

The WILL Center

Monthly News Letter for December 2020

The Center's News

Note from the Director:

It is the Holiday season. While many people continue to keep the size of gatherings small, there is no reason we cannot find new ways to celebrate with old friends and family. Keep those connections vibrant and alive. It will help everyone feel better, stronger, and more ready for the New Year.

Remember that the holiday season can sometimes be stressful for your friends and neighbors. Help them understand they are not alone.

And remember that the first rule of being a care giver is to care for yourself. Take time to relax and smell the pine trees.

Happy Holidays!

Low Vision Program

Glaucoma Awareness:

Glaucoma is one of the top three causes of vision loss in the Wabash Valley. January is Glaucoma awareness month. We have researched Glaucoma and the different types of the vision robbing disease.

Glaucoma is a complex disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Glaucoma is the second leading cause of blindness. Glaucoma is often called "the sneak thief of sight" because it has no symptoms until significant vision loss has occurred. Glaucoma is a group of diseases. The most common type is hereditary.

Questions & Answers:

- Normal-Tension Glaucoma
- Primary Open-Angle Glaucoma
- Angle-Closure Glaucoma
- Other Types of Glaucoma

In open-angle glaucoma, the angle in your eye where the iris meets the cornea is as wide and open as it should be, but the eye's drainage canals become clogged over time, causing an increase in internal eye pressure and subsequent damage to the optic nerve. It is the most common type of glaucoma, affecting about four million Americans, many of whom do not know they have the disease.

Angle-closure glaucoma, also known as narrow-angle glaucoma, is caused by blocked drainage canals in the eye, resulting in a sudden rise in intraocular pressure. This is a much rarer form of glaucoma, which develops very quickly and demands immediate medical attention.

1. Glaucoma is a leading cause of blindness?

Glaucoma can cause blindness if it is left untreated. And unfortunately, approximately 10% of people with glaucoma who receive proper treatment still experience loss of vision.

2. There is no cure (yet) for glaucoma?

Glaucoma is not curable, and vision lost cannot be regained. With medication and/or surgery, it is possible to halt further loss of vision. Since open-angle glaucoma is a chronic condition, it must be monitored for life. Diagnosis is the first step to preserving your vision.

3. Everyone is at risk for glaucoma?

Everyone is at risk for glaucoma from babies to senior citizens. Older people are at a higher risk for glaucoma, but babies can be born with glaucoma (approximately 1 out of every 10,000 babies born in the United States). Young adults can get glaucoma, too. African Americans are susceptible at a younger age.

4. There may be no symptoms to warn you?

With open-angle glaucoma, the most common form, there are virtually no symptoms. Usually, no pain is associated with increased eye pressure. Vision loss begins with peripheral or side vision. You may compensate for this unconsciously by turning your head to the side and may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get tested. If you have glaucoma, treatment can begin immediately.

It is estimated that over 3 million Americans have glaucoma but only half of those know they have it. (1)

In the U.S., more than 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. (2)

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization.

Independent Living Program

Peer Support:

Part of our new world involves changes in how we conduct our support group at the Center. Some of you have already participated in telephone or Zoom meetings. We have also had outdoor meetings when the weather permits.

The WILL Center will continue to explore and expand these opportunities. Our schedule for 2021 remains the same: The second Wednesday every month at 1:30. We will put out more specific information as the time approaches. Please consider joining us for support and connections.

If you have an idea about support group topics or activities, please let us know. You can contact any member of the staff at (812) 298-9455 to share your thoughts.

We look forward to seeing you/hearing from you in 2021.

Things to do:

Visit Monument Circle in downtown Indianapolis for Shining A Light, a seasonally themed light presentation and a nightly signature salute. The presentation is 365 days a year and is synchronized with an Indianapolis Symphony Orchestra original score, paying tribute to the iconic monument. This five-minute light presentation tells many stories. From our servicemen and women, to our veterans, to Indy's past and future, Monument Circle will be the canvas for Indy's legacy every evening. Below is the holiday schedule for Shining A Light: Nov. 27 – Dec. 31

12 p.m. – National Anthem (Audio Only)

5:15 p.m. – Inner streetlights ON

5:30 p.m. – Monument Circle wash Lighting ON

6 p.m. – America the Beautiful (Audio / Amber Monument Lighting)

6:30 p.m. – IPL Lights off on Circle Side until Midnight

6:30 p.m. Signature Salute / Holiday Program · Happy Holidays Projection Loop

7 p.m. – Armed Forces Medley (Audio / Red Monument Lighting)

8 p.m. Signature Salute / Holiday Program · Happy Holidays Projection Loop

10 p.m. Signature Salute / Holiday Program · Happy Holidays Projection Loop

10:30 p.m. – National Anthem / Flag Lighting on Monument

12 a.m. – Projection off / IPL Windows on both Circle and Meridian St.

8:15 a.m. - Monument Circle wash Lighting OFF

Deming Park Christmas in the Park is officially underway. Deming Park in Terre Haute will be lit up with Christmas lights from 5 pm to 10 pm until December 31.

Dee's Christmas Light Show – Brazil, IN ****FREE****

10774 N Murphy Rd, Brazil, IN 47834

Nov. 29 – Dec. 25th

6pm – 10pm

****This is a drive-by and look light show****

If you are staying in, check out the “Small Art” collection at the Arts Illiana Gallery.

It is a show that features small art works that are huge in interest and creativity. Check out the link to the opening at: <http://artsilliana.com/> or find them on Facebook.

Medicare Notice:

Although Open Enrollment is over there are options that Medicare recipients need to be aware of. If you joined a new plan during the open enrollment period and you wish to change to another plan, Medicare will allow you to do so. From January 1-March 31 each year, if you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Plan or switch back to Original Medicare. The same goes with your drug plan. This opportunity to change is only open until the end of March. After that, you will not be able to change your plan again until open enrollment on October 15th-December 7th, 2021. Keep your red, white, and blue Medicare card in a safe place because you will need it if you ever switch back to Original Medicare.

Now Hiring:

Help Wanted:

The WILL Center is looking to hire a part-time ramp program coordinator. The job description is posted on our website and on our social media pages. Some essentials:

- Must be able to work with volunteers to plan and execute ramp construction projects.
- Must be able to lift 40 pounds.
- Must have basic keyboard skills to enter data in our management system.
- Valid driver's license preferred

If you are interested, or know someone who might be, please send a resume and cover letter to The WILL Center, attention Peter Ciancone.