



February is Low Vision Awareness Month

Low vision is a visual impairment that cannot be corrected by standard eye glasses, contact lenses, medication, or surgery. Having low vision can make activities like reading, shopping, cooking, writing, and watching TV hard to do. In addition, the consequences of vision loss may leave people feeling anxious, helpless, and depressed. Millions of Americans lose some of their sight every year.

Some signs of low vision include:

- Difficulty recognizing the faces of family and friends
- Difficulty reading, cooking, sewing, or fixing things around the house
- Difficulty selecting and matching the color of your clothes
- Difficulty seeing clearly with the lights on or feeling like they are dimmer than normal
- Difficulty reading signs or the names of stores.

The sooner vision loss or eye disease is detected by an eye care professional, the greater your chances of keeping your remaining vision.

For those who have vision loss resulting in low vision, the Association for the Blind and Visually Impaired's Low Vision Center is an excellent resource in Rochester for evaluations, visual aids, and recommendations to improve your visual abilities. To get more information on how to schedule an evaluation visit <http://seegreatthings.org/ServicesPrograms/LowVisionCenter.aspx>

The National Eye Health Education Program (NEHEP) has additional resources online. Visit <https://nei.nih.gov/nehep/programs/lowvision/resources>

Mediterranean Baked Sweet Potatoes

Serves 4; Calories 313

4 medium cooked sweet potatoes (warm)

1-15 oz. can chickpeas, rinsed and drained

½ tsp. olive oil

½ tsp. each of cumin, coriander, cinnamon, paprika

Garlic Herb Sauce:

¼ cup hummus

Juice of ½ a lemon

3 gloves of garlic, minced

Water to thin

Preheat oven to 400°F. Toss chickpeas with olive oil and spices and place on a foil-lined baking sheet and roast. Approx. 25 minutes or until golden brown.

Prepare the sauce by adding all the ingredients to a mixing bowl and whisk to combine.

Cut the cooked potatoes lengthwise and smash down the insides a little bit. Top with chickpeas and sauce.

Add salt and pepper to taste.

A Random Act of Kindness is defined as a selfless act performed by kind people to help or cheer someone up, for no reason other than to make people happier.

The second week of February is Random Act of Kindness Week.

Random Acts of Kindness that won't break the bank

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| Pay the toll for the car behind you | Donate blood |
| Clean up litter | Buy coffee for a stranger |
| Hold doors open for people | Leave quarters in gumball machines |
| Run an errand for someone | Shovel a neighbor's walkway |
| Donate clothing to a thrift shop | Offer to babysit for a friend |
| Send a letter of appreciation | Give a compliment |
| Leave notes of encouragement | Help someone load or unload their car |
| Return a shopping cart for someone | Leave a book for someone to enjoy |
| Do a 5k for a worthy cause | Let someone go in front of you in line |
| Make dinner for a family in need | Bring a treat to share to work |
| Put your phone away | Compliment someone to their boss |
| Smile at someone on the street | Give someone a hug |
| Babysit for a single parent... for free | Call your grandparents |

