



INSIGHT

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



Spotlight on Healthy Steps for Healthy Eyesight

One of our main goals is helping others to protect their vision and educating the public on preventative measures. Eating healthy, not smoking, and regular eye care checkups are certainly great steps to take, however, in today's digital world, the **20/20/20 Rule** is one of the more significant steps that should be embraced.

The **20/20/20 Rule** states "Every **20 minutes** look at something **20 feet away** for **20 seconds** to avoid digital eye strain and keep your vision strong and healthy.

Take a regular break from your digital device and your future eyesight will thank you!

CHATID: NEW ADVOCACY GROUP

Mary Claire Boylan, our Social Service Coordinator, is a member of the new advocacy group, CHATID, founded by Douglas Wells and Avisha Shah, 2nd-year medical students at Geisinger Commonwealth School of Medicine. CHATID is the Community Healthcare Advocacy Team for Individuals with Disabilities for Lackawanna & Luzerne Counties. The mission of CHATID is "to advocate for improving the quality of health care for all individuals with disabilities which includes, but is not limited to, expanding the accessibility of health care, effectively coordinating and making health care workers aware of the community-based resources, and improving the efficacy of the medical staff to communicate with and care for all individuals with disabilities."

This past November, two LBA clients, Christina Stolze and Richard Green, joined Mary Claire as they attended the "Grand Rounds" at Moses Taylor Hospital to advocate for the blind and visually impaired. The Grand Rounds were attended by 68 physicians, nurses, and medical students. Christina and Richard were able to inform the healthcare staff and students of some of the unique medical needs of blind and visually-impaired persons and stressed how considering these needs could actually enhance medical visits and doctor-patient relationships.

Effects of Digital Device Exposure on Children

76.5 percent of Americans report their children get more than two hours of screen time per day. And **55.6 percent** report their children experience at least one of the following after being exposed to more than two hours of screen time:

- Headaches
- Neck/Shoulder pain
- Eye strain, dry or irritated eyes
- Reduced attention span
- Poor behavior
- Irritability



Courtesy of
The Vision Council

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:

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89TH ANNUAL HELEN KELLER DAY SUNDAY, MARCH 25, 2018 - FIORELLI'S IN PECKVILLE

Helen Keller Day features many people in the spotlight, however you may not know there are many Friends of the Blind working behind the scenes year round. The Friends of the Blind are a group of women and men who commit annually to support the agency and our mission. Funds raised by the Friends of the Blind pay for annual special outings for the clients and support all our programs. Friends of the Blind assist with Helen Keller Day in so many ways — selling tickets, raffles, basket donations, staffing booths, and much more. Thank you, dear Friends! Helen Keller Day wouldn't be possible without you!

Would you like to join the Friends of the Blind? Just contact us at the Agency and we will help you get started!

WNEP's Jon Meyer & Renie Workman are returning commentators for the event. The fashion show features Ann Taylor Loft, Pierre's, and Small Frye's. The Lackawanna Blind Association thanks Jon and Renie, fashion show participants, and all of our volunteers and sponsors for their continuing support in making this a successful event. Special thanks to this year's Helen Keller Day Co-Chairs, Judy Galenas Pronko and Michele Albright.

Please mark your calendar and attend this entertaining event!

Sunday, March 25, 2018

Fiorelli's, 1501 Main Street, Peckville, PA 18452

Doors open 11:30a.m.; Lunch at Noon; Fashion Show 1:30p.m.

Tables of 8 or 10 can be reserved for \$280.00 or \$350.00

Individual tickets are \$35.00; \$15.00 for children under 10

**Please note: Reservations are required!
NO TICKETS CAN BE SOLD AT THE DOOR!**



Please call (570) 342-7613

for more information or to make reservations

The monthly meeting of the Helen Keller Day committee members for 2018: Standing from left to right: Lindsay Leventhal; Tracy Bannon; Mary Ann Wilcha; Cathy Van Nort; Mary Claire Boylan; Sharon Byrne; Mary Lou Wascavich, Exec. Dir.; Noreen Burke; Kristen Pfeifferberger; Julie Smith; Janet May; Leigh Magnotta; Louise Passarella. Seated from left to right: Atty. Jerry Musheno; Co-Chair Michele Albright; Co-Chair Judy Pronko; Karl Pfeifferberger.

PARTNERSHIP LEVELS FOR HELEN KELLER DAY

Please help us continue our programs and services to the blind and visually impaired in Lackawanna County by supporting Helen Keller Day 2018:

\$2500 Major Partner

\$1000 Visionary Partner

\$100 Seer Partner

\$500 Luminary Partner

\$50 Guiding Light Partner

\$250 Sight Saver Partner

\$25 Eye Safety Partner

Please use the enclosed envelope if you wish to send in a gift. Your name or business will be listed in the Helen Keller Day program book, unless you choose to remain anonymous. Any donation is greatly appreciated!

YOU GIVE LIGHT TO YOUR NEIGHBORS

I LIKE LBA because of the people! Everyone is very nice including the volunteers in the crafts (Sensory Development) class. Also, I enjoy the exercise class.

Marlene Bauer, Dickson City



WHAT DO I LIKE ABOUT LBA?
I like everything, the people, the exercise class, the nutritionist, the crafts... also the Christmas party and any social activities. I enjoy coming into the agency!

Elizabeth Cuff, Dunmore



WHY DO I LIKE LBA?
Mary Claire and the LBA are the best!
I never expected so much service!

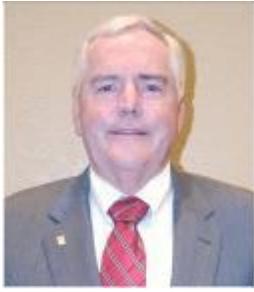
Ann Fordiani, Scranton



THANK YOU FOR CONSIDERING A GIFT!

Lackawanna Blind Association does not share donor information with anyone, other than publishing a list thanking donors by name only. Donors may also request that their gift remain entirely anonymous.

BOARD MEMBERS' ACHIEVEMENTS



Jerome Musheno, RPh

Jerry is a graduate of University of Scranton, Temple University School of Pharmacy, and Temple University Beasley School of Law. He has enjoyed a varied pharmacy career, including operating his own pharmacy. He currently teaches the pharmacy law programs at both Wilkes University Nesbitt School of Pharmacy and the Jefferson University College of Pharmacy in addition to being a pharmacy law consultant. With over 30 years of community service experience, he has volunteered his time and served in leadership roles for many professional organizations as well as community boards including most recently St. Joseph's Center Foundation, Employment Opportunity Training Center (EOTC), St. Mary's Villa, and Lackawanna Pro Bono. He currently serves as chair of the Lackawanna Blind Association and is also chair of Skills in Scranton for the Greater Scranton Chamber of Commerce.

There is no better way to thank God for your sight than by giving a helping hand to someone in the dark.
— Helen Keller

Tom Donohue

Long-standing board member, Tom Donohue, was one of four active community members honored with the Attorney Robert W. Munley Distinguished Service Award during the annual Lackawanna Pro Bono Gala held on October 26th at the Scranton Cultural Center. Tom is the vice president/general manager of Lamar Advertising. He serves as chairman of the United Way of Lackawanna and Wayne Counties and is also a member of Lackawanna County Workforce Investment Board. In addition to serving on the Lackawanna Blind Association Board, he serves on the boards of the Scranton Area Foundation, NEPA Alliance, and the Lackawanna Industrial Fund Enterprises. He is also the president of the Stephanie Jallen Foundation and chairman of the Ronald McDonald House 5k walk/run fundraisers.



FUNDRAISING EVENTS

THANK YOU to these outstanding members of our community for their dedicated support of our agency and the needs of the blind and visually impaired. We truly appreciate your faithful generosity in organizing annual fundraising events on our behalf!



Pasta Fiesta

The annual Pasta Fiesta, hosted by Mary Regina Perry and Bob Harrington, was held on November 14, 2017 at G's Wood Grille, Bundy Street in Scranton. The annual event raised \$4,300 for our Agency. From left are LBA Exec. Dir. Mary Lou Wascavich, Hosts Bob and Mary Regina, and Jessica Perry.

Scranton Lions' Dream Game



Scranton Lions Club members present a check to Mary Lou Wascavich, LBA Exec. Dir., for \$16,000, the proceeds of the 83rd Annual Dream Game held on July 19, 2017. First row, from left: Ed Russo, Mary Claire Boylan, Mary Lou Wascavich, and Bill Dempsey. Second row: Dave Rudis, President Karl Pfeifferberger, and Dan Loftus. Third row: John Mesko, Nick Parise, Bill Gnall, Joe Manley, and Kody Pasqualichio.

Cocktails for a Cause

Dr. Rebecca Schoonover (below, right) presents her 2017 CFAC donation in memory of Thom Mann, a friend and eye care professional, to Mary Lou Wascavich, LBA Executive Director, in the amount of \$1,090. The 13th annual Cocktails for a Cause was held at Backyard Ale House in downtown Scranton on November 17, 2017.



Client Activities



Fall Outing

Above and below, clients enjoy lunch at Fratelli's Pizza & Pasta House during our annual Fall Outing.



BALLOON & BASKET PROJECT in NOVEMBER

WHITE CANE SAFETY DAY

In October 1964, the U.S. Congress passed a joint resolution authorizing then-U.S. president, Lyndon B. Johnson, to designate October 15th of each year as "White Cane Safety Day," to make citizens more fully aware of the meaning of the white cane and of the need for motorists to exercise special care for the blind persons who carry it. In 2017 we celebrate the independence of those who are blind or visually impaired and their right to participate fully in society.

Pictured at right, the LBA outreach table at the Wilkes-Barre VA Medical Center on White Cane Safety Day 2017. Executive Director Mary Lou Wascavich and Case Work Coordinator Mary Claire Boylan staffed the table.



BY THE NUMBERS

Are you curious about how donations and funding procured by the Lackawanna Blind Association are used? Here is a breakdown of where those dollars were spent during the **2016/2017 fiscal year**:

LACKAWANNA COUNTY

246 individuals received **1885** sessions of independent living services in their homes or in a community setting to maintain or improve their activities of daily living

27 individuals participated in **143** sessions of Support Groups

1309 hours of service were logged by **20** volunteers for the Pell Radio Reading Services as broadcast on WUSR-FM 99.5 FM, Monday through Friday, 8 am - 10 am

17 clients shared and learned in **12** Book Club meetings and enjoyed **12** descriptive movies together

992 children at **35** sites were educated about eye care and safety

2493 3rd-grade students at **97** sites participated in the Magic World of Vision Eye Safety Education Program

SUSQUEHANNA COUNTY

29 clients received **116.5** hours of support services including home visits and assistance with such tasks as paying bills and handling correspondence

7 clients received a total of **96.25** hours of Transportation and Escort Services to Medical Appointments and Grocery/ Personal Needs Shopping

305 children at **12** sites and **47** adults at **8** sites were screened for vision problems

VOLUNTEERS NEEDED!

- * Have an extra hour or so that you would like to spend in the company of grateful individuals?
- * Been meaning to “give back” in 2018 as part of your New Year’s Resolutions?
- * Hoping to set a good example by volunteering your time and/or skills?
- * Want to make a difference in the world today?

Consider becoming a Friend of the Blind and volunteering with LBA in the near future. 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.**

United Way of
Lackawanna and Wayne Counties



To Our Clients, Volunteers, and Supporters:

2017 was a very positive year for the Lackawanna Blind Association! Our focus on the prevention of blindness grew as we continued to spread the word about Digital Eye Strain and the steps that can be taken to eradicate its presence in today’s digital world.

We continued to update our website and our Facebook page. We endeavored to keep current on our latest agency news, posting new photos, and the current month’s activities calendar. Please be sure to visit us often at www.lackawannablind.org and like and follow us on Facebook.

In 2017 we provided support for over 246 blind and visually impaired clients, distributed large-print calendars and other assist devices, offered referral services for low-cost eyeglasses for hundreds more, along with the prevention of blindness screenings and education for thousands of adults and children. Through the incredible support of our devoted volunteers, we accomplished much with our undersized budget and limited staff. Thank you, volunteers, from the bottom of our appreciative hearts! Most of all, we are grateful for the privilege of serving our extraordinary clients, whose courage and determination inspire us every day. Best wishes for a successful New Year!

Mary Lou Wascavich, Executive Director

Return Service Requested

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