

If you know someone who is blind or visually impaired who can benefit from our services, please contact Dr. Elly du Pré at 305.856.2288, ext.

Register now for
SUMMER PROGRAM
Begins June 6
Register by May 6

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leadership

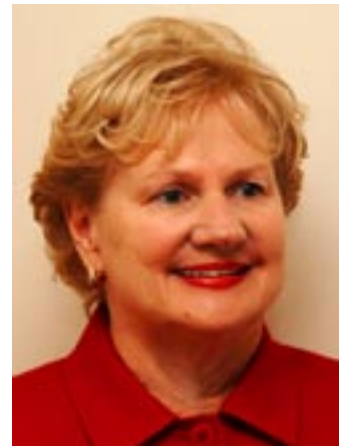
Board Treasurer Virginia Jacko Named Acting CEO

The Miami Lighthouse Board of Directors recently announced the appointment of Board Treasurer, Virginia Jacko as Acting Chief Executive Officer. Ms. Jacko, a long-time advocate for the blind and experienced financial executive, replaces Roxann Mayros who recently resigned.

"We are fortunate to have the immediate leadership of an experienced executive who understands the mission of the Lighthouse," said Board President Donna Blaustein.

In a 24-year career at Purdue University in Indiana, Ms. Jacko rose to Director of Financial Affairs to the President and Provost. In that position, she oversaw budgets in excess of \$200 million and managed 70 employees. She also conceived, developed and implemented Purdue's Adaptive Learning Program, a pioneering laboratory to help blind students use technology to access information.

Ms. Jacko and her guide dog, Tracker, have been tireless ambassadors for the Miami Lighthouse. She has spoken before dozens of community groups, schools and civic organizations about living with blindness and the Lighthouse. She has a finance degree from Loyola University and a graduate degree from Purdue in Financial Counseling.



volunteers

Community Groups Partner With Lighthouse

From high school students to civic organizations to natural food devotees, a wide variety of community groups are volunteering their time and talents to further the mission of the Miami Lighthouse.

"We are delighted that these groups have adopted the Lighthouse," said Acting CEO Virginia Jacko. "They are helping us here at our facility and in the community."

In December, an organization called **Slow Foods** constructed a professional herb garden in the Lighthouse courtyard with the help of Leadership Miami, the Rotary Club of Miami and the Boy Scouts. The fragrant herbs and spices are enjoyed by clients and used in the Lighthouse kitchen. **Focus**, a young professionals group founded two years ago, continues to raise both money and awareness for the Lighthouse. They recently raised funds for the agency at the nearby Calle Ocho festival. The **South Florida Kiwanis Clubs** have also adopted the Lighthouse as their charity project for 2005 and are planning several events to raise money for the agency. Students from **LaSalle High School** have been visiting the Lighthouse and volunteering in the computer training classes. **Leadership Miami** recently held its community service meeting at the Lighthouse and has volunteered to maintain the garden and paint the kitchen. The group is also held a wine tasting and jazz event at the agency on March 31. **The Rotary Club of Miami** continues its historical connection with the Lighthouse and has dedicated its 2005 Rotary Centennial Project to the Lighthouse. The **Delta Gamma Chapter** of the University of Miami is also eager and ready to assist through its various community projects.



Thank You Volunteers!

Volunteer Appreciation Week is April 17-23
We salute the hundreds of volunteers who give of their time and talents to fulfill the Lighthouse mission.

board

New Members Bring Experience, Expertise

The Miami Lighthouse extends a warm welcome to four new members of the Lighthouse Board of Directors. We look forward to benefiting from the skills of these talented community leaders.

Joseph "Joe" Fernandez is Senior Director of Portfolio Management in the Miami office of Mellon Private Wealth Management and has been with the bank since 1997. He was previously Chief Financial Officer for Ganz Capital Management. He also held positions with Tikal Enterprises, Banco Cafetero International and Ocean Bank. He has a Bachelor's degree from Barry University and has earned financial planning certificates from Florida State University. He is a certified public accountant.

Ana Martinez has worked at United Way of Miami-Dade for more than 15 years, serving first as Customer Relations Manager in Strategic Planning & Marketing. She went on to Public Relations and later Fundraising and Development where she is currently Associate Director in charge of the Public Sector team. Ana has extensive experience in staff management, development, fundraising, public speaking, customer service and training.



Ana has a Bachelor of Science in Communications from Florida International University. She has been married for 12 years to Hugo Martinez, a computer programmer and software developer.

Richard O. McCroskey is Senior Vice President and Chief Financial Officer of Northern Trust Bank of Florida. He joined Northern Trust in 2004 and is a Director of the Northern Trust Bank of Florida and on the Management Committee. Dick has been in the Banking Industry for 32 years

SPECIAL THANKS Lighthouse Salutes Dedicated Members Leaving the Board

The Miami Lighthouse will miss the leadership and dedication of those board members moving off the Board in 2005. These individuals have demonstrated a commitment to the mission of the Lighthouse and through their contributions of time, talent and treasure, the Lighthouse is a better place. Join us in thanking the following individuals for their service:

Kurt Adler	Meagan Kelly
Nelson Alemany	Dennis McCarthy
Tom Brady	Donald Sackrider

We would also like to recognize former Board member **Chuck Neilsen** who continues to stay committed by serving on our Operations and Facilities Committee.

and has an Accounting degree from Kent State University. He was a Senior Finance Executive with Barnett Bank and Bank of America for 22 years of his career. Dick served in the United States Army and is a Vietnam veteran. He lives in Key Biscayne and has resided in the Miami area since 1974.

Charles J. Pappas, O.D., MBA is Director of Patient Clinic Services at Bascom Palmer Eye Institute, Miller School of Medicine. Dr. Pappas has been at BPEI since 1981, serving as Director of Optometric Service for nearly 20 years. He has served as a consultant to the State of Florida and a panelist for the U.S. Department of Health & Human Services. He earned his Optometry degree from the University of Houston and his MBA from the University of Miami.



Families with visually impaired children should be planning now for the 2005 Lighthouse Summer programs. **May 6, 2005** is the registration deadline, so contact the Lighthouse today for more information. The Lighthouse provides tailored programs to four different age groups, depending upon ability and goals.

Summer Training and Rehabilitation - 1 (STAR) For ages 6-9 June 6-24

Focus is on fun and learning, including personal management training, mobility, safe travel, academic and social skills. Recreation includes swimming, ice skating, kayaking and field trips.

Summer Training and Rehabilitation - 2 (STAR) For ages 10-13 July 5-22

Also a mixture of training and recreation with the same programs as above, but geared to the preteen age group.

Summer Keys to Independent Learning (SKIL) For ages 14 and older June 6 -July 22

For teens aged 14-18, this six-week program features recreation and classroom activities to improve academic performance, including typing, braille, computer skills and household management.

Summer Employment Experience

Also for teens aged 14-18, SEE is for those doing well in school who want to attend college or seek competitive employment after high school. Includes field trips, job interviewing techniques, job shadowing and classroom work.

For more information, contact Carol Brady-Simmons at (305) 856-2288.

profile

Florman Family Foundation Supports Lighthouse Mission

It was nearly a decade ago when Mrs. Betty Florman visited Miami Lighthouse to buy an item from our Aids & Appliances store, now called Solutions. From that day until her death in 2002, she remained a steadfast supporter of our mission to the visually impaired. Before she passed away, Mrs. Florman created the Florman Family Foundation, honoring the legacy begun by her late husband, Marvin. Mr. Mark Blank currently serves as Chairman of the foundation.

The Flormans were married for 41 years, sharing in a partnership few couples enjoy. Their lives were full of hard work, fun, adventure and love. They came to Miami in 1951 from New Jersey, where Marvin liked to say he "sold chickens." He purchased the local Miller distributorship, which he later sold. Then he joined National Brands and served as President of the company from 1964 to 1984, while Betty primarily stayed

home to raise their son, Neil, and volunteer with organizations.

Marv was well-known in Miami as one of the Founders of Hope Center for Mentally Disabled Citizens, and also served as its President. He was also involved with the Kiwanis Club of Kendall, the Jewish Home for the Aged, Greater Miami Jewish Federation and the Greater Miami Chamber of Commerce. Betty, a homemaker most of her life, found some of her greatest enjoyment with community organizations such as the Miami City Ballet and the Chopin Society. Her love of The Senior Lift Center, located in Kendall, led her to support small projects to ensure that others who were alone had a place to share in good company.

The Flormans were adventuresome travelers, visiting the most remote corners of the globe, but always returned to their adopted home, Miami. This is where they built their lives, raised their son, and invested in their community. This is where they left their legacy - a legacy which offers support to those who suffer from visual disabilities and to other noble causes.

giving

Remember The Lighthouse in Your



By remembering the Miami Lighthouse in your will, you can demonstrate your generosity and concern for others while insuring that your assets are distributed exactly as you desire. You may think that

wills and estates are only for the wealthy, but anyone can leave a legacy that will live on long after their passing.

By leaving a bequest in your will for the Miami Lighthouse, you will be helping future generations of blind people.

It is estimated that as many as one-half of all Americans die without making a will. Contact an attorney or trust officer to discuss the many options available. Here is a sample of the wording

A General Legacy Statement

I devise and bequeath to Miami Lighthouse for the Blind and Visually Impaired, Inc., a nonprofit agency registered in the State of Florida, the sum of \$ _____ (or otherwise describe the gift; often a percentage of the estate is designated) to be used in the furtherance of its mission and general purposes.

>> Why Not Make Your Donation Online?

Friends and supporters of the Miami Lighthouse can now give to the agency safely and conveniently through our website, www.miamilighthouse.org.

By logging onto the site and clicking on the financial donation button, donors will receive information on how to make a gift to the Lighthouse with a credit card. It is a fast, easy and safe method of supporting the work of our agency.



Don't Forget About Memorial or Tribute Donations

Any gift to the Miami Lighthouse can be specially designated as a tribute in honor of a person or special occasion. The honored individual will be notified and the gift is listed in the *Lantern* as well as on the Lighthouse website.

Special gifts may be made in memory of a deceased friend or loved one as a way of showing love and respect while helping the Lighthouse mission at the same time. The family of the acknowledged individual will be notified and the thoughtful gift will also be listed in the *Lantern* and on the website.

diagnosis

Research Begins to Uncover Mysteries of Retinitis Pigmentosa

What is RP?

Retinitis Pigmentosa (RP) is one name for a large group of inherited visual disorders that causes progressive degeneration of the photoreceptor cells in the retina. Peripheral (or side) vision gradually decreases and eventually is lost. Central vision is usually preserved until late in these conditions. Some forms of RP can be associated with deafness, kidney disease and other disorders as well as chromosomal abnormalities.

Symptoms

The most common feature of all forms of retinitis pigmentosa is a gradual degeneration of the rods and cones. Some forms of RP, sometimes called rod-cone dystrophy, usually begin with night blindness. Patients with RP often cannot adjust well to dark and dimly lit environments.

As the disease progresses and more rod cells degenerate, patients lose their peripheral vision. Patients with RP often experience a ring of vision loss in their mid-periphery with small islands of vision in their very far periphery. Others report the sensation of tunnel vision, as though they see the world through a straw. Many patients with RP retain a small degree of central vision throughout their life. Other forms of RP result in a loss of central vision and color perception that cannot be corrected with glasses. Symptoms are most often recognized in children, adolescents and young adults, with progression continuing throughout the individual's life. The



RP patients often lose peripheral vision, reporting tunnel vision or "looking through a straw."

pattern and degree of visual loss are variable.

Related diseases

Other inherited diseases share some of the clinical symptoms of RP. Usher syndrome is the most common of these, which causes both hearing and vision loss. Retinitis pigmentosa and related diseases are rare and difficult to accurately diagnose. It is important that patients who are symptomatic see an ophthalmologist who specializes in retinal degenerative diseases.

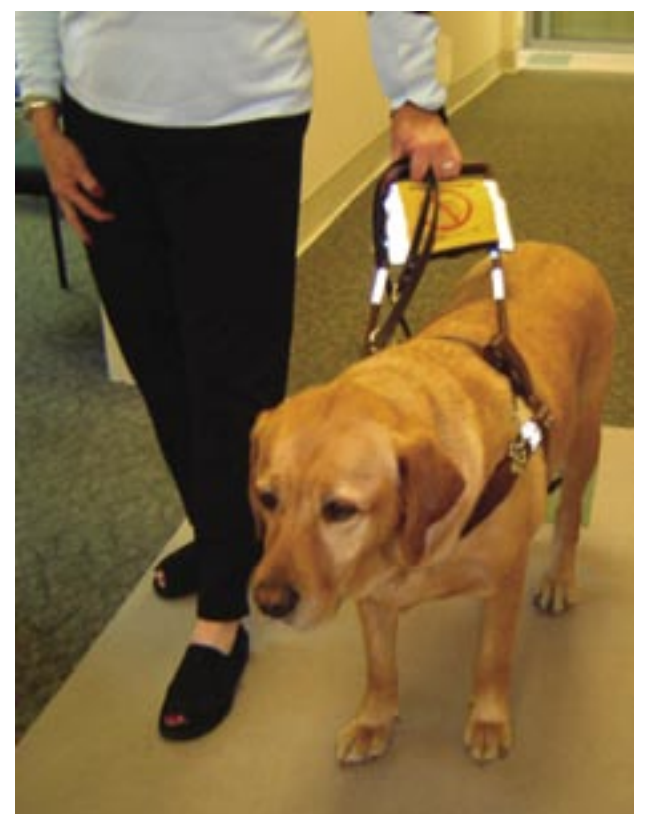
Treatments

As yet, there is no known cure for RP. However, intensive research is currently under way to discover the cause, prevention and treatment. RP researchers have identified a first step in managing RP. Certain doses of vitamin A have been found to slightly slow the progression of RP in some individuals. Researchers have also identified some of the genes that cause RP. It is now possible, in some families with X-linked RP or autosomal dominant RP, to perform a test on genetic material from blood and other cells to determine if members of an affected family have one of several retinitis pigmentosa genes.

Know How to Treat a Working Guide Dog

The Acting CEO of the Miami Lighthouse, Virginia Jacko, always has her faithful guide dog, Tracker, by her side. But many people are unfamiliar with guide dogs and do not know how to treat them. Working guide dogs are responsible for safely leading someone who cannot see and should never be distracted from that duty. Here are a few tips to remember when coming in contact with guide dogs and their handlers.

- Do not pet a guide dog, since they must remain alert.
- It is okay to ask the owner about the dog, since many people enjoy introducing their dogs when time permits. The handler may invite you to pet the dog.
- A guide dog should never be offered food or treats. Guide dogs are fed on a specific schedule and even slight deviations can disrupt the handler's routine. Also, the dogs are taught to resist offers of food so the team can visit restaurants.
- Do not call out or whistle to a guide dog as the team are attempting to cross the street or navigate through traffic. Try not to block the path of a guide dog.
- In the U.S. and Canada laws permit guide dogs to accompany their handlers anywhere the general public is allowed, including taxis and buses, theaters, stores and restaurants.
- When the dog is taken out of its harness, it is treated much like a family pet. However, do not offer a guide dog toys without first asking the handler's permission.



happenings

Volunteer Massage Therapist Keeps the Lighthouse Relaxed

Aventura resident Frank Bastek has given countless massages during his 35-years as a therapist. But some of his most enjoyable massages are the ones he gives for free every Wednesday to the clients and staff at the Miami Lighthouse.

"I really love it," said Frank of the 25-30 ten-minute chair massages he gives at the Lighthouse once a week. "Because I know how much everyone here appreciates it."

Frank also worked for many years as a ballroom dance instructor and at one time gave free dance instruction to Lighthouse clients. As retinitis pigmentosa slowly began to diminish his vision, Frank concentrated on building his massage business. "It's a hands-on business," he joked, but added that it is a business in which blind people can excel. At 74, Frank is still going strong, providing massages for some of the same clients for decades.

At the Lighthouse, everyone looks forward to Wednesdays. "For some clients, my massage is the high point of their day."



Frank Bastek gives a massage to a client.

Kids Hear About Blindness Acting CEO



Acting CEO Virginia Jacko and her guide dog, Tracker, make one of their many community visits on behalf of the Lighthouse. Here she speaks with third graders at Assurant Elementary School in South Dade.

Wish List Your Opportunity To Help

Through Wish List, friends of the agency can donate items or the funds to purchase them. Contact the Development Office for more information, (305) 856-2288

Educational toys for toddlers	\$100
Digital camera for Children's Program	\$450
Color computer printer	\$500
Computer projector	\$1,400
Portable low vision kit	\$1,750
STAR scholarship for one child (Summer Training & Recreation)	\$ 4,000



solutions

Eye Shields Can Improve Vision, Ease Discomfort

Sometimes, the simplest solution works the best.

Inexpensive eye shields help to manage the amount and type of light that reaches the eyes to maximize functional vision, enhance contrast and provide comfort against disabling glare and light sensitivity.

Eye shields come in more than 50 different filter colors and combinations, providing protection from ultraviolet, infrared and visible light. They can be worn both inside and outdoors. Some shields are designed to be worn over regular eye glasses.

Low vision patients with macular degeneration, glaucoma, RP, diabetic retinopathy and precataract conditions may all find some benefit from wearing eye shield filters. For more information, contact Solutions Store, (305) 856-2288 ext. 239.

Our Solutions store is open, Monday-Friday, 9 a.m.- 3 p.m.

honors

October 1 - December 31, 2004

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Mr. and Mrs. Larry Deitch

Mr. and Mrs. Karl Bishopric

LAH Consulting, Inc.

Mr. John B. Henderson, Esq.

Ms. Carol J. Gottfried

Ms. Toni Hill

Major General and Mrs. Richard
A. Mentemeye

Mr. Lorenzo Jackson, Jr., Esq.

Ms. Betty Cole Alloo

Mr. Frank A. Lane

Mr. and Mrs. Vernon Metcalf

Mr. and Mrs. Donato G.
Arguelles

Dr. Gertrude W. Siegel

Dr. and Mrs. Edward C.
Gelber

Make a Living Tribute to that special person in your life. A notice of your gift will be sent to those being

memorials

October 31 - December 31, 2004

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Ms. Renee B. Klosz

Rae Baum

Dr. and Mrs. Lloyd L. Wruble

Ms. Hermelinda Cano

Mr. Roberto A. Cano and
Ms. Magdalena Plewinska

Roberto Cano

Mr. Roberto A. Cano and
Ms. Magdalena Plewinska

Ilda Castellanos

Ms. Ena F. Gonzalez

Bobby Cleary

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Ms. Maria T. Concheso and
Mr. George F. Valle

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Raquel Fuster's Mother

Ms. Raquel Fuster

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Koltnow, Esq

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Schanker

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Mr. and Mrs. Joel C.
Schanker

Gilda Williams

Ms. Patricia Kelly

A gift to Miami Lighthouse in loving memory of a late relative or friend makes a lasting remembrance. The family will receive notification of your legacy.

donors

October 1 - December 31, 2004

\$10,000 to 24,999

Health Foundation of South Florida
Estate of Lucille N. Wilkinson

\$5,000 to 9,999

Florman Family Foundation, Inc.
Calvin & Flavia de Camp Oak
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\$50-99

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chronicle 1970-1980

Lighthouse Blossoms Into A Full Service Agency for the Blind

The 1970s may well be the decade in which the Lighthouse made its greatest transition. As late as 1974, the organization was still operating sheltered workshops on its premises. But by the end of the decade, the workshops had been remodeled into offices and classrooms and the Lighthouse had been elevated into a fully-accredited rehabilitation agency for the blind.

Throughout the 1960s, the Board of Directors was at odds over converting the workshop into new facilities geared to rehabilitation. Though the agency had made moves to close the workshops, traditions tend to linger. Some wanted to continue using the two-story industrial workshop that had been built in the 1950s on the Lighthouse property adjacent to the original home that housed the agency.

It was 1975 when the last workshop program was closed and the Lighthouse ended one chapter of its history and began another. The Board lured a highly regarded young Executive Director from Tennessee to lead the agency into its new direc-

tion. Vernon Metcalf joined the Lighthouse early in 1976 and quickly worked to change both the agency's appearance and mission. He would stay for 26 years.

He hired Lighthouse's first social worker, Amada Rodriguez, and first mobility instructor, Elly Du Pré. Other social workers and typing and braille teachers were added. As staff increased, so did the number of blind citizens served. He forged strong alliances with Florida's Division of Blind Services, while the agency stopped receiving United Way funding. Mr. Metcalf increased the agency's fund-raising efforts as the facilities were remodeled to reflect the agency's commitment to rehabilitation and teaching clients to live in the sighted world. But Vernon Metcalf's number one goal was to achieve national accreditation, which the Lighthouse did in 1978. The agency has maintained accreditation ever since, continuing to enhance its reputation for excellence in rehabilitation and training for blind and visually impaired people of our community.



By 1980, the Lighthouse had completed its construction and remodeling. Here, a second-story facade is added to the front of the house that was the agency's original facility. The front door of the house (at left) had been the entrance for 40 years.

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