

So when they say, "Get your eyes examined!", EyeCare America means it. From April 1 - May 30, people age 65 and older can call to determine if they qualify for a referral to one of EyeCare America's 7,000 ophthalmologists across the US. May brings a time of change, but don't worry if you don't have the 'change' to spare for an eye exam. EyeCare America is springing for eye exams this season! Those found eligible will receive an eye exam at no cost and up to one year of care for any condition diagnosed during their initial visit.

"Blindness and vision impairment have enormous personal, social and economic costs, limiting the activities of otherwise

healthy and active people," said Richard P. Mills, MD. "For 25 years, EyeCare America has bridged the gap between the senior community and the quality eye care they need. By increasing awareness of eye disease and its risk factors and connecting more people with the exams and medical treatment, EyeCare America works to reduce preventable blindness in the U.S. thereby allowing our seniors to live more fulfilling and active lives."

EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, operates one of the largest programs of its kind in American medicine. All eligible callers receive a referral to one of 7,000 ECA volunteer ophthalmologists. The seniors program provides a comprehensive eye exam and care for any condition detected in the initial visit for up to one year, at no out-of-pocket cost.

EyeCare America Ushers in the New Season and Springs for Eye Exams for Qualified Seniors.

Call 1-800-222-EYES (3937) to find out if you or someone you care about is eligible. The EyeCare America help line operates 24 hours a day, every day, year-round. EyeCare America is designed for people who:

- Are US citizens or legal residents
- Are age 65 and older
- Have not seen an ophthalmologist in three or more years
- Do not belong to an HMO or the VA

For a referral, call the same toll-free help line 1.800.222.EYES (3937). Volunteer

physicians have agreed to accept Medicare or other insurance as payment in full, resulting in no out-of-pocket cost to the patient.

Individuals without insurance of any kind are seen at no charge. EyeCare America encourages all seniors to have their eyes examined annually. The Seniors EyeCare Program is designed for seniors without an ophthalmologist and is co-sponsored by the Knights Templar Eye Foundation, Inc.

About EyeCare America

Established in 1985, EyeCare America provides eye care services to the medically underserved and for those at increased risk for eye disease. More than 90 percent of the care made available is provided at no out-of-pocket cost to the patients. EyeCare America includes programs for seniors, glaucoma, diabetes, AMD and children, and is the largest program of its kind in American medicine. Since its inception, EyeCare America has helped more than 860,000 people. More information can be found at: www.eyecareamerica.org

Protecting your eyes year-round can help save your sight

Dr. Jonathan Gording, a Los Angeles area optometrist, explains that although there is significantly less heat from the sun's rays this time of year, ultraviolet (UV) radiation can still seriously damage the eyes. In winter, the sun is lower in the sky causing even greater contact with UV rays when outside for extended periods.

Over time exposure to UV rays can lead to an increased risk of developing eye diseases like cataracts and macular degeneration. Those with light colored eyes are at an even higher risk of damage.

Protect our eyes during various weather scenarios we are likely to encounter:

Cloud Cover: Even though it may appear gloomy outside, the sun's UV rays still penetrate cloud covering. This unseen danger makes eyes susceptible to UV damage.

Sunshine: Don't let chilly temperatures lull you into a sense of security. A sunny day always calls for sunglasses that block out 100 percent of UVA and UVB rays.

If you experience symptoms be sure to see your optometrist as soon as possible. To find an optometrist in your area, go to www.eyehelp.org.

The California Optometric Association, founded in 1899, is California's oldest recognized community for optometrists. It represents over 2700 optometrists in the state. COA is dedicated to assuring the highest quality of health care for the public through the advancement of optometry. For more information log onto www.coavision.org.

by Alana Saltz

If you stop by Kingsley Manor, a retirement community in Los Angeles, you may be surprised to discover that older adults are not the only ones living there.

The Students in Residence Program gives a few select graduate students a chance to fully immerse themselves in the senior community. By having students become residents themselves, it provides them the opportunity to form strong, personal connections with the senior residents and to receive hands-on experience working with them. The program was started in the mid-80s and has been going strong ever since; they have had over 50 students over the past twenty years.

Participants in the program must be current graduate level students, and most are pursuing degrees in the fields of psychology and gerontology. Students live amongst the older adult residents and formally volunteer 16 hours a week for tasks such as organizing events and teaching classes. Some of the classes taught by Students in Residence include computer lessons, origami, and current events.

Informally, the students interact with the residents on a more personal level. They are at meals in the dining hall, visit with the residents, and socialize during activities and in the common areas. Kaoru Nashiro, current Student in Residence and Ph.D candidate at USC, said, "Everyday conversations are important. [The residents] give us advice, and that is something that you can't learn in school." Shaun Rushforth, former Student in Residence and current employee, added that, "Having lived here, I think I understand the community...it helps you relate with [the residents] in a way you wouldn't get just working with them."

The Students in Residence not only share their knowledge and provide residents with a connection to a new generation, but they also listen. Grace Sasaki, a current Student in Residence, emphasized the importance of communicating with the residents and being able to offer support for them. She said that, "One thing I learned is that you can't do everything." However, she added that sometimes the best thing a student in residence can do is to provide a sympathetic ear for someone.

The importance of this type of program is clear. Kyla Forbes, current Student in Residence, remarked that, "There are things you learn in schools, but here you learn to apply them." All participants agreed this to be a positive and powerful experience for them on both a personal and educational level.

NBY! Still has personal ads... see page 16



**BROADWAY'S
SURE THING
CHICAGO**
THE MUSICAL
APRIL 20-MAY 9

BROADWAYLA.ORG
800.982.2787

A NEDERLANDER THEATRE
PANTAGES
HOLLYWOOD & VINE

10+ GROUPS SPECIAL SERVICE!
866-755-3075 • NedGroups.com

KOST
103.5FM

VA

TIME WARNER
CABLE

NOW THAT'S
BROADWAY!