

LIONS



VISION

NEWSLETTER FOR MEMBERS OF THE DISTRICT 22 LIONS, LIONESS, AND LEO CLUBS

FALL 2008

Chairman's Message

Robert Muchow, PDG Chairman
LIONS VISION RESEARCH FOUNDATION



We all should be proud that the Lions Vision Research Foundation is addressing current needs in the field of low vision. Some of the activities underway or planned for this year follow:

1. Provide financial support for a fellow at the Lions Vision Research and Rehabilitation Center. This addresses the need for additional low vision professionals.
2. Support the Lions Vision Research and Rehabilitation Center professionals in providing low vision services in areas that are far away from Baltimore. This addresses the need for improved low vision services in remote areas of our Multiple District.
3. Provide low vision devices for indigent patients at the Lions Vision Research and Rehabilitation Center. Indigent patients can receive professional services without charge but there is no funding for devices.
4. Provide education for our Lions and the public with our LVRF Blindness and Low Vision Education Project. This addresses the need to make the public aware that people who are blind or have low vision can enjoy more independence and have a greater quality of life if they take advantage of the knowledge, techniques and devices that are available.
5. Provide support of activities to initiate low vision services similar to ours in other states and countries. This facilitates provision of low vision services in other areas that do not currently have services like those provided by the Lions Vision Research and Rehabilitation Center. No funding from LVRF is planned for this.

The collaboration between our world class Lions service organization and the world class Wilmer Eye Institute continues to help those with low vision. It is a privilege and an honor to be a part of this partnership.

Robert Muchow, PDG
Chairman



In This Issue...

- *Dr. Kiser Studies Vision Ups and Downs*
- *Lions Day at the LVRF*
- *Planned Giving*
- *LVC Faculty Create CyberTextbook*
- *"Swing for Sight"*



2007-2008 OFFICERS

Chairman
PDG Robert Muchow

Vice Chairman
PDG John Lawrence

Secretary
PDG Dalton Mann

Treasurer
Lion Richard Liebno

Immediate Past Chairman
PDG Ted Reiver

TRUSTEES 22-A

DG John Andrews
PDG Robert Muchow (1 year)
PDG Harold Boccia (2 years)
Lion Warren Kellner (3 years)

TRUSTEES 22-B

DG Vic Lowe
PDG John Lawrence (1 year)
Lion Dave Studley (2 years)
Dr. Debbie Steele-Moore (3 years)

TRUSTEES 22-C

DG Paul Hawkins
PDG Charles Kears (1 year)
PDG Mike Bleything (2 years)
PDG Ted Ladd (3 years)

TRUSTEES 22-D

DG Robert L. Daniels
Lion Fred B. Williamson, Jr. (2 years)
Lion Janet Brown (2 years)
PDG Ted Reiver (3 years)



TRUSTEES 22-W

DG Susan Timmons
Lion Roger Sauter (1 year)
Lion Richard Liebno (2 years)
Lion Robert Bullock (3 years)
MD-22 Council Chair
PDG Ken Watson

WILMER REPRESENTATIVES

Dr. Sheila West
Dr. Gislin Dagnelie
Dr. Kathleen Turano

DIRECTOR, WILMER EYE INSTITUTE

Dr. Peter McDonnell, M.D.
Dr. Arnall Patz (Director Emeritus)

ADMINISTRATIVE MANAGER

Heather Mays
Lions Vision Research Foundation
P.O. Box 1714
Baltimore, MD 21203-1714
410.955.1833 hmays@bcpl.net

BOARD ADVISORS

PIP Clement F. Kusiak
PID Darley Travers
PID Joseph Gaffigan

EDITOR

PDG Ted Ladd
301.937.6796 tedladd02@aol.com





Dr. Kiser Studies Vision Ups and Downs in RP: “Good” Days vs. “Bad”

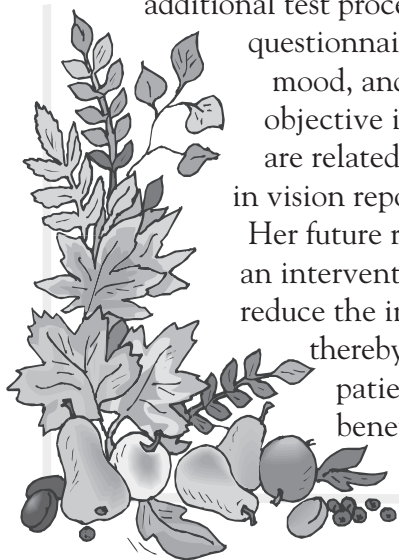
Dr. Ava Kiser recently completed a preliminary study to learn more about the reportedly “good” and “bad” vision days experienced by retinitis pigmentosa (RP) patients. Seven legally blind subjects self-administered vision tests using their home computers. They tested visual acuity (read and named small, black letters), contrast sensitivity (identified large, pale grey letters that varied in contrast to a white background), and visual field (determined area of vision by indicating when peripheral flashing dots were seen). These dedicated participants had to perform the battery of tests 12 to 16 times over a period of about 2 months.

The study found that when patients said their vision was slightly worse than usual, most were referring to visual acuity, rather than the other aspects of vision they had tested. Findings also suggest that we are able to measure the relationship of fatigue or sleepiness and stress to variations in vision, as previously reported by retinitis pigmentosa patients. Half the patients had significantly reduced contrast sensitivity when they indicated some level of sleepiness after performing the vision tests, while the other vision measures did not appear to be affected by sleepiness. Two subjects with the largest changes in perceived stress had significantly reduced visual acuity at times when they reported higher stress levels.

Dr. Kiser will continue this research over the next year with a much larger group of participants, additional test procedures, and more

questionnaires on sleepiness, stress, mood, and light exposure. Her objective is to learn which factors are related to the daily fluctuations in vision reported by RP patients.

Her future research aims to develop an intervention program that may reduce the impact of such factors and thereby decrease the variability in patients’ vision. The potential benefit to RP patients would be more predictable visual performance on a day-to-day basis and, ultimately, an improvement in quality of life.



Lions Day at the LVRF

The Multiple District 22 Lions Vision Research Foundation will host “Lions Day at the LVRF” on Saturday, November 1, 2008 where the theme will be, “Back to the Future.” The activities will take place at the Johns Hopkins Preclinical Teaching Building’s Mountcastle Auditorium at 725 North Wolfe Street.

A social gathering will start at 8:45 a.m., and the program will begin at 9:30 a.m. Lunch will be available at 12:00 noon, and tours of the Lions Low Vision Clinic will begin at 1:00 p.m. Pre-registration is required.

Multiple District 22 Lions Fund Clinical Training Program at Wilmer

The Multiple District 22 Lions Vision Research Foundation has generously agreed to fund a \$100,000 Vision Rehabilitation Clinical Training Program at the Lions Vision Center. Potential trainees who will benefit from the program include new optometrists, ophthalmologists, low vision rehabilitation therapists and occupational therapists as well as seasoned practitioners interested in gaining additional skills in vision rehabilitation. The funding will allow for comprehensive program delivery, incorporating observation and real-time precepting, telementoring (using webcams), and eventually independent clinical care.

Program goals are:

1. to establish the LVC as the center of excellence for professional low vision rehabilitation education; and
2. to increase the number of qualified clinicians providing low vision service in MD 22 and throughout the United States.

This “leading edge” program represents the efforts of the continuing partnership between the Wilmer Institute and the Lions MD 22.

Planned Giving

Extension of law allows for tax-free giving from IRAs



Congress recently passed a law to revive the IRA Charitable Rollover. The law allows donors age 70½ and over to make tax-free transfers from an IRA directly to charity. The IRA Charitable Rollover is a great way for donors to satisfy charitable goals and deal with the IRA required minimum distribution. Many individuals are uncertain how to best manage required minimum distributions from an IRA. This law may offer an effective planning strategy for you.

What are the benefits?

A donor can transfer up to \$100,000 a year directly from an IRA to a qualified charity, like Johns Hopkins, and not pay taxes on the funds.

The amount of the distribution from an IRA is excluded from the donor's income for federal estate tax purposes.

A donor can count the amount of the distribution made as an IRA Charitable Rollover towards the required minimum distribution.

What are the Requirements?

The donor must be 70½ years of age or older.

The distribution must go directly from the IRA to Johns Hopkins.

Tax benefits apply to gifts up to \$100,00 per year – tax years 2008 and 2009.

Gifts must be outright (not to a donor advised fund, support organization, charitable trust or charitable gift annuity).

Giving Example

Michael Brown, age 72, has an IRA and his required minimum distribution is approximately \$30,000. The distribution would be taxable at his marginal tax rate of 35%. Under the IRA Charitable Rollover, Michael can instruct his plan administrator to transfer that amount to Johns Hopkins as a charitable gift to avoid the taxable event that the income would have triggered.

Michael could also choose to direct a portion of the required minimum distribution to Hopkins or a greater amount not to exceed \$100,000. Michael can direct his gift to any school or division of Johns Hopkins.

Who can benefit?

While other gift planning options are available to Hopkins alumni and friends, the IRA Charitable Rollover may be particularly appealing if:

You do not need the income from your IRA. Donors who must take the required minimum distribution but do not need additional, taxable income can satisfy the requirement with a direct transfer to Johns Hopkins.

You have maxed out your deductions. A qualified distribution operates separately from the percentage rules that limit the tax benefit of individual charitable giving. Therefore, for donors inclined to give more, the Charitable IRA Rollover is an ideal option.

You are a non-itemizer. Instead of taking a distribution from the IRA and realizing income, the donor can simply direct the distribution Johns Hopkins. That way, the donor who does not itemize does not lose a tax benefit because he or she does not have any taxable income in the first place.

You reside in a state that does not allow itemized charitable deductions. There are several states that either have no deduction for charitable gifts or have limited the deduction.
continued...



If a gift is made directly to Johns Hopkins from an IRA, the availability of the charitable deduction is moot.

What are the limitations?

Donors may not take an income tax charitable deduction for the distribution.

Donors may not direct the distribution to a life income gift such as a charitable gift annuity or to a donor advised fund.

Distributions from a 401(k), 403(b) or 457 plan, etc. do not qualify as Charitable IRA Rollover distributions.

How do I make my gift?

After consulting your financial and tax advisors to see whether the IRA Charitable Rollover is right for you, the steps are:

- Contact your IRA custodian and obtain their directions of how to make a qualified distribution directly to Johns Hopkins.
- Provide your IRA custodian with our tax ID: 52-0595110 and the following contact information:
Johns Hopkins Institutions
Office of Gift Planning
Attn. Linda McGill
San Martin Center, 2nd Floor
3400 N. Charles Street
Baltimore, MD 21218
- E-mail giftplanning@jhu.edu to inform us of your gift.
- For more information, call the Office of Gift Planning at 800-548-1268 or 410-516-7886



LVC Faculty Create CyberTextbook

Robert Massof, Lori Grover and Jim Deremeik of the Lions Vision Research and Rehabilitation Center (LVC) are making great strides in their efforts to expand the knowledge of low vision rehabilitation service providers using an online textbook. The project engages experts in diverse fields to address the clinical, scientific and practical implications of low vision rehabilitation. For example, one chapter deals with the psychological impact of vision loss. The co-authors are Dr. Barry Rovner, a psychiatrist from Thomas Jefferson University in Philadelphia, who addresses the topic of depression in the older patient with vision loss and Dr. Julia Klienschmidt, a social worker from the Moran Eye Institute in Salt Lake City, who discusses the adjustment process in vision loss for the low vision patient and their family. The Lions also contribute to this work-in-progress and have already filmed some of the practical implications in the use of low vision devices in everyday situations.

This cybertextbook will fill a void in the professional preparation of low vision rehabilitation service providers. The three hour lecture, described above, presents techniques, screening tools and interventions for working with the older individual encountering vision loss. Other chapters in the textbook will incorporate those features, as well; and the material will become part of the Johns Hopkins Wilmer ophthalmology residency training program - a first for residency training programs.

An outgrowth of the online course "Understanding Visual Impairments and Functional Rehabilitation of the Visually Impaired Patient," the online textbook is entitled "Principles and Practices of Low Vision Rehabilitation." The next topic the LVC faculty will introduce in this format relates to driving issues and visual impairment. For more information about the project you may contact Jim Deremeik at jderemeik@jhmi.edu.



LVRF “Swing for Sight” Golf Tournament

A successful “Swing for Sight” LVRF Golf Tournament was held on September 8, 2008 at Hunters Oak Golf Club in Queenstown, Maryland. There were 66 golfers and 13 additional Lions and guests at the post-golf dinner. The estimated net profit was approximately \$4,800. Skeet shooting was an added attraction this year. Thanks to all the committee members and other supporters whose efforts and contributions made this a great event.

The tentative date for the 2009 “Swing for Sight” golf tournament is Monday, September 14. The LVRF golf committee has started planning for the 2009 tournament. With this early start, we expect to have a greater net profit next year. There are several Lions on the committee but additional committee members are needed. To volunteer to serve on the committee contact Bob Muchow (410.647.4551, muchow@verizon.net).



The Multiple District 22
Lions Vision Research Foundation, Inc.
at the Wilmer Eye Institute, the Johns Hopkins Medical Institutions
P.O. Box 1714 Baltimore, Maryland 21203-1714

NON-PROFIT ORG.
U.S. POSTAGE
PAID
FREDERICK, MD
PERMIT NO. 270