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**100% of every dollar you donate goes directly to research**

Answers for Sudoku puzzle  
from page 9

3	9	8	5	1	2	7	6	4
2	5	6	8	4	7	9	1	3
1	7	4	9	3	6	2	5	8
6	3	9	7	8	5	1	4	2
5	1	7	3	2	4	8	9	6
4	8	2	1	6	9	3	7	5
9	2	1	4	5	3	6	8	7
7	4	3	6	9	8	5	2	1
8	6	5	2	7	1	4	3	9

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# SupportSightNEWS<sup>SM</sup>



## Funding Visionary Research

### WHAT'S NEW AT MVRF?

- We have awarded our 2013-2014 grant recipients
- A New Collaboration: Middle Atlantic Blind Golf Association (MABGA) & MVRF
- Meet our 2013 Celebrity Ambassadors

**100% of every dollar you donate goes directly to research**

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## FROM OUR FOUNDERS

Dear Friends,

We hope everyone is having a fun and relaxing summer. Here at the Macula Vision Research Foundation (MVRF), we are excited to announce our 2013-2014 grant recipients. We have selected four of the world's best and brightest researchers to propel our mission to find a cure.

As you may have heard, the results of the National Eye Institute funded AREDS2 study were recently released. This caused quite a "buzz" in the world of eye health and research. The study found a newer and safer nutritional formula for age-related macular degeneration (AMD). These important results signify the rapid progress being made in the field of vision research. Phil Rosenfeld, M.D., a member of our International Scientific Advisory Board (ISAB), elaborates further in his "Fact or Fiction" article in this issue.

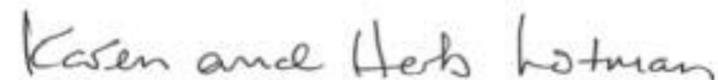
In other new and exciting news, MVRF is partnering with the Middle Atlantic Blind Golf Association (MABGA) for an invitational golf tournament in honor of their 65th anniversary. *This is no ordinary golf tournament.*

This unique partnership brings together two non-profit organizations who share a common purpose – *a commitment to reduce the burden of blindness*. The proceeds will help improve the lives of children, families and individuals faced with the many challenges of visual impairment.

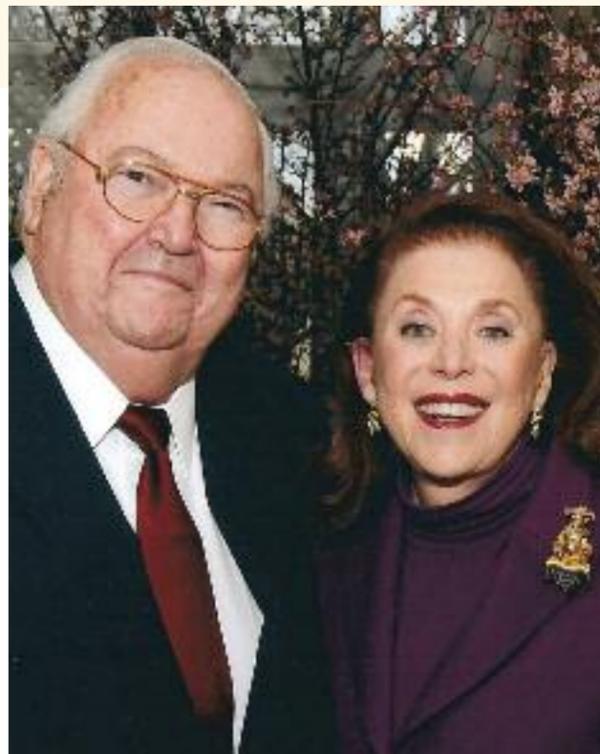
For those of you in the Philadelphia area, we hope you will join us on Monday, September 16, 2013 at the Old York Road Country Club for this one-of-a-kind golf experience. Remember – it's "fore" a great cause!

Thank you for your generous support and for being a part of the MVRF community.

Warmest regards,



**Karen and Herb Lotman**



## FROM OUR EXECUTIVE DIRECTOR

Dear MVRF Friends and Supporters,

There is good news out there when you listen for it (or when you Google it)! There is positive news about the economy, the stock market reached an all-time high recently and major advances in medical science and health care continue to happen every day.

At MVRF, the good news is that **every dollar YOU give goes directly to research** to find a cure. To date, **with your help and generosity**, we have invested close to \$20 million in research grants to the best and brightest researchers in the world and we will not stop until retinal diseases no longer devastate the lives of millions of people.

Doris Lackman understood this (See page 17). By naming MVRF in her will, Doris' legacy will live on in the cure for macular degeneration — saving sight for future generations to come!

We would be happy to talk with you about your legacy and how we can work together to help you accomplish your charitable goals. By 2020, it is estimated that 20 million people will suffer from macular degeneration, but with your support, we see a different future. We see a future full of scientific breakthroughs, new treatments and clearer sight. We ask you to please consider making a planned gift, helping our vision of the future become reality and ensuring a legacy of generosity, progress and hope.

By making a planned gift, you not only leave a legacy, but you also exemplify the good news that *giving changes people's lives*.



**Dawn Prall George**



**WWW.MVRF.ORG**

## CHAMPION FOR A CURE

by Kevin Cella  
MVRF Intern

On Monday, September 16th, the Macula Vision Research Foundation (MVRF) will be partnering with the Middle Atlantic Blind Golf Association (MABGA) for their annual invitational golf tournament. Since 1948, MABGA has been providing blind and visually impaired men, women and children the opportunity to enjoy the challenges and rewards that golf offers. This year, MABGA will be celebrating their 65th anniversary, and we here at MVRF are excited to be a part of such a momentous occasion.

The tournament, which will be played at the Old York Road Country Club in Ambler, Pennsylvania, will be the first time MABGA and MVRF are partnering together. This unique event is joining these two organizations with the hopes of both raising awareness about eye diseases, and supporting blind golfers. The tournament is also MABGA's largest charitable fundraising event of the year.

This year, Mario Tobia, a visually impaired golfer who has been with MABGA since 2000, will be one of the many golfers participating in the tournament.

Tobia is no ordinary visually impaired golfer though.

Since losing his sight to retinitis pigmentosa, a degenerative retinal disease, Tobia has become a two-time American Blind Golf national champion, and has received the 2013 Most Courageous Athlete of the Year Award from the Philadelphia Sports Writers Association.

For Tobia, golf has been a way to stay active as his eyesight has gradually worsened.

"I like to compete; I always did like to compete. I played sports in high school and college, so it is in my blood to compete. I found something I could do well and I am really enjoying it," Tobia explained.

After being diagnosed with retinitis pigmentosa, Tobia struggled to find ways to compete with limited vision.

"My biggest challenge has probably been finding events that I can actually participate in," Tobia explained. "I gravitated towards golf for this reason because I could play with reduced sight, and now with no vision. Other sports like basketball and baseball became very difficult to play once I started noticing a reduction of vision."

Tobia became involved with MABGA after a friend mentioned the organization to him.



Mario Tobia

"A friend of mine actually told me about it. She knew that I liked to play golf and she knew that when I was sighted I used to play in leagues. She heard about it from one of the members of the association and I contacted the member to find out how to join," Tobia said.

Since joining MABGA, Tobia has felt overwhelming support from the organization, which has helped him cope with his loss of vision.

"My family, my wife, and two sons are extremely supportive of everything I do. MABGA is also a great support system. I enjoy my time with them," Tobia said.

Along with the support from his family and MABGA, Tobia credits golf as an outlet that helped him transition from being sighted to being sightless.

"The main thing I would tell [the visually impaired] is to find an activity, sport, or recreational outlet, something they enjoy doing, and take on the challenge and do it," Tobia said. "That's what you need in order to keep yourself going. Just go out, and do it and do it as often as you can."

Even after achieving so much success in golf, Tobia's competitive spirit continues to drive him towards larger aspirations.

"My goal is to become a single digit handicap golfer and be competitive against everyone I play with or against, sighted or blind," Tobia said.



Mario Tobia with his two sons, Matthew and Michael

Along with the excitement of playing golf, Tobia is glad to see MVRF and MABGA partnering together for a great cause.

"I think it is a great and natural partnership," Tobia said. "MVRF diverts all of its resources to find a cure for macular degeneration and other retinal disorders. The MABGA, on the other hand, funds visually impaired individuals to enjoy and divert the issues of blindness by playing the game of golf."

For more information and for registration forms for the MVRF/MABGA Golf Tournament, please visit [www.mvrf.org](http://www.mvrf.org) or call 1.866.462.2852.

### "Fore" a Good Cause

Show your support by registering to play or placing an ad in the event program book. Visit [www.mvrf.org](http://www.mvrf.org) or call Julie at 1.866.462.2852 for more information.



**FACT OR FICTION:**

**Can the new AREDS2 vitamins improve vision in patients with age-related macular degeneration (AMD)?**

**Philip J. Rosenfeld, M.D., Ph.D.**  
**Professor of Ophthalmology**  
**Bascom Palmer Eye Institute**  
**University of Miami Miller School of Medicine**  
**MVRF International Scientific Advisory Board Member**



AREDS2 vitamins do not improve vision. There has never been a well-controlled study showing vision improvement from vitamins. The most respected and convincing studies have shown that the right vitamin formulation can help slow the progression of age-related macular degeneration (AMD). So what's the right formulation of vitamins and nutritional supplements? Until recently, the recommended eye vitamin was based on a study known as the Age-Related Eye Disease Study or AREDS. This study, which began in the 1990s and finished in the early 2000s, showed that a combination of Vitamin C, Vitamin E, Zinc, Copper, and beta-carotene slowed the progression of AMD from intermediate AMD to late AMD. What's intermediate AMD? Intermediate AMD represents the disease somewhere between early and late AMD when most people have symptoms such as difficulty seeing in dim light, difficulty adjusting to changes in light intensity, and some difficulty reading and seeing street signs. The characteristic feature of intermediate AMD is the presence of large drusen, which are yellow, fatty deposits in the back of the eye within the macula. Early AMD refers to the earliest stage of AMD when vision is usually still very good and only the eye doctor knows that someone definitely has AMD because they see small

drusen in the macula. Vitamins don't help early AMD.

Vitamins just help intermediate AMD. By treating the intermediate stage of AMD, we found that the vitamins slowed down the progression from intermediate to late AMD. What do we mean by late AMD? In late AMD, vision is definitely affected so that reading, driving, and recognizing faces becomes very difficult. Late AMD can also be associated with a rapid loss of central vision leading to legal blindness. Late AMD can be either dry or wet AMD. Remember, all AMD starts as dry AMD, and most patients never develop wet AMD. In late wet AMD, abnormal blood vessels grow in the back of the eye and cause distortion and vision loss from the leakage of clear fluid. If left untreated, these abnormal blood vessels begin to bleed, which results in scar formation and permanent vision loss. Remember, wet AMD always comes from dry AMD, and we treat wet AMD by giving injections into the eye. These injections convert the wet AMD back to dry AMD. However, we still don't have any effective treatments for the late dry AMD. In late dry AMD, patients lose vision from a condition known as geographic atrophy, which results from the loss of retinal tissue in the macula. AREDS vitamins prevent the formation of abnormal

blood vessels. AREDS vitamins did not prevent the formation of geographic atrophy and the progression of late dry AMD to legal blindness.

So what did the AREDS2 study show? Launched in 2006, the results of the five-year AREDS2 study were just announced in early May. In this study, 4,203 patients with intermediate AMD were enrolled who were between the ages 50 to 85 years old and at risk for progression to late AMD. Three major questions were addressed. One question was whether it was possible to replace beta-carotene with other carotenoids that may play a more important role in the eye and vision. These carotenoids are known as lutein (10 mg) and zeaxanthin (2 mg), which are found in green leafy vegetables and other foods. Removing beta-carotene was of interest because beta-carotene intake had been linked to an increased risk of lung cancer in smokers. If lutein and zeaxanthin could replace beta-carotene, then one vitamin could be used for both smokers and non-smokers. Another question asked in AREDS2 was whether the high dose of zinc in the AREDS formulation (80 mg) could be reduced to 25 mg. This was done to minimize the minor side effect of upset stomach resulting from the high dose zinc. The third question asked was whether omega-3 fatty acids (1000 mg), which are produced by plants, including algae, and present in oily fish, such as salmon, could slow the progression of intermediate AMD to late AMD as suggested by previous large scale epidemiological studies. The omega-3 fatty acids studied included DHA (350 mg) + EPA (650 mg).



After five years, the overall outcome showed that the new ingredients were no different than the old AREDS vitamins in preventing the progression of intermediate to late AMD. However, the AREDS2 vitamins without beta-carotene and with lutein and zeaxanthin showed a slightly lower rate of progression to late AMD. This ten percent decrease in the progression to late AMD demonstrated that beta-carotene could be replaced by lutein and zeaxanthin and a single vitamin preparation could now be offered to both smokers and non-smokers alike. However, the addition of the omega-3 fatty acids had no effect on the progression of AMD. Moreover, the lower dose of zinc was shown to be as good as the higher dose of zinc. Once again, all of the benefit in the AREDS2 came from reducing the risk of progression from dry to wet AMD, and the vitamins had no effect on the formation and progression of geographic atrophy, the late form of dry AMD. The AREDS2 also showed that the vitamin preparation had no effect on the progression of cataracts in AMD patients.

So what vitamin is recommended for AMD? Be aware that the vitamin on the market labeled as AREDS2 is NOT the vitamin of choice. Bausch and Lomb jumped the gun

**continued on page 8**

**FACT OR FICTION:** (continued from page 7)

and assumed that all the supplements in the AREDS2 would be better than the original AREDS preparation, and started marketing the AREDS2 formulation with the omega 3 fatty acids before the study was over. They were wrong. The current vitamin recommendation is based on the AREDS formulation with the addition of lutein and zeaxanthin, the removal of beta-carotene, and the lower dose of zinc. At this time, this recommended vitamin is not available. However, the closest version to this recommended vitamin is the Bausch and Lomb Preservision Eye Vitamin with Lutein. This vitamin contains lutein, but does not contain zeaxanthin. This vitamin also contains the higher dose of zinc.

In summary, vitamins do not improve vision, but just slow the progression of AMD by preventing the formation of wet AMD. Vitamins do not affect the progression of dry AMD. For all of you out there losing vision from dry AMD, I

encourage you to participate in clinical trials. One promising trial to be considered for anyone with geographic atrophy from AMD is sponsored by Acucela and involves a drug known as Emixustat, which is given as a pill once a day. To learn more about this study please visit the website <http://www.clinicaltrials.gov/ct2/show/NCT01802866?term=emixustat&rank=1> or email [clinicaltrials@acucela.com](mailto:clinicaltrials@acucela.com).

**References**

1. Age-Related Eye Disease Study 2 Research Group. Lutein + zeaxanthin and omega-3 fatty acids for age-related macular degeneration: the Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. *JAMA* 2013;309:2005-2015.
2. The Age-Related Eye Disease Study 2 Research Group. Lutein/Zeaxanthin for the Treatment of Age-Related Cataract: AREDS2 Randomized Trial Report No. 4. *JAMA Ophthalmology* 2013;1-7

**PLEASE VISIT [WWW.MVRF.ORG](http://WWW.MVRF.ORG)**

- New look – refreshed & resourceful
- Easy to navigate
- Adjustable screen view for our macular friends
- Fresh new content
- Donor friendly donation button



**SUDOKU**

SOLUTION ON BACK COVER

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 through 9. If you use logic you can solve the puzzle without guesswork.

			5	1	2		6	
2	5					9	1	
1	7				6		5	8
				8		1		
5	1		3		4		9	6
		2		6				
9	2		4				8	7
	4	3					2	1
6			2	7	1			

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## VISION TECHNOLOGY UPDATE

Deborah M. Kogler, L.D.O., Magnifiers & More

I think many of you would agree that technology continues to change “faster than a speeding train” and improve life for many of us. However, in the field of vision impairment, technological improvements have seemed to be a bit slower, until now.

Since the early 1980s, a common piece of equipment called a CCTV, or reading machine, has been considered the premier device for those with vision impairment. The CCTV is a wonderful piece of video equipment that can help magnify any item or object placed under the camera to a magnification level up to 80x (depending on the model). The CCTV has been a staple item for reading, writing, looking at photographs and hobbies. However, the one complaint or recommendation that I hear from so many users is, “I wish this machine could read to me!” Thanks to new technology and years of research and development, this amazing feature is now available on certain CCTV units. This new feature is called “text-to-speech” which allows printed materials to be instantly scanned and then displayed on the monitor and read aloud to the user. The *Enhanced Vision Merlin Elite* and the *Optelec ClearView+ Speech System* are examples of this type of CCTV.



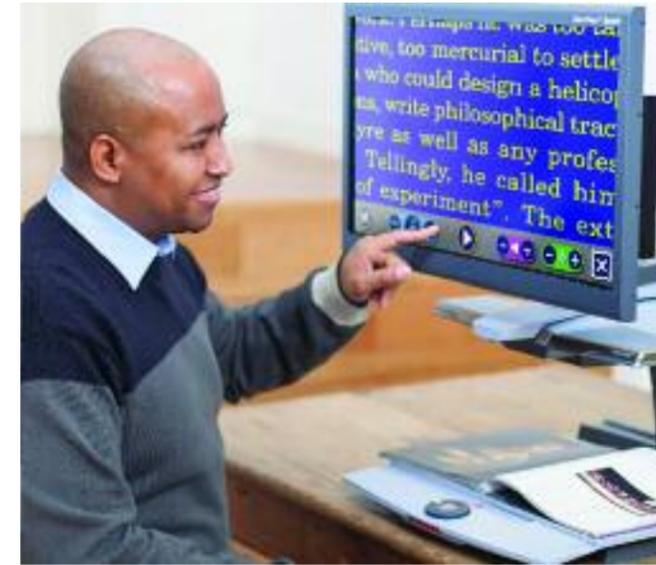
### Enhanced Vision Merlin Elite

The *Enhanced Vision Merlin Elite* is a new desktop text-to-speech CCTV. This unit has the ability to convert printed text to speech.

#### Some key features:

- 24" high resolution LCD monitor
- Magnification range up to 70x
- 28 viewing modes to optimize contrast
- Separate console used to control volume and speed

More than 10 million people in the U.S. alone suffer from macular degeneration. Scientists predict that number to double by 2020.



### Optelec ClearView+ Speech System

The desktop *Optelec ClearView+ Speech System* combines video magnification and accurate text-to-speech functionality that makes it easy to select what you want to read. This CCTV allows you to enlarge materials to a more readable size or change the high contrast viewing modes with one master dial. To activate the speech feature, simply touch the monitor and instantly enjoy listening to articles, letters and books with a natural sounding voice and full page overview. The *Optelec ClearView+ Speech System* can instantly convert any printed (not handwritten) text into speech. Now you can enjoy having access to accurate information in a way that is most comfortable and easy for you, especially long text. The “point and read” interface allows you to simply touch the screen for the instant speech feature to be activated and then sit back, relax and listen. You also have the option to magnify videos and view photos and bills.

#### Some key features:

- Intuitive 24" HD touch screen monitor gives you a large viewing area
- Magnification range up to 95x
- Read long documents with accurate and reliable text-to-speech
- Point directly at a column, paragraph or word to read it out loud
- Capture the whole document with full page overview
- Swipe your finger to scroll through the magnified text or photos
- More than sixty reading voices in over thirty languages available
- Document and photo storage to reference later
- Built-in high sound quality stereo speakers and headphone port

The new CCTVs with text-to-speech give users the ability to customize their reading experience in a more comfortable environment.

This new technology can certainly make life more enjoyable and rewarding.

Every dollar you give to MVRF goes directly to research to find a cure!

## THE AGE FACTOR

by Jerry Rosenberg

As a support group leader, I come face to face with the age factor when discussing things such as low vision rehabilitation, computer use for the visually impaired and electronic magnification. There are always those in the audience or on the phone who hesitate to better their lives by using assistive devices. Some think the devices are too costly, some believe they are too old to understand computers and others do not want to commit themselves to a regimen of low vision exercises.

During a lecture I gave at an assisted living residence, I had a lady in the audience state, "I'm 95. It's too late for me!" I answered, "What are you waiting for? Do it now. It's never too late to better your life."

For those who do not have the finances for computers or other costly devices, I am able to empathize with them and work to find them second-hand devices. I have seen too many people who are unable to afford these devices continue to suffer rather than take money from their children's inheritance. My message to them is, "Make your life better now! Let your children worry about themselves." The age factor again arises when the cost is involved; why spend

the money? I'm 90 years old. I won't get my money's worth. You might not, but the time you have left will enable you to read, see e-mails from your loved ones, look at faces of grandchildren with Skype, read your medicine labels and on and on.

I recently found a second-hand machine for a deaf and severely visually impaired writer who turned 99 this past December. He can now write his articles with the help of his electronic magnifier and *Zoomtext* on his computer. With the help of this technology, he is able continue his writing more efficiently and comfortably.

It can be frustrating when older people are hesitant or refuse to adapt to new technology and advances on the market such as voice activation and cameras that take pictures of text and read it, etc...

I believe that part of this problem stems from the technology companies who do not effectively market their products to seniors so that they are more apt to use them.

Maybe the future will be brighter. I want our seniors to remember the words of Eleanor Roosevelt, which I live by, "Don't curse the darkness, light a candle."

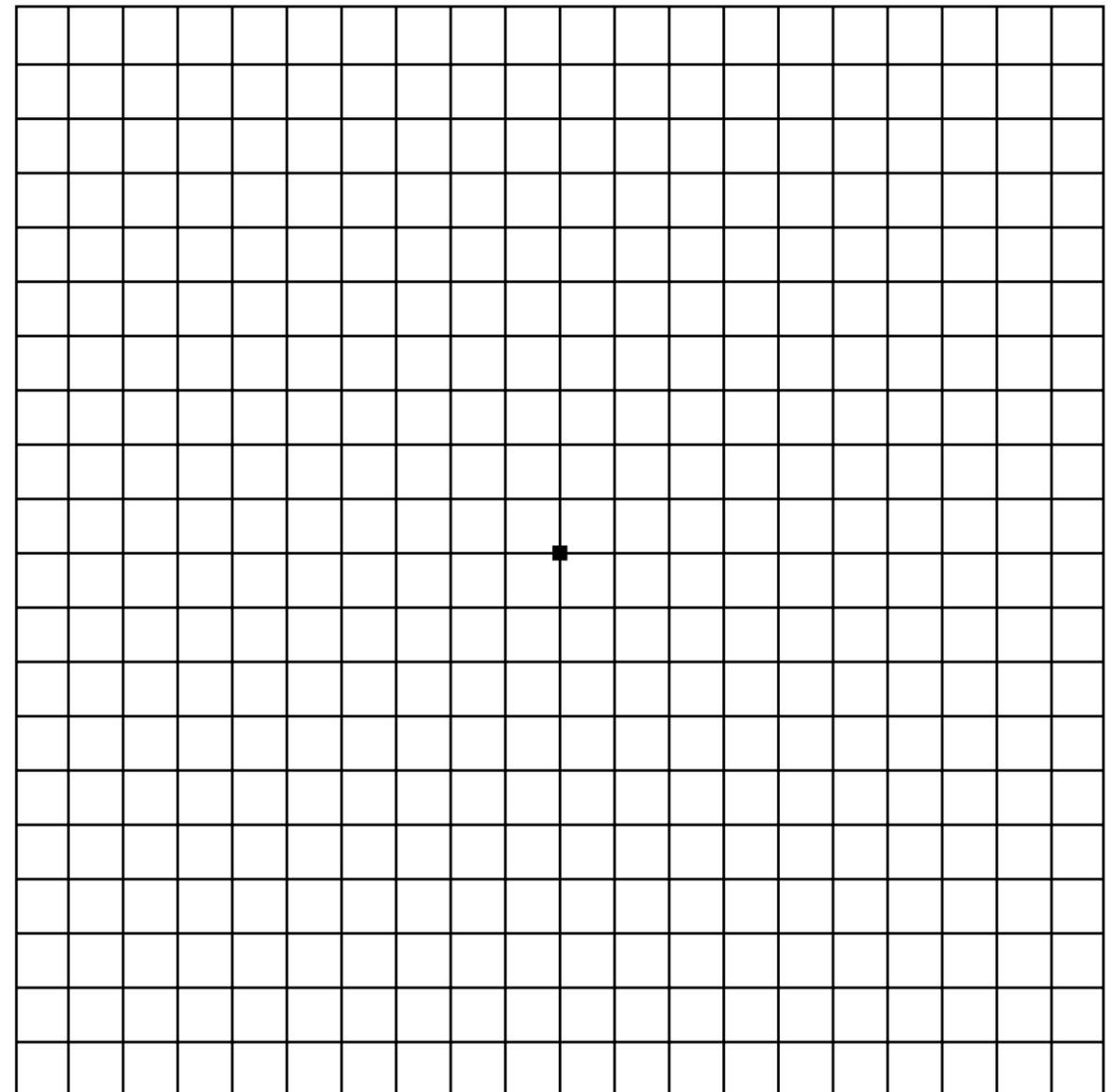


I was first stricken with macular disease over forty years ago. I am now devoted to helping those, like myself, understand and cope with the disease. I started a macular disease support group in 1997, which serves the Palm Beach, Florida area.

— Jerry Rosenberg, Chairman  
*Macular Disease Support Group of Boynton Beach, Florida*

## TEST YOUR VISION

**The Amsler Grid** is a simple test of vision quality and can detect degenerative changes in the macula. This test only takes a moment for each eye and the results can give you a warning of changes in your retina that require immediate attention by an ophthalmologist. While wearing your reading glasses, cover one eye and look at the dot in the center of the grid. The grid should appear uniform in size and shape. Cover your other eye and repeat the test. If you notice areas on the grid are distorted, blurred, or discolored, contact your eye doctor immediately.



## TO SEE OR NOT TO SEE

by Ethel U. Blum

Recently, in a quiet moment, I picked up a photo album that my parents started when I was a few years old. The book opened to a page with a picture of me as a seven year old on it. I was standing on a wooden slatted stairway in front of a summer cottage at Woodmont, a beach in Connecticut, close to New Haven where I was born and lived for twenty-seven years. Suddenly, I recognized the stairway and the cottage. It belonged to my Uncle Ben and Aunt Tillie. To reach the cottage, which was at the top of a hill, one had to climb the stairway from the street below. Once I recognized the cottage, I “saw” it in its entirety. First, I “saw” the wonderful sleeping porch on the top floor where my brother and I, and our two female cousins slept during the heat of the summer. Then, I saw the stairway leading to the main floor where I stopped at the r-coco living room and then the dining room with its large round oak table where we ate all our meals. The kitchen was next to that with its polished black iron stove, stoked by coal and then the two white tubs — a deep sink for washing dishes and a much deeper one for washing clothes were still in place. And finally I came to the very small bathroom that served us all.

I saw them all in the few moments that I stared at my picture. But how did I see everything so clearly? Nothing had changed in the eighty eight years since I first saw everything and nothing was



tangible. Was it all a dream or memory? It certainly wasn't true sight —there was nothing to touch - neither object nor person. Then how did I "see" it? Was it that wonderful computer, my brain, that had stored the image all these years better than any camera or man designed computer could?

With my curiosity piqued, I picked up two dictionaries to see what they had to say. Sure enough, each defined the word “see” the same way. Then they listed many other ways that “see”, “seen” and “seeing” are used. I share some of these with you on the next page.

## see verb \sē\

**Webster's New Collegiate Dictionary (1974):**

To perceive by the eye  
 To have experience of  
 To come to know  
 Discover  
 To form a mental image of  
     for instance “*can still see her as she was years ago*”  
 To perceive the meaning or importance of  
 Understand  
 To be aware of

**Britanica World Language, Funk and Wagnalls Standard Dictionary (1959):**

To perceive with the eyes  
 To gain knowledge or awareness by means of one's vision  
 To perceive with the mind, understand, comprehend  
 To find out or ascertain, inquire about. “*See who is at the door.*”  
 To have experience or knowledge of, undergo. “*We have seen more peaceful times.*”  
 To have a meeting or interview with, visit or receive as a guest, visitor “*The doctor will see you now.*”

The lists go on and on. It's hard to tell whether all are acceptable as meaning we have sight, or we have just become accustomed to using some of the phrases above.

So I must ask the question — did I or did I not “see” what I first described? Or ,was it a trick of the mind? Until now, I thought that to “see” there had to be something tangible—an object, a person or moving animal that we were looking at. Now, I'm not so sure. Was it a question of seeing or recollecting? See or not see? You decide!

MVRF welcomes your submissions to SupportSightNews<sup>SM</sup>.

If you have an article, personal experience or tip that you think would benefit our readers, we invite you to submit your materials to Nikki Grossman, Marketing & Communications Coordinator, at [Nikki@mrvf.org](mailto:Nikki@mrvf.org). If your submission is selected, it will be included in our SupportSightNews<sup>SM</sup> publication with a circulation of more than 20,000.

We look forward to hearing from you.



5/13/13

Many, many thanks for your prompt response to my request for copies of the Spring 2013 edition of Support Sight news for my low vision support group at the Quadrangle Retirement community.

I found this issue to be most empathetic with what I'm trying to do in my meetings with the members - how to deal with and live with their problems - and how to have a full life in the process.

I know they will be happy to have this issue and will try to encourage them all to become members so they can support you and get their future books on their own.

I'm enclosing a small check in honor of the Lotman to cover the cost of your mailing and a little extra for the booklets themselves.

Again, my thanks and best wishes to all your staff at MVRP who are doing so much to help us.

Gratefully  
Ethel

## In Memoriam

Doris E. Lackman



Doris worked for many years at The Stouffer Co. located in downtown Cleveland, OH. She was a volunteer at Parma Hospital in Parma, OH for forty years, working in

happened to have. She regularly contributed to many local and national organizations. One in particular was Rensselaer Polytechnic Institute where her husband Elwin "Al" graduated. After her husband's passing in 2000, Doris decided to establish an annual scholarship there in his name. This scholarship continues today.

the gift shop and visitor reception area. She also brought cheer to patients in their rooms with a mobile gift cart that was taken to the various floors by volunteers for those who could not get to the gift shop. She resided with her husband Elwin "Al" in Parma Heights, OH for over thirty years before moving to Strongsville, OH in 1986.

In later years, as her eyesight started to fail, Doris began contributing to MVRF. She first discovered MVRF several years ago after attending a SupportSight<sup>SM</sup> meeting in Cleveland, OH. Doris felt so passionately about MVRF's mission that she left the organization a major gift in her will by establishing the Doris E. Lackman Trust, allowing her to further groundbreaking research to help others suffering from macular degeneration even after her passing.

Doris was a very giving person, regardless of what society or organization might be in search of funds. She would always see to it that even if it was a high school freshman, be it a band member, hockey player, football player or baseball player, they received a donation for any fundraiser the local school district

Doris is survived by her brother Harvey Spuhler, his wife Helen, cousins James Spuhler and George Spuhler, and her godson, David P. Olson, M.D. of Colorado.

Your eyes will always be closer to your soul than to any other part of your body except the heart."

— Sorin Cerin, *Wisdom Collection: The Book of Wisdom*

**... And giving comes from the heart**

Have you considered naming the Macula Vision Research Foundation in your estate planning?

Contact Dawn Prall George, Executive Director, at 610.234.0091 or dawn@mrvf.org if you would like to learn more.

**LEADERSHIP GIFTS***Cumulative Gifts of \$10,000 and Above*

With pride and gratitude, we acknowledge our leadership donors who have made gifts of \$10,000 or more to the Macula Vision Research Foundation.

Their generosity supports our commitment to funding scientific research and enhances the impact of our important work in fighting blindness and saving sight. This list includes both current annual donors and cumulative major gifts since 1998. *This listing is updated quarterly.*

**FOUNDERS \$1,000,000 +**

Karen and Herb Lotman Foundation

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*We thank you.***In Honor or Memory of a Loved One**

MVRF is proud to acknowledge those in whose memory or honor we have received donations of \$1,000 or more. This is a meaningful way to memorialize the passing of a loved one or celebrate the birthday or anniversary of someone close to you while having a lasting impact. Our MVRF supporters are special to us and we are honored to recognize them. If you have any questions or want to recognize a loved one, please contact Amy L. Singer, Director of Development, at 1-866-4MACULA.

## THE MVRF TEAM



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### Meet our new intern!

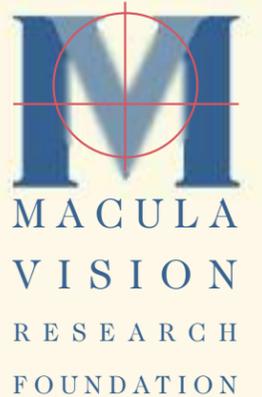


**KEVIN CELLA**  
Intern  
Kevin@mvr.org

Kevin was born and raised in Drexel Hill, Pennsylvania. He is 21 years old and an incoming senior at the University of Delaware. He majors in English and Professional Writing, with a minor in Journalism. Kevin came to MVRF to gain experience in the professional world, and to help people affected by age-related macular degeneration (AMD). His great aunt has AMD, so MVRF's mission is close to his heart. During his time here, Kevin will be assisting with marketing, newsletter writing, and marketplace research.

## MVRF IS PROUD TO PRESENT Our 2013-2014 Grant Recipients

We have selected scientists in Italy, the Netherlands and the U.S. who are conducting groundbreaking research to find a cure for macular degeneration and other retinal diseases. The grantees will receive \$100,000 a year for three years to fund their basic research projects directly aligned with the mission of MVRF.



**Frans Cremers, Ph.D.**, Professor at Radboud University's Nijmegen Medical Center, the Netherlands, will be using state of the art technology to identify gene variants in seven different retinal degenerative diseases that have no known associated gene variants.

**Roxana Radu, M.D.**, a researcher at the Jules Stein Eye Institute, L.A., will be researching the possibility of slowing retinal dysfunction, which often leads to macular degeneration, by expressing a specific type of protein in the eye.

**Enrica Strettoi, Ph.D.**, Senior Investigator at the Italian National Research Council's Institute of Neuroscience, in Pisa, Italy is conducting research on the sphingolipid pathway in the eye to identify the effects it has on retinal degeneration.

**Sally Temple, Ph.D.**, Scientific Director and Co-Founder of the Regenerative Research Foundation's Neural Stem Cell Institute, N.Y., will attempt to use human stem cells to generate fully functional human photoreceptors.

**Since 1997, MVRF has awarded \$18.6 million in grants to fund visionary research and is committed to funding the best and brightest researchers in the world.**

## MEET OUR CELEBRITY AMBASSADORS



*These stars have joined together  
to shine light on our important mission.*

Please visit [www.mvrf.org](http://www.mvrf.org) to learn more about these advocates for saving sight.

**Top Row:** Richard Dreyfuss, Shari Belafonte, Angela Bassett, Edward Asner, Noah Wyle, Cheryl Tiegs **Middle Row:** Brad Garrett, Della Reese, Dennis Quaid, Hector Elizondo, Hunter Tylo, Jamie Farr **Bottom Row:** David James Elliott, Penny Marshall, Buzz Aldrin, Nancy Sinatra, Hal Holbrook, Al Unser, Jr.

## RECIPE FOR GOOD EYE HEALTH

### Spinach Lasagna

Makes 6 servings

#### Ingredients:

- 2 spinach, frozen chopped, (10-ounce) boxes
- 2 cups cheese, ricotta, part-skim
- 1 egg
- 1 egg white
- 1/2 teaspoon pepper, black
- 1 teaspoon garlic powder, (or 2-3 cloves minced garlic)
- 1/2 teaspoon basil, dried
- 1/2 teaspoon oregano, dried
- 2 cups cheese, mozzarella, part-skim, shredded
- 1 can tomato sauce, (24 ounce)
- 9 lasagna noodles, whole grain, uncooked
- 1/2 cup water

#### Directions:

- 1 Preheat oven to 350°F. Coat a 13" x 9" baking dish with cooking spray.
- 2 Cook and drain the spinach well, then set aside. In a large bowl, mix together the ricotta cheese, egg, egg white, pepper, garlic, basil, and oregano. Add the spinach and mix again thoroughly.
- 3 Cover the bottom of the pan with tomato sauce (about 1/4 of the jar) and place down 3 of the uncooked lasagna noodles. Top with half of the spinach-ricotta mixture and then a layer of 3 more noodles. Top with the remaining spinach-ricotta mixture and then the last 3 lasagna noodles. Pour the remaining tomato sauce on top.
- 4 Sprinkle on the mozzarella cheese. Pour the water around the edge of the pan (this will cook the noodles), and cover the pan tightly with aluminum foil. Bake for 45 minutes. Remove the foil and bake uncovered for 30 minutes. Let stand to cool for 10 to 15 minutes before slicing to allow the lasagna to set up and the extra water to be absorbed.

*Enjoy!*

*Thanks to [www.joybauer.com/healthy-recipes/spinach-lasagna.aspx](http://www.joybauer.com/healthy-recipes/spinach-lasagna.aspx) for this great recipe.*

