

Lions Collect 12,000 Pair of Eyeglasses for Developing Countries

As part of an ongoing program, the local Lions Sight & Hearing Center 6-person Board of Directors collects and counts the used eyeglasses they collect annually. *We proudly announce that approximately 12,000 pair of used eyeglasses were collected during this year's 2016 drive, up again from the previous year*, proclaimed Board President Bob Mangus.

The Lions Sight & Hearing Center has representatives from the Santa Barbara Host, Carpinteria and Goleta clubs, who have been collecting used eyeglasses for the last 15 years. It is one of their major annual goals.

There are collection boxes throughout Santa Barbara, Goleta and Carpinteria where glasses are collected year-round. *A list of locations is available from the Lions Sight and Hearing Center office, by calling 569-8264*, Recycling Chairman John Pace recapped.

After collection, the used eyeglasses are given out in developing countries. . . all at no charge. Volunteer doctors and Lions volunteers travel and take glasses with them, first performing free eye exams.

The three Lions Clubs described above are a part of District 4a3, which encompasses a large geographical area and has more clubs in some of the following cities: Paso Robles, Ojai, Ventura, Oxnard, Pismo, Santa Maria, Camarillo, Morro Bay, Atascadero, Templeton, SLO, Simi Valley Moorpark, Arroyo Grande, and Santa Paula/Fillmore and more. Many of these cities' Lions Clubs are collecting used eyeglasses in their areas as well.

Checking Into Glaucoma

Did you know that glaucoma is a leading cause of blindness in people over forty—and are you aware that almost all blindness due to glaucoma can be prevented?

The front part of the eye is filled with a fluid called the **aqueous humor**. This fluid helps maintain normal pressure inside the eye, preventing the eyeball from collapsing like a balloon without air.

Glaucoma develops when the production of aqueous humor increases or it does not drain adequately. The pressure rises in the eye. Nerve fibers and blood vessels in the optic nerve become compressed and can be damaged

over

Because chronic glaucoma seldom causes symptoms, it is extremely important for you to have a thorough eye exam around age 40, even if you have no complaints about your vision.

Newsletter

Lions

Sight & Hearing Center

Established in 1963
Received 501c3 Non-Profit Status in 2012
Summer 2017

Lions Dist. 4A3
Goleta, Santa Barbara, Carpinteria

LSHC Offers Public and School Screenings

See the list of the many schools and health fairs where children and adults receive vision and hearing screening from volunteers from the Lions Sight & Hearing Center:

Health Expo (adults and children—vision, hearing, glaucoma)
Hope4Kids Preschool Learningden Preschool
Senior Expo (seniors—glaucoma screening)
Marymount School
St. Raphael's School
Santa Barbara Community Health Fair (preschoolers)
Coastline Christian Academy
Notre Dame School
Anacapa School
SB Charter School
Providence/SB Christian School
St. Vincent's School
Mt. Carmel School
Garden Preschool
Discoveries Learning Center
Trivium Charter School
and more

FREE SCREENINGS

Glaucoma and Hearing

Cottage Hospital Eye Center
Cottage Commons Building, 2320 Bath St. #305
Mondays 11:00am-1pm, Thursdays, 2:30-4:30pm
Bring a Friend ■ Everyone welcome

Call 569-8264 for a reservation

Caring for Your Lenses*

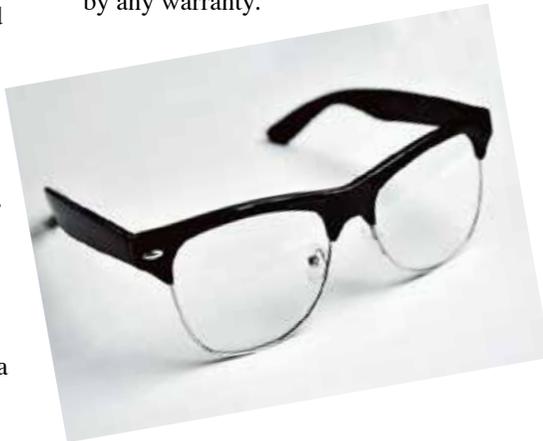
All Eyeglass Lenses (plastic or glass, coated or non-coated) should be cared for in the following manner:

1. Rinse thoroughly under running water to remove grit or particles that might be on the lenses or between the frame and lens. If water alone does not remove smudges, etc., use any liquid hand or dish soap (soft/non-detergent), using your fingers to wipe the lenses.

2. Wipe the lenses with any *disposable medium*, i.e. paper towels, Kleenex, etc. **Never wipe dry lenses—that have not been rinsed, even with a cloth supposedly made and sold for this purpose.** Here again there is too great a risk of particles in or on the cloth to scratch the lenses.

3. If you store your glasses, be sure to use the case that is provided. And, even then, shake the case out once in a while to remove any debris.

Failure to follow these instructions may result in scratched or delaminated lenses—either of which are not covered by any warranty.



*This article is courtesy of the folks at Rick Feldman's Eyeglass Factory.

continued from front or destroyed. Consequently, the transmission of visual messages to the brain is interrupted. The result is impaired vision and, ultimately, blindness.

There are types of glaucoma. Chronic Glaucoma—the most common type—is painless. Left untreated, it slowly destroys vision.

Most people who have chronic glaucoma are not aware they are being robbed of their eyesight as the loss of vision is so gradual. There are no warning signs. By the time problems develop, irreversible visual damage may already have occurred.

Jean Mangus, Executive Director, Newsletter Editor—writing & production

Please support your local Lions Sight and Hearing Center

All services are provided free of charge to Santa Barbara area residents.

\$15 _____ \$25 _____ \$50 _____

Name _____

Phone _____

Address _____ City & Zip _____

**Recycle your used eyeglasses.
We recycle cellphones, too.
Call 569-8264 for more than 30
drop-off locations in Carpinteria,
Goleta or Santa Barbara.
Thank you for your donation.**



Lions

Sight & Hearing Center

MacDougall Eye Center
at Cottage Hospital
P.O. Box 689
Santa Barbara, CA 93102

