

## USING TOUCH DIAL PHONES

Although cell phones are very common today, many still use touch dial phones in our homes. Touch dial phones are any telephones that have physical buttons you press to dial, and they can present new challenges with the onset of low vision or blindness. We have some tips to help with phone dialing challenges.

Lighting is a big issue. As we age, we need approximately three or four times more lighting to see. If more lighting is helpful, use your touch-dial phone in a well-lit area such as by a window or under kitchen lighting. You could also try placing a gooseneck lamp over your shoulder and/or over the phone itself to help you clearly see the numbers on the buttons.

Try using the touch dialing technique. Let's first review the keypad on a touch dial phone. The keypad has four rows with three buttons across each row. The first row has the numbers 1-2-3, the second row (also called the home row) has 4-5-6, the third row has the numbers 7-8-9, and the last row has \*-0-#. Place your index finger on the number 4, your middle finger on the number 5, and your ring finger on the number 6. This finger placement lets reach the other numbers on the phone keypad more easily. Always return your fingers to the "home row" position before reaching for the next number so you don't get "lost" on the keypad. Marking the number five on the phone keypad with a bump dot is also helpful.

Want to learn more about the touch dial technique or other helpful tips for phone dialing? Reach out to your local rehab case manager today by contacting our rehab staff at [mkubicki@visioncorps.net](mailto:mkubicki@visioncorps.net) or 717-205-4141.

## COMING SOON: EYE DROP

Eye Drop 2021 gives participants the chance to rappel 125' and raise money to offer rehab services. Please help us by supporting this event!

Friday, July 9, 2021  
Holiday Inn Lancaster  
[www.EyeDrop2021.org](http://www.EyeDrop2021.org)

## HEALTHY EATING TIPS

Eating healthy is also good for your eyes -- here are some tips:

- Vitamin C-rich foods: Red peppers, bok choy, cauliflower, papayas and strawberries are good for the blood vessels in the eye and could lower the risks of cataracts. Heat can break down vitamin C so try to eat these foods raw.
- Vitamins A & E: Red peppers are a good source of vitamins A & E. Studies show that vitamin E, when combined with other nutrients, may slow the progression of age-related macular degeneration and prevent cataracts. Other vitamin E-rich foods are hazelnuts, peanuts and peanut butter. Add one ounce of sunflower seeds or almonds to a salad for half your recommended daily allowance of vitamin E.
- Vitamins C & E: Add some kale, spinach or collard greens for added vitamins C & E to soups. These dark, leafy greens also are rich in carotenoids, lutein and zeaxanthin.
- Vitamin A: Plant-based forms such as mango, papaya, cantaloupe, apricot, carrot, sweet potatoes and squashes may lower the risk of age-related macular degeneration and cataracts. These orange fruits and veggies are also high in beta-carotene which is good for night vision. Roast in your oven or using make smoothies in your blender.
- Omega-3 fatty acids: Our retinas need two types of omega-3 fatty acids and both DHA and EPA can be found in fatty fish such as salmon, tuna, trout and other seafood. These nutrients protect our eyes from glaucoma and macular degeneration.

Here are some [recipes designed to boost your eye health](https://www.allaboutvision.com/recipes) at <https://www.allaboutvision.com/recipes>.

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FREE MATTER  
FOR THE BLIND



SPRING 2021 EDITION

# THE Magnifier

*Rehabilitation services newsletter for clients & friends of VisionCorps*

Spring is here and with it comes sunshine and warmer weather, finally!

Here at VisionCorps, we continue to be busy providing and expanding our services in the community, including in the area of Access Technology. VisionCorps has made a strong commitment to enhance our skills and bring you new and exciting technology. Through grants and partnerships, our goal is to offer new solutions for people who are blind or low vision.

One exciting new device that VisionCorps has available for clients to try is [Orcam](https://www.orcam.com/) (<https://www.orcam.com/>). The Orcam MyEye is the size of a finger and integrates artificial intelligence to provide important visual feedback about the world in front of you. The small device connects to glasses and responds to simple hand gestures. Depending on the model and options, the Orcam can recognize faces, identify products through their bar code, and read printed text in books, newspapers, magazines, computer screens, menus and more. The smart reader feature can allow you to go directly to the soup section of a menu or find the total cost of your bill quickly. Contact your case manager or our rehab team at 717-205-4141 to try it or get more information.

The Orcam devices are just some of our available technology that could be useful to you. You will also find a story about Benjamin Brenya, our new Access Technology Specialist, who can help you identify what technology may be helpful for you. Whether you are just getting started with or an avid user looking to learn the newest tool or trick, VisionCorps can assist you.

Feel free to contact me at 717-205-4165 if I can help in any way.

Be safe and healthy,

Chris Ament, Vice President  
Rehabilitation and Education

## USING TECHNOLOGY

VisionCorps has a new Access Technology Specialist in our rehab department: Benjamin Brenya. He joined VisionCorps with seven years of experience working as an Access Technology Specialist for the Ghana Blind Union. He is an experienced technology staffer with many years of working with different programs and computers.

Benjamin is available to help all our clients with technology including things like: learning about accessibility features on tablets, computers, and smartphones; useful low vision apps; how to use a screen reader or magnification software on computer; talking scanners; Braille devices, and smart home devices. He can work with clients of all skill levels with technology from learning the bare basics, to advanced technology skills. Benjamin really enjoys teaching and learning about new technology.

For technology help contact [mkubicki@visioncorps.net](mailto:mkubicki@visioncorps.net) or 717-205-4141.