FOR IMMEDIATE RELEASE

FOR MORE INFORMATION:
Contact: Samantha Singer, Director of Advancement
Direct: (218) 624-4828 Ext. 125
Email: sam@lcfvl.org

EyeCare Centers of Aitkin and McGregor to sponsor Vision Loss Support Group in Aitkin

The Lighthouse Center for Vision Loss with support from EyeCare Centers of Aitkin and McGregor is launching a new support group for Aitkin-area residents experiencing vision loss.

Aitkin, MN: The Lighthouse Center for Vision Loss, thanks to support from EyeCare Centers of Aitkin and McGregor, is starting a new support group for people in the Aitkin area who have vision loss. The first meeting will be Thursday, September 14th at 10:00 AM at AICOTA Assisted Living. The group will continue meeting monthly on the second Thursday of the month at 10:00 AM at AICOTA Assisted Living and feature different topics each month relevant to those living with vision loss.

Nearly 1 in 5 adults aged 65 and older are experiencing vision loss (according to the National Health Information Survey). The most common causes of vision loss for older adults include Macular Degeneration, Glaucoma, Diabetic Retinopathy, and Cataracts. Support groups offer a place to connect with others experiencing vision loss and share ideas for living independently.

People with vision loss may have trouble with daily tasks including reading, using the computer or telephone, cooking, getting around the grocery store or community, and other challenges. Support groups offer an opportunity to learn about different solutions for living with vision loss and connect with community resources to help support living independently with vision loss.
The Lighthouse is excited to offer this resource for individuals in the Aitkin area and appreciates the partnership with EyeCare Centers of Aitkin and McGregor in making low vision services available to the community.

###

Lighthouse Center for Vision Loss

The Lighthouse Center for Vision Loss, also known as Duluth Lighthouse for the Blind, fosters independent and vibrant lives for individuals with vision loss through training and social/emotional supports. The Lighthouse serves 1,600 people each year through Adjustment to Vision Loss Training, the Safe at Home with Vision Loss Program for seniors, Transition Program for teens with vision loss, the Lighthouse Low Vision Store, and the Radio Talking Book Network. Visit [www.lcfvl.org/successstories](http://www.lcfvl.org/successstories) to learn more.