



As always, I would first like to say thanks to our Board of Trustees for always stepping up and volunteering your precious time to make sure that we stay focused and provide the most help possible for the visually-impaired communities.

Thanks to the Scholastic Grant Committee, as in previous years, your time to shine is now approaching, and the Scholarship Applicants will be looking to you as their angels of hope, and you will be inundated as always. Thanks for your very fine efforts to be fair and judicious with the funds provided. At our Scholastic presentation earlier this year, we awarded \$39,800.00 in scholastic Grants to qualified students.

Thanks to the Low Vision Learning Centers and Prevention of Blindness Society of the Washington Metropolitan Area for continuing to partner with us to provide a very high level of service to those in need. Your partnership is appreciated, and it has helped us to provide a much higher level of care and assistance for the vision impaired. Check out the newest visual aids at our Alexandria Low Vision Learning Center on Mondays.

PCC Wilma Murphy and the VLEIF Expansion Task Force have successfully established an eyecare lane at the Moss Free Clinic in Fredericksburg. Professional Volunteers are needed to operate this lane. If you are an eyecare professional in the Fredericksburg/Stafford area served by the Moss Free Clinic, please consider volunteering your services to help serve the under insured.

Our quarterly meeting was held on September 20th hosted by Inova. The venue was great, the food was excellent, and the hospitality once again was spectacular. We are doing the zoom hybrid, and although there were some glitches, we managed to muddle through. We get better each time, but we hope that most of you will be able to attend in person. We all enjoy each other's company and accomplish a lot. Our next quarterly meeting will be December 13th.

Sincerely,

*Woody*

Ed "Woody" Woodard – President



VLEIF



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*Got something to say or  
share?*

Send articles and photos to  
VLEIF EyeWatch Editor  
Lion Beth Kelley at  
kelleyei@aol.com



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**William M. Moss**



Know someone who needs financial and health management assistance? Seek primary care for health needs at one of our **Inova Cares Clinic for Families (ICCF)** where they will help manage any health issues and assist in the application for an Inova Financial Assistance Program (FAP). The two requirements for Inova’s FAP are: (1) residency in Virginia, and (2) income below 400% of the Federal Poverty Level.

If qualified, applicants will be scheduled for a medical appointment and another to begin the FAP application process. ICCF will in turn refer the applicant to the Inova Lions Eye Clinic. Below are the ICCF locations – provide this information to those in need and call the closest clinic to get things started.

*from Fadi Saddeh*

LOCATION	ADDRESS	PHONE
ALEXANDRIA	4700 King Street, Suite 100, Alexandria, VA 22302	571-665-6599
ANNANDALE	7617 Little River Turnpike, Suite 850, Annandale, VA 22003	571-665-6636
FAIRFAX	2740 Prosperity Ave, Suite 300, Fairfax, VA 22031	571-623-3477
MT. VERNON	8101 Hinson Farm Road, Suite 415, Alexandria, VA 22306	703-664-7005
STERLING	46440 Benedict Drive, Suite 208, Sterling, VA 20164	571-665-6526
MANASSAS	8051 Sudley Road, Manassas, VA 20109	571-719-4180
HERNDON	600 Herndon Pkwy, Suite 200, Herndon, VA 20170	703-464-6094



[https://inova.zoom.us/rec/share/btxdYbXDzTcM47aF6q09Arkjm1AL3XxgMeAtqTr\\_bk15I3o7En9DlrmD8u1NYpMG.5rqLx39EkoV8KjBu](https://inova.zoom.us/rec/share/btxdYbXDzTcM47aF6q09Arkjm1AL3XxgMeAtqTr_bk15I3o7En9DlrmD8u1NYpMG.5rqLx39EkoV8KjBu)

Passcode: wX5Cv&Wr\_



VLEIF, Inc. c/o Sandra Armendaris, 7623 Virginia Ave, Falls Church, VA 22043  
October 13, 2023

To: All District 24-L Clubs

The Virginia Lions Eye Institute Foundation (VLEIF) will hold its Annual Meeting at the District 24L Fall Conference.

**Location:** Holiday Inn & Conference Center, 20 Sanford Drive, Fredericksburg 22406  
**Date:** Saturday, November 18, 2023  
**Time and Room:** TBD

**Business to be discussed:** (1) Financial Status of Virginia Lions Eye Institute Foundation (VLEIF). (2) Joe Lipomi Scholarships for Visually impaired Students. (3) Eyecare expansion to Fredericksburg Moss Free clinic. (4) Answer questions from Clubs.

Your club is invited to provide representation and participate in any way possible. We look forward to seeing you and explaining how your contributions are helping Sight impaired individuals lead a better life.

Thanks for all you do, and thanks for your support over the years. Please keep us in your budget. We could not do this without the support of the Clubs.

Sincerely,

*Woody*

Ed "Woody" Woodard  
President VLEIF

Cc: PDG Harry Parker – VP VLEIF  
PDG Sally Kenavan – Treasurer VLEIF  
Lion Shirley Gorospe – Secretary VLEIF  
Lion Sheryl Bass – District Representative VLEIF  
Lion Mark Armendaris - CPA



## **Assistive Technology for Blind and Visually-Impaired Individuals**

While looking for ideas on Assistive Technology for blind and visually-impaired individuals, I found useful information from the Mobility International USA website (MIUSA), [miosa.org/resource](http://miosa.org/resource).

According to MIUSA, the preferred or needed technology depends on the user's previous training or the type and amount of visual content that is being accessed. The MIUSA Resource page provides details of some of the technologies and associated use cases listed below:

- Screen-reading Software
- Magnification Software
- Dictation Software
- Writing Braille and Using Braille Embossers
- Refreshable Braille Displays
- Optical Character Recognition (OCR) Systems
- Video Magnifiers or Closed-Circuit Televisions (CCTVs)
- Portable Magnifiers

PDG Woody has identified apps for smart-phones and tablets that serve similar purposes. They are listed on Page 16 of this newsletter and will be posted on [vleif.org](http://vleif.org) for future reference.

Yours in Service,  
Council Chair Glen Logan

**The Dr. Richard A. Falls  
Virginia Lions Eye Institute  
Research Grant**

*Mission Statement*

The Virginia Lions Institute Foundation seeks to support research which will contribute to the wider field of knowledge on eye disease with the goal of improving vision and eye health.

*Eligibility*

Grants are solicited from professionals with expertise in the area of eye health including: researchers in the field of eye disease, physicians, optometrists, opticians, nurses and public health specialists

*For information and the application, go to*

**<http://vleif.org/dr-richard-a-fall-research-grant-program/>**



7623 Virginia Ave, Falls Church, VA 22043, A 501(c)(3) Corporation - EIN 51-0245834

VLEIF Board, TVIs, Lions of District 24L,

### JOE LIPOMI SCHOLARSHIP GRANTS

It's that time of year when back to school is coming up fast and we should all be looking for students who are eligible for Joe Lipomi Scholarship grants. Remember that Grant applications are due by December 5<sup>th</sup>.

The Scholarship grant committee is eagerly looking forward to finding ways to ensure that all eligible applicants are given equal opportunities to grant funds within our budget limits.

**TVIs (Teachers of the Visually Impaired)**– Please check the students in your classes for those whom a grant would help open up otherwise untapped possibilities. The applications are on the website, and most of you already know that we will work with you to make sure that all your eligible vision impaired students get considered. If you know of other TVIs that I don't have contact information for, please let me know and I will be happy to include them in my distributions and invitations to the presentation ceremony.

**Lions Club Leaders** – Get to know the schools in your area and find out who the TVIs (Teachers of the Visually Impaired) are and find out if you can sponsor an eligible applicant. Most of the clubs are familiar with the process and know that there is no downside to this. All of our scholarships are presented with a club acting as sponsor to ensure that grant recipients/families know that without the support of the clubs, this would not be possible. So, if your club is chosen as a sponsor to a grant recipient, please give it serious consideration. The cost is minimal, usually the price of lunch for the parents, if your club can afford it.

**District Lions Leadership** – We depend on you to help spread the word about what we do, so as you travel around the District, please let the membership know that we are willing to come visit and give presentations to highlight the work that we do for our vision impaired citizens. Our Sight Chair Lion Davida Luehrs is one of our most ardent spokespersons and she has been spearheading the drive for these scholarships for a number of years, and we know she will continue to be the catalyst for the program.

### REMEMBER US IN YOUR BUDGET

We could not continue to do what we do without the support of the clubs of our district, and for this we are very thankful. If you would like to know more about what we do, please contact me or the District VLEIF Representative Lion Sheryl Bass to schedule a visit. We eagerly await your invitations.

CFC NUMBER 95254

Sincerely,

**Woody**

Ed "Woody" Woodard

President VLEIF

Cc: Scholarship Grant Committee



VLEIF



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**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 (\$\$N 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/>



SOLICITUD DE BECA ACADÉMICA DE Joe Lipomi Memorial

**Propósito:** Las Becas Académicas del Virginia Lions Eye Institute Joe Lipomi Memorial se otorgan a personas con discapacidad visual calificadas que actualmente son estudiantes en un programa académico y son patrocinadas por clubes de Leones individuales del Distrito 24-L. Los objetivos primordiales de las becas son mejorar el potencial de los beneficiarios para lograr una vida independiente y autosuficiente. Los fondos de las becas se pueden utilizar para dispositivos de asistencia, gastos educativos / de capacitación y otros gastos asociados con los objetivos de las becas y los beneficiarios en el año en que estos reciban las becas.

**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) Debe tener 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 esta beca debe ir acompañada de un ensayo separado que explique por qué se necesita la beca y cómo se utilizarán los fondos. Es útil si los solicitantes "se presentan" y describen sus intereses y objetivos para el futuro. Aparte del punto 1) anterior, el Ensayo es la única información que los Miembros de la Junta tienen para distinguir entre los solicitantes cuando el número de solicitudes excede el presupuesto anual para las becas. Los solicitantes por primera vez reciben prioridad sobre las solicitudes de aquellos que han recibido becas 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 en o antes del 5 de diciembre. Los solicitantes aprobados serán notificados a finales de diciembre. Las becas se presentarán en un lugar determinado por el Comité de Becas Escolares (Scholastic Grant Committee). Los detalles se anunciarán cuando se finalicen. Las preguntas deben enviarse por correo electrónico a: [woodywoodard@cox.net](mailto:woodywoodard@cox.net) (asunto: Scholastic Grant) o llamar al 703-314-0889



# T-Shirts For Sale



All Proceeds go to help fund the Lions Participation in the National Memorial Day Parade.

As of 6-1-2023 we are forced to raise the price  
of our T-Shirts

**All Sizes \$15.00**

Ladies V-Neck Style T-Shirts Available, see photo below

Sizes 4XL and 5XL may not always be in stock, but can be special ordered.

We will gladly fill and ship orders at cost of T-Shirts plus shipping. We will ship at the lowest rates possible. Orders over \$100.00 will ship free.

Our slight increase in price is due to increases in price from our suppliers.

Contact Info: PDG Woody Woodard - [woodywoodard@cox.net](mailto:woodywoodard@cox.net); Lion Mike Yuenger - [myuenger@comcast.net](mailto:myuenger@comcast.net); PDG Bill Lavelly - [bwlavelly@verizon.net](mailto:bwlavelly@verizon.net); PDG Sandi Halterman- [PDGSandi@gmail.com](mailto:PDGSandi@gmail.com); PID Joe Gaffigan - [pidjfg@gmail.com](mailto:pidjfg@gmail.com)



Front



Back



# UPDATE

## Update on Program Change from My Eye Doctor

Since April 2016 many clubs in our District have been utilizing **My Eye Doctor** locations in their community to provide exams and glasses for those in need. I set up this partnership and for the clubs based in Fairfax County. There is an opportunity to join the Fairfax Health Department, My Eye Doctor and Lions partnership! If you are not currently participating in this three-way partnership and would like to, please contact me.

For seven years. MED has offered our District a \$30 exam and glasses or \$50 (\$25 for the lens and \$25 for the frame).

MED is updating their program and is requiring that each club that is participating or interested in participating to please contact them. MED now covers the entire east coast and significant portions of the mid part of our country. This great program applies to wherever they are, and Sarah Umstead (email below) is the single point of contact. She can enroll you and help address question and issues in a timely manner. Ashley is still the point of contact for billing. She can send your club invoices via email, snail mail or both. Remember that each June your club needs to contact her to make sure she has proper billing information if your leadership has changed.

Sarah Umstead      [Sarah.Umstead@myeyedr.com](mailto:Sarah.Umstead@myeyedr.com)  
Ashley Yarborough      [ashley.yarborough@myeyedr.com](mailto:ashley.yarborough@myeyedr.com)

***To stay active in their system, all clubs need to connect with Sarah ASAP to make sure their information is up to date. She will also note your frame choice in their system at that time.***

They have had a price increase and are now offering two frame options that Sarah can go over with you. This program was to take effect October 20, 2023.

If at any time issues arise, please know that ***I am here to be of help*** and invite you to contact me if needed.

BTW, MED has been a wonderful community partner, a frequent donor to the VisionWalk program in multiple states, including for our walk. They also recently donated some used equipment to the new clinic that is opening in Falls Church that I helped coordinate.

Details of the MED program can be provided by Sarah. Each individual club gets to decide what price point they want to use for the frame.

The current plan has not been updated for a few years now

- Exam cost is \$30.00
- Glasses cost \$30.00 - Single Vision CR-39 (Plastic material) and Yellow/Orange tag frame

- Currently MED-004 (1841 Fountain Dr. Reston, VA 20190) is the location being utilized
- Frame selection currently is the Orange Tag frames are \$25.00
- New program would add Yellow Tag frames of \$25.00 and Orange Tag frames are \$35.00
- Reston location has 70 Orange Tag frames to choose from

Bottom line, how much will the exam and glasses charge be?

- Exam (\$40.00) + Single Vision (\$25.00) + Yellow Tag frame (\$25.00)  
= **\$90.00**
- Exam (\$40.00) + Single Vision (\$25.00) + Orange Tag frame (\$30.00)  
= **\$95.00**

I hope you find this information helpful and it gives your club more choices. I look forward to seeing everyone at the Fall Conference!

Yours in Service,  
Lion Davida Luehrs  
District 24L Sight Chair  
703-819-8621(cell) or [Davidaluehrs@gmail.com](mailto:Davidaluehrs@gmail.com)



## Smartphone Apps for the Visually Impaired

Below are four (4) Smartphone apps and their links that are designed to assist visually-impaired individuals. While there will probably be lots more if you are doing a search, these four have been deemed viable, tested by our Low Vision Specialists and they are free from advertisements. This is for information only; individuals should consult their eyecare professional as to what is best for them.

### **SEEING AI** (Apple/iOS only)

Seeing AI is an artificial intelligence application developed by Microsoft for iOS. Seeing AI uses the device camera to identify people and objects, and then the app audibly describes those objects for people with visual impairment.

Initial release: July 12, 2017; 6 years ago

License: Proprietary software

<https://apps.apple.com/us/app/seeing-ai/id999062298>

### **ENVISION** (Apple/iOS and Android)

Use Your iPhone's Camera and Artificial Intelligence to Recognize Text, Objects, Products, and More

<https://www.letsenvision.com/download>

### **SUPERSENSE** (Apple/iOS and Android)

Highly-regarded mobile scanner application for blind and visually-impaired users. It is equipped with novel computer vision and machine learning models to help users explore their physical environment and hear about the objects around them. Supersense can automatically detect and read letters, documents, books, currency, barcodes, and more<sup>1</sup>. It is one of the most downloaded and highest-rated apps for the blind on both App Store and Google Play<sup>1</sup>. You can download it for free from the App Store or Google Play<sup>2</sup>.

Learn more:

<https://www.supersense.app/product-page-supersense>

<https://www.supersense.app/>

### **LOOKOUT** (Android only)

Lookout is an initiative by Google that uses computer vision to assist people with low vision or blindness<sup>2</sup>. It helps users get things done faster and more easily by using the camera of their device<sup>2</sup>.

Lookout - Assisted Vision is an app available on Google Play Store that uses computer vision to assist people with low vision or blindness<sup>3</sup>. It makes it easier to get more information about the world around you and do daily tasks more efficiently<sup>3</sup>.

<https://gadgetstouse.com/blog/2020/12/02/lookout-by-google-app-how-to-use/>

<https://play.google.com/store/apps/details?id=com.google.android.apps.accessibility.reveal>



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

**Low Vision Resource of the Month:  
National Library Service for the Blind and  
Print Disabled (NLS)**

The most common challenge when one loses vision is they can no longer read normal print. Whether it be books, newspapers, magazines, menus, or even prescription bottles, reading is just no longer possible or very strenuous.

So, what can be done? One option is audio! Many share that using audio allows one to actually “read” much faster. And, the National Library Service for the Blind and Print Disabled (NLS), more commonly referred to as the Talking Books Program, is here to help!

NLS offers free audio books (and some magazines!) to anyone unable to read normal print. This service is available in two formats:

1. Talking Books Player – receive a playing machine (about the size of a lunch box) and order books through the mail. Books come in easy-to-handle cartridges. Player is tactile and has large, simple buttons that make it easy to use.



2. BARD (Braille and Audio Recording Download) Mobile App – a free app to download on a smartphone. This allows one to download as many titles as wanted in seconds to minutes. This way gives more flexibility and larger selections. The app mirrors the physical player buttons.

The Talking Books Program is free; however sign-up is required for this incredible program. It is a simple form that needs filled out and signed by a doctor, therapist, counselor, or even librarian.

To sign-up, visit or call your local library. You may also call our resource hotline (301-951-4444) to learn more!



**CHECK THIS OUT!**



**LOVE YOUR EYES MOBILE VISION CLINIC!**

# The Aging Eye – What to Know, What to Do



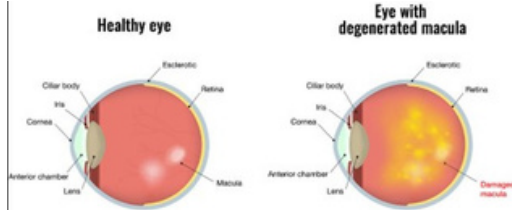
**Prevention of Blindness Society**  
of Metropolitan Washington®

The month of September is Healthy Aging Month, a time to raise awareness on physical and mental health of older adults and ways to maintain a healthy lifestyle. This is also a great time to talk about changes to our eyes as we age.

Some changes to our sight are normal – most will need reading or prescription glasses as we age. And, we need more light as we age. Additionally, if you live long enough, you will likely get cataracts. The good news is, cataract surgery is readily available and is recognized as a safe surgery today.

However, as we age, our risk for some eye diseases and conditions increases. These include:

- Age-related macular degeneration (AMD) – the part of your retina (in the back of the eye) responsible for central vision, the macula, becomes damaged. This leads to loss of central vision common for reading and driving.



- Glaucoma – a group of diseases that causes damage to the optic nerve that connects the eye to the brain. This takes peripheral, or side, vision. The most common form takes it away slowly over many years. It can be hard to detect without regular eye exams.



- Diabetic Retinopathy – uncontrolled diabetes can cause destruction of the blood vessels in the eye. This can lead to damage on the retina and vision loss.



## So, what can we do to preserve our best sight?

1. Get an annual, dilated eye exam. This is the only way to catch eye diseases and conditions before permanent vision loss occurs. And, it is an important tool to manage current conditions as well!

2. Maintain a healthy diet and regular exercise. Dark, leafy greens, omega-3 proteins, and a variety of fruits and vegetables are important for eye health.

Maintaining a healthy weight and healthy heart are important for the eyes as well!

3. Stop smoking.

4. Manage your diabetes if you have it.

5. Protect your eyes from UV rays from the sun. Wear your sunglasses and broad-brimmed hat!

6. If spending a lot of time on screens, give yourself eye breaks. Every 20 minutes, look at something 20 feet away for 20 seconds. This will help with eye strain.

***Let's all make sure we keep our best sight this year!***



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

## Virginia Lions Eye Institute Foundation

- ATTENTION CLUBS!!!!**

Do you need financial help with your screenings/eyecare?? We will work with the clubs to help provide eyecare and screening 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/screening and exceeded it. (b) Checked with Zone/Region Chair to see if clubs in nearby areas can help. If your club has done this, and still needs help, please contact us (Letter, E-Mail, or Phone Call). Our aim is to help make sure that you can meet the needs of your communities. You have supported us, and we hope that we can support you when you need it.
- The VLEIF Board would like to offer thanks to the Lions Clubs and Individuals that have generously donated to the Foundation thus far. Our Foundation hopes that 2023-2024 is a year of good vision, so please keep us in mind and in your budget. Club/Individual single donations of \$2,000.00 or more will be recognized with a certificate and their name on one of our Scholarships Grants. We are a 501(c)3 organization. CFC Number is 95254
- If you aren't familiar with VLEIF, 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. I, along with our District Representative or any board member will be happy to join you in person or via Zoom.
- Besides the Scholarship Grants, we also support the Lions Eye Clinic, Inova Hospital, and the Virginia Low Vision Learning Center in Alexandria. We fund research grants, and we have installed an eyecare lane in the Moss Free Clinic in Fredericksburg, VA to help serve those in need in that area. The Moss Free Clinic has lots of volunteer opportunities available.
- Our deadline for scholarship grant applications is December 5<sup>th</sup>. We urge you to 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 that could benefit from our Scholarships.**

Sincerely,

Ed "Woody" Woodard, PDG, President VLEIF - Cell: 703-314-0889 E-Mail: [woodywoodard@cox.net](mailto:woodywoodard@cox.net)  
District Representative for VLEIF: Lion Sheryl Bass - Cell: 703-314-4278 E-Mail: [s.l.bass@verizon.net](mailto:s.l.bass@verizon.net)



*Thank you*  
**FOR YOUR SUPPORT**



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

To: Clubs of District 24L and Private Donors,

Thank you for your generous donations. No goods or services were provided in exchange for these contributions. Virginia Lions Eye Institute Foundation is a tax-exempt Charity as described in section 501(c)(3) of the Internal Revenue Code; EIN 51-0245834.

Unless otherwise requested, your Donation will go to support: 1) the Lions Eye Clinic in the Fairfax Hospital Complex; 2) the Joe Lipomi Memorial Scholastic Grants to Visually Challenged students; 3) the Lion's low Vision Learning Center in Alexandria, VA; 4) Dr. Richard A. Falls Research Grants; 5) Eyecare Lane at Moss Free clinic, Fredericksburg, VA.

The Lions Eye Clinic at Fairfax Hospital Complex operates at maximum capacity and performs 4200 examinations and 250 free surgeries on clinic patients in a typical year. These educational and clinical efforts are under the direction of the chief of the Ophthalmology section who is a member of the VLEIF board. Inova Fairfax hospital has provided cost free space and administrative staff for the clinic and operating room use for patients that require surgery since 1974. As of 2021, VLEIF, has purchased over \$900,000 worth of equipment for the clinic since it was established and provides \$25,000 a year for operational expenses.

The Scholastic Grants are awarded annually to the visually challenged students of the district, who are referred by the local Lions Clubs. These grants are intended to increase the potential of the Student to achieve an independent and self-supporting life. For 2020, thirty Joe Lipomi Memorial Grants were approved and were presented to the recipients. Total Value of the Grants \$60,000. Individual Grants may be valued up to \$3,000. VLEIF has awarded over \$500,000 to this population of the district since the inception of the Grant Program.

The Low Vision Learning Center in Old Town Alexandria was established in 2010 in collaboration with the Prevention of Blindness Society of Metropolitan Washington (POB). The Center serves individuals with chronic vision loss, whose vision cannot be improved with conventional glasses or contact lenses. VLEIF donates equipment used to examine patients as well as some of the different visual aids used for rehabilitation.

A research grant has been established in the name of Dr. Richard A. Falls that is designed to encourage research by eligible participants to enhance the treatment of eyecare. \$40,000.00 Annually has been set aside for this effort.

Sincerely,

*Woody*

Ed "Woody" Woodard, PDG

President VLEIF <http://vleif.org/>

Cc: PDG Sally Kenavan; Lion Sandy Armendaris



VLEIF



VLEIF - Facebook

# Unlock Your Potential: Internship Workshop with Angela Devi Pelayo-Prescott

*Hey there, student leaders!*

Thinking about internships and unsure where to start? The American Council of the Blind Students (ACBS) is thrilled to host Angela Pelayo-Prescott, Career Consultant from Claremont Graduate School and Regional Director of Operations for Center for Social Dynamics. Angie will dive deep into the world of internships and offer invaluable insights that will set you apart! Read more about her at the end of this message.

**Date:** Sunday, November 5, 2023

**Time:** 3:00–5:00 PM CST

**Where:** Zoom (Click here)

Topics we'll explore:

- A comprehensive overview of internships.
- Getting ready with compelling resumes and ace interview skills.
- Recognizing your unique personal, professional, and accessibility needs.
- Tapping into powerful advocates like internship advisors and student (dis)ability services.
- Mastering self-advocacy: Learn to communicate effectively and ensure your internship is a success.
- Essential resources to keep you ahead of the curve.

Whether you're taking your first steps toward an internship or looking to refine your approach, this workshop is for you. Connect with peers, gain practical knowledge, and kickstart your journey to a rewarding internship experience! Mark your calendars and join us on November 5th! 🚀

Join Zoom Meeting

<https://us06web.zoom.us/j/82951535695?pwd=cnVPMFMzay9KVCTjN1B5ckNzdDJkUT09>

Meeting ID: 829 5153 5695

Passcode: 707972

**Angela Devi Pelayo-Prescott**

Born and raised in Los Angeles, California, Angie Pelayo has been working in Career and Professional Development for over twenty years. She earned her bachelor's in communication from Purdue Global University and is currently finishing up her master's in leadership from Claremont Graduate University.

As the Regional Director of Operations for Center for Social Dynamics, Angie uses her leadership skills to empower the talent and clinicians to be their best selves while providing ABA therapy to hundreds of children with Autism. It is her mission to bring departments together in an effective and meaningful way while enhancing regional culture, providing a quality educational experience, and collaborating with the organization as she continues to develop professionally.

During her tenure in higher education, she has helped numerous students from various fields of study find jobs, careers, and internships. Through her passion in the field of Career Services and her many years of experience, she continues to help individuals in the private sector find their paths to success through workshops and 1:1 sessions in Resume Development, Interview Practices, Internship Preparation, and Job Search Strategies.

Lorise A. Diamond, M.A.  
Rhetorician | Cultural Ecologist  
Social Evolution Project

# COMMUNITY RESOURCE DAY

Saturday, November 18, 2023 10 am-2 pm

Patrick Henry Rec Center| 4653 Taney Avenue Alexandria VA 22304



## Free Vision Screening & Eye Exams

Saturday, November 18  
10 a.m. - 2 p.m.

Patrick Henry Recreation Center  
4653 Taney Avenue, Alexandria, VA 22304

**Glaucoma causes permanent vision loss and blindness with no symptoms.**

Half of all people with glaucoma don't even know they **have it!**

People with increased risk of glaucoma include:

- African Americans over age 40 and Hispanics over age 60
- Diabetics
- Those with a family history of glaucoma



**Free vision screenings, eye exams, and eyeglasses!**



**Registration recommended.**

*Walk-ins accepted as time permits.*



[www.visionalx.org](http://www.visionalx.org)  
(202) 234-1010, ext. 233

Sponsored by Concerned Citizens Network of Alexandria, Prevention of Blindness Society of Metropolitan Washington, Alexandria Host Lions Club, and St. Joseph Catholic Church. Supported by Alexandria Health Department, Alexandria Redevelopment and Housing Authority, Alexandria NAACP, Landmark Community Church, Face to Face Worship Center, Inova Lions Eye Care Center, Howard University Hospital Department of Ophthalmology, and Washington National Eye Center.

