



INSIGHT

NEWSLETTER OF THE
LACKAWANNA BLIND ASSOCIATION
"SERVING THE BLIND & VISUALLY IMPAIRED"



CLIENT SPOTLIGHT: STORIES OF NEW HOPE AND COURAGE

JOINING THE TECHNOLOGY COMMUNITY

The world is changing rapidly and nowhere else is that more prevalent than in the electronic arena! This is especially good news for blind and visually impaired individuals who can use this technology to make their way in the world. From computers to iPhones and everything else in between, this assistive technology (AT) opens up the world for the blind and visually impaired. Bruce Schwendeman, a Lackawanna Blind Association (LBA) client, engages with AT on a daily basis. With the help of our social worker, Mary Claire Boylan, Bruce began visiting the Agency and the Albright Memorial Library a few times a week. Bruce uses the computers which have large screens and large-font keyboards, along with larger font size on the computer and his hands-free magnifying visor. He says that AT has been a "godsend and therapeutic."

A third-generation taxidermist, Bruce is keeping busy while writing a coming-of-age book about a 5-week cross-country trip he took with his father in 1964. Bruce and his father, who was the Chief Taxidermist of the American Museum of Natural History in NYC, excavated caves in the Oregon desert that summer.

In addition to the AT available at the Agency, Bruce enjoys the activities such as the Shopland Club, Advocacy, and Movie Day. He says the LBA has helped "me to live independently and their help and support is there when I need it." He also appreciates the Support Group and meeting "people with similar issues" where they can discuss their "successes and failures."

Assistive Technology and instruction on its use is available at the Agency to all our blind and visually impaired clients. Please call the office today to learn how Assistive Technology can expand your world!



Bruce at an Agency computer

MAGIC WORLD OF VISION POSTER CONTEST

Winners of the Magic World of Vision poster contest enjoyed a pizza party and a show by Damian the Magician at the LBA office on May 14th. Third-grade students from Lackawanna County participated in a Prevention of Blindness eye health and safety educational program throughout the school year. Ten winners were chosen from among numerous entries. Winners are pictured from left to right; front row: Jane Walsh, Jack LaPolla, Leanne Stokes, Francesca Wincovitch, London Talipski, Macie Kilmer, and in the back row: Anne Lawler, Prevention of Blindness Specialist; Damian, the Magician; Angelo Paciotti, Joselyn DeStefano, Mary Lou Wascavich, Executive Director. Not pictured, Raleigh Johnson and Emily Barrett.



The mission of the Lackawanna Blind Association is to support and promote the interests of the blind and visually impaired, and the prevention of avoidable blindness.

CONTACT US:

228 Adams Avenue
Scranton, PA 18503

570.342.7613 or
866.662.5300

www.lackawannablind.org
info@lackawannablind.org



Like us on Facebook.com

**CELEBRATING OUR 90TH ANNUAL HELEN KELLER DAY AND
THANKING OUR COMMUNITY FOR ITS GENEROUS SUPPORT!**



Pictured above are just a few of our fabulous models in their finest frockery! All of the fashions were generously donated by Small Frye's Children's Boutique, Ann Taylor Loft, Pierre's Fine Clothing & Accessories, and Boden USA. The models from L to R: Mary Kate Grande, Melissa Delfino, Maria Maletta-Hastie, Kelly Ford, Lisa Wahl, Gretchen Wintermantel, Midge Garvey MacArthur, and Mauri Kelly. Thank you to all our volunteers who modeled the fashions!



Two of our younger models; Ella Moskwa, on the left, and on the right is Brock Corbett.



Above, Mary Ann Wilcha runs the Wish Board. Donations grant "wishes" by sponsoring an activity at the LBA.

Right, Helen Keller Day Chair Michele Albright, leads the successful event which raised \$32,694 for LBA!



Below, Louise Passarella and Cathy Van Nort run the Wine Pull



Emcees, Jon Meyer and Renie Workman

Lindsay Leventhal's "The Money Bunnies, Sunny and Cher-Honey"



**THE 33RD ANNUAL WILLIAM J. JORDAN, M.D. MEMORIAL
SWING FOR SIGHT GOLF TOURNAMENT
ANOTHER SUCCESSFUL YEAR!**

The 33rd Annual William J. Jordan, M.D. Memorial Swing for Sight Golf Tournament was held on June 17th at the Glen Oak Country Club in Clarks Summit. Special thanks go to our major sponsors, Northeastern Eye Institute and FNCB Bank and to our corporate sponsors, Northeastern Security Systems, North Penn Charitable Foundation, Ayers Supply, Inc., and Shoprite of Daleville & Mt. Pocono. Thanks also to our event Co-Chairs, Dr. William J. Jordan, Jr. and Jerry Champi, committee members, volunteers, and all who came out to golf, especially our guest golfer/speaker, Jake Olson! The tournament raised an estimated \$49,000. The proceeds from this event will help the agency continue our programs for the blind and visually impaired throughout Lackawanna County.



After their day on the golf course, players enjoyed dinner, the presentation of the prizes, and a talk by guest speaker and golfer, Jake Olson.



Golfer & Guest Speaker, Jake Olson (far right), poses with Atty. Jerry Musheno, on left, Jake's father, Brian Olson, in the middle, and guide dog, Quebec



During dinner, Quebec takes a much needed nap at Jake's feet.



YOU GIVE LIGHT TO YOUR NEIGHBORS!

How does the Lackawanna Blind Association add to the clients' lives?

"Friendship, socializing, happiness! Dealing with people that have the same problems that I do...
Love the staff - Wonderful!"

~Richard Green, Scranton



"Great happiness, a new beginning. Understanding better ways to live with visual impairment. Meeting totally awesome friends; a second family that is wonderful!"

~Kathy Strohl, Scranton



"One of the best organizations, it's home-like; best group of employees I've ever seen in my lifetime."

~John Stedina, Throop



THANK YOU FOR CONSIDERING A GIFT!

ANNUAL BOARD MEETING

The Annual Meeting of our Board of Directors was held on Tuesday, June 25th, at Coopers Seafood Restaurant in Scranton.

Pictured at right, from left, seated: Alexis Kelly, new member; Richard Green, Client Rep; Sharon Byrne, Treasurer. Standing, Atty. Jerry Musheno, Immediate Past Chair; Mary Lou Wascavich, Executive Director; Karl Pfeiffenberger, Chair; Paula DePeters, Secretary; Noreen Burke, Vice Chair.



Pictured at left: The Friends of the Blind Volunteer Appreciation Award is presented to Louise Passarella (center) by Mary Lou Wascavich (left) and Karl Pfeiffenberger (right).

CIVIC LEAGUE DONATION

Jan Klusza of the Abington Heights Civic League presents a \$600 donation to Mary Lou Wascavich, Executive Director, for the Magic World of Vision coloring books.



ASSISTIVE DEVICE: TALKING SCALE



Though anyone is rarely excited to step on a scale, the talking scale can make the task a bit easier. With a voice in either English or Spanish, pounds or kilos, the talking scale will accurately announce your weight.

There are many different styles on the market; some feature anti-slip surfaces and/or extra-wide platforms to stand on. Some will even store your previous weight in its memory, while others offer the choice of a male or female voice. The talking scale will accurately help to keep your weight in check!

Please contact the agency at 570-342-7613 for information on obtaining this item and other assistive devices.

Light The Way Legacy Society

The *Light the Way* Legacy Society was formed in 2012 as a means to invite our community members to incorporate the Lackawanna Blind Association into their estate planning and to honor those who notify us that they have done so. Members of the *Light the Way* Legacy Society can have the special satisfaction of knowing that their life's efforts will make a difference for years to come. Legacy gifts become a permanent part of LBA's endowment, ensuring that LBA can continue to provide compassionate care for its blind and visually impaired family.

Legacy gifts also may be designated for a specific purpose or as a memorial or tribute to loved ones.

VOLUNTEER PROFILE: SPOTLIGHT ON MOLLY AMES



The Friends of the Blind, formerly known as the Ladies' Auxiliary, has for nine decades faithfully served the Agency in many ways, including hosting the very first Helen Keller Day. In 2010, the Ladies' Auxiliary was renamed the Friends of the Blind.

Back in 1990, Molly Ames knew some of the LBA staff and she and her daughter were asked to teach crafts at the Summer Camp in Lackawanna State Park. This led to Molly joining the auxiliary and serving as Treasurer and then President in 2003-2004. Through the years, Molly continues to donate handmade gifts for Helen Keller Day including beautiful afghans that she crochets, and for the past 15 years, she has made the table decorations for the clients' Christmas Party each December.

Molly states "I believe that for every hour you spend volunteering, it comes back to you a hundred-fold! I have met many wonderful and inspirational people during my time spent with the blind and visually-impaired clients, and have learned a lot from them regarding what you can accomplish in life."

Besides spending time with the Friends of the Blind, Molly also volunteers at the St. Joseph's Center and a local hospice. Her hands are "never idle!"

MEET BOARD MEMBER JUDY PRONKO

- ◆ Board Member since 2009
- ◆ Reader for Radio Reading Service for 21 years
- ◆ Registered Pharmacist/Pharmacy Manager for Rite-Aid
- ◆ Past Chair for Helen Keller Day for 10 years



FIVE WAYS TO KEEP EYES HEALTHY AS WE AGE

As our bodies age, our eyes age as well. And just as we visit our primary care physician for an annual checkup, so too, should we have an annual eye exam after the age of 50. Whether or not we are having any symptoms of eye-related illnesses, it is important to have our eyes examined by an eye-care professional. With early detection and follow-up care, the risk of blindness due to disease can be reduced by as much as 95%, depending on the particular disease.

The five following steps can help keep our eyes healthy as we age.

1. Quit smoking and/or avoid secondhand smoke.
2. Follow a healthy diet rich in Vitamins A, C, and E, Omega-3 fatty acids, and zinc.
3. Protect your eyes with sunglasses and hats. Use sunglasses that absorb 99-100% UV light.
4. Exercise can help avoid many eye diseases such as AMD, cataracts, and glaucoma.
5. Keep blood sugar under control if you are a diabetic to avoid diabetic retinopathy, cataracts, and glaucoma.

Information courtesy of the American Academy of Ophthalmology

VOLUNTEERS NEEDED!

- * Want to make a difference in your world today?
- * Hoping to set a good example by volunteering your time and skills?
- * Have an extra hour or so that you would like to spend in the company of grateful individuals?

Consider becoming a Friend of the Blind and volunteering with LBA this year! You just might be surprised how much you enjoy it!

**TO NOTIFY US OF A CHANGE OF ADDRESS,
OR IF YOU WISH TO BE REMOVED FROM OUR
MAILING LIST, PLEASE CALL OUR OFFICE
AND PRESS 5 TO LEAVE A MESSAGE.**



MARK YOUR CALENDAR

85th ANNUAL DREAM GAME

HIGH SCHOOL ALL-STAR FOOTBALL GAME

Wednesday, July 17, 2019

7:00 p.m.

VALLEY VIEW FOOTBALL STADIUM
IN PECKVILLE

TICKETS: \$10

Sponsored by the
Scranton Lions Club
for the benefit of the
Lackawanna Blind Association

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Association
228 Adams Avenue
Scranton, PA 18503-1602
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