



NORTHERN PLAINS EYE  
FOUNDATION

Spring/Summer 2007

# The Eye Opener

*Our mission is to promote and support research, education, and service for eye care in this region.*

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## Safe Summer Celebrations Prove Plenty Exciting!



Our cherished Independence Day celebrations have many traditions which are well-entrenched—the gathering of extended families and friends, picnics, games and, of course, fireworks to top off the day. There is nothing like a spectacular fireworks display to foster that patriotic spirit! To keep the day a happy one, we suggest you leave the fireworks to the experts and take in an authorized,

public fireworks display rather than putting on your own neighborhood extravaganza. As a former Burn Nurse, I assure you that you don't want to end the celebration in the emergency room dealing with eye injuries or a burn injury, much less the hazards of starting a forest fire! And eye protection alone, although better than nothing, is really not adequate in these situations. Did you know that even a simple sparkler can heat up to an amazing 1800 degrees Fahrenheit according to the Prevent Blindness Association, and are a leading cause of fireworks-related injury in young children? So leave the fireworks to the experts, sit back and enjoy!



One of the most amazing fireworks displays can be found in our own Black Hills at Mt. Rushmore. Northern Plains Eye Foundation was a minor-sponsor of the event this year, and happy to contribute to such a wonderful celebration! July 3rd proved to be an event-filled day, with our very own Board Member, Dr. Sid Goss,

as an outstanding emcee. Sid good-naturedly sported our fireworks-viewing glasses and passed them out to other attendees prior to the main event.

Although many people spend the entire day saving a special spot up at Mt. Rushmore, sponsors are given both reserved spots for seating and parking, which is a huge benefit. People

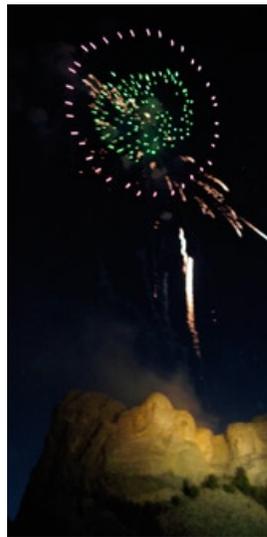


come from all over our nation and many other countries to attend this incredible event, which was voted "the #1 fireworks displays in the country by American-On-Line voters". This group of people sporting NPEF's glasses were obviously enjoying the show!

As the evening progressed, the tension mounted. The dramatic flyovers added to the overall anticipation, and speeches by real heroes, as well as great entertainment from an Air Force band set the stage. Although many people had already put in very long days, spirits were still high as demonstrated by this little flag-waving girl from Salem, Oregon.



The fireworks themselves were certainly worth the wait. Unique displays rocketed high above the famous President's faces in harmony with a fascinating variety of music.



Toward the end of the show, many of the fireworks were quite smoky, as this picture below demonstrates, and apparently several small



fires actually did break out that night!

All in all, it was a truly amazing event. Come and join the many visitors who make the Mt. Rushmore Independence Day Celebration their vacation destination. Encourage others to give up their

EDUCATION



RESEARCH



SERVICE

# The President's Perspective: Looking to What Lies Ahead

by Kathleen Kovarik, RN, MN



Envisioning what is possible for the future of the Foundation is both a pleasure and a privilege. Meanwhile we're making steady progress to provide more resources and programs for our educational, research and service missions to optimize eye health and promote excellence in eye care. In the weeks and months ahead, you will see the Foundation moving more and more into the public eye in our community and region. Our goal is to serve the general public and eye care professionals as we work together to maximize eye health for all ages.

Looking ahead to September and October, the Foundation will support our eye care professionals by sponsoring **Journal Club** for ophthalmologists. For optometrists, we will help to support two programs—SDOS's Fall Convention in Rapid City on September 21-22 and BHREI's conference on October 13th.

For the general public, you will find the Foundation actively promoting World Sight Day on October 11th in conjunction with "Vision 2020" and the Rapid City Public Library. This year's theme, **"Our VISION for Children"**, focuses on the impact of vision loss and blindness in children. Few know the world-wide statistics that **"a child goes blind every single minute"** and that "75% of all blindness could be treated, cured or prevented by highly cost effective means" according to the World Health Organization. Education can help to decrease these numbers, which will be our emphasis during the week surrounding World Sight Day (come to any of the story times at the library on October 9th and 11th or to "Lunch and Learn" on October 17th—the library will be highlighting the new books and materials relating to eye health and eye care made possible by a grant from NPEF). Look for a new resource list in our soon-to-be-updated website—[www.npef.org](http://www.npef.org)—which will also boast many other new features such as the new **Kidz Korner** with links to wonderful interactive resources for children of all ages!

Looking back, you'll see the high points of the Spring and Summer sprinkled throughout this newsletter. We worked on **"Setting a Higher Standard"**, when we integrated new, more-detailed learning about eye health at the second grade level (we were co-presenters for 7th graders at West Middle School too). Ultimately our plan is to have educational programs in place at the 2nd, 7th and 11th grade levels, which will only be realized as more eye care professionals partner with us by joining our **Speaker's Bureau** to broaden this outreach. We promoted **"Healthy Vision Month"** in May in several venues, teaching about early detection of glaucoma. In June, we exhibited at Storybook Island at Health and Safety Day, with a special focus on children's eye health and safe summer celebrations (**see "Storybook Scenes"**). In teaching children, we've found resources from the National Eye Institute especially helpful, which you'll find in our **"Spotlight on Resources"** column.

As a non-profit, our goal is to serve. Don't hesitate to let us know how we can be of assistance to you! At the same time, know that there is little we can do without your continued help and support. Thanks for joining us in our efforts!

*Kathleen Kovarik*

## Board of Directors Update: Your Officers for 2007



Join us in saluting our hard-working  
**2007 Officers!**

(pictured left to right)

- **Chairman:** Dr. John Barlow, retired pathologist
- **Vice Chair:** Dr. Sid Goss, Professor at SDSM&T
- **Secretary:** Dr. Jo Prang, Pharmacist
- **Treasurer:** Pat Burchill, President of U.S. Bank

### Congratulations go out to Board Members:

Dr. Jo Prang on completing her PhD—she's the newest Dr. in the group!

Dr. and Mrs. Barlow on their 50th Wedding Anniversary! • Dr. Sid Goss on his upcoming wedding!

Dr. Paul Wright for new expertise in corneal transplantation with **"IntraLase-Enabled Keratoplasty"**!

### Sport these "Shades" for Your Car and Help Us to Promote "Vision for a Lifetime"

The first 25 people to call, e-mail or stop by the office (Mon.-Wed.-Fri. from 9:00 a.m. to 5:00 p.m. or by appointment on Tues/Thurs.) can pick up free sunshades for your car windshields. (Offer good through September 15th, 2007)

**Beat the Heat while you help promote Eye Health!**



# Setting a Higher Standard:

## Second Graders Focus on Gift of Vision and Summer Eye Safety

Exuberant second graders in three classes at Wilson Elementary School were the perfect audience for two special programs on eye health and safety this Spring. The NPEF-developed programs entitled, "Gift of Vision" and "Summer Eye Safety" incorporate the best of materials from a variety of sources (i.e. "Vision Quest"--South Dakota Optometric Society, booklets published by the National Eye Institute--see **Spotlight on Resources**-- page 7, and "The Healthy Eyes Activity Book"--International Centre for Eye Health). The goal is to reach children at an early, impressionable age to maximize learning about eye health. As teacher Marcy Farrand shared, "It is just the ideal age. They are eager to soak up new information, and at the perfect age to actually apply it."



The Foundation provided take-home packets for parents/guardians. Each teacher was also given booklets and resources for the classroom. The programs were well-received, and our staff loved the brightly colored sun thank-you with all the children's signatures emblazoned with, "We can see clearly how important our eyes are. Thank you for coming to our rooms." If one child's vision is saved through safety measures that were taught, then our purposes are realized!



In the first program, "**The Gift of Vision**", the children learned about the basic workings of the eye, both structure and function. Exercises helped them reflect on the importance of good vision, fun facts about animal eyes kept their attention, and optical illusions were pure fun! The second graders were encouraged to share about visits to the eye doctor, and the importance of vision screening/eye exams was emphasized. Children were challenged to think of ways that they could keep their eyes healthy, and were sent out to observe hazards to eye safety in their environment for the week between classes.

The second program, "**Summer Eye Safety**", built on the first program and introduced the second graders to some eye disorders/diseases and possibilities for injury. Common eye problems were discussed and the children were encouraged to talk about people they knew who had limitations in their vision or were blind. The importance of wearing sunglasses and facts about sun exposure were emphasized. Much of the time was spent going over activities and objects that could be dangerous to the eyes, basic eye safety tips, and types of eye protection. Simple first aid and scenarios about when to seek assistance were covered. The program ended with a focus on safe summer celebrations (alternatives to fireworks).



## DON'T THROW AWAY THOSE PRINTER CARTRIDGES!! HELP RAPID CITY LION'S CLUB SERVICE PROJECTS!!



You knew the Lion's Club collected old eyeglasses...but did you know they also collect depleted printer cartridges?? You can donate your cartridges (inkjet and laser) and benefit charity!

Take your used cartridges to the collection locations listed below. Funds from your recycled cartridges are used in programs that aid the visually impaired, including vision testing, eye exams, leader dogs for the blind, the SD Lion's Eye Bank, and the

### Rapid City printer cartridge drop-off locations:

Atonement Lutheran Church  
Montana Dakota Utilities  
National American University  
Pennington Title Company  
RC Administration Building  
South Canyon Lutheran Church

**Reminder:** You can drop off any used eyeglasses at our office at 623 Quincy Street, #101, on Monday, Wednesday or Friday between 9 am and 5 pm. The Foundation is an official eyeglass collection site for the Lion's Club!

SD Lion's Foundation Mobile Screening Unit. For more information on Rapid City Lion's Club activities, see <http://rapidcitysd.lionwap.org>.

# Focal Point: Director's Profile



Cathie Calhoon

The Foundation warmly welcomes Cathie Calhoon, a nursing instructor with South Dakota State University's West River campus, to our Board of Directors. Cathie brings her expertise in education and her knowledge of community nursing to the Board to assist the Foundation particularly in developing its public education outreach.

Cathie hales from all over the U.S., as a self-proclaimed "army brat". She considers her hometown Littleton, Colorado, but has lived in Georgia, Virginia, Kentucky and even Cambodia. Calhoon said that the experience in Cambodia, as a 6-8 year old, was wonderful. "It was a little kid's paradise with elephants, monkeys, and swinging in the trees." She learned French from her French maids while her Dad served as a military advisor and her mother taught 3rd and 4th grade. The Cambodian venture made a lasting imprint on Cathie as that was where she decided to become a nurse—profoundly impacted by the primitive conditions, memories of children with parasites, and the suffering of her little brother who caught dengue fever.

Calhoon pursued her dreams of becoming a nurse by attending Loretto Heights for undergraduate studies, and the University of Utah for her master's degree in Community Health Education. During her studies she had the opportunity to spend 6 months in Bogota, Columbia where she became fluent in Spanish. Calhoon pursued this path later by conducted fascinating research with two

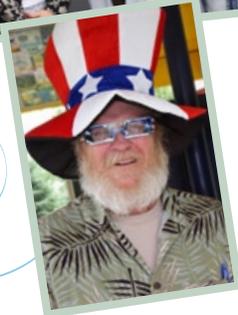
different Indian villages (Sante Fe De La Laguna and Sante Clara del Cobre), looking at the pre-natal, ante partum and post partum experiences of the people.

Cathie is married with two grown children. Her husband, Stephen is a Hospitalist at Rapid City Regional Hospital, enjoying the more-predictable schedule than his years in private practice. Her younger daughter, Meghan (25), is completing her Master of Science degree in environmental science and is a remote sensing specialist (ask Cathie details about this—it's fascinating!). Her oldest daughter, Shannon (27) is married and expecting Cathie's first grandchild in mid-October. Needless to say, the entire Calhoon clan is quite excited about the upcoming addition to the family!

Outdoor activities in our beautiful Black Hills draw Cathie. She is a downhill skier, hiker, rock climber, and sailor, and loves camping too. Cathie has been very involved in the community and region over the years, with many leadership positions, and is currently serving on the County Commission Billboard Committee and the Beautification of Rapid City Committee/Task Force.

Calhoon is especially enthusiastic about developing and implementing more eye safety programs, and is working with NPEF staff to create a joint project with the SDSU students for teaching second graders eye health/eye safety. "There is so much more education we need to do in the community—and with all types of safety," Calhoon emphasizes. Cathie fills an important niche in expanding on the Eye Foundation's education and service missions. We thank Cathie for sharing her talents and expertise!

## Storybook Scenes



EDUCATION



RESEARCH



SERVICE

# STELLAR SCHOLARS REAP NPEF AWARDS

With eyes trained on future health-care studies, six high-achieving high school seniors and two accomplished college students earned Northern Plains Eye Foundation scholarships for the 2007-2008 academic year. This is the third year NPEF has awarded Health-Care Education Scholarships to deserving students pursuing health-care fields of study. The scholarships are based on academic merit, involvement in health-care related activities or studies, leadership, school activities and community service.

Because education is a crucial part of NPEF's mission, the Board of Directors more than doubled the award amount for this year to \$9000. Sponsorship by Black Hills Regional Eye Institute of the top "Continuing Scholar" Award reflects BHREI's strong support for the education of future eye care professionals. (See "Sponsor a Scholarship. It's Easy!" below.)

## Congratulations to the six High School recipients



Rachele Schrader  
\$1500  
Colome HS  
SD State University  
Biology/Ocular Oncology



Jerika Ihnen  
\$1500  
Lennox HS  
SD School of Mines  
Chemistry/Ophthalmology



Lindsey Daly  
\$1000  
Groton, Area HS  
U of Minnesota  
Twin Cities  
Pre-Optometry



Jessica Lauer  
\$1000  
Sturgis Brown HS  
Colorado Christian  
University  
Biology/Chemistry



Hannah Steele  
\$1000  
Alliance HS, NE  
Chadron State College  
Nursing



Marie Hiemstra  
\$1000  
Sioux Falls Christian HS  
U of Michigan, Ann Arbor  
Pre-Medicine

## Congratulations to NPEF's two Continuing scholars:



Elise In't Veld  
3rd Year Winner  
\$1000  
BH Regional Eye Institute Sponsored  
Scholarship  
Belle Fourche, SD  
SD State University  
Biology/Ophthalmology



Maggie Skiles  
2nd Year Winner,  
\$1000  
Scottsbluff, NE  
Western Kentucky University  
Biology/Pediatric Ophthalmology

## Sponsor A Scholarship - It's Easy!

We invite you to join us in our educational mission to assist deserving students in the northern plains region as they pursue health-care related studies at the college level.

### Here are some ways you can help:

- Use the remittance envelope in this newsletter for your donation. Just check the Scholarship box, insert your check for any amount and mail!
- Donate \$1000 or more and provide a scholarship for one year...named for you, your loved one, your business, or in honor of a friend or colleague. Use the attached envelope or call NPEF at (605) 716-6733 for more details.
- Endow a permanent scholarship in your name or for your business and create a lasting legacy (call us for more information).

**Help ensure health-care professionals and eye-care professionals are trained for the future!**

# Healthy Vision Month: Early Detection is Key with Glaucoma

The month of May, designated as Healthy Vision Month by the National Institutes of Health found NPEF busy promoting the National Eye Health Education focus on Glaucoma. On May 3 and 4, we were exhibiting in Pierre for the SD Optometric Society's Spring Convention armed with pamphlets and brochures and booklets on all aspects of glaucoma for eye care professionals/optometric offices. May 5th found us manning our display at the Health and Human Services Fair in Rapid City, but this time our emphasis was the general public. It was delightful to talk with both eye care professionals and interested individuals about glaucoma and about the Foundation and its mission.

The poster below shows risk factors for glaucoma. If you'd like more information about glaucoma, we will be happy to send you resources or help you find the information you need.

The following websites have more information on  
Glaucoma and Low Vision:

[www.nei.nih.gov](http://www.nei.nih.gov), [www.Glaucoma.org](http://www.Glaucoma.org), and

[www.preventblindness.org](http://www.preventblindness.org).

In addition, if you or someone close to you has low vision due to glaucoma or another eye disease, here are some simple tips to help continue living an active daily life: (**see Low Vision Tips**)

**Glaucoma**  
*Early detection is critical*

Glaucoma is caused by an increase in eye pressure in the eye due to improper drainage.

**Is this how you see?**

**People at Risk for Glaucoma**

- ✓ Persons over 45 years of age
- ✓ Persons of African Descent
- ✓ Persons who are nearsighted, have diabetes, incurred a previous eye injury or have a history of steroid or cortisone use
- ✓ It is recommended that any person at risk for Glaucoma get their eyes examined regularly

Eye Photos Courtesy of National Eye Institute, National Institutes of Health; bottom right photo credit, Shari L. Gardner

## Low Vision Tips

**Improve Lighting:** Add additional lights for specific tasks. Use directed lighting from behind the shoulder to reduce glare. Be sure that bathrooms, kitchens, hallways, stairways and closets are well lit.

**Increase Contrast:** Pour your coffee into a white cup, and your cereal into a dark bowl. Set white plates on dark place mats. Use a black cutting board for white onions and a white cutting board for dark-colored foods. Use felt tip pens instead of ballpoint pens.

**Control Glare:** Wear amber or dark yellow glasses or clip-ons to reduce glare, and wear a cap with a brim or a visor outside. Cover shiny surfaces with a cloth.

**Get Organized:** Always keep your money, keys, and medications in the same place to make them easier to find. Have a designated place for everything in your home, and request that others in the household respect and maintain the organizational system.

**Enlarge Text:** Request large size checks from your bank. Use large print crossword puzzles and playing cards. Photocopy and enlarge favorite recipes, addresses, and take-out menus. Use the accessibility features on Macintosh and Windows computers.

**Mark and Label:** Mark key positions on your stove, microwave oven, washing machine, and thermostat with dimensional fabric paint or nail polish so you can feel the correct positions. Label spices and medications with a dark marking pen. Carry your address labels with you to use when filling out forms.

**Listen to Books:** Listen to audiotapes and books on CD borrowed from your local library, or from the free Talking Books program sponsored by the National Library Service.

**Visit a Low Vision Specialist:** They can help you to get organized and assist you in maintaining your independence.

("Low Vision Tips" used with permission from the Glaucoma Research Foundation)

## "Vision Day" July 12th

Our thanks go out to the following Rapid City Optometric Society members who provided free Visual Readiness Screenings for children entering first, second and third grades

**Dr. Bill Holec**  
**Dr. Dwayne Ice**  
**Dr. Gaylene Kudrna**  
**Dr. Pauline Weichler**

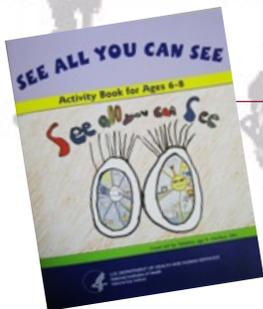
**Dr. Eric Porisch**  
**Dr. Falon Sandness**  
**Dr. Brad Moriarty**

The Northern Plains Eye Foundation applauds your commitment to public service and thanks you for promoting

*"Vision for a lifetime!"*

# Spotlight on Resources

## National Eye Institute Offers Outstanding Educational Resources for Children



Ages 6-8

**Word scramble, creative graphics, eye gymnastics, optical illusions, mazes, and fun games** - these are

some of the exciting activities for children in two booklets published by the National Eye Institute (NEI). The booklets include "a variety of fun-filled activities and games that will teach children about eye disease, eye safety, and first aid for eye injuries". They also focus on eye health, with sections on sun protection/sun glasses, importance of regular eye exams, and information about the structure and function of the eye. Whether in school classrooms, home schooling, after-school programs, at home or at camp, these activity guides will provide hours of fun and fascinating information about vision.

"See All You Can See" is written for ages 6-8. Children are encouraged to record what they see by keeping a vision journal. A word search puzzle helps them learn the parts of the eye. There



Ages 9-12

are fun activities to show how the eyes work together, and a maze, a fun game, and a coloring sheet all reinforce how to keep eyes safe. Active exercises, such as eye "gymnastics" and optical illusions, are popular with this age group.

Children ages 9-12 will enjoy the many fun facts in "**Wild About Healthy Vision**". Learning the parts of the eye is combined with a fun "I Spy" puzzle. Children are shown how to make a "pinhole camera" to learn how the eye uses light to record an image. They also can try eye-focusing exercises, learn about stereo vision, and explore optical illusions. Information about myopia and amblyopia ("lazy eye") which affect children, and the basics about age-related macular degeneration, cataracts, diabetic retinopathy, and glaucoma is presented. Eye health and safety is stressed throughout, using activities and games to make learning easy and fun.

To view or order the booklets, see <http://catalog.nei.nih.gov/productcart/pc/mainIndex.asp> (search by title), call NEI at (302) 496-5248, or E-mail NEI at [2020@nei.nih.gov](mailto:2020@nei.nih.gov). The first copy is free from NEI and there is a \$5 charge for each additional 25 copies ordered. NPEF can sponsor limited numbers of booklets, so don't hesitate to call us at (605) 716-6733. Let's all work together to promote healthy vision for our children!



## Focus on: Philanthropy

### THE ULTIMATE GIFT: BEQUESTS TO NPEF LET THE GIVER KEEP ON GIVING\*

**"Giving should be entered into in just the same careful way as investing...giving is investing."  
(John D. Rockefeller)**

**What is a Charitable Bequest?** A charitable bequest designates a portion of your assets or estate to be given, after your death, to a charity that is important or meaningful to you. It is a legal document that should be a part of your will or living trust, thus insuring that your charitable wishes are fulfilled. You may leave a fixed sum, a percentage of your estate, or the remainder of your estate to the organization.

**Why should I make a Charitable Bequest?** Your gift endures the test of time. By making a charitable bequest, you can continue the spirit of giving that you have established during your life. Such a bequest makes a statement about what was important to you during your lifetime. A bequest is a good way to help achieve NPEF's mission of optimizing eye health and eye care through supporting and promoting education, service, and research...thus making a difference for future generations. In fact, it may enable you to give larger gifts than were possible during your lifetime!

A charitable bequest may also provide tax or legal advantages by reducing the taxable portion of your estate or reducing or avoiding capital gains taxes. Your attorney or broker are helpful resources in this area. As your estate increases in value, you may designate a percentage for a charity, while leaving the majority of your assets to your heirs.

**How To Make a Bequest** A charitable bequest is made through a will or living trust. It may include cash, securities, insurance or property. Talk with your estate or financial planner, insurance agent, accountant, broker, or lawyer for help in planning creative ways to include NPEF in your estate plans.

You don't have to tell NPEF about your bequest, but discussing your plans may give you ideas on specific opportunities or needs. It also gives the organization a chance to thank you for your generosity!

### **Information you need to make a charitable bequest to the Northern Plains Eye Foundation**

Northern Plains Eye Foundation, PO Box 5568, Rapid City, SD 57709-5568, Phone: 605-716-6733.

NPEF is a tax-exempt not-for-profit organization (Tax ID 46-0367494) \*(This article was inspired by a recent, generous gift/bequest of a Certificate of Deposit to NPEF)



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NORTHERN PLAINS EYE  
FOUNDATION

For brochures and information on eye health and safety, eye disease, or to find out how you can help:

P.O. Box 5568,  
Rapid City, SD 57709-5568

Phone 605-716-6733  
Fax: 605-721-4633  
Website: [www.npef.org](http://www.npef.org)  
Email: [vision@npef.org](mailto:vision@npef.org)

If you wished to be removed from our mailing list or provide address corrections, you may contact us at (605) 716-6733 or you may email us any time at [vision@npef.org](mailto:vision@npef.org)