for GA.

## The Benefits of Orientation and Mobility (O&M) Training

Orientation and Mobility (O&M) trainers are specialists that teach those with legal blindness or a vision impairment effective travel skills. While many may think of this as just learning to use a white cane or guide dog, there is much more and it can have many benefits when it comes to maintaining independence and personal safety!

A Certified O&M Specialist (COMS) receives specialized training and must maintain certification and standards via the Academy for Certification of Vision Rehabilitation and Education Professionals ([ACVREP.com](http://ACVREP.com)) can provide training including:



- ◇ White Cane Training
- ◇ Guide Dog Training
- ◇ Safe Travel Training
- ◇ How to maximize senses for navigation
- ◇ Self-protective techniques
- ◇ Using landmarks for navigation
- ◇ How to safely cross streets and problem solve when lost
- ◇ Using public transit
- ◇ Navigating your community
- ◇ Navigating in the home

As you can see, there are all kinds of benefits to O&M training that can be of use to many! To learn more, see our resource guidebook, “Your Eyes and Low Vision,” or call our resource hotline at (301) 951-4444.



The next [FFB VISIONS 2022](#)

[Conference](#) will be on June 17, 2022 in Florida!

Contact Lion Davida Luehrs if you need more information!

(703) 742-8043 (home)

(703) 819-8621 (cell)

[davidaluehrs@gmail.com](mailto:davidaluehrs@gmail.com)



*Get cool stuff and support the Foundation Fighting Blindness!*

<https://shopfightingblindness.org/>



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

### Scholastic Grant Wrap-up – 3/16/2022

**This year, the Scholastic Grant reviewed 32 Scholastic Grants:**

**2 were declined for lack of information. The applicants were instructed to reapply next year**

**6 were just outside the requirements (number of times/vision), but were deemed to be worthy of assistance, so arrangements were made to assist them through the clubs as has been approved by our board. Each were granted \$1,000.00. These funds were given to the club to administer in a manner that enhances their clubs image.**

**24 were deemed qualified and split \$58,000.00. Grants were from \$1,000.00 to \$3,000.00 based on number of times applied and/or stated need. Committee paid special attention to the essays and other data to make these decisions.**

**The presentation ceremony was held on Saturday February 26<sup>th</sup> starting at noon and was attended by 20 of the 24 recipients and their families/friends. We had a total of 113 attendees for this event including 5 TVIs and everyone seemed to enjoy the moments, especially the recipients.**

**Sponsoring clubs all attended and got to know the recipients and families for future club involvement.**

**Dr. Suleiman was the keynote speaker, and really wowed the gathering with his “it takes a village” analogy. Excellent presentation.**

*Woody*

**President VLEIF - for the Scholarship Committee**

**Thank  
You!**

To Lion Ralph Thompson for securing the Arlington-Fairfax Elks Lodge for the Awards Ceremony.  
Another excellent job, Lion Ralph!



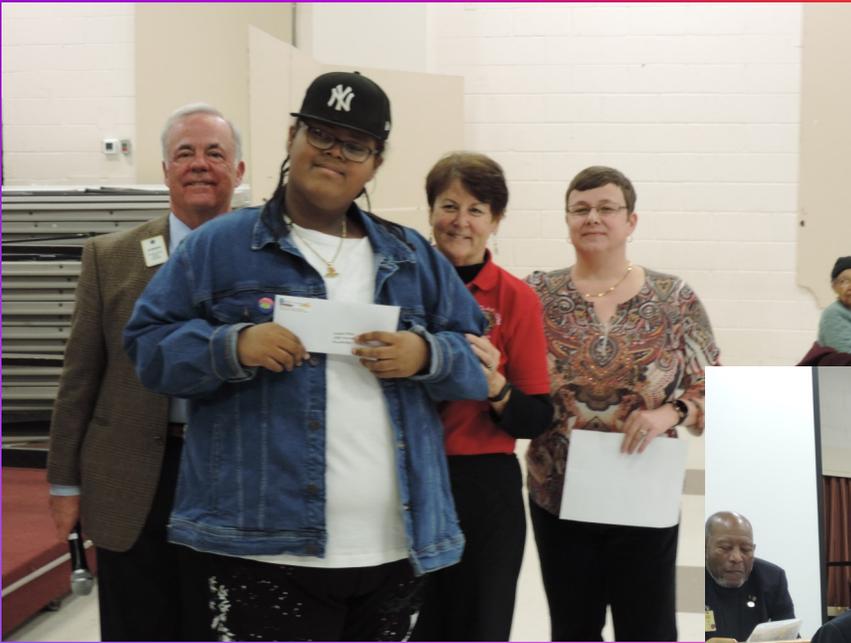
**JOE LIPOMI**  
**SCHOLARSHIP GRANT**  
**SPONSORING CLUBS AND WINNERS**

| <b>Lions Club</b>          | <b>Club President</b> | <b>Winners</b>   |
|----------------------------|-----------------------|--|
| Alexandria Host            | Roberta Cohn          | Muhammed Jamshed<br>Natalie Rubio  |
| Alexandria Asian-American  | Roy Tores             | Jedon Johnson  |
| Burke Host                 | Steve Pawlow          | Elma Ghairatmal  |
| Clifton                    | Bill Poole            | Alex Reynoldson<br>Elizabeth Drake   |
| Fairfax Host               | Michael Greeley       | Aleksander Ramseur   |
| Falls Church/Annandale     | Kathleen Clinton      | Kevin H.E. Rosales<br>Jesah Jackson<br>Michael Hoang<br>Sofia Del Castillo |
| Fredericksburg Host        | Shirley Eye           | Jesse Zirondomu  |
| Front Royal                | James McDermott       | Lina Strother  |
| Mason Neck                 | Paul Tompkins         | Nasir Carew  |
| Montclair                  | Michael O'Neal        | Josiah White   |
| Mt Vernon Ev               | Nancy Sitarz          | Havilah Mitchell<br>Julie Nguyen   |
| Park West                  | Evelyn Guiliani       | Rumaiza Mahbood  |
| Purcellville               | Thomas Melgaard       | Victoria Forsyth   |
| Reston                     | Davida Luehrs         | Marian Fahmy<br>Edward Zhang<br>Santana Kahill                             |
| Springfield Franconia Host | Vijay Gupta           | Samuel Kupsky  |
| Sterling                   | Michael Winthrop      | Kaleb, Karalyn<br>Kenneth & Krystal Calhoun<br>Kostantinos Pippas          |
| VA Gateway                 | Erika Laos            | Michael Coca-Vargas  |
| Vienna Host                | Margaret Reidy        | Lotus Goetz  |

# Joe Lipomi

## SCHOLARSHIP GRANT WINNERS!













Keynote Speaker Lion Dr. Suleiman Alibhai provided a moving and encouraging address to the audience by providing his own experiences as both a Doctor of Optometry and as a Lion. He shared that it really does take a village to raise a visually-impaired child: parents, teachers for the visually impaired, the Joe Lipomi Scholarship, the Prevention of Blindness Society, members of the Lions Club. But to make all that happen, he emphasized that we need an enzyme or catalyst that makes everything work well together—and that is our VLEIF President Woody!

*VLEIF thanks Dr. Suleiman for the care and expertise he brings to each of the endeavors he undertakes.*







**Joe Lipomi Memorial SCHOLASTIC GRANT APPLICATION**

**Purpose:** The Virginia Lions Eye Institute Joe Lipomi Memorial Scholastic Grants are given to qualified visually impaired 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 in the year in which the grants are received.

**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, along with the approximate expense.** 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 have 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. Applicants are limited to three years of awards.**

**Required Personal Data (\$SN 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/Optomtrist evaluation with signature and contact information should 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 5<sup>th</sup>**. 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](mailto: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/>

**Joe Lipomi Memorial SCSOLICITUD DE SUBVENCIÓN SCHOLASTIC**

**Propósito:** Las subvenciones escolares del Virginia Lions Eye Institute Joe Lipomi Memorial se otorgan a personas con discapacidad visual calificadas y son patrocinadas por clubes de Leones individuales del Distrito 24-L. Los objetivos primordiales de las subvenciones son mejorar el potencial de los beneficiarios para lograr una vida independiente y autosuficiente. Los dólares de la subvención se pueden utilizar para dispositivos de asistencia, gastos educativos / de capacitación y otros gastos asociados con los objetivos de las subvenciones y los beneficiarios en el año en que se reciben las subvenciones.

**Calificaciones:**

1) La agudeza visual debe limitarse a 20/70 o menos, mejor corregida en el mejor ojo o en un campo visual binocular de 30 grados o menos. La vista debe ser documentada por un profesional de la vista (oftalmólogo u optometrista).

2) Patrocinio por parte de un Club de Leones con una recomendación del club patrocinador. VLEI encontrará un club patrocinador si el solicitante necesita ese servicio.

3) La solicitud de subvención debe ir acompañada de **un ensayo separado que explique por qué se necesita la subvención y cómo se utilizarán los fondos.** Es útil si los solicitantes "se presentan" y describen sus intereses y objetivos para el futuro. Aparte de 1) anterior, el Ensayo es la única información que la Junta de Síndicos tiene para distinguir entre los solicitantes cuando el número de solicitudes excede el presupuesto anual para subvenciones. Los solicitantes por primera vez reciben prioridad sobre las solicitudes de aquellos que han recibido subvenciones anteriores.

**Datos personales requeridos (SSN puede adjuntarse en una hoja simple sin nombre si se desea)**

Nombre: SSN: \_\_\_\_\_

Dirección: Teléfono: \_\_\_\_\_

Correo electrónico \_\_\_\_\_  
(Legible para ser útil)

**Discapacidad visual:**

Agudeza visual con la mejor corrección: Ojo derecho \_\_\_\_\_ ojo izquierdo \_\_\_\_\_

Campo visual (binocular) Grados \_\_\_\_\_

**Evaluación oftalmólogo/optometrista con firma / teléfono (se puede adjuntar)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Club de Leones Patrocinador:** \_\_\_\_\_

Las solicitudes completadas deben enviarse por correo a: VLEIF, C/O Sandi Armendaris, 7623 Virginia Avenue, Falls Church, VA 22043-3202, y deben llegar a **NLT el 5<sup>de</sup> diciembre.** Los solicitantes aprobados serán notificados a finales de diciembre. Las becas se presentarán en un lugar determinado por el Comité de Subvenciones Escolares. Los detalles se anunciarán cuando se finalicen. Las preguntas deben enviarse por correo electrónico a: [woodvwoodard@cox.net](mailto:woodvwoodard@cox.net) (asunto: Scholastic Grant) o llamar al 703-314-0889

Para obtener más información sobre nuestra misión de servir, visite nuestro sitio web en:

<http://vleif.org/>



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

***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](mailto:amelamud@rgw.com). For questions, please call him on (703) 698-9335.

**Grant Administrators**

Dr. Mark Falls

Dr. Sally Kenavan

Dr. Alex Melamud

**RICHARD A. FALLS RESEARCH GRANT**  
**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.



# Your Eyes

MAY 2022



TODAY

## Join POB READS This Summer!

Summertime is an excellent time to relax in the shade or at the beach, lay back, and enjoy a good book. There are tools available to enjoy a good book, even with vision loss!

Reading, whether through your eyes or ears, expands your horizons! Research has shown that reading provides benefits to your mental health, as it can help to sharpen your mind.

Book clubs take that to a higher level through discussions and different viewpoints, contributing to your knowledge and appreciation of the world around you.

POB is excited to announce a new initiative – **POB READS** – a summer book club for all with vision challenges! We have identified some fantastic reads and will have robust and fun discussions about the book. This program will not be highly intensive; we want to encourage reading and socializing with one another!

(Continued on page 2)

**Prevention of Blindness Society of Metropolitan Washington®**  
**415 2nd Street NE, Suite 200, Washington, DC 20002**

**(202) 234-1010 | [www.youreyes.org](http://www.youreyes.org) | Facebook & Twitter: @youreyesdc**

# News & Updates

## Join POB READS This Summer!

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(Continued from page 1)

The selected titles are available for free through the **National Library Service for the Blind and Print Disabled**, also known as the **Talking Books Program**. You can access titles in two ways: Via download to a personal device through the **Braille and Audio Reading Download (BARD)** mobile application and website or through the **United States Postal Service**. Visit [www.loc.gov/nls](http://www.loc.gov/nls) or call **800-424-8567** for more information.

If you would like to learn more about signing up for the **Talking Books program**, call the **POB Low Vision Resource and Information Hotline** at **(301) 951-4444**.

The selected titles are also available on **Audible**, a fee-based audiobook library available on smartphones and tablets. For more information, visit [www.audible.com](http://www.audible.com).

POB's **Virtual Book Club** will meet monthly in **June, July, and August**. Participants will receive a special gift from POB!

**Sign up online at [www.pobreads.org](http://www.pobreads.org).**

Need assistance? Contact **Sean Curry** at **(202) 234-1010, ext. 233**, or [scurry@youreyes.org](mailto:scurry@youreyes.org).

## Two Low Vision Nonprofits Team Up to Serve

The Prevention of Blindness Society of Metropolitan Washington (POB) have many low vision resources available for those losing vision. One such resource is *Your Eyes and Low Vision*, a resource guidebook of low vision education, resources and services. This guidebook measures approximately 100 pages in large print. The guide is also available on their [website](#).

This past year, the Metropolitan Washington Ear (MWE), an audio recording nonprofit, created an auditory version of the guidebook to make available to the community. This incredible service added an additional piece of accessibility, especially to those new to vision loss who have not yet learned about screen-reading technology.

A special thank you (and Certificate of Commendation) to the Ear for their incredible service!

# Certificate of Commendation

This certificate is hereby awarded to

## Metropolitan Washington Ear

in recognition of exceptional service in serving the Washington Metropolitan Community by providing audio description to the *Your Eyes and Low Vision* resource guidebook.

Awarded this 31st day of March, 2022.



**Prevention of Blindness Society**  
of Metropolitan Washington®

*Caren Forsten*

Caren Forsten

*Chief Executive Officer, Prevention of Blindness Society of Metropolitan Washington*

## A Program Not Just for Low Vision Individuals, But Loved Ones as Well

This past month, the Prevention of Blindness Society of Metropolitan Washington (POB) held a special event. "Being the Light: Friends and Family Connection"

was an event that targeted not just those with vision loss, but their friends and family as well. The event had more than 80 attendees who heard from a panel of blind and vision impaired individuals, their family members, and low vision doctors. The panel talked about topics such as daily living, talking about vision loss and its impact, and how to communicate with one another about challenges, needs, and what they still CAN do.

The event was warmly received by attendees, and post-event surveys were overwhelmingly positive. POB will plan to have another "Being the Light" event again!

A special thank you to the Burke Lions for volunteering at the event! Several Lions came and helped on setup, tear down, and also learned a lot about low vision during the presentation. A unique experience for sure!



### Low Vision Learning Center Information and Resource



HOTLINE

**(301) 951-4444**

**Hotline Hours  
11 a.m. to 5 p.m.  
Monday, Tuesday,  
Wednesday & Friday**

*Got something to say or  
share?*

Send articles and photos to  
VLEIF EyeWatch Editor  
Lion Beth Kelley at  
[kelleyei@aol.com](mailto:kelleyei@aol.com)

# What Eye Screenings Should My Child Get?

As parents, we have all kinds of appointments and meetings we are expected to get our child to attend. From doctor's offices to daycare and back again, there can be much confusion and worry. Below is a quick guide on vision screenings a child should receive from newborn through young adulthood. These are created and recommended by The [American Academy of Ophthalmology](#) (AAO) and the [American Association for Pediatric Ophthalmology and Strabismus](#) (AAPOS):

**Newborns** will receive the following from their doctor:

- a "red reflex" (like seeing red eyes in a flash photograph). If the bright light shone in each eye does not return a red reflex, more testing may be needed.
- blink and pupil response

And, if any of the following is true, an ophthalmologist should do a comprehensive exam:

- born prematurely
- has signs of eye disease
- or a family history of childhood eye disease



## 6-12 Months

A second screening should be done during the child's first year of life. This screening is usually done at a well-child exam between 6 and 12 months. Your child's pediatrician or another health professional should:

- do the tests mentioned in newborns
- visually inspect the eyes
- check for healthy eye alignment and movement

## 12-36 Months

The child is checked for healthy eye development. This may include a "photo screening" test. A special camera takes pictures of your child's eyes. These pictures help find problems that can lead to amblyopia (lazy eye). If they see a problem, your child may be referred to an ophthalmologist. This screening may be completed by a pediatrician or other trained professional. POB completes these photo screening tests! To schedule a vision screening for your school or center, [contact us](#).



*Continued on next page*

### 3-5 Years

Between 3 and 5 years, a child's vision and eye alignment should be rechecked, preferably annually. Visual acuity (sharpness of vision, like 20/20, for example) should be tested as soon as the child is old enough to read an eye chart. Many children are somewhat farsighted (hyperopic) but can also see clearly even at a distance. Most children will not require glasses or other vision correction. If the child struggles with the eye chart, photo screening may be used to test vision. Again, this screening may be completed by a pediatrician or other trained professional (such as POB!). To schedule a vision screening for your school or center, [contact us](#).



An ophthalmologist should see your child if screenings show signs of:

- misaligned eyes (strabismus)
- "lazy eye" (amblyopia)
- refractive errors (myopia, hyperopia, astigmatism)
- or another focusing problem

Begin treatment for these problems as soon as possible—getting early treatment for your child is the best thing you can do to protect their vision.



### 5 Years and Older

At 5, children should be screened for visual acuity and alignment. These screenings are often completed by a school nurse or trained professional. Nearsightedness (myopia) is the most common problem in this age group. It is corrected with eyeglasses. An ophthalmologist should examine a child with misaligned eyes or signs of other eye problems.

# Workplace Eye Wellness and the 20-20-20 Rule

## Easy Tips to Reducing Eye Strain Throughout the Day

Our world has become more and more focused on screens. And, the COVID-19 Pandemic has left many of us staring at our screens for hours and hours for work, school, and leisure. As a result, many people are complaining of tired, burning, and itching eyes. Some even complain of headaches and blurred vision throughout the day. Our eyes need time to relax and rest like any other muscle in our bodies.

So how can we eliminate some of these issues? Luckily, there are quite a few options out there. Check out the list below, for some tips that can help:

- Sit 20 to 26 inches (a little shorter than arm's length) away from your screen.
- Use the "20-20-20" rule as recommended by the American Academy of Ophthalmology and the American Optometric Association: every 20 minutes, look away from your screen and look at an object 20 feet away for at least 20 seconds. This will help your eyes to rest and reduce strain and irritation by the end of the day.
- Try to reduce glare on your screen. This can be done by reducing lighting or using a glare filter.
- Keep your computer at head level or just slightly above. Adjustable chairs help posture at your screen which will reduce eye and neck muscle strain. Adjustable screens and keyboards can have the same benefits.
- Glasses that block harmful blue light from screens could also help reduce eye strain. Adding an anti-reflective coating to your glasses to reduce glare will provide extra protection.
- On weekends—when most of us are not staring at screens for work and school as often—try to go out in nature and take a break from focusing with your eyes. Make sure to wear sunglasses.

Eye strain can be a frustrating problem. The good news is, there are a several simple strategies that can be done minimize the pain!

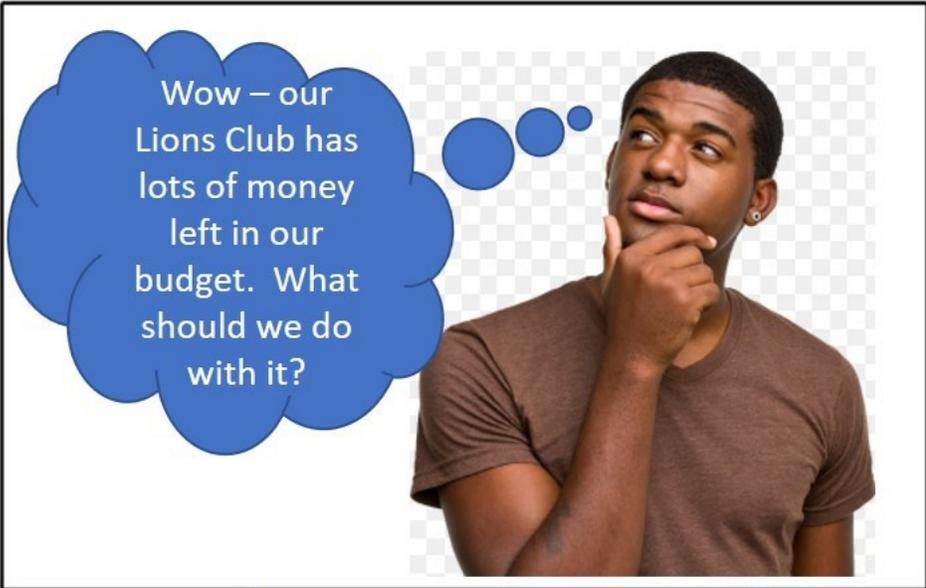
To learn more visit: <https://preventblindness.org/march-is-workplace-eye-wellness-month/>

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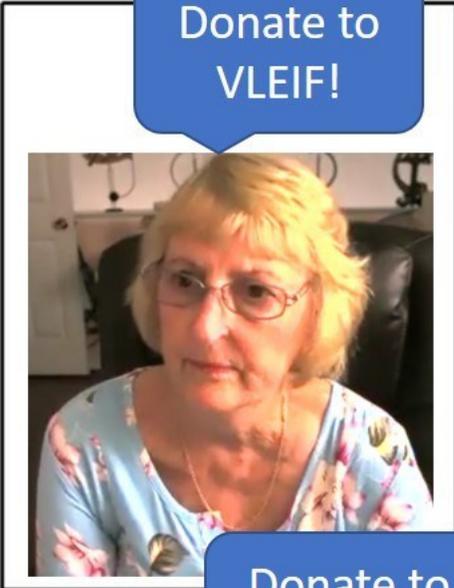
## TO PREVENT DIGITAL EYE STRAIN

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Donate to VLEIF!



Donate to VLEIF!

Donate to VLEIF!



Donate to VLEIF!



Donate to VLEIF!



Of course! Why didn't I think of that? We'll donate to VLEIF!

VLEIF  
c/o Lion Sandy Armendaris  
7623 Virginia Avenue  
Falls Church, VA 22043-3202  
CFC Designation #95254



## Virginia Lions Eye Institute Foundation

1. The VLEIF Board would like to offer thanks to the Lions Clubs that sponsored and distributed Scholarship checks to our recent Grantees. Since I was invited to most of the presentations, I can assure you that the Recipients and Families were truly thankful, and most expressed a desire to become connected to the clubs in some way.
2. If you do not know what VLEIF does, please 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. Due to the COVID restrictions, we will be happy to join you via Zoom until it is safe to meet in person.
3. Besides the Scholarship Grants, we also support the Lions Eye Clinic, and the Virginia Low Vision Learning Center in Alexandria. We fund research grants and we are also working to expand Low Vision Services in our District's realm.
4. Please check your communities for qualified scholarship grant applicants. Applications plus detailed instructions and requirements are featured on our VLEIF website (<http://vleif.org/>). Please send in applications as you get them; no need to wait for the December deadline. Please make it a point to get acquainted with the "Teachers of the Visually Impaired" (TVIs) in your local schools – they have the inside track to the students who could benefit from our Scholarships.
5. **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 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 Chairs to see if clubs in nearby areas can help. If your club has done this and still needs help, please contact us (letter, email or phone call). Our aim is to make sure that you can meet the needs of your communities.
6. 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 CFCNA, so giving is amazingly 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, *Woody*  
 Ed "Woody" Woodard, PDG, President  
 VLEIF Board  
 Cell: 703-314-0889 email: [woodywoodard@cox.net](mailto:woodywoodard@cox.net)

District Representative for VLEIF is:  
 Lion Sheryl Bass  
 Cell: 703-314-4278 email: [s.l.bass@verizon.net](mailto:s.l.bass@verizon.net)



## 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](mailto:woodywoodard@cox.net)

PDG Don Beeson (22C)- [donb798@gmail.com](mailto:donb798@gmail.com)

Lion Mike Yuenger (24L)- [myuenger@comcast.net](mailto:myuenger@comcast.net)

VDG Bill Lavelly (22C)- [bwlavelly@verizon.net](mailto:bwlavelly@verizon.net)

Lion Bill Strauss (22W)- [williamstrauss@msn.com](mailto:williamstrauss@msn.com)

PID Joe Gaffigan (MD22)- [pidjfg@gmail.com](mailto:pidjfg@gmail.com)



**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 Shea C. Megale –

Email (preferred): [vanscheduler@yahoo.com](mailto:vanscheduler@yahoo.com) Cell: 703-220-0464

Check us out at: <https://e-district.org/sites/nvsh/index.php>

Our van is funded by donations from Lions Clubs, schools, individuals, and corporations. Donations should be made payable to “NOVA Lions Screening Unit” and mailed to the attention of:

Treasurer Jim Alexander | 44 Boulder Drive | Stafford, VA 22554

**Ask a Question or Book a Program/Presentation for your Club by contacting:**

Lion Jim Cech, Past President (703)-680-2363 ([jamesvcech@comcast.net](mailto:jamesvcech@comcast.net))

or call President Ralph Cooper or any Board member listed on our [website](#).

**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](mailto:Woodywoodard@cox.net) Ph: 703-314-0889

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