

SPOTLIGHT: KIDS NEWSLETTER



Winter/Spring
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Celebrating “Seeing Is Believing” 20th Anniversary!

In 1991 a need was identified by the Depart. of Special Education that students with low vision often times did not receive a proper eye evaluation; therefore not having access to the tools and devices that would help them use their vision more effectively.

They contacted the Lions of Illinois Foundation for help. Working with Dr. R. Tracy Williams the Seeing Is Believing program was conceived and a pilot program was conducted for a traveling eye clinic especially for students with low vision. The first year 89 students were part of this pilot program and after evaluation; the program as we know it was undertaken.

Since 1991 over 5,000 students have been seen by the doctors of Spectrios Institute. Our travelling clinic takes visual rehabilitation services to the children in all of Illinois. In 2002 this program received the Hod Ogden Award for excellence from the CDC

(Center for Disease Control).

As we continued to grow and provide these services to more students in the state, we continue to move forward developing resources to fund this program. So now with our partnership with the Lions of Illinois Foundation, Central DuPage Hospital, the Chicago White Sox, local Lions Clubs and other donors we can continue to serve more and more children with permanent vision loss in our state.

It is hard to believe that SIB is 20 years old this year. Many of the children we saw in these clinics are now adults and have returned to Spectrios Institute for on-going services, such as possibly driving and technology for college and work. Some of these students and their families have been so inspired by the services received through this program that they have become donors to “pay it forward” to help other children with vision loss.

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BE A PART OF OUR CELEBRATIONS!

As we prepare to celebrate Spectrios Institute's 25th Anniversary and Seeing is Believing's 20th Anniversary we want you to have an opportunity to share with everyone.

If you have a picture of yourself using your favorite low vision tool, and would be willing to share, please send the picture (with name and town) to: Spotlight, 219 E. Cole Ave., Wheaton, IL 60187 or email to info@spectrios.org and put Spotlight in the subject line.

Then watch for you picture in future publications. (no name will be used).

**TECHNOLOGY TIPS!**

Amazon.com is releasing a new version of "Kindle for PC" that adds accessibility features designed for people who are blind or have low vision. If a screen reader is installed on the computer, all English-language books in the 750,000 book collection

can be read with the program's own synthesizer. Some free books are available, but the vast majority are for purchase for reasonable prices. Check out: <http://www.amazon.com/kindle/accessibility> to find out more.

LIONS!

The deadline for applications to Lions camp is March 1, 2011.

If you are between 7 and 17 and would like to go to summer camp, check out the Lions of Illinois Foundation website.



The 8 page application can be found on the Lions of Illinois Foundation website under service.

Deadline for applications is March 1, 2011

ASK THE DOCTORS ...**Are my glasses adjusted properly?**

We all know the importance of glasses being properly adjusted to see properly. It correctly positions the lenses (bifocal, trifocal & progressives) for best vision & ergonomics (head & neck position).

All too often we see glasses that are still in 'standard alignment' after a year or two. Many times with our younger patients the glasses are halfway down their nose, the lenses are scratched and the parent report the child can't keep the glasses on right.

First thing we do is feel behind the ears for how much space is between the back of the ear and the temple of the frame. There should be almost none, 1-2 millimeters to prevent the back of the ear from hurting. What we often find is a large gap, almost half an inch or more! How did this happen?

First question; have you had the glasses adjusted? Most people should have their glasses adjusted every 3 - 4 months; or more often if you have a 'rough-and-tumble' youngster! Many parents think this is excessive but it's really not. Very rarely do optical shops charge for this service—take advantage of this—it may prevent more serious problems from occurring.

"But we do get the glasses adjusted!"
So why do we still have the big gap

Dr. Mary Jordan & Dr.
Tracy Williams



behind the ear?" When you put on your new glasses the 'optician' asks you how they feel. Being new (think snug) and not knowing to check for that big gap you respond "fine"; to this the 'optician' responds "You're all set.". So you leave and in a few weeks your body's heat and on/off action of the glasses causes them to loosen. You had no idea how they were supposed to fit or that they need to be adjusted periodically. You begin to think there is something wrong with the glasses, when the real problem is not being properly adjusted.

A good optician will immediately look and feel behind the ear to see where the bend in the temple of the glasses should be positioned. If the gap exists, the temple is heated, straightened and then the bend placed where the top of the ear is. Other adjustments include the nose pads and distance between temples and angle of tilt of the temples.

Your best vision begins with a good medical eye exam. Your doctor works hard to give you the best prescription for glasses (if necessary). Without proper frame and lens selection and proper frame adjustment the best prescription for glasses won't help you get your best vision.

Celebrating 25 year of serving People with Vision Loss!



at Deicke House
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E-mail: info@spectrios.org
www.spectrios.org

**“Is it time to have
your glasses
adjusted?!”**

COMING EVENTS!

Technology Open House Events:

Open to all students, their parents, and teachers. Come learn more about the latest technology that can help you with school, work and at home.

- March 5, 2011: 10 a.m. to 2 p.m.
Technology Open House at 219 East Cole Avenue, Wheaton, IL
- June 4, 2011: 10 a.m. to 2 p.m.
Technology Open House at 219 East Cole Avenue, Wheaton, IL

Watch for information about special demonstrations on our website.

Since space is often limited, please register by calling 630-69-7115

TECHNOLOGY OPEN HOUSE — MARCH 5, 2011

Our Technology Open House at Spectrios Institute for Low Vision will be from 10:00 a.m. until 2:00 p.m. at the Deicke House, 219 E. Cole Avenue, Wheaton, IL

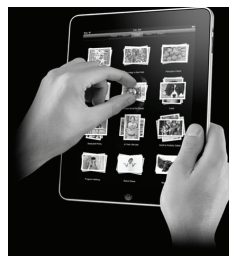
There will be some special demonstrations. Come see the:

- The transformer a CCTV for use with a laptop computer
- Clear Reader
- OpenBook/Pearl

- The Intel-Reader and
- The I-Pad

Since space will be limited the demonstrations will take place at 10 a.m. and 12 noon, please call and register for a time frame.

Call 630/690-7115.



Transformer's sleek compact design and traveling case is ideal for easy transport.