



**We Serve All Ages &
All Stages of Vision Loss**

ILLUMINATIONS

The quarterly newsletter of The Lighthouse of Houston

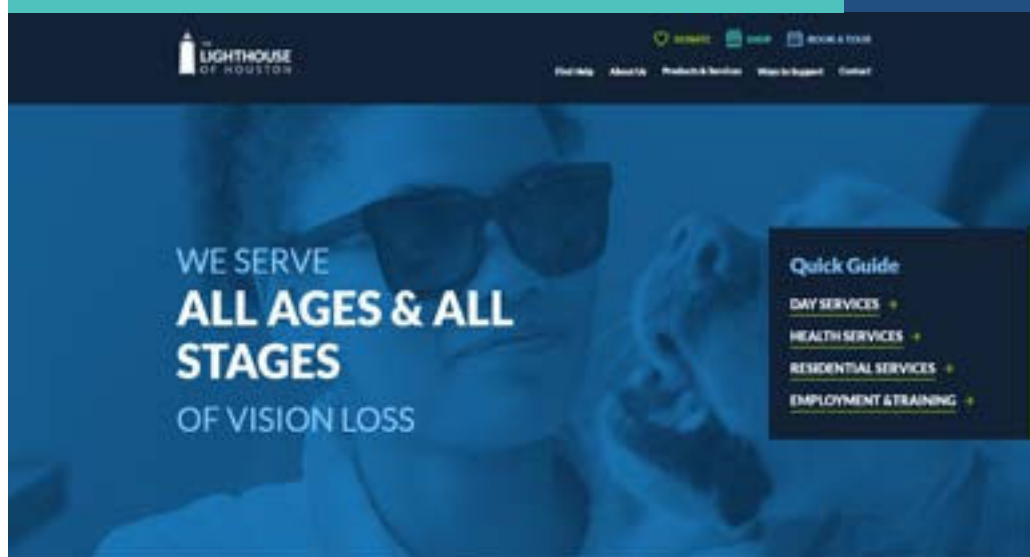
Fall 2021

IT'S A NEW LIGHTHOUSE ONLINE!

The Lighthouse of Houston unveiled its newly designed website at www.houstonlighthouse.org in July. The new site, designed in collaboration with design partner, Poetic, refreshes the brand of The Lighthouse and incorporates content designed with the visually-impaired community in mind. All content has undergone an inspection process involving V.I. Lighthouse Team Members, and is fully compatible with the most common adaptive technology and screen readers.

IN THIS ISSUE:

New! Lighthouse Website	- p.1
President's Message	- p.1
WayAround® Tech	- p.2
Donate Your Vehicle	- p.2
Volunteer with LOH	- p.2
Your Vision Health	- p.3
Pathways to Donate	- p.4
White Cane Day	- p.4
Contact the Lighthouse	- p.4



The new Lighthouse of Houston home page, shown at left, features prominent constituent pathways for services, programs volunteers, and vital donations. It fully conforms to WCAG 2.1 Level AA for accessibility.



A Message From Our President

Welcome to our first edition of Illuminations! We are so excited to begin providing you with a quarterly newsletter that will share the “what’s happening” at the Lighthouse of Houston, as well as opportunities to get involved in helping us advance our Mission to serve blind and visually impaired individuals. We hope you enjoy the new look and feel of our spectacular new website, and that it provides you with the resources you need. Thank you for engaging with us at the Lighthouse of Houston.

Jenna Dayer, President

Find Your Way Around, with WayAround®!

The Lighthouse of Houston is committed to exploring new adaptive technologies and the way they can illuminate the world for the visually-impaired. One such tech tool is WayAround®.

WayAround® is an NFC (Near Field Communication)-based information system that works with an app on your Android or iOS-based smart device. It gives on-demand details about everyday things, just by scanning a smart tag placed on any object. The technology was created by two architects with vision loss.

WayTags can be placed on on household items, signage, clothing, doorways and in thousands of other locations. Visitors can easily scan the WayTag by holding their smart device near the tag and receive the customized information contained within the tag. There are no batteries needed, and no need to open your camera! We are very excited to test implementation of the WayAround® line of products at The Lighthouse of Houston facility at 3602 W. Dallas.



Your Vision Health with Ana M. Perez, OD, FAAO Low Vision Diplomate

The month of August is Children’s Eye Health and Safety Month. There is so much to say regarding children and their eye health, from eye problems at birth that need to be detected for early intervention, to infections and the need for glasses. Where to begin?...



First, let’s talk about newborns. Their vision is not fully developed at birth, but is rather a process that develops through visual experience and stimulation. If something is limiting the visual stimulation, then the visual outcome may be limited. Therefore, ocular health checks are crucial in diagnosing conditions that could potentially be treated early on.

Here are some of the more common conditions that can be easily diagnosed and treated as early as the age of 3:

- Eye turn/misalignment (strabismus)
- Lazy eye (amblyopia)
- Refractive error/lack of focus (myopia, hyperopia, astigmatism)

August is also the beginning of the academic year – a perfect time to ensure that children are starting their new year prepared - prepared to be able to see the board, as well as their books and computer screen without strain, as this can cause lack of concentration and focus. We all need to concentrate and focus to do well in school!

For those children born with a visual impairment such as retinopathy of prematurity, albinism or optic nerve hypoplasia (and other conditions, too), they need to be prepared to ensure that they have the ability to compete equally with their more visual peers. This is accomplished by coordinating with an optometrist familiar with low vision rehabilitation and a teacher for the visually impaired (TVI). Together they can ensure that the child has the necessary adaptations and modifications to be successful in school and beyond.

In my 20 years of working with the visually impaired population, I have seen children with visual impairments grow and mature to become successful contributors to their community in vocations such as economists, lawyers, computer engineers, social workers and more. The common factor with all these success stories is the parental support, tied strongly to a low vision program and a TVI.

Ana M. Perez-Franco, OD, FAAO, is a Lighthouse of Houston Optometrist, fluent in English and Spanish. Dr. Perez completed her residency training in low vision rehabilitation at the University of Houston, College of Optometry (1993) and has remained active in education as an adjunct faculty member at the Center for Sight Enhancement. She has achieved the status of Low Vision Diplomate which is the highest professional status in the area of Low Vision Rehabilitation granted through the American Academy of Optometry.

Learn more about WayAround® products by visiting www.wayaround.com

DONATE YOUR VEHICLE AND SUPPORT THE LIGHTHOUSE

DID YOU KNOW that you can donate a car, truck, trailer, boat, camper, RV, motorcycle, off-road vehicle, plane, some types of heavy equipment, or even farm machinery to help support the Lighthouse of Houston’s programs and services? You can!

The Lighthouse of Houston partners with [CARS](#), a non-profit organization that specializes in providing car donation services to other non-profits. Donating is easy, and the pickup is free. Your vehicle, either in running condition or not, can be a significant source of funds to a non-profit organization. CARS maximizes its contribution back to your selected non-profit, and donations are tax-deductible. Visit The Lighthouse of Houston’s portal on the CARS donation website by [clicking here](#).



Volunteer with The Lighthouse of Houston!

The Lighthouse of Houston welcomes individuals or groups wishing to volunteer their support to the blind and V.I. community. Volunteer activities include service projects, event staffing, and direct contact with Lighthouse clients to provide needed services such as reading and shopping. To apply to be a volunteer, please [click here](#) to visit our website.



Pathways to Donate to The Lighthouse

Vehicle Donation



Lighthouse Bricks



Shop & Earn



Monetary Gifts



VISIT OUR [DONATE PAGE](#) TO LEARN MORE



INTERNATIONAL WHITE CANE DAY IS OCTOBER 15, 2021

Help our community recognize the importance and relevance of this symbolic tool, and how it contributes culturally to support independent living of the V.I. population.

- * Contact local advocacy groups to see how you can support the message of White Cane Day
- * Participate in local White Cane Day marches or walks
- * Volunteer for the day with The Lighthouse of Houston or another V.I. advocacy group



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