

**Sight Loss Services, Inc.
Cape Cod and Islands
“The CandleLight” Newsletter Sept. 2015**

“The greatest trap in our life is not success, popularity or power, but self-rejection.”

- Henri Nouwen

Going away for the winter?

If you spend time in Florida or other points south, please inform Sight Loss Services. We can skip sending a winter newsletter to you or the newsletter can be mailed to your winter address. Newsletters cannot be forwarded and if returned we must pay postage. All it takes is a call to the office to let us know if you will be away.

High Tech Adaptive Aids Available To Rent

New England Low Vision & Blindness has a new program whereby you can rent their low vision adaptive devices on a monthly basis. Fees start at \$22.95 per month for the Pebble Mini hand held (3” screen) up to \$166.25 per month for desktop models like the Merlin CCTV (19” flat screen,). A whole range of devices (including Acrobat) are

available. For details on the program contact Holly at New England Low Vision 1-888-211-6933, ext. 209 or via email:

holly@nelowvision.com

Perkins Library Suggestions

“1954: The Year Willie Mays and the First Generation of Black Superstars Changed Major League Baseball Forever” by Bill Madden. Book # DB081875 Call # 796 Sportswriter Bill Madden dates the true integration of Baseball to 1954.

“Death of a Policeman” by M.C. Beaton Book # DB081692 Call 3 823.914 AFI Hamish Macbeth series mystery. In the village of Loch Dubh Hamish becomes prime suspect in the murder of a fellow policeman.

These two selections are available either as digital books or as large print hard copies from Perkins.

Aids and Appliances

For the Visually Impaired

Steve Moniz, a Rehabilitation Teacher from the Massachusetts Commission for the Blind, will demonstrate aids and appliances that can be used by people with vision loss to promote independent daily living skills.

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This free program will take place in the Thornton Room at the Brooks Free Library in Harwich on Thursday, October 22 from 1:30 to 3:00. Light refreshments will be served. Registration is not required. For more information call Carla Burke at (508) 430-7562 extension 5, or email her at cburke@clamsnet.org.

Harwich residents needing transportation should call the Council On Aging van at (508) 241-1566 by 11:00 AM the day before the program to make a reservation.

Macular Carotenoid Conference

The 2015 Macular Carotenoids Conference was held at Cambridge University (U.K.) in July. The conference was chaired by Prof. John M. Nolan of Waterford Institute of Technology, a researcher into macular pigment. The three carotenoids that create macular pigmentation are lutein, zeaxanthin and meso-zeaxanthin. According to the US National Institute of Health carotenoids found within macular pigment along with antioxidant vitamins help to protect the retina from oxidative damage partly caused by absorption of light. (Schepens Eye Research Institute, Macular Disease Research Center,

<http://www.ncbi.nlm.nih.gov>) **Most of us are familiar with both lutein and zeaxanthin, but what about the third carotenoid mentioned, meso-zeaxanthin? It is believed that lutein to a certain extent is transformed into meso-zeaxanthin within the macula. Meso-zeaxanthin can also reportedly be found in small amounts in certain seafood.**

Fish skin may not often be eaten but it is present when the food is cooked. The carotenoids are fat-soluble and in food can dissolve in fat during cooking when the tissue structure breaks down. Thus carotenoids in foods not normally eaten may enter the food chain during cooking.

(<http://eyecarotenoids.com>)

However, Professor Nolans' research has shown that macular pigment increases when supplements containing lutein, zeaxanthin and meso-zeaxanthin are taken together. As always, ask your doctor before beginning or changing any supplements you take.

For those who use the internet, videos of the conference lectures are available to be viewed online at the URL below.

http://www.macularcarotenoids.org/gallery/macular_conference_2015

Volunteers needed!

Drivers:

Our Support Groups meet from September through June in most Cape towns. If you commit to transporting 1 or 2 participants to and from a meeting one day per month it can make a world of difference to a person who no longer drives.

The agency provides liability insurance and Sight Loss Services pays a small stipend to drivers who perform this service.

Clerical Help:

The need for extra assistance in the office is sporadic and mostly needed to help put together mailings. We are a small staff and could use an “office angel”!

If you would like to volunteer in either capacity please call Sight Loss Services at 508-394-3904.

SupportSight Seminar

Presented by The Macula Vision Research Foundation and hosted by Sight Loss Services on October 7th in the auditorium at Cape Cod Community College. Free of charge but please call the Macula Vision Research Foundation to register at: 866-462-2852, or email: Lynn@mvr.org.