



DISCOVERY

THE DISCOVERY EYE FOUNDATION



Late Spring 2011

The Discovery Eye Foundation supports research, education and advocacy related to sight-threatening eye diseases and their treatments, improving the quality of life for patients and their families.

In this issue:

- [Research](#)
- [DEF News](#)
- [Lifestyle](#)
- [Macular Degeneration](#)
- [National Keratoconus Foundation](#)
- [Upcoming Events](#)

For comments or questions about any articles, please feel free to email us.

RESEARCH UPDATE

In the Thick of It

DEF's new labs inspire research collaboration

The Discovery Eye Foundation research labs have a new home. In January, the labs moved from the University of California, Irvine (UCI), Medical Center in Orange, Calif., to larger, more modern facilities on the UCI main campus in Irvine.

"Our new home has brought many new opportunities," DEF Medical Director Dr. Anthony Nesburn says. "Since moving to the second floor of Hewitt Hall, we have had the opportunity to work with many scientists in our own building and the surrounding research buildings, including Sprague Hall, Medical Sciences Building, and the Sue and Bill Gross Stem Cell Research Center. We will also be 500 yards away from the clinical facilities of the Gavin Hebert Eye Institute, which is currently under construction.

[Get to know more about DEF's new lab home](#)

DEF NEWS

2010 Lab Tour Lunch and Learn

Participants in DEF's first Lab Tour of 2011 — at our new lab facilities on the main campus of UC Irvine — munched on sandwiches while listening to Dr. Cristina Kenney discuss keratoconus, Dr. Donald Brown talk about glaucoma and Dr. Henry Klassen review his work with stem cells for treating eye disease.

Following the presentations, guests were escorted to the second floor of Hewitt Hall to see the Gavin Herbert Eye Institute Labs, where DEF-funded researchers met with them. The new labs are quite spacious and offer the DEF-supported researchers many new opportunities for collaboration (see story, [above](#)).

Reaching Out With WebEx

DEF has a new communications tool at its disposal: WebEx. WebEx web-conferencing lets us conduct meetings online with anyone, anywhere in real time. A WebEx meeting means everyone sees and hears the same thing, so it's like being at the meeting without actually having to be there.

"We hope to begin using WebEx for staff meetings and then expand it to conduct research and board meetings, as well as to hold virtual support groups," says Susan DeRemer, DEF's vice president of development. "WebEx also lets us put full presentations and lectures, including audio, video, slides — everything — on the Internet for the first time, so people all over the world can access presentations and information at their convenience, as they may need them. It's a great reference tool we can now provide to our constituents."

DEF is able to use WebEx thanks to a grant from Cisco. "We're very grateful to Cisco for this donation, which will help us help visually impaired people worldwide," DeRemer says. Be sure to check DEF's Facebook page for continual updates on what is available from DEF through WebEx.

PLAN YOUR GIVING

While you consider including The Discovery Eye Foundation in your estate planning, here are some helpful resources:

Tax-Saving Opportunity for Donors Aged 70½+

On Dec. 17, 2010, President Obama signed into law an extension of the tax incentive for charitable gifts from donors who are 70½ or older. The charitable IRA legislation makes it easier than ever to support organizations throughout the United States. [Read more...](#)

What Happens to Your Will After You're Gone?

You know it's important to have an up-to-date will so your wishes are carried out as you intend, but how exactly does that happen? Find out what steps are taken after you pass away ... from sending your will to court to dividing up your assets. [Read more...](#)

Three Cases: Planning Rewards and Planning Wrecks

You've probably heard it said many times how important it is to have your estate plans in order. Here are three cases that show what can happen with proper — and not-so-proper — planning. [Read more...](#)

Four Easy Steps to Including Us in Your Will

If you would like to make a difference at DEF beyond your lifetime, consider the flexibility and simplicity of a gift in your will. [Read more...](#)

LIFESTYLE

Support in Santa Monica

Thanks to a grant from the Santa Monica Lions Club, the Macular Degeneration Partnership is forming a support group in Santa Monica for people and their loved ones dealing with AMD. "There are many people in the area who just can't get to our group in Beverly Hills. We are very excited to be able to start up another support group, so we can directly help more people dealing with this disease," MDP Executive Director Judi Delgado says.

Delgado is currently taking input about location, time and date preferences, so please [contact Judi](#) with your input as soon as possible. See you in Santa Monica!

Sharing is Eggstasy

If you're cooking for a crowd, why not serve something good for both their taste buds *and* their eyes? The newest recipe on the "Eye Cook" section of the DEF website is for delicious [zucchini and goat cheese frittatas](#) (mini frittatas). Eggs are a wonderful source of lutein, essential fatty acids, B-vitamins and zinc that are important to overall eye health, and zucchini is another good source of lutein.

MACULAR DEGENERATION PARTNERSHIP

Collaboration is Key

MDP and Braille Institute connect with seniors

For a nonprofit agency such as the Macular Degeneration Partnership, the goal is to reach as many people as possible. Because of the high risk of macular degeneration in the senior population, we need to connect with a wide audience. One way we accomplish this is through our collaboration with the Braille Institute. Braille created an outreach program for seniors that reaches throughout Los Angeles County. Meeting in libraries, senior centers and retirement communities, the program includes four weeks of information and resources, including instruction in managing with low vision, tips and tricks for daily living, and practice with low-vision devices.

Every month, MDP Executive Director Judi Delgado travels to five or more locations for these meetings. She kicks off the series with a presentation on age-related macular degeneration (AMD). Our signature AMD Toolkit is provided to attendees, all of whom are taught how to use the Amsler Grid and shown how to use the Vision Simulation Card to explain vision loss to family and friends. One of the most popular subjects is learning how lifestyle choices, such as diet and smoking, can affect macular degeneration.

The morning always concludes with a lively question-and-answer session. Family members often accompany patients and have their own set of questions, including concerns about the genetics of AMD. This is their chance to follow up with information they may have received from their doctors but didn't fully understand.

Perhaps most importantly, both seniors and family members leave feeling more confident about living with vision loss and more hopeful about the future.

Grab a Rising Star

AMD Update wins marketing award

The Macular Degeneration Partnership's electronic newsletter, AMD Update, was named a 2010 All Star by Constant Contact, the online marketing provider. MDP's monthly e-news was chosen from more than 400,000 businesses and organizations, and cited for its regular, respectful distribution, as well as its high open and click-through rates, among other things.

"We work very hard to be respectful of our subscribers' rights and privacy," says Judi Delgado, executive director of MDP. "It's gratifying to be named an All Star by Constant Contact, but it's even more gratifying to know our recipients find the information we include in AMD Update useful and interesting." [Sign up for AMD Update.](#)

Give Your "Loose Change" to MDP

MDP is now part of SwipeGood, which makes it incredibly easy to give what might be considered "loose change" to worthy causes. SwipeGood rounds up your debit or credit card purchases to the nearest dollar and allows you to donate the difference to the charity of your choice. Simply register your credit or debit card online through our [SwipeGood page](#), and they'll donate your "loose change" to MDP every month.



Mother, May I?

A daughter sees inspiration in her mother's AMD adventures

Dorothy Brooks' second career is giving her new perspective. An actor and singer for more than 20 years, she realized a couple of things several years ago: 1) She is married to a fellow working actor ([meet Alan Brooks in the spring 2011 DEF newsletter](#)); and 2) It's harder for older women to get roles. So she decided to embark on a second career in sales.

She's had several positions since then, all in service-oriented sales. "I feel like I've been trying to help people to reach their goals and be happy in their lives," Brooks says. "I've never been driven by the almighty dollar — always by what fed my soul and what helped other people." [Read more about the AMD adventures here](#)

NATIONAL KERATOCONUS FOUNDATION

Give Your "Loose Change" to NKCF

NKCF is now part of SwipeGood, which makes it incredibly easy to give what might be considered "loose change" to worthy causes. SwipeGood rounds up your debit or credit card purchases to the nearest dollar and allows you to donate the difference to the charity of your choice. Simply register your credit or debit card online through our [SwipeGood page](#), and they'll donate your "loose change" to NKCF every month.

Global Doctors Reach Out for NKCF

The National Keratoconus Foundation's mission is to provide information and support to those with keratoconus (KC) so they can better understand this eye condition, learn the best treatment options available and communicate with others to learn about how to live with KC. We rely on the professional eyecare community around the world for help and guidance to make our programs the best they can be. We'd like to introduce you to a few of our most stalwart supporters:



Bezalel Schendowich, OD, FIACLE

Dr. Schendowich has been an active member of NKCF's KC-Link for 15 years. KC-Link is an e-mail support group with more than 2,500 members worldwide; members either have keratoconus or have loved ones with it, and seek information and support from others experiencing the same vision issues. Dr. S, as he is known on the "Link," has been a constant presence in this virtual community since 1999, answering questions and offering support and guidance.

Schendowich is a member of the Medical Advisory Board of NKCF USA, a fellow of the International Association of Contact Lens Educators, and an adjunct assistant clinical professor of optometry at the SUNY College of Optometry in New York City and at the ophthalmology clinic of Sha'are Zedek Medical Center in Jerusalem. [Read some of his many articles on KC.](#)



Daniela Garese, OD, FIACLE

Dr. Garese, an optometrist in Uruguay, attends many of the specialty lens conferences in the United States and always stops by the NKCF exhibit booth to chat and offer assistance. Last year, when she learned we were updating and re-printing our popular KC booklet [What is Keratoconus?](#), she volunteered to translate the materials for us into Spanish [Que es Queratocono?](#)

Garese has a large specialty contact lens practice in Montevideo, Uruguay, and, as a fellow and regional vice president of The International Association of Contact Lens Educators, translates



Peter Hersh, MD

Dr. Hersh, a leader in keratoconus research, is dedicated to helping those with KC not only get the best treatment, but also the latest information. For the past six years, he has organized an annual educational seminar in Teaneck, NJ, in cooperation with NKCF.

Hersh is the director of the Cornea and Laser Eye Institute-Hersh Vision Group in Teaneck, professor of clinical ophthalmology and director of the Cornea and Refractive Surgery Division at UMDNJ-New Jersey Medical School, and a visiting research collaborator at Princeton University. [Learn more about him.](#)



Ronald N. Gaster, MD

Dr. Gaster lectures and publishes extensively on keratoconus and corneal surgery. He recently presented information about keratoconus and corneal crosslinking at The Discovery Eye Foundation's Vision Symposium in Irvine, Calif. [His lecture and presentation can be found on the NKCF website.](#)

Gaster, a professor of ophthalmology at University of California, Irvine, has published more than 50 articles and book chapters on refractive, cataract and lens implant surgery and corneal transplantation advances in peer-reviewed ophthalmology journals and text books; he is an active member of Doctors Without Borders. [Learn more about him.](#)

MARK YOUR CALENDAR

May 14

DEF San Diego Vision Symposium

Free seminar on AMD, glaucoma, keratoconus, cataract eye surgery and the genetics of eye disease.

[More information.](#)

June 8

Macular Degeneration: What You Can Do About It

12:30 PM - 1:30 PM This event is FREE and will be held at the Santa Monica YMCA. Call us at 310-623-4466 for more information.

September 9

Tour DEF's New Research Labs

Free guided tour of our new research laboratories at UC Irvine's main campus, noon-1:30 pm. [More information.](#)

September 22-24

AARP Expo in LA

Visit MDP at the Vision Pavilion at this year's Life@50+ right here in Los Angeles.

[More information](#)