



# DISCOVERY

THE DISCOVERY EYE FOUNDATION



SPRING / SUMMER 2013

**The Discovery Eye Foundation supports research, education and advocacy related to sight-threatening eye diseases and their treatments, improving the quality of life for patients and their families.**

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## PROFILE



### Bionic-Retina Pioneer Looks Ahead

*Living with the newly FDA-approved Argus II*

As one of only 30 people in the world with a "bionic retina," Dean Lloyd, Esq. has gained a bit of notoriety of late. The Argus II Retinal Prosthesis System received US market approval from the FDA on Feb. 14, and Lloyd has been part of the clinical trial since he was implanted with the device in 2007.

Lloyd's vision difficulties began in the early 1960s, while he was in medical school at the University of South Dakota. He realized he wasn't seeing the same thing as his classmates when looking through a high-powered microscope. He was misdiagnosed with Usher Syndrome, a rare genetic

disorder that can result in deafness, blindness and dementia. While he was later correctly diagnosed with the less-dire x-linked retinitis pigmentosa (RP), he was asked to leave medical school due to his vision impairment.

"I had a moment of self-pity, then I needed to do some introspection to figure out how to find my future," he says. "I decided I can't give up on life. My brain works well ... If your brain works, it can solve a lot of difficult problems. I realized I would survive." [Read more.](#)

## DEF NEWS

### Look and See

#### *Revamped social media for DEF followers*

The Internet has a new look for DEF followers. Along with our newly designed website, which launched March 25, DEF has improved the entire social-media experience:

- [Facebook](#) is more active with vision updates, nutrition advice and lifestyle news.
- [YouTube](#) has been redesigned and grouped by disease to make finding videos easier.
- [Twitter](#) is focused on the latest vision updates and resources.
- [LinkedIn](#) is centered more on caregiving and research-funding issues.
- [Pinterest](#) is a fun, informative collection of anything vision-related — from sunglasses to infographics about eye disease to optical illusions to holiday ideas to eye-healthy recipes.
- [Google+](#) is just being developed and will focus more on technology for low vision. We'll use the "hangout" feature to broadcast information and have guest speakers with vision impairment share their experiences.

We encourage you to participate on any or all of our sites. If you have great things to share and want to pin on our Pinterest board, send an e-mail to Susan DeRemer at [sderemer@discoveryeye.org](mailto:sderemer@discoveryeye.org). Are there topics you would like to see get more coverage? Let Susan know. We want to make sure these sites give you all the information you want and need.

## EVERYDAY SOLUTIONS

### New Help for E-Reading

There's a new iPad app for those with age-related macular degeneration or any loss of central vision. **MD evReader 1.25** is designed to help people with macular disease read e-books, when combined with the "eccentric viewing" technique.

"Eccentric viewing" involves a person trying to see by making use of their peripheral, rather than central, vision. Readers hold their gaze at their preferred "eccentric viewing" position, away from the text, and read the text without moving their eyes. For a clearer description, watch [this video](#). The app allows text from ePub documents to be scrolled horizontally, from right to left, across the screen. The speed, direction of text scrolling and font size can be controlled using the iPad touchscreen. With the use of an Apple iPad HDMI adapter, the text can also be presented in very large fonts on a digital screen, such as your TV, via an HDMI port. Currently, the app cannot display books that have digital rights management encryption (DRM).

What do you do if your e-books are for Kindle or Nook and are not ePub? Another super-handly tool we've found for your reading pleasure can help: **Calibre** is an open-source program for e-book management. It helps you:

- convert among 13 different e-book formats, such as Kindle, Nook and ePub
- manage your e-book library for an e-reader or smartphone: You can browse through the covers of your books, leave comments and tag for organizing your collection
- sync your library to different devices, including iPad

You can also set up Calibre to fetch news from websites and RSS feeds, and convert them into a compatible format, so you can load up your e-book reader or iPad with information from your favorite sites. There's even a built-in web server, so you can access your e-book collection remotely. Best of all, Calibre is free. [Download Calibre](#).

## TECHNOLOGY

### Get on the Bus, Gus

Figuring out how to travel by bus can be daunting to those with low vision. **OnTheBus** can make it a bit easier. It's an app for 3G and WiFi Android mobile devices that uses GPS to guide you from where you are to a specific destination. Here's how it works:

1. The app offers several possible routes to your destination.
2. Once a route is selected, the app guides you from where you are to the nearest bus stop.
3. At the bus stop, it tells you how long it will be until the bus arrives.
4. Once you are on the bus, you receive information from passing bus stops, and the app tells you when to press the buzzer to get off at your stop.
5. When you get off the bus, the app guides you to your destination.

It even works without a bus — in case you feel like walking. For more information about downloading OnTheBus, visit [onthebus-project.com](http://onthebus-project.com).

## NUTRITION

### So Easy Being Green

*This issue brought to you by the color green*

Green fruits and vegetables are colored by natural plant pigment called "chlorophyll." Some members of the green group — including spinach, kale, green peppers, peas, cucumber and celery — contain lutein. Lutein and zeaxanthin (found in corn, red peppers, oranges and grapes) are pigments that may help your eyes filter damaging light rays, thus protecting against macular degeneration, the leading cause of blindness in people over 65. Additionally, researchers from Brigham Young University analyzed more than 35,000 women and found that 6,700 micrograms per day of lutein and zeaxanthin reduced their risk of developing cataracts by 18 percent. If you think 6,700 micrograms sounds overwhelming, relax: By adding just 3/4 of a cup of leafy greens to your diet, you'll consume plenty. Pick your favorite from this chart:

Leafy Greens (3/4 cup, cooked)	Lutein/Zeaxanthin
Kale	17,790 mcg
Spinach	15,266 mcg
Collards	10,964 mcg
Turnip Greens	9,115 mcg
Dandelion Greens	7,212 mcg
Mustard Greens	6,260 mcg



Green fruits and vegetables are also good sources of vitamins C and K, fiber, folate and magnesium, which contain anti-cancer properties and promote strong bones and teeth.



Some examples of the green group include:

- Artichokes
- Cucumbers
- Green Onions
- Limes
- Asparagus
- Green Apples
- Green Pepper
- Peas
- Avocados
- Green Beans
- Honeydew Melon
- Pistachio Nuts
- Broccoli
- Green Cabbage
- Kiwi
- Spinach
- Brussels Sprouts
- Green Grapes
- Lettuce
- Zucchini



Are you feeling green with envy? No worries: You, too, can cook up some green goodness quickly and easily. Try our eye-healthy recipe for [pistachio-crust salmon with kiwi salsa](#).

## CULTURE CORNER

### Eyes on Art

#### *Museums offer special programs for low-vision visitors*

Why visit a museum if you can't see anything? There are museums around the country that are breaking new ground when it comes to welcoming vision-impaired visitors. From special docent-led "touch tours" to custom-made tactile kits, five of our favorite museums are leading the way to welcome you for an unforgettable visit.

#### **1. The Getty Villa, Malibu** *(pictured right)*

The Getty Villa, an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome and Etruria, has two facilitated programs for blind and visually impaired visitors:

- **Handling Sessions** let visitors handle replica objects, as well as the materials and tools ancient artists would have used to create the works of art on display in the museum.
- **Guided Touch Tours** help visitors discover the villa's architecture, gardens, works of marble and bronze sculpture through touch.

Tours must be arranged at least three weeks before your visit by calling 310-440-7691. Additional accessibility information for the Getty museums may be found on [their website](#).



## **2. Birmingham Museum of Art, Birmingham**

Specially trained docents present the museum's permanent collection using verbal descriptions, 3-D tactile models based on original works of art, and sculpture. Sometimes, they even enhance the program with related music and/or art-making to provide multi-sensory access to the visual arts. The Visually Impaired Program takes place every second Saturday, from 10–11 AM. It's free, but reservations are required. For additional information, [visit their webpage](#), or call 205-254-2964.

## **3. Indianapolis Museum of Art, Indianapolis**

The Indianapolis Museum of Art offers two kinds of tours for low-vision and blind visitors:

- **Audio Description Tour** is designed to give visitors of all ages and abilities the opportunity to engage in discussion of works of art through the use of descriptive narration and participant interaction.
- **Touchable Tour** lets individuals of all ages and abilities experience original works of art through their sense of touch. Small groups are provided with nitrile gloves, while docents guide touching and describe the work of art.

Both tours require advance notice. For more information, visit the [Adult Group Tours webpage](#) on the museum website ([download the PDF](#) under "Guided Adult Group Tours").

## **4. Art Institute of Chicago, Chicago**

In addition to offering free escorted tours for visitors who are blind or have low vision (with advance notice), the Art Institute offers one of the coolest programs we've found: TacTiles.

TacTiles kits contain a series of masterpieces from the institute's collection represented on handheld tiles that are designed to be touched. The tiles reproduce the compositions and textures of the artworks, making them legible through the fingertips. Each TacTile fits into a slot in a specially designed carrying case, which includes a color photograph, a large-type print description and a braille description of each work. The kits are free, and visitors may request a guided tour with the TacTiles with advance notice. For more information, visit the museum's

[Accessibility webpage](#) or call 312-857-7641

## **5. Museum of Fine Arts, Boston**

The Feeling for Form (FFF) program is an opportunity for tours of the museum's collections through tactile exploration of selected sculpture and furniture, and through verbal description, tactile graphics, materials and objects for artworks that cannot be touched. Trained volunteers and staff lead these tours. An FFF Intro Series happens on the first Sunday of most months at 10:30 am. The program is free, but pre-registration is required. For more information, visit the museum's [Accessibility webpage](#) (the program is listed under "Bank of America Access Programs") or e-mail [access@mfa.org](mailto:access@mfa.org).

## VISION LEGACY

### An Ounce of Planning

These articles offer timely ideas and tips about estate- and gift-planning options.

#### **The IRA Charitable Rollover is Back!**

The IRA charitable rollover legislation allows you to transfer lifetime gifts of up to \$100,000 using funds from your individual retirement account (IRA) without undesirable tax effects. [Read more.](#)

#### **Even 1 Percent Matters**

Why give a percentage of your estate? You may think you don't have enough money to donate and make any kind of impact, but that simply isn't true. Your gift, no matter the size, can ensure the future of the Discovery Eye Foundation and influence the lives of those who rely on it. [Read more.](#)

#### **Quiz: What to Know About Your Family Finances**

If you find yourself drawing a blank on any of the questions in this quiz, be sure to learn more about your finances by talking with your spouse. When you share your knowledge with each other, you can look to the future with confidence. [Read more.](#)

#### **What to Keep in a Safe-Deposit Box**

Your most valuable documents don't belong haphazardly stashed in a messy desk drawer. A safe-deposit box is a secure place to store items that would cause panic if you were to lose them. [Read more.](#)

#### **Case Study: What You Can Do With Real Estate**

Norm was approaching retirement; he had invested well in real estate and owned two pieces of adjacent commercial property. [Read more.](#)

## WHAT'S YOUR FAVORITE...?

### Time to Share

*Tell us your secrets!*

We know you have your favorite things — those little tricks, tips and items that make life just a bit easier, better and/or more fun. Well, it's just not right to keep them to yourself!

In each issue of our newsletter, we'll share readers' favorite low-vision devices, memory tricks, recipes, websites — whatever helps you navigate life.

Please [e-mail us](#) your favorite things (just put "FAVORITE" in the subject line), and we will also post them to our [Facebook page](#) and [website](#).