

NEW HAMPSHIRE ASSOCIATION FOR THE BLIND

Spring 2011 Newsletter

UP-COMING EVENTS

April 15–17, 2011
***NFB-NH & VT Spring
Conference***

Holiday Inn Capitol,
Concord, NH

Please contact Cassie McNabb
at 603-357-4080 or email:
cemcnabb21@yahoo.com

May 19, 2011
Going Blind Documentary
5:30 p.m.

Littleton Hospital
Please monitor our website
www.sightcenter.org for
additional statewide
screenings.

June 4, 2011
***“8th Annual Blind Awareness
Walk-A-Thon”***

Rain or Shine.
Register today!
Please see page 3 for details!

MISSION:
**“To advance the
independence
of persons who
are blind and
visually
impaired.”**

This Woman Can Get You Anywhere In The Store!

“**T**his woman” is **Lynn Finch**. She is blind. Hers is a story of grit and determination. Lynn was born with “perfect vision.” In her mid-30’s, something changed in her left eye. Most of her vision was gone. The technical diagnosis was histoplasmosis. She explained that the virus, very prevalent in the southeastern United States, lay dormant for years and then settled in her left eye. For many years, Lynn had the use of her right eye. She carried on a normal life, and worked at Home Depot as their Plant Specialist for ten years.

Then suddenly in October 2009, as she worked on her computer to complete a contract for a customer, her vision became blurred. She likened it to looking into a “funny mirror” at the circus. Only it wasn’t funny. Searching for causes and treatments took her to Mass Eye and Ear, Mercy Clinic and ophthalmic specialists.

“Necessity gave me my perseverance,” says Lynn. At the time, her daughter was 17 and thinking of college. Regardless of the diagnosis, Lynn was driven to “get back to work.”

Her retinal and low vision specialist made a few phone calls and within 24 hours, the New Hampshire Association for the Blind swung into action. Emilie Meadows and Kathie Turner from the New Hampshire Association for the Blind met with Lynn. As Lynn remarked, “The best part of all this is that the system worked.” Lynn completed an employment plan with her



Lynn helps a customer select a plant at the Home Depot.



Lynn puts customers first at The Home Depot in Methuen, MA.

State Vocational Rehabilitation Counselor, Steve Barbas. Steve, Emilie, Kathie and Lynn worked as a finely tuned team. They all had the same goal — to train Lynn so that she could go back to work.

Most of her early orientation and mobility training took place at Home Depot. Lynn’s photographic memory really helped her out as she relied on prior knowledge to compliment mobility training.

Kathie spent time with Lynn teaching her how to use all of her senses such as how to locate automatic doors by the swishing

Lynn — continued on page 2

NEW & FAMILIAR FACES AT NHAB

Terri McGrew Joins NH Association for the Blind's Board of Directors

Michelle Arruda, Board Chairperson of the New Hampshire Association for the Blind announced at the Annual Meeting of the Board of Directors meeting the election of **Terri McGrew** of Brookline, to its Board of Directors. Ms. McGrew, a long-time member of the NH Lions, has participated in the annual Vision Weekend and serves on the Camp Allen Board of Directors. She will use her



Terri McGrew, Board

expertise to support the Association in their fundraising and public awareness efforts.

The Board of Directors named the following officers for Fiscal Year 2011: **Michelle Arruda** — *Chairperson*, **Susan Manchester** — *Vice Chairperson*, **Doreen Manetta** — *Secretary*, **Amy Nichols** — *Treasurer*, and **Joyce Meisel** — *Immediate Past Chairperson*.



Doreen Manetta, NHAB Secretary

Lynne Saltonstall Is Back!



Lynne Saltonstall was the Volunteer Administrator for the New Hampshire Association for the Blind for six years. After more than two years away, (though she was an active NHAB volunteer) she is back! Good to have you!

Lynne began her “new” job as Coordinator of Volunteer Services in January 2011. Many of her responsibilities as coordinator remain the same — to recruit, train, assign and support both direct and indirect service volunteers from the Concord office.

Lynne says it is a “pleasure to be back working with a great team of staff and volunteers whose dedication and friendship help make the experience fulfilling. Volunteers come from such diverse backgrounds and have many interests. They bring new ideas, and a positive spirit. Thank you for welcoming me back.”

Please contact Lynne if you are interested in learning more about volunteering. Please call 224-4039, ext. 317 or email lsaltonstall@sightcenter.org.

New Hampshire Association for the Blind Donor Privacy Statement

The New Hampshire Association for the Blind places the highest priority on protecting the privacy of our donors and holds all donor information in strict confidence.

The New Hampshire Association for the Blind does not and will not sell or trade a donor's personal information to any other entity.

If you have any questions or concerns please contact Shelley Proulx, CFRE, Vice President for Development at (603) 224-4039, ext 327 or email sproulx@sightcenter.org.

Lynn — continued from page 1

sound and the drafts they create; to establish her location at entrances because of the weather mats on the floor; to tell the difference between the textures of concrete inside and outside the store and by feeling/hearing the blowers in the entry ways. Knowing that sounds vary by echoes based on the height of the aisles versus open spaces helped her determine where appliances were displayed. Scents alert her to the paint, lumber and carpet departments! Leaf shapes and texture distinguish individual plants. Adaptive devices like a “Pen Friend” and “UPC Reader” help her stock return items. And Lynn proudly states that she “has watered” only one customer!

In addition, Lynn had the support of Met Life Back To Work, a program with her Home Depot insurance. Steve Barbas and the Met Life team worked with her. “I can do this job,” Lynn told her manager. I may not be able to see, but I know what I know and I have a huge customer base.” Lynn achieved her goal and started work again in April 2010. As she said, “Though I wouldn't have chosen this little challenge, I feel blessed.”

Advocacy At The New Hampshire Association for the Blind

The New Hampshire Association for the Blind's Advocacy Committee is working hard to make a difference. The membership of the committee includes: **Amy Nichols, Chairperson; Leigh Fredricks, Carol Holmes, Marie Johnson, Randy Pierce, Stephanie Hurd, Steve Shurtleff, Margaret Hughes and Guy Woodland.**

As we approach the **100th Anniversary of the New Hampshire Association for the Blind** the Advocacy Committee members are focused on three major issues

facing people who are visually impaired. They are:

1. Access to Health Care Settings. The Association has partnered with Concord Hospital to produce an education training DVD for health care workers. The DVD focuses on how to assist a person who is visually impaired when being admitted or visiting a health care office or hospital. The title of the DVD is *How Can I Help You? Helping People Who Are Visually Impaired in a Health Care Setting.*

2. Transportation Needs. The Advocacy Committee is providing feedback to the Regional Coor-

dinating Councils on the critical need for additional transportation options for people who are visually impaired.

3. Access to Voting. The Association is partnering with the NH Secretary of State to provide orientation and training on New Hampshire's Accessible Voting System.

We need to hear from you and learn from your experiences on these critically important issues. Please contact Guy Woodland at 1-800-464-3075 or email gwoodland@sightcenter.org.

8th Annual Blind Awareness Walk-A-Thon Saturday, June 4 — Rain or Shine Teams Needed!

Help make this year's Walk the BIGGEST EVER! Ask your family, friends, and co-workers to walk with you. Become a captain and create your own TEAM! No minimum or maximum number of walkers required. Come up with a unique team name that will be listed on our website and printed on all Walk-A-Thon T-shirts! Be creative!

Walkers will meet at 25 Walker Street in Concord at 10:00 a.m. for check-in/registration. The 3K Walk will begin at 11:00 a.m. \$15.00 for adults and \$5.00 for children under 12. Fee includes: t-shirt, lunch, live entertainment, raffles, and door prizes! Live Auction for



Come walk with us!

Red Sox tickets! Incentive prizes for all walkers raising \$200 or more! Register on-line at www.sightcenter.org or call 603-224-4039, x324.

Team Camp Inter-Actions (photo above) raised money for their non-profit in the 50/50 split and were able to provide scholarships to children. For team information email Margaret Hughes: mehughes15@yahoo.com.

“Funny Guys, Naughty Girls & Great Sax” A Great Success!

Over 600 people attended the “Funny Guys Naughty Girls and Great Sax” show at the Palace Theatre in Manchester on Saturday evening, February 12th. The show featured hilarious comedians Jimmy Dunn, Frank Santorelli and Susan Prekel as well as rock and roll music, great sax and, of course, beautiful burlesque dancers. A special

thanks to Cleveland Waters and Bass, Ignite, WGIR AM and FM, Werner Mazda, Spectrum Marketing, Sheehan, Phinney, Bass and Green, Verizon Wireless Arena and Ride-Away for their generous support. All proceeds will benefit the New Hampshire Association for the Blind.

Benefit Concert Raises \$400 for New Hampshire Association for the Blind



George Theriault and Sam Hastings

On Saturday, November 13, Coe-Brown Northwood Academy hosted a “Battle of the Bands” fundraiser led by Senior and Honor Society student **Sam Hastings**. Sam, along with a group of other students, produced a multi-band concert for his senior project and chose the Association as the beneficiary of all proceeds! Multiple local bands from surrounding communities performed. The photo shows George Theriault, President and CEO and Sam Hastings. The actual check is shown magnified on a video magnifier for enhanced viewing.

Make a Difference — Volunteering

When Two Bobs Get Together

One Bob is a Volunteer.

One Bob is a Client.

Here is their story.

Bob, Volunteer

“About a year ago, I was matched with a client, Bob, who was born and raised in Berlin. He once held a job in a grocery store performing many tasks, stocking shelves, etc. but for the majority of his life he dabbled about repairing mechanical things such as cars, lawn mowers and snow blowers. He enjoys playing the fiddle and other stringed instruments. His favorite activity is singing along with the musicians at the Pickin’ Parlor in Candia. He also has an interest in classic automobiles and occasionally surprises me while we are riding along. He will spot an old car and ask me, ‘Did you see that old Chevy go



Bob playing his violin.

by?’ I usually haven’t and we joke that he can see better than I can.

“Bob and I have formed a good friendship. We enjoy talking and

“If I didn’t have transportation to the support group, I’d be stuck in the house. I look forward to sharing time and understanding with others who can’t see well like me. Elaine’s just so great. She doesn’t just give me a ride, but is my guide to get in and out of the building. She always asks what I need. I couldn’t do it without her.”

— LEEANN FROM ROCHESTER HAS ELAINE AS A VOLUNTEER PEER SUPPORT GROUP DRIVER

laughing as we travel to his doctor appointments or to the Pickin’ Parlor. Even though we enjoy each other’s company, we really have very different interests. While I am interested more in my dog, golf and spectator sports, Bob is into his instruments. We attend the same church (me more often than Bob) and we both enjoy Country and Western music (Bob more than me)! I spend some time with Bob on the computer — trying to make him more computer savvy and ‘getting him into emailing.’”

Bob, Client

“I first noticed I had some kind of trouble seeing when I was in the 4th grade. I dropped a penny right near my desk, yet couldn’t see it to pick it up. My teacher was the first person to figure out I had vision loss, yet I wasn’t diagnosed until much later. Over the years I’ve actually had a detached retina, macular degeneration and, recently, cataracts.

“Jason has 2 jobs, yet still goes out of his way to help someone. He doesn’t have to. He’s very considerate of other people around him, and he just wants to help. I like him and think he’s a great guy.”

— DAVE FROM SOMERSWORTH HAS JASON AS A VOLUNTEER COMMUNITY VISITOR



Bob and Elaine

“Some of the hobbies I enjoy are CB radios, going to classic car shows and traveling. My music is probably top on the list. I enjoy singing very much. I play the violin too, but mostly for my own enjoyment. I like to fish. This summer Bob and I are going to go fishing!

“Berlin is my original home town, but I’ve lived in many parts of the state, such as Concord, Hooksett and now Raymond. Sometimes I would try to hide my vision loss because I’m a private person. I try to live as independently as possible. Over the years though, as my sight deteriorated, I have had a struggle with reading and using the computer. When I am out walking, I definitely have trouble with

“I wouldn’t be getting groceries if it weren’t for Bethene and Bill. I’ve got my own volunteer team! They alternate weeks so I can get groceries once a week. That way it’s easier on them as well. They are very loyal, friendly and helpful. It’s not just a ride, but they read prices of the things I want, expiration dates, and etc. They are two grand people.”

— FLORENCE OF STRAFFORD HAS 2 VOLUNTEERS, BETHENE AND BILL, WHO ARE BOTH VOLUNTEER COMMUNITY DRIVERS

eer!



Bob

“It’s nice to have someone who will come regularly. Annette comes just about every Wednesday to take me out to run errands and shopping. She’s so patient and willing to do what I need; read labels, prices, and takes the time to go through the stores. It’s great not to have to worry about how I’m going to get my errands done. I call her my own personal angel.”

— KAREN FROM PLAISTOW HAS ANNETTE AS A VOLUNTEER COMMUNITY DRIVER

crossing at intersections. I have learned that it is OK to reach out for help in order to continue living safely and independently.

“Receiving a volunteer from the New Hampshire Association for the Blind has been great. I now have transportation to medical appointments, shopping and some social activities. I especially love to sing at the Pickin’ Parlor, and having Bob available to bring me there ‘makes my week.’ We get along well and talk as we ride. I’d say we’re two Bobs bobbing along. Without Bob, I’d be a shut-in with cabin fever.”

If you could help a client who is visually impaired, please call 224-4039 and ask for Lynne Saltonstall or Stephanie Hurd.

Coming Out of the Dark About Vision Loss

I had been terribly prejudiced against the blind. I had made certain assumptions about blind people that made me less interested in being with them and that much more afraid of losing my vision. My vision of them had been dirtiness, sloppiness. I’d had a friend in college who was blind and his place was disgusting. I had a neighbor who was blind. He had a seeing-eye dog. I had avoided him and was just too frightened. My therapist said you’ve created this notion about blind people. The fear of blindness is so great that we fear the blind themselves. It takes a lot of understanding.”

USA TODAY OCTOBER 13, 2010 INTERVIEW WITH “GOING BLIND” FILMMAKER JOE LOVETT

On one of the coldest nights this past winter, the Jaclyn Simchik Memorial Screening Room at the Red River Theater in Concord was filled to capacity. The Concord Lions Club proudly presented a complimentary screening of the film, *Going Blind*. Along with the New Hampshire Association for the Blind, the event was co-sponsored by the Concord Lions Club, and the New Hampshire Society of Eye Physicians and Surgeons.

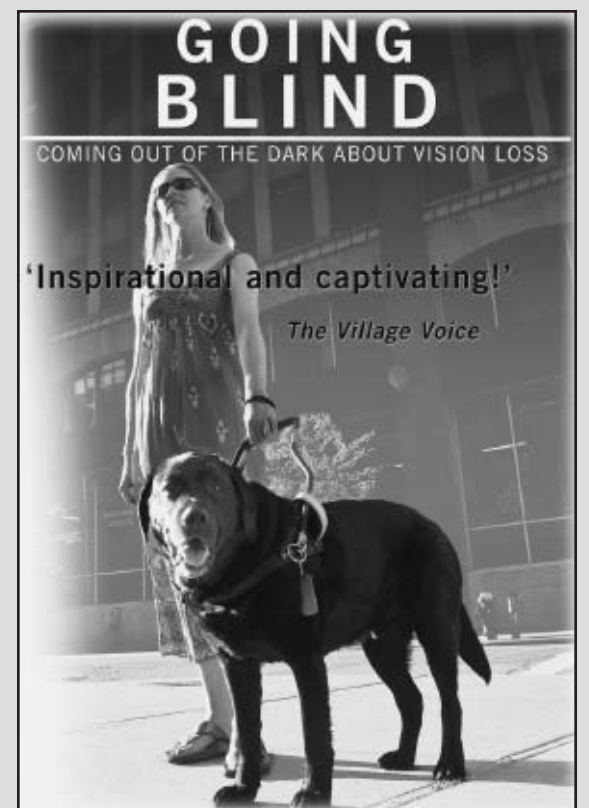
Documentary film director and journalist, Joe Lovett, is living and working with glaucoma — a disease that robs 4.5 million people of their vision worldwide. Over the years, Joe has lost a significant amount of vision and in his concern about how to deal with more vision loss, he talks with people who have already lost theirs; people who have lost their sight through blinding diseases like diabetic retinopathy and macular degeneration, others through infection and accidents. Each person shares a fascinating story about dealing with the loss we fear the most, loss of sight.

Going Blind interweaves Joe’s story, his mission to slow down the course of his glaucoma through medication and surgeries, with the stories of others to whom he looks to for guidance in a darkening world.

Film-goers watched and listened to the chronicles of the people featured in *Going Blind*. They heard over and over from those interviewed, “Do the best you can with the *now*.” Remember that “being able to touch is being able to see” and “learn to use what you have.” They were inspired to preserve, prolong and maximize the precious gift of sight.

At the film’s conclusion, the lights came on and the audience sat momentarily in awed silence. Then began an earnest discussion with the panel assembled to answer questions about sight preservation, sight loss, coping and more of what it means to be *going blind*. The panel included Guy Woodland, Senior VP at the New Hampshire Association for the Blind; Dr. Andre d’Hemecourt, a board certified ophthalmologist with subspecialty training in glaucoma; Dr. Erin Fogel, a board certified ophthalmologist with subspecialty expertise in cornea and external disease; and Amy Nichols, Board Treasurer and client at the New Hampshire Association for the Blind.

The New Hampshire Association for the Blind is working with Lions Clubs and eye doctors throughout the state to promote *Going Blind* as we approach our 100th Year of service. Please visit our website www.sightcenter.org for a listing of upcoming showings. For more information about this documentary, please visit www.GoingBlindMovie.com.



Grant Highlights

According to Vision 2020, a joint program of the World Health Organization and the International Agency to Prevent Blindness, it is estimated that 70% of visually impaired people worldwide are not being referred to Low Vision Therapy and Rehabilitative training that can help give them their lives back. Low Vision Therapy and new technology can vastly improve the quality of people's lives. The New Hampshire Association for the Blind thanks the following financial institutions, foundations and service clubs for helping us provide almost 1500 residents of New Hampshire with essential vision rehabilitation services last year.

*"Alone we can do so little;
together we can do so much."
Helen Keller*

The **Grimshaw-Gudewicz Charitable Foundation's** generous support of the Association helps ensure that access to our essential vision rehabilitation services is not limited or compromised for our neediest clients, particularly for the elderly who are isolated and living on very low or modest incomes. This funding marks the Association's fourteenth year of continuing philanthropy from the Grimshaw-Gudewicz Foundation.

We thank the **Mary Gale Foundation** for their support in helping to provide essential vision

rehabilitation services to needy, elderly women in the Greater Manchester Area through the Senior Services Expansion Project.

Vision rehabilitation for Nashua clients is made possible in part through generous donations from employees of **BAE System's Community Fund**, as well as the financial support of the **Ella Anderson Trust**. These significant contributions make a positive and immediate impact on the quality of life for our clients in the Nashua area. These awards assist our professional staff in providing essential rehabilitation therapy services and tools for maximizing remaining sight to more clients in need. As a result, more persons who are blind and visually impaired in Nashua and the surrounding towns will be better equipped for independent living, remaining safely in their own homes longer and active in their communities.

Thanks to generous support from the **Arthur Getz Foundation**, the Association's Client Management Upgrade & Integration Project, professional service staff will be able to manage a greater number of clients in a more productive, coordinated, efficient and cost-effective manner. In addition, the system will provide cost savings in inventory control, modernize billing procedures and track program outcomes.

Generous funding from **Lincoln Financial Group, Inc.** helps support the New Hampshire Association for the Blind's Peer Support Program. Meeting with peers and talking about the day to day ups and downs associated with vision loss offers hope and practical assistance to those with serious sight loss. The group model of the Peer Support Program is based upon sharing experiences, mutual respect, and empathy. The Association has found since 1996 that group peer support is the most effective strategy.

A grant award from the **Mary Louise Billings Trust** support the Association's public education program and bring understanding to the public about what it means to

be blind. The New Hampshire Association for the Blind is engaged in a number of statewide public education activities. The overall goal of public education is to increase the community's awareness of the causes, implications and prevention of blindness, as well as celebrate the human potential for persons who are blind and visually impaired. It is at the heart of all we do as an organization.

Two MacBook laptop computers for use in the Empowerment Through Technology Program were donated through a grant from **Merrimack County Savings Bank Foundation**. The MacBook models are unique in that they include built-in accessibility features for persons who are blind and visually impaired. Training will be much easier because there will no longer be the need to load multiple types of adaptive software into each unit. In addition, program participants have an opportunity to learn about and familiarize themselves with state-of-the-art technology.

Volunteers play a pivotal role in a client's rehabilitation program and are truly part of the client's team. **The Roger R. and Theresa A. Thompson Endowment Fund's** significant grant helps to strengthen the Association's volunteer capacity project in the Greater Seacoast Area to better serve the growing blind and visually impaired population.

The New Hampshire Association for the Blind, through its Advocacy Committee, collaborates with various community organizations to develop awareness and education around the major issues facing persons who are visually impaired. A **Mascoma Savings Bank Foundation** grant award helps to cover the annual transportation costs for an Advocacy Committee member, living in the Upper Valley, to attend meetings of the Advocacy Committee of the New Hampshire Association for the Blind.

Residents of the local Concord community will benefit from a thoughtful grant from the **Bagan Foundation** in support of essential vision rehabilitation services to the visually impaired.

**This Newsletter is published
by the
New Hampshire Association
for the Blind**

**Current newsletters and
Annual Reports are available
in Braille, on disk, and on
audiocassette. If you prefer
to receive future editions of
our publications in one of
these alternate formats,
please call the Association at
1-800-464-3075.**

www.sightcenter.org

**603-224-4039 or
1-800-464-3075 (in NH)
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Seacoast Advisory Committee Elects Rich Sherwin as Committee Chair for 2011

As a Seacoast resident for many years Rich is a familiar face to many in the area. His passion for volunteering is evidenced by the countless hours he spends volunteering with and for blind or visually impaired residents. He and his wife Carol, also a committee member, are recently retired. They both serve on the Seacoast Advisory Committee in an effort to increase awareness and opportunities for the Association in the Greater Seacoast area.



Rich and Carol

Carol and Rich drive clients to doctor's appointments, job interviews and meetings. They help with clerical work, and have volunteered at the Art Show for the Blind in Portsmouth and at the Blind Awareness Walk-A-Thon in Concord. They have driven clients to the Lions Winter Outing in Northwood and to an

Assistive Technology seminar in Rochester. They volunteered at the Diabetes Wellness Day and drove clients to a talk by the inspirational Eric Weihenmayer — a blind mountaineer! Stay tuned as several events are being planned by this very active committee including the traditional Holiday Parade, Apple Fest, Market Square Day, Children's Day, Portsmouth Holiday Parade, Dover Apple Harvest Fest and a

screening of the documentary *Going Blind*.

Many thanks go to Beth Forgione for her hard work and dedication as Chair during the committee's first year. Much progress was made in reaching out to area businesses and spreading the word about the work of the New Hampshire Association for the Blind.

Provide a gift to the New Hampshire Association for the Blind that will be a living legacy for those in need.

Consider the Advantages of Charitable Gifts of Life Insurance

It's easy to name New Hampshire Association for the Blind as the beneficiary, or one of the beneficiaries, of your life insurance policy. By making a charitable gift in this manner, you may avoid estate and income taxes while creating a lasting legacy.

Just as you should periodically review your Will and Estate Plan, you should also periodically review the beneficiary designations on any life insurance policy. (Or over which you have a power of appointment given to you by someone else).

If you choose to make a charitable gift of an **existing** life insurance contract, the tax deduction is the lesser of cost basis (premiums paid) or the cash surrender value. If you continue to pay premiums on the life insurance that the New Hampshire Association for the Blind then owns, the premium payments would also be deductible up to 50% of your adjusted gross income.

You might elect to start a new life insurance contract with the New Hampshire Association for the Blind as the owner and all the premium payments would be deductible (subject to the 50% of adjusted gross income rule).

You may even consider gifting an "obsolete" insurance policy by naming the Association as the owner. You will be entitled to an income tax deduction that is usually equivalent to the paid up value or replacement value of the policy.

Life insurance proceeds received by the New Hampshire Association for the Blind can be free of federal income and estate taxes, no probate or administrative costs or delays and no brokerage fees or other transfer costs. The Association would receive the full amount!

Simply contact the administrator of your plan and ask for a Change of Beneficiary form. You may even be able to find one on their website.

All estate gifts, unless otherwise designated by you, will be added to the Association's invested trust funds to ensure the continuance of services to New Hampshire's blind and visually impaired. In this way, they are truly a living legacy.

For further information, please contact Shelley Proulx, CFRE, VP for Development: sproulx@sightcenter.org or 1-800-464-4039 X327.

Please go to our website www.sightcenter.org for a complete listing of Memorial and Tribute Gifts received from September 1, 2010 through January 31, 2011. We appreciate and value all of the many contributions to the New Hampshire Association for the Blind. Your gifts are making a difference every day for those who are blind and visually impaired. Thank you!



**New Hampshire
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EYE HEALTH QUIZ: DID YOU KNOW?

Carrots are good for your eyes. T F

TRUE — We've all heard our parents say; "Eat your carrots they're good for your eyes." But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale or collard greens, is important for keeping your eyes healthy, too.¹ Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Low vision is the same as blindness. T F

FALSE — Low vision is not the same as blindness. Low vision is 20/70 or worse and cannot be fully corrected with conventional glasses. People with low vision have some useful sight, but their lack of visual acuity interferes with the performance of everyday activities such as reading the newspaper

or other fine print, even while wearing glasses, moving around their homes or elsewhere without bumping into things, traveling at night, or identifying money.

Low vision may be caused by eye diseases and health conditions such as macular degeneration, cataracts, glaucoma, and diabetes, eye injuries, or birth defects.

Smoking can lead to vision loss. T F

TRUE — Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.^{2,3}

Sunglasses are just a fashion accessory. T F

FALSE — Sunglasses' most important job is to protect your

eyes from the sun's ultraviolet rays. Be sure to choose ones that block out 99–100% of both UV-A and UV-B radiation.

For more information about eye health, visit www.nei.nih.gov/healthyeyes

¹Age-Related Eye Disease Study Research Group. The relationship of dietary carotenoid with vitamin A, E and C intake with age-related macular degeneration in a case-control study. *Archives of Ophthalmology*; 2007; 125(9): 1225–1232.

²Age-Related Eye Disease Study Research Group. Risk factors associated with age-related nuclear and cortical cataract. *Ophthalmology*; 2001; 108(8): 1400–1408.

³U.S. Department of Health and Human Services, Office of the Surgeon General. *The Health Consequences of Smoking: A Report of the Surgeon General* (Washington, D.C., 2004).