



*Prevent, prepare for and manage loss of vision*

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## *From the President*

Are you tired of reading and hearing about the economy? I know that I am. But the reality is that for most of us, we are in uncharted waters here. It seems all too clear that our challenge is that we are going to have to do more with less. Loss of vision crosses all economic classes. We all know that the aging of the baby boomer generation will place unprecedented strains on all social services. But funding is difficult and donors to nonprofits most likely have less personal wealth to share.

We are fortunate to have received some grants that will enable us to continue and even expand slightly our services. This summer, we will be able to host our fourth annual summer music camp. We also will be able to offer a summer employment program. You can read more about these programs in this newsletter.

We have received a grant from the Department of Economic and Community Development for expansion of our vision services. We plan to purchase some additional optometric equipment that will allow us to provide a comprehensive vision examination. Once in place, we hope to provide low cost or free exams and glasses to the preschool children we screen who need an exam but cannot afford the service. Last year we provided free vision screenings to 4,314 children. A total of 258 children did not pass our screening and were referred to an eye care professional. At least half of those children were not seen by an eye care professional and we know that many of those simply cannot afford an examination.

We continue to provide counseling services through our partnership with Shippensburg University. The demand for this service is increasing and we are grateful that we can help individuals manage their vision loss.

Not surprisingly, employment for persons who are blind or vision impaired is our greatest challenge. About 70% of our business is with the private,

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## *From the President* *cont'd from page 1*

commercial sector. We all know the struggles many businesses are going through in this economic recession. This may be one area where we do have some opportunity. Document Imaging, converting paper records to digital images, can actually save companies money as storage costs are reduced and information becomes more readily accessible. For local companies uncertain about hiring employees, our subcontract services enable businesses to reduce labor costs by using our experienced, dedicated work force.

The onset of spring may well provide us with its annual inspiration of renewal. All around us nature has endured another harsh winter. Many trees have been uprooted by the winter winds. Others have had branches pruned by ice storms. Some will fall victim to age or disease. But the green leaves of spring will remind us that if we remain strong, we can weather any storm.

## *ForSight Vision elects George Kingsbury to Board of Directors*

George Kingsbury has been elected to the ForSight Vision Board of Directors. George is the retired CEO and owner of Capital Telecommunications, Inc. (CTI). This previously York, PA based communications concern was founded in 1982 and provided voice and data services to over 30,000 business and residential customers throughout the Northeast and Texas-Oklahoma areas. Before starting CTI, George was the Vice-President - Finance and Administration of the BMY defense division of Harsco Corp. He is a certified public accountant and had been a general practice manager with the then firm Coopers & Lybrand in Philadelphia. George and his wife of 43 years Carol reside in the York area have two daughters and two grandchildren.

George joins Dr. Matthew Bilder, Mr. John D. Brown, Mr. Scott Fisher, Dr. David Hoffman, Mr. Jay Hotham, Mr. Eric Kling, Mr. Richard Seneca; Esquire, Mr. Steven Stewart and Mr. Frank Zeak on the Board of Directors.

Dave Hoffman will be serving his second term as Board Chair with Richard Seneca as Vice Chair. Frank Zeak will continue as Treasurer and Scott Fisher will serve as Secretary. Steve Stewart is our Past Chair.

## *Vacations and Trips Designed For Persons Who Are Blind – And Sighted Companions*

Mind's Eye Travel creates tours for people with visual impairments. The hosted trips let both visually challenged and fully sighted people tour comfortably and free of worry. The itineraries are customized not only for great comfort, camaraderie and enjoyment, but also for full sensory discovery, and they offer options for independence. Our destinations are carefully screened and I hand-pick activities, restaurants and lodging while keeping in mind the needs of visually impaired and blind travelers.

**For more information, visit [www.mindseyetravel.com](http://www.mindseyetravel.com)**

## *A Sign of Hope*

*By: Chris Gray*

*(Chris Gray is an employee in our Document Imaging Department)*

The romance of a white Christmas warms the heart, but leaves the bones to shiver. And as the quivering chill persists, we grow restless and expectant for change. Then seemingly all at once the renewal of spring is upon us.

Flower buds burst in a splash of color. Butterflies whimsically dance in the warm, subtle breeze. Treetops reflect their leafy greens in seas of grass below. And yes, to the chagrin of many, multitudes of bats rise from hibernation to repopulate the evening sky.

Caving season had begun. My friends and I chose Lollipop Cave as our first excursion of the year. We drove thirty miles one Sunday afternoon to a remote field striped with fledgling corn stalks. Then equipped with boots, gloves and fluorescent green helmets we headed down a long wooded path.

Life was popping from all around us. Orchards of May apples shaded the ground with green umbrellas. Bundled white flowers hung from the laurel's twisted branches. Wild azaleas filled the air with fragrant perfume.

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## *A Sign of Hope cont'd...*

Yet momentarily we would forsake all this for the sterile darkness underground.

Approaching the trail's end at the base of a steep hill we saw it. The blackened mouth of the cave lay wide open like the jaws of an adder waiting to swallow its prey. It was a foreboding sight, but a challenge I could not resist.

I had left my magnification at home, since the glasses would prove useless in the cave. Under the dim glow of my headlamp the map's thin lines and small print would appear like wrinkles on weathered parchment.

Both my companions carried maps of their own, so I was not worried about getting lost. Besides, the layout of this cave was simple, an entry passage with a loop at the end, hence the name, "Lollipop."

Crawling on hands and knees we traversed the first corridor. Once inside the loop, the ample headspace allowed us to stand.

We walked effortlessly around the circuit until we reached a pit well-known for turning back the faint at heart. It was called "the highway," and high it was. A crevice two feet wide, to be generous, descended fourteen feet below a fragmented ledge. Knobs of polished limestone worn from decades of spelunking traffic provided the only way to cross the treacherous chasm.

I braced myself with my back to one wall and my face only inches from the other. I was unable to look down. In a sense this worked to my advantage. How unsettling it would be to see my toes resting on empty black space. To my disadvantage, however, I was forced to blindly probe with an unfeeling boot for each wet, slippery foothold. Moving cautiously inches at a time, occasionally stretching the full span of my legs I thought the ordeal would never end. Safely across the abyss, we stood again on the sturdy floor of the cave. My friends congratulated me. "I don't know how you do it," one of them remarked.

"I had no choice," I replied. "It was life or death."

He chuckled.

"To tell you the truth," I continued, "There really wasn't much I had to see, just yards and yards of brown flowstone."

"I didn't see anything," said the other. "I closed my eyes the whole way."

"Well there you go." I smirked.

I finished the loop with little regard for stumps of broken stalactites or curious fissures in the wall. I had seen enough of them for the day. I was ready to leave, to escape the subterranean gloom that engulfed me. Bending down on hands and knees I once again

crept into the tight lollipop stick.

I eagerly anticipated that first glimmer of natural light. The site of it was like spotting the year's first robin, picking a bouquet of daffodils, hearing the call of Canadian geese migrating north—a refreshing sign of hope. It was like stepping into spring all over again.

## *Summer Programs for Youth*

We have received two grants that will allow us to provide two valuable programs this summer targeting young persons who are blind or vision impaired. Thanks to the Freas Foundation we are going to offer summer employment to young persons who are blind or vision impaired. The amount of paid hours that will be available will be determined by the number of young persons who are interested in a summer job. Our program will introduce our participants to the world of work and the expectations of an employer. We will stress punctuality, appropriate behavior and dress for the work environment and other work related skills. For more information, please contact John Lilliedahl at 848-1690 x 102.

Another grant will allow us to hold our fourth annual summer music camp. This camp brings together musicians who are blind and dedicated volunteers from high schools throughout the county to spend a week exploring various aspects of music. Tony Heath leads our camp and each year, he tries to do something different. One year our campers spent time recording a song in a professional recording studio. Another year our campers were exposed to a wide range of musical styles. Last year our campers formed a band and held a concert at the end of the week. For more information, please contact Tony at 848-1690 x 114.

## *Thanks to the Strand-Capitol Performing Arts Center and the York Symphony*

We want to thank the Strand-Capitol Performing Arts Center for making tickets available to our clients for some of their cultural events. Access to the arts is a critical component of community involvement and integration. We are grateful for their support and want to commend Peggy Davidson, Director of Development at the Strand and Deb Chronister, Chief Operating Officer for the York Symphony for their efforts.

# *The Importance of Early Eye Exams*

*By: Leora Wiest, Director of Vision Services*

As the Director of Vision Services for ForSight Vision I have the opportunity to get out in the community and check the vision of 3, 4, and 5 year olds in 3 counties. Over the years this has been a very rewarding and fulfilling opportunity. I have found many children that were referred by us to an eye care professional and have been diagnosed with astigmatism (an optical defect where light rays entering the eye are bent unequally preventing formation of a sharp point of focus), myopia (near sightedness), and hyperopia (far-sightedness), which requires the child to wear glasses. Other children have been referred and have more serious problems such as histoplasmosis (a fungus infection caused by inhalation of HISTOPLASMA CAPSULATUM which starts in the lungs, spreads to other organs and eventually ends up in the eye, if not treated). Amblyopia is commonly known as “lazy eye” which is a functional defect causing decreased vision in an eye that did not develop normal sight during early childhood and strabismus is eyes that are not properly aligned with each other. Several years ago I found a child that I had referred for a complete eye exam, diagnosed with a malignant eye tumor.

## *Did you know that:*

- 1 in 10 children are at risk from undiagnosed vision problems
- 1 in 30 children will be affected by amblyopia
- 1 in 25 will develop strabismus
- 1 in 33 will shown significant refractive error and need glasses
- 1 in 100 will exhibit evidence of eye disease
- 1 in 20,000 children have retinoblastoma (intraocular cancer) the 7th most common pediatric cancer

Hopefully your child or grandchild, niece or nephew had a complete eye exam before entering school. Actually it is recommended that a child be examined by an eye care professional, at 6 months and 3 years! The American Optometric Association (AOA) and the Vision Care Institute of Johnson & Johnson Vision

Care Inc. have partnered to create InfantSEE, a no-cost public health program developed to provide professional eye care for infants nationwide. Successful treatment can be obtained more quickly with early intervention.

If you are interested in getting more information on this valuable program, go to [pennsylvania.aoa.org](http://pennsylvania.aoa.org). *Excerpt from pennsylvania.aoa.org*

## *Community Club Awards in Adams County*

*By: Jennifer Zack, Director of Program Services*

Few things are more important than a great relationship within the community. In Adams County, ForSight Vision is prospering from the relationship it has developed over the years through many efforts. One effort in particular is the Community Club Awards Campaign through 1320 WGET; offered annually to all non-profit organizations in the Adams-Hanover area.

Through each yearly campaign, ForSight Vision of Adams County has the opportunity to earn cash awards through appointed proofs-of-purchase. Simply, these items would be sales slips, bottle caps, labels and newspaper postings and advertisements. Family, friends, neighbors, or anyone willing to support our organization with a mission to serve the blind and visually impaired, has the opportunity to do so by shopping at certain businesses in the area. The following sponsors provide proof-of-purchase:

American Hearth

Battlefield Harley Davidson

Belco Community Credit Union

Agway

1320 WGET

Dunlap's Restaurant & Bakery

Gettysburg Construction Company

Gettysburg Day Spa

The Gettysburg Hotel

Centuries on the Square (Gettysburg Hotel)

McClellan's Tavern (Gettysburg Hotel)

Gettysburg Concrete

Hanover Concrete

Shrewsbury Concrete

Just Jennifer Gallery & Framery

Lucky Leaf/Musselman's (Knouse Foods)

Kuhn Bros. Oil Service

Laslow's Pharmacy

Champion Chevrolet Mazda Hanover

Tom Livelsberger's Battlefield KIA

Colonial Automotive Service Center

Mamma Ventura's

McDonald's

The Outlet Shoppes at Gettysburg

Patriot's Choice Tax Service

Riggle & Associates

Riggs-Collins Insurance &

Financial Services

Times & News Publishing Company

Wogan's True Value & Variety

Help support ForSight Vision of Adams County by saving your proof-of-purchase from these local sponsors. You can submit your receipts by sending them to:

Jennifer Zack

Director of Program Services

Cash awards through this campaign allow us to purchase needed products for the blind and visually impaired. For example, many people with macular degeneration have difficulty with reading because of central vision loss. A closed circuit television (CCTV) provides magnification up to 50 power; essentially giving the visually impaired the chance to read again. Advanced technology and products like this afford people with vision impairment the chance to regain their independence; they can read the mail, look at photos, write checks and pay bills on their own. Many thanks to everyone in the community that supports us; special thanks to Marilyn Bowers, our ForSight volunteer and CCA representative, and to Dunlap's Restaurant & Bakery for hosting our monthly support group for the visually impaired.

*ForSight Vision of Adams County (formerly Adams County Association for the Blind) serves its community by providing quality specialized services and opportunities designed to prevent, prepare for and manage loss of vision.*

# *Self Management Program for low vision & vision impairment*

**Where:** ForSight Vision  
1380 Spahn Avenue, York

**When:** 4 Session Program: 10AM – 11:30AM  
Monday March 30  
Wednesday April 1  
Monday April 6  
Wednesday April 8

**Program Details:** We will provide you with the right information, tools, and education that you need to live your best life possible. This program is also a great way to meet others experiencing vision loss. Join us for this unique opportunity!! Light refreshments will be served.

*\*\* For a truly worthwhile experience, we encourage you to attend all four sessions. You are welcome to bring a friend, family member, or loved one; as this information will be helpful for them as well!!*

***Please Contact Jennifer Zack at 717-848-1690  
Reserve your seat by March 20***

# *In Memory Of...*

A memorial gift to ForSight Vision is a thoughtful way for you to create a living legacy to a loved one. You may also wish to recognize someone in honor of their birthday, anniversary, birth of a child or grandchild, or just because they are special to you.

Memorials received between November 21, 2008 and February 20, 2009.

## ***Mildred Swartzbaugh***

Evelyn Zartman  
Ladies Auxiliary Jefferson  
Volunteer Fire Company  
Jefferson Borough Marriage  
Fund

## ***Lillian R. Abbott***

Barry & Carol Walker  
Mr. & Mrs. Joseph Geubtner  
David & Cindy Owens  
Mr. & Mrs. Robert Thompson  
Yolanda & Michael Moul  
Peter & Christine Ackourey  
Stephen Rebecca Martin  
Bernard & Marilyn Kaisky  
Mr. & Mrs. Arthur McAlister  
Brion & Karen Zutell  
Carol Bonnet  
Thomas & Barbara Boughton  
Chuck & Barbara Jennes  
Phyllis Myers  
Eric & Crystal Mueller

## ***James A. Morehead***

Jackie Bowers  
Jack & Tina Hammond  
Robert & Mona Morehead  
Marie Rose  
Clyde & Jacqueline Heilman

## ***Katherine K. Glatfelter***

William & Cornelia Wolf  
William Eyster

## ***Daniel Schrom, Sr.***

Daniel Schrom, Jr.

## ***Curtis W. Sechrist***

Susan Gingerich

## ***Swiler Delp***

Dennis & Linda Delp

## ***Alvin Kerstetter***

Dennis & Linda Delp

## ***Clair Harlacher***

Dr. Dennis Delp

## ***Eva Byerts***

Catherine Byerts

## ***James B. Smith***

Lois Smith

## ***Nova Rohrbaugh***

Harry & Machree  
Baumgardner

## ***Philip B. Martin***

Joanne Martin

## ***Jeff Blevins***

Dr. Dennis Delp

## ***Jennifer Mandich***

Dr. Dennis Delp

## ***Leroy Leber***

Dr. Dennis Delp

## ***Russell Dellinger***

Cora Dellinger

## ***Paul Miller***

Gertrud Miller

## ***Kenneth Fosnaught***

Colleen Fosnaught

## ***John S. Knox***

Joyce Knox

## ***Clarence Holler***

Dr. Dennis Delp

## ***Beryl Vernon***

Dr. Dennis Delp

## ***Scott Burgard***

Dr. Dennis Delp

## ***Glenn Jackson***

Dr. Dennis Delp

## ***Arletta Gross***

Dr. Dennis Delp

*In Honor of:*

**Mary L. Sallemi 75th  
Birthday**  
Rosemarie & Joseph Sallemi

**Jerry & Karen Frey**  
John & Janice Stitt

**Dennis & Linda Delp**  
William & Shirley Lohmann

**Norma Rudisill**  
Mr. & Mrs. R. E. Heilman

**Ricky Cox**  
Lonny Lefever

**Dr. Charles Letocha**  
Dr. & Mrs. William T. Delp

**Reverend Mitch  
Galloway**  
Eastminster Presbyterian  
Church

**Walter Whiteley**  
Ellen Bers Johnson

**Tony Heath**  
Pat Stambaugh

**Linda Delp**  
Your family

**Mackenzie Emig**  
Grandpa & Linda

**Parker Delp**  
Grandpa & Linda

**Mike & Cathy Bair**  
Dennis & Linda Delp

**Reverend Joe Kugle**  
Dennis & Linda Delp

**Bill & Shirely  
Lohmann**  
Dennis & Linda Delp

**Dave & Judy Wiegand**  
Dennis & Linda Delp

**Jim & Mary Ann  
Wotherspoon**  
Dennis & Linda Delp

**Dave & Denise Visco**  
Dennis & Linda Delp

**Warren Carbaugh**  
Tony Carbaugh  
Scott & Karen Carbaugh  
Rob & Jill Carbaugh  
Joe Carbaugh  
Shawn Carbaugh  
Jeff & Lisa Kauffman  
Mike & Deb Adams

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their generous contributions:*

Penn Township Lioness Club  
West Manheim Township Lions Club  
First United Methodist Church  
Arendtsville Lions Club



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