

LIONS LOW VISION CENTERS, INC.

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Lighting Recommendations for the Visually Impaired

We know that as we age, we need more light to accomplish tasks such as reading, threading a needle, and setting dials.

In fact, an 80 year-old needs 10 times the amount of light to accomplish the same task as a 20 year-old. This does not mean ten times the wattage. It means directing the light to within 12-14 inches of the print or the task. Too much wattage (150-250 watts) bleaches the print and causes a tremendous amount of glare.

We recommend 60-75 watts in a directed lamp such as a gooseneck or swing-arm floor or desk lamp. Fluorescent

lighting can present problems for low vision clients. They are "whiter" and provide little contrast because of their even lighting. Fewer shadows occur and some folks consider the light from florescent lighting as harsher. The flickering of florescent lighting can also be a distraction. Newer florescent light technology has eliminated the flickering, and with its warmer tones, makes it easier to use.

Neodymium light marketed as *Chromalux* bulbs are very useful for many clients with low vision. They tend to duplicate sunlight and seem to improve reading



performance. They reduce the glare found on shiny pages and enhance the print. They are available in 60 and 100 watt strengths. At the Lions Low Vision Center we have had our best success with the 60 watt type. This is the bulb that we most often recommend.

Halogen lights can pose a burning hazard to diabetic folks with neuropathy as they tend to get very hot. We do not recommend them.

Did you know ? :

- In lieu of purchasing items for members at their recent Installation Night, the East Windsor Lions Club and the South Windsor Lions Club made a cash donation to the Low Vision Center. Thank you for your innovative donation.
- Join us on Monday, November 23, 2009, for our annual Lions Low Vision Center's Kick Off Dinner at the Stonewell Restaurant in Farmington, CT. Social hour begins at 6:30 PM, dinner at 7:00 PM. The price of the buffet dinner is \$20.00 per person. Please make your dinner reservations with Cindy Cooper by e-mail at cindybcooper287@aol.com or by calling 860-627-9777.

Lions Low Vision Centers, Inc.

Lions Low Vision Center Funding:

Funding for the Lions Low Vision Centers, Inc. is provided by Lions Clubs of District 23B. Special fundraising events have been established by Lions Clubs in Berlin, East Windsor, Enfield, Plainville, Bristol, West Hartford, and Harwinton.

As a 501(c)3 organization, all donations are tax deductible. We are especially pleased to receive donations from individuals whose company has a matching gift program.

Please consider making a small donation to assist us in serving the visually impaired so that they can lead fuller and more productive lives.

Lions Low Vision Centers, Inc.

33 Highland Street
New Britain, CT 06052
1-800-676-5715

Fidelco Guide Dog Foundation
103 Old Iron Ore Road
Bloomfield, CT 06002
1-800-676-5715

Sullivan Senior Center
Albert Street
Torrington, CT 06790
1-800-676-5715

Rehab Dynamics
975 Farmington Ave.
Bristol, CT 06010
1-860-589-3587

Comments from our Clients

Dear Mrs. Messier (Carolyn),

I would like to thank you for the time and effort that you devoted to my wife Rose and I yesterday. At the outset of our meeting, you said that you were going to make my life easier. You, in fact, made both our lives easier. Your generosity and the items you gave us have indeed helped the both of us. The computer keyboard is working fine and the other items are making many routine tasks much easier for Rose.

I'm sure you're aware of the anxiety and fear that a person experiences when faced with the tragic loss of vision. You, however, significantly eased the anxiety for Rose. Pointing out that there are many things that she can still enjoy and how she can go about embracing these things. I cannot thank you enough.

The Lions Low Vision Center and the work that you are doing is more than commendable, in many ways

you people are life savers. I would like to lend my support to your work. Enclosed is a check expressing our appreciation. I wish that it could be a 100 times that amount.

Thank you again,

Frank

Additional Client Comments:

"You made me smile again!"

"I knew the Lions sold light bulbs and brooms, and gave great parties, but I never knew they provided a service that is obviously so heavenly blessed."

"My mother is cooking again, and writing her own checks. Thank you so much."

"I've been all over New England and New York, and no one has helped me like the Lions Low Vision Center."

"My many thanks to the Lions Low Vision Center for

your kind consideration and help. The products you have given me, particularly the sunglasses and reading magnifier are a great help. You have restored my hope and self-confidence. I am grateful. Continued good works for you and the Lions for this much needed service. God bless you."

"Thank you so much for all of your help."

"Why didn't my doctor tell me about the Lions?"

"You have no idea the difference you made in my Dad's life, He's been able to resume some of his favorite activities."

"I can get up in the morning and read my newspaper just like everyone else. I can't thank you enough."

"Thank you so much for helping me select the various 'assists' that I now need for my daily activities. You have restored my sense of independence."