



Adrienne Kolasinski brought her family to the Vision Technology Expo on November 7 to promote Sighted Guide Ohio, a free magazine that promotes resources, service and stories of people who have vision impairments. Pictured are (from left) standing, Adrienne, James and Shawn; and seated, John, Adrienne II and Bradley.



Frogtown Low Vision Support Group founders Paul (left) and Jan Rachow demonstrate one of the magnifiers offered by Visual Tech Connection.

MIRROR PHOTOS BY KAREN GERHARDINGER

Vision Technology Expo Provides Resources For Vision Impaired

BY KAREN GERHARDINGER
MIRROR REPORTER

In the year since Debbie Case learned that she had macular degeneration, she's stopped driving and started relying upon family and friends to chauffeur her.

On Saturday, November 7, a friend drove Debbie to St. Luke's Hospital for the sixth annual Vision Technology Expo, where she stopped to get resources and information

from Priscilla Rogers of the American Federation of the Blind.

Organized by the Frogtown Low Vision Support Group, the event gathers vendors, nonprofits and physicians in one place to offer solutions and information to those with diminished or lost vision, said Frogtown founder Paul "Rocky" Rachow. He particularly thanked Dr. J. Gregory Rosenthal, a retinal surgeon whose Alliance Retina provides

retinal surgery and care regardless of the patients' abilities to pay.

Also on hand were the Area Office on Aging, AudibleEye, Heatherdowns Library, Irlen Clinic, the Ability Center of Greater Toledo, Visual Tech Connection and Wal-Mart Vision Center.

Adrienne Kolasinski brought her family to promote Sighted Guide Ohio, a free magazine that is distributed in Toledo, Cleveland, Columbus

and Cincinnati.

"I did this because my son is 100-percent blind," she said of son John, who demonstrated a Braille typewriter during the expo. When he was born in 1995, there was no Internet to gather information on his condition, in which the optic nerves behind the eye didn't fully develop.

In 2013, Adrienne created the nonprofit Visual Impairment Family Association and Support (VIFAS) and creat-

ed PowerPoint presentations to share with area schools and groups to spread awareness about blindness in schools. She added the guide — which has a circulation of over 20,000 — to tell others about available resources, and to share stories of others and how they handle their vision loss.

As she raised John, Adrienne said she never treated him differently.

"He has chores and cooks meals three times a week," she

said. "He's taught me so much about life. We live in a materialistic world. It's nice to see he doesn't judge because you have a hole in your shirt or you're missing a tooth. He brings me back to the simple things that don't cost anything."

For information on where to find the magazine, visit www.sightedguideohio.org.

To learn more about the Frogtown Low Vision Support Group, visit www.frogtownvision.org.



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HEALTH CARE CALENDAR

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ment communities. These clinics will be held on the first Thursday of each month, and are open to the public.

Luther Crest and Luther Woods are located at 2519 N. Holland Sylvania Rd., Toledo. The wellness clinics will be held from 1:00 to 2:00 p.m. in the Luther Crest Building A social room; and from 2:00 to 3:00 p.m. in the Luther Woods social room at the back of campus.

Therapists and nurses at the wellness clinics will provide a variety of free health screenings, including blood pressure, blood sugar, lower extremity strength, balance, urinary incontinence and grip strength. They also will be available to answer health questions. No appointments are required.

For more information, call (419) 366-3655. Luther Crest, Luther Woods and Lutheran Village at Wolf Creek are ministries of Lutheran Homes Society.

Immunization Clinic Locations Announced

Shots 4 Tots offers walk-in immunization clinics for children birth through 18. All insurance plans are accepted at all locations.

Parents must bring child's shot record, insurance card and parent identification. The cost is \$10.00 per shot for children without insurance; \$30.00 for adults.

Clinics are available at:

- St. Luke's Hospital on the third Thursday of every month, from noon to 2:00 p.m. and 3:00 to 5:45 p.m.
- Western Lucas County Clinic, 330 Oak Terrace Blvd., Holland, on the first Thursday of every month from 8:30 to 11:30 a.m., third Friday of every month from 8:30 to 11:00 a.m. and 1:00 to 3:30 p.m., and on the fourth Monday of every month from 1:00 to 3:00 p.m.

For more times and locations, go to www.lucascountyhealth.com or call (419) 213-4121.

Adult Grief Group Meets At Perrysburg Hospice

Hospice of Northwest Ohio offers an ongoing, interactive grief support group for adults who are adjusting to the loss of any loved one. The group meets from 6:00 to 7:30 p.m. on the first and third Tuesdays of each month at the Perrysburg

Center, 30000 E. River Rd., Perrysburg.

The group is free and open to any adult; however, preregistration is required. Call (419) 661-4001 for more information or to register.

Heartland Rehab Offers SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers. Call for information at (419) 897-9822.

Serenity Chronic Pain Support Group Offered

Serenity offers a chronic pain support group for people who are affected by chronic pain conditions, including Ehlers-Danlos syndrome, fibromyalgia or any chronic pain condition. Both those with chronic pain conditions and those still seeking a diagnosis are welcomed.

The group meets regularly and has an active Facebook page for support and to share information and experiences between meetings. Meeting dates are sent out to all who request to be added to the e-mail distribution list and are posted on the Facebook page. Those interested in joining the group, Serenity Chronic Pain, should e-mail BPiehl@aol.com and/or request to join the Facebook page under Serenity Chronic Pain.

Mental Health & Addiction Support Announced

The Gateway to Wellness and Recovery ... A Place for Families will be held on the third Thursday of each month from 6:00 to 7:30 p.m. at the University of Toledo Scott Park Campus Classroom Center. The program is a collaborative effort by the Mental Health and Recovery Services Board, NAMI of Greater Toledo and TASC of Northwest Ohio.

This free group provides a place for families impacted by mental illness or drug and alcohol addiction to find resources and information. Tables from area agencies regarding mental health and addiction services, and a monthly speaker on issues related to mental health and addiction services, will be featured. For more information, contact Sarah Smitley at (419) 243-1119 or ssmitley@namitoledo.org.

Free Services Offered For Women's Health Needs

The Breast and Cervical Cancer Project (BCCP) offers free services to many women in Northwest Ohio. If you live in a

household with limited income, have no health insurance and are 40 years of age or older, you may be able to receive free medical services. Women who have been screened through BCCP and who are found to need treatment for breast cancer, cervical cancer or precancerous conditions will be covered by BCCP Medicaid for their cancer treatment and other healthcare needs. Contact the local BCCP enrollment agency at (800) 929-6626 to see if you qualify for free services.

BCCP is funded by the Centers for Disease Control and Prevention and state revenue funds, administered by the Ohio Department of Health and operated by its 11 Regional Enrollment Agencies (REA). BCCP's clinical services are available through a large network of medical providers throughout Ohio. Once a woman is enrolled in BCCP, she will be scheduled for services with clinical providers in her area by staff at her REA.

BCCP is committed to serving Ohio women in a convenient, accessible, respectful and culturally competent manner. For more information, visit www.bit.ly/Ohio-BCCP.

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