

# Country Village News

October 2024

250 Theodore Drive, Coram, NY 11727

## Happy Birthday



03 Helen Muller  
03 Gene Parker  
11 Adell Hewlett  
14 Grace Califano

21 Jomarie Alfredson  
23 Doreen McCrystal  
25 Joe Alfredson  
Linda Reinares



## Happy Anniversary



## Ancient History of Halloween

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1.

This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

# OCTOBER

All Souls' Day was celebrated similarly to Samhain, with big bonfires, parades and dressing up in costumes as saints, angels and devils. The All Saints' Day celebration was also called All-hallows or All-Hallowmas (from Middle English Alhallowmesse meaning All Saints' Day) and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-Hallows Eve and, eventually, Halloween.

Borrowing from European traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors.

In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season and festive costumes.

On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits.

On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

## October Calendar

**October 2** starts Rosh Hashanah, a Jewish holiday that marks the beginning of the new year.

**October 9** is Leif Eriksson Day. Who was Leif Eriksson, and why was he important?

**October 11** marks the start of Yom Kippur at sundown.

**October 14** is a busy day, with three more holidays packed into it:

- Canadian Thanksgiving. This holiday shares many similarities with its American equivalent. However, there are a number of things that set the Canadian Thanksgiving apart!
- Columbus Day (U.S.), a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia. Read more about Columbus Day.
- Indigenous Peoples' Day (U.S.)—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day.

**October 18** is St. Luke's Little Summer. This is a date steeped in folklore. Traditionally, around Saint Luke's feast day, there is a brief period of calm, dry weather. Learn more.

**October 24** is United Nations Day, which aims to bring awareness to the work of the United Nations worldwide.

**October 31** is Halloween (All Hallows' Eve)! Do you know the true history of Halloween? It's not as frightful as you might think... Learn about the origin of Halloween

# OCTOBER

## **“Just for Fun” Dates in October**

**Oct. 4:** International Ships-in-Bottles Day

**Oct. 6:** National Noodle Day

**Oct. 12:** National Fossil Day

**Oct. 24–Nov. 11:** World Origami Days

**Oct. 28:** Frankenstein Friday

## **The Full Hunter’s Moon**

October’s full Moon, known as the Hunter’s Moon, arrives on Thursday, October 17. Like September’s Harvest Moon, the Hunter’s Moon is closely tied to the autumnal equinox.

## **October Meteor Showers**

Also, keep an eye out for the Draconid meteor shower in the late evening of October 9, and the Orionid meteor shower in the predawn hours of October 21–22. See our Meteor Shower Calendar for more information.

## **The Leaves They Are a-Changin’**

With the autumnal equinox in late September, foliage season has officially begun across much of the United States. Check out our foliage map to see when different parts of the country typically reach their peak!

Why do leaves change colors? Did you know that fall’s vivid colors are actually hidden underneath summer’s green? The main reason for the color change is not autumn’s chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

## **Folklore for the Season**

- When deer are in a gray coat in October, expect a hard winter.
- Much rain in October, much wind in December.
- A warm October means a cold February.
- In October dung your field, and your land its wealth shall yield.
- Good October, a good blast,
- To blow the hog acorn and mast.
- [tree fruit upon which wild animals feed]

---

---

## **PMI Gold Coast Properties**

Dawn DePasquale, President ([Dawn@PMIGoldCoast.com](mailto:Dawn@PMIGoldCoast.com))  
Michele Perrone, Office Manager

Phone: 631-621-2150 Fax: 631-406-4941  
409 Lake Avenue, Saint James, NY 11780  
Website: [www.pmigoldCoast.com](http://www.pmigoldCoast.com)

## **Country Village Website**

Website: <https://country-village.net>  
**Password:** TheoDrive250

Webmaster: Roland Diehl (631)433-2198

## **Country Village Board Members**

President:	Phyllis Benanti	(631) 790-3238
Vice-President:	Greg Williams	(631) 220-8862
Finances	Ellen Forestieri	(631) 226-0714
Secretary	Linda Bily	(631)721-5280
Director	Carl Schroder	(570)955-9999

## **Country Village Newsletter Committee**

Editor:	Doreen McCrystal	(917) 270-0426
Co-Editor:	Sandy Bakofen	(631) 745-6152
	Debbie Buscaglia	(631) 559-9480
	Marie Palagonia	(516) 301-6780
Treasurer:	Francine Leiboff	(631) 846-1070

## **Country Village Entertainment Committee**

Jackie Bromberg	(631) 320-3086
Francine Davino	(631) 696-4750
Sandy Bakofen	(631) 745-6152
Betsy Burbige	(631)987-9507
Carol Fox	(631)790-3239

## **Finance Review Committee**

Gene Flynn Chairperson	(631) 921-2417
Charlie Buscaglia	(516) 805-2074
Mike Ellis	(347) 386-8802
Greg Gasiewski	(631) 526-2027
Ed Tomaiuli	(516) 233-5473

# COUNTRY VILLAGE NEWS

## Enjoy Our Community

Times of events are located on the back calendar page of the newsletter.

- Monday – Mexican Train Domino's, Woman Cards, Exercise "Wall Away the Pounds", and Bunco 2<sup>nd</sup> Monday of each month.
- Tuesday - Bocce, Tai Chi
- Wednesday –Knitting Group, Ladies Game Day, Bingo
- Thursday – Men's Club, Chair Yoga and Mahjongg
- Friday - 3<sup>rd</sup> Friday of the month Left Right Center (unless there is an event on Saturday)

## NEWS HIGHLIGHTS:

### ***CORRECTION OF NEW HOMEOWNER'S NAME:***

- ***#16 Julio & Patricia Romero***
- **The Hawaiian Luau Pictures**
- **Ease your Pain on a Plane**
- **Coping with Vision Loss**
- **Kindness Korner**

## The CVE Boards Corner

Board members will be in the clubhouse on the ***first Saturday*** of each month from **9am-10am**, for any homeowner who would like to express an issue.

## Entertainment Committee Future Events:

- OCTOBER 19<sup>TH</sup> Halloween Party, October 19<sup>th</sup>
- **NOVEMBER 11<sup>TH</sup> VETERANS' DAY CELEBRATION 11:00a Donuts, bagels, coffee & tea.**
- NOVEMBER 15<sup>TH</sup> GOLDEN GIRLS' MYSTERY BIRTHDAY BASH
- DECEMBER 13<sup>TH</sup> HOLIDAY PARTY

## WHEN YOUR DOG URINATES:

***WHEN YOU WALK AROUND THE CIRCLE YOU CAN SEE ON THE STRIP OF GRASS WHERE THE DOGS ARE UNINATING, THE UNSIGHTLY BROWN SPOTS.***

***IT IS REQUIRED FOR EVERY DOG OWNER IN THIS COMMUNITY AND THEIR GUEST TO POUR WATER AFTER YOUR DOG URINATES, FEMALE & MALE DOGS.***

# COUNTRY VILLAGE NEWS

## **HEALTH And WELLNESS**

This month we will read about Coping with Vision Loss.

## **BINGO**

Bingo is every Wednesday at 7:00 pm.

We would love more people to join the fun, the more people the bigger the pot. So, if you do not have anything to do on a Wednesday come on down to Bingo, we would enjoy seeing you.

## **BUNCO**

2<sup>nd</sup> Monday (July 8th) of the month at 7:00pm, please arrive at 6:50. We need twelve people to have a game, but we always would love more. It's open to men and women, we did have a few men join the game last month and they loved it.

If you are interested call Linda Bily (631) 721-5280. The regulars if you cannot make the game, PLEASE call Linda Bily.

## **Mahjongg:**

Mahjongg starts 7:00p at the clubhouse. We have a fun time; we are not professional level so no need to hesitate to join in.

If interested in learning how to play, please reach out to Doreen McCrystal, 917-270-0426 or Sandy Bakofen (631) 745-6152.

## **Donations**

Please help our local community, we are still in need of your support, which is always appreciated, nonperishables can be left at the club house in the lobby.

## **Supporting Our Advertisers**

The newsletter would not be possible without our advertisers. When you do patronize our advertisers, please remember to tell them you are from Country Village Estates. They have been loyal to us so let us reciprocate our patronage. If anyone has information regarding someone who is interested in advertising with us, please reach out to me, Doreen McCrystal, [cvenews@yahoo.com](mailto:cvenews@yahoo.com).

---

# CVE BOARDS CORNER

## ***OCTOBER 21, 2024, COMMUNITY MEETING 6:00pm***

### ***\*\*\*IMPORTANT NEWS!***

You will be receiving a letter soon, along with a voting paper, informing you about the 14 new homes to be built on the 3.9 acres of land we own, along Mooney Pond Rd. We must add an amendment to our by-laws, and it needs 66 2/3% of the community's vote to pass and add this amendment. We plan to have an open community meeting on Monday, October 21st at 6 pm and have the community vote on this added amendment. You will be asked to return the vote that evening but if you are NOT able to be present, we ask that you send in your signed ballot with a neighbor or place under the office door. There is only one vote per household and every vote is important! We will be discussing this as well as other topics that evening. We will be sending out an agenda prior to this meeting as well as a reminder. The building of these homes will help us tremendously financially.

### **SEPTEMBER**

It is hard to believe that fall is here ... September was a busy month again.

- During September We had 2 days of removing trees in the area passed the Gazebo. These trees were diseased with lantern flies nesting on the trunk of the trees. Many of them were hollow inside and for safety reasons needed to be taken down.
- We had a successful pool season. Some homeowners came forward to form a pool committee to assist with care and items needed for the pool. Due to glass tabletops not being permitted at the pool, as per the dept of health, the tables along with other pool furniture was sold. With the help of the pool committee, we will be buying matching pool furniture for next season.
- An investigation was started awhile back due to many areas in Country Village having poor drainage. After having some recent severe rains, we had a company knowledgeable in drainage look at about 5-7 different areas in Country Village in need of improved drainage. It was decided that in order to fix this issue French drains would be put in to make sure any heavy water accumulations will be directed toward these drains and then to a collection basin. The Board has approved this drainage project to be started sometime in October. One of the areas that is in great need of this is the Bocce courts, as many of you are aware of.
- The Bocce courts have been an issue needing repairs and rejuvenating. We have researched cost of replacing these courts and the price has been a lot above what would be budgeted. Luckily one of the finance committee members saw two beautiful court at



# CVE BOARDS CORNER

the Northport VA. After researching the cost, it was found that we can replace both Bocce courts with two new ones, with the amount of money we have saved in the reserve, for this project. Looking forward to finalizing this project and having two new beautiful Bocce courts.

- Signage around Country Village which identifies the buildings and the homes in each unit are in desperate need of repair. Along with the Finance Committee we were able to contract a sign company, which will be replacing these signs. we believe they will be more visible and have correctly listed home numbers in place. Hopefully this project will be completed by the end of November.
- It has been reported to us that many areas and courtyards in Country Village are extremely dark. The finance committee is working, on a trial basis, to make two courtyard areas brighter. With solar lights. If this is successful, we plan on expanding this to other courtyards.
- We are hoping that we will have a mild winter but if not, we have signed contract again with Brookhaven Irrigation company to do any snow and ice removal this year. Last year we found them to be extremely good and we expect that if there is a lot of snow, they will be able to accommodate the removal, quickly and efficiently.

Thank you to all those committees who have helped us in the past months, we appreciate all you have done.

1. The finance committee for its expertise in securing the right vendors for us, reviewing contracts and proposals, and overseeing projects, etc.
2. We also need to thank those that come forward to be on the pool committee, for their interest and help in the planning of the pool area for next year.
3. Thanks to those who are willing to run Bunco; Bingo; Right, Left, Center; Pool Aerobics; and those who have introduced exercise in the morning, Chair Yoga, & Tai Chi.
4. Finally, to the Entertainment committee for planning so many wonderful events that have helped to bring our community together, with food, music, dancing, and lots of fun!

Although CVE News is not, in any way, under the auspices of the Board, we would like to recognize and thank the CVE News for always being solicitous in publishing everything the Board has asked them to.

We are indeed fortunate to live in Country Village Estates!





# **HALLOWEEN PARTY**

**Saturday, October 19, 2024, at 6:00pm  
\$20 per person (No refunds)**

**Food, soda, water, desserts, coffee, and tea  
DJ**

**BRING YOUR OWN BEVERAGE  
50/50 raffle**

Come as you are or dress in your spookiest Halloween get-ups! Put your dancing shoes on and don't miss this spooky and ghoulish night.

Sign-up sheet is in the Clubhouse.

**Cash payment** will be accepted at the Clubhouse on **Wednesday, October 9, 2024, between 10:00 -11:00am and 6:00 - 7:00pm.**

# Ease Your Pains on a Plane

How to deal with common ailments while traveling



EVEN IF YOU shell out for extra legroom on a flight, you'll still be spending hours in fairly cramped conditions, taking in arid air in a pressurized metal tube. That can be especially unpleasant for those with health issues. Some steps to help minimize the pain:

---

## **MIGRAINES**



Rachael Kermis, M.D., system medical director of Ochsner 65 Plus in Baton Rouge, Louisiana

- Fill a water bottle before boarding.
- Eat before your trip and limit high salt and high glycemic index processed foods.
- Use a neck pillow to limit neck strain.
- Wear earplugs or noise-canceling headphones.

---

## **ARTHRITIS**



Abayomi Ogunwale, M.D., geriatric medicine physician with UTHealth Houston

- Do some light exercising before traveling.
- Drink a glass of water per hour.
- Skip salty airplane snacks and sugary drinks.
- Wear compression socks and support your pain trouble spots with cushions or travel pillows.

# **Ease Your Pains on a Plane**

---

## **ALLERGIES AND SINUS ISSUES**



Tania Elliott, M.D., spokesperson for the American College of Allergy, Asthma & Immunology

- Take a decongestant 30 minutes before takeoff or use nasal spray 15 minutes before.
- Drink water and keep nasal membranes moist by using a saline nasal spray once an hour.
- Suck on hard candy to relieve ear pressure.
- Wear a mask. Dry air and frequent temperature changes can aggravate sensitive airways.

---

## **RESTLESS LEG SYNDROME**



Safia Khan, M.D., sleep specialist at the UT Southwestern Medical Center in Dallas

- Take your meds at takeoff, as if it's your bedtime.
- Drink plenty of water and avoid alcohol.
- Ease off on caffeine.
- Get up and move around as much as possible.
- Keep your mind occupied with crosswords or other puzzles. —Selene Yeager

Illustration by Zohar Lazar; Getty Images (4)

---

## **Travel Tip** **Text Your Flight Number to Yourself**

YOUR AIRPORT gate suddenly changes. Your flight gets delayed. A lot can happen to cause travel hassles in a crowded airport. Former airline employee Darby Maloney got some attention recently for posting a now-viral TikTok video with a simple way to access up-to-the-minute info: Text your flight number to yourself.

The flight number includes a two-character airline code (such as UA for United Airlines) and a number with one to four digits. You can find it on your itinerary or boarding pass. Your phone will identify that as a flight number and generate a link you can tap on to display the flight status, the departure and arrival gates, the baggage claim number and even a GPS map showing the plane's current location. The best part: The information will automatically update. —Julie Goldenberg



**BROADWAY ENTERTAINMENT COMES TO THE VILLAGE**

## **TV'S GOLDEN GIRLS MYSTERY BIRTHDAY BASH**

After Sophia hit a jackpot at the casino, she decided to throw her pussycat a surprise birthday bash.

Wanting to be sure that her daughter had a date to her own party, Sophia arranged to have a dating game here tonight. Men, beware, you may become one of the contestants AND Blanche is also on the prowl. The hilarity ensues when Dorothy's ex, Phil, among other ex-boyfriends, show up as well. Will Phi survive the night? If not, the ladies will need to help solve the crime! Come on down to find out! The fun escalates to new levels with our audience participation!

## **HOMEOWNERS AND GUESTS ARE WELCOME!**

**DATE: FRIDAY, NOVEMBER 15<sup>TH</sup>, 7PM**

**\$25 PER PERSON (CASH PLEASE)**

**50/50 RAFFLE**

**COFFEE, TEA, WATER, SODA & DESSERTS.  
BYOB AND ANY SNACKS YOU'D LIKE!**

**MONEY TO BE COLLECTED AT THE CLUBHOUSE:  
WEDNESDAY, NOVEMBER 6<sup>TH</sup>, 10-11 & 6-7**

**SIGN UP SHEET  
LOCATED IN THE  
CLUB HOUSE.**





# THE HAWAIIAN LUAU

OMG!!! What a fantastic Hawaiian Luau! We all were dancing fools for sure!! Karaoke, Electric Slide, Fireball, and just dancing to the overall vibe of the night. The DJ, Tommy, was the absolute greatest one we've had so far. The food was outstanding (Chubs), the Hawaiian Chicken and rice was my favorite. Let's not forget the deserts, that cake was really good, I missed getting the flipflop.

The Entertainment Committee did a remarkable job putting this all together, the decorations were fabulous. Overall, the night was a success, very person there had a fabulous time.





# THE HAWAIIAN LUAU





# THE HAWAIIAN LUAU





# THE HAWAIIAN LUAU





# THE HAWAIIAN LUAU







***SINGLES GET TOGETHER  
FOR MEN & WOMAN  
Hosted by Debbie Dougherty  
631-834-3661***

***October 20, 2024 – Oktoberfest.*** Debbie has a table reserved for up to 10 people, first come first serve, at Knights of Columbus 38 West First St, Patchogue. Please call if you are interested.

**Cost \$15**

includes beer, wine, bratwurst, hotdogs, soda, coffee, tea, and desert.

Will require payment on Oct 11<sup>th</sup> or 12<sup>th</sup>, drop off at Debbie's house or drop off by the garage in the basket.

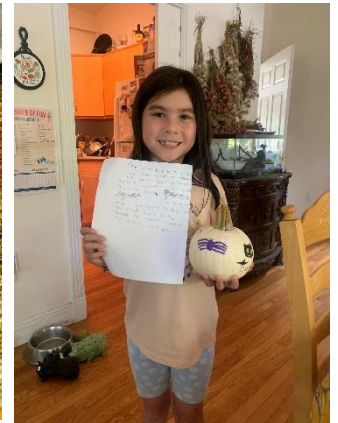
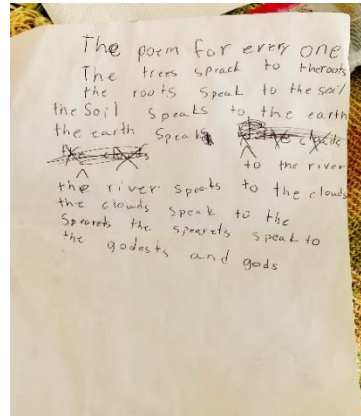
# COMMUNITY KINDNESS KORNER

## 8 yr Olds Morning Thought

I was talking to my sister and her granddaughter; my great-niece Enna asked her if she would like to hear a poem, she just wrote that morning. Enna is a beautiful 8 yr old girl who loves nature, helping her mom plant vegetables, enjoying the chickens, and having fun with her dog Gubber. They live on a huge piece of property with woods all around, there is a small pond and yes, you'll see a fairy garden as well if you look hard enough.

The poem for every one  
The trees speak to the roots  
The roots speak to the soil  
The soil speak to the earth  
The earth speak to the river  
The river speaks to the clouds  
The clouds speak to the spirits  
The spirits speak to the goddess and God.

Written by Enna Moy 9-21-2024



I LOVE THIS ANALOGY:

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

Whatever is inside the cup is what will spill out. Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?"

When life gets tough, what spills over?

Joy, gratitude, peace and humility?

Anger, bitterness, victim mentality and quitting tendencies?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and love for others.



# Coping With Vision Loss

Solutions that offer relief.

✕  
BY BARBARA FIELD  
THIS ARTICLE ORIGINALLY APPEARED  
ON VERYWELLMIND.COM

**L**OSING YOUR VISION doesn't just affect your ability to see. Because sight is one of the five major senses, experiencing problems with it can have a profound impact on other areas of your life, and pose a variety of challenges. This can take a toll on your mental health and overall well-being.

But there are strategies that you can use to remain positive and productive.

Being aware of the changes that can occur when your sight starts to diminish will help you be better prepared for the future. Here, we examine the real risk of developing vision loss, the ways that it can affect your life, and how to cope with problems when they arise.

## The Big Picture

As we get older, most of us wonder

about visual impairment. How prevalent is it? If it happens to me, what form will it take? Is there a chance that I could someday go blind?

Changes in eyesight are common, of course. At present, approximately 12 million U.S. adults age 40 and over live with some form of vision loss, according to the Centers for Disease Control and Prevention (CDC). This can include anything from poor sight to blindness. At least one million Americans are blind, while three million have had vision correction but still struggle to see clearly. Another eight million are dealing with a refractive error (such as astigmatism, or near- or farsightedness) that has not been corrected.

As the world's population ages, these

numbers are only expected to increase. By 2050, cases of early age-related macular degeneration (AMD) are expected to double, said the CDC.

**The eye disorders that most commonly lead to loss of vision or blindness are:**

- AMD
- Cataracts
- Diabetic retinopathy
- Glaucoma

## How It Changes You

When you have a hard time seeing the world clearly, it can't help but affect the way you navigate your immediate

environment, and how you feel about your life. You are likely to experience changes to both your physical and mental health when your eyesight deteriorates.

## Physical Effects

As noted, vision loss doesn't just affect your ability to see what's in front of you. It brings with it other changes that may necessitate alterations to your daily routine.

You could, for example, suddenly find yourself walking differently because you worry about falling down or running into something. You may find it harder to enjoy some of your usual activities, such as reading, watching TV, cooking, working, or

driving. Sports lovers may discover that their compromised eyesight hampers their ability to play their favorite games.

Research confirms that impaired eyesight has a substantial effect on people's daily activities. That can include even the most basic functions, from showering or using the toilet to getting dressed and eating meals. All of these changes are bound to have a deeper impact, too.

## Mental Effects

Vision is an important sensory modality. Mental health problems are an added burden for people already contending with the challenges of losing their vision. Despite the huge





# HEALTH & WELLNESS

number of adults dealing with serious eye issues, screening and treatment are nowhere near acceptable levels.

As a result, a growing number of people now find themselves dealing with the psychological and emotional byproducts of vision loss. It is estimated, for example, that 1 in 4 adults with visual impairment experience anxiety and depression. This is especially true of young adults, who are nearly five times more likely to have mental health issues caused by poor eyesight than those age 65 and older. This is because they're less likely to have developed healthy coping mechanisms.

**As a person's eyesight fails, they may feel some of the following emotions:**

## **FRUSTRATION**

Accessibility issues can plague those with vision problems. Large-print books can be tricky to find, and unfriendly computer keyboards and cluttered websites are downright aggravating. Many

online pages fail to offer options (such as high-contrast text, or text-to-speech functions) that would help people with visual impairment enjoy their content. This can make users feel like they're missing out.

## **LOSS OF CONFIDENCE**

Whether vision issues occur over time or happen suddenly, they can be traumatic. Adjusting to a world made for sighted people can knock a person's confidence. Someone with poor eyesight might feel embarrassment or shame if they are unable to do things that others seem to handle easily. This could lead them to avoid thinking about their problems and isolate themselves. They may feel like a burden to family and friends who have to help them with daily

tasks. The loss of independence can be tough.

## **LONELINESS**

Losing your eyesight can adversely affect your ability to engage socially. Someone dealing with vision issues might attend fewer in-person meetings and get-togethers because of their challenges. In a recent study, people with visual impairment were found to have higher rates of loneliness than sighted people.

## **DEPRESSION**

There's strong evidence of a link between vision loss and depression. "Individuals with vision loss are two to three times more likely to be depressed than the general population," wrote Alan R. Morse, PhD, president emeritus of Lighthouse Guild, a non-profit vision and healthcare organization, in a 2019 issue of *JAMA Ophthalmology*.

This doesn't have to be your fate. In a National Eye Institute study, people with age-related macular degeneration cut their risk for clinical depression in half once they started using low-vision aids and made positive lifestyle changes (setting personal goals, participating in social activities, and making home improvements to aid their sight).

## **Looking Forward**

If you've been dealing with changes in your eyesight, it's important to acknowledge them. Being aware of how you feel and the reality of the situation you are in is important. You may need to grieve the loss you're experiencing before you can move on to the next chapter of your life.

### **Here are some tools to help you cope:**

► **Therapy** Speaking to a professional who treats individuals with chronic health issues can make a difference. They'll be able to validate your experience and help you discover ways to manage any negative feelings. Therapists typically offer a variety of

approaches and can work with your medical provider to address your unique needs.

► **Assistive devices** If you have some sight, consider using telescopic glasses or prism readers. Also seek out large-print publications, text-to-speech computer software, and Braille readers. All of these will make the transition you're experiencing easier.

► **Support groups** It can be a comfort to be around others who are living with vision loss, as they understand how you feel and can offer guidance. Studies show that support groups improve outlook in those with visual issues and make them feel better able to cope.

► **Favorite activities** Don't let issues with sight drain the fun out of life. Find occasions for joy. Ask someone to read to you, listen to the radio, play with pets, and where possible, cook or garden. Not everything has to change; it just has to be adjusted.

► **Service dogs** You can apply for a service animal to help you with everyday activities. There are a host of guide dog resources online, but you can also ask your eye care provider for more information as you get started. Training is usually necessary.

► **Adjustment classes** These sessions can often be found locally and will help preserve your independence as you deal with vision loss or blindness. You'll learn relevant safety techniques, new or alternative ways to read and write, and hacks for your daily routine.

## **The Bottom Line**

Vision loss can be difficult to deal with, and it's important to prioritize your mental health as you learn how to cope with changes. Speaking to a counselor or support group can help you navigate complex emotions while giving you the tools to maintain your sense of self.

—MEDICALLY REVIEWED  
BY YOLANDA RENTERIA, LPC