


HOPE IN SIGHT

Sight Center of Northwest Pennsylvania

2021 Annual Report



"Having my checks written, mail read, and the transportation has been wonderful! The kindness of the people, no matter how many times I call, has been great because they are happy to talk to me and call me by my name, Mary Jane!"

Letter to Our Community

With an aging population and epidemic-level prevalence of diabetes, it's likely that someone you know suffers from the impact of vision loss. That person, or those persons, are more likely to report depression, hearing impairment, stroke, falls, cognitive decline, chronic illness, and premature death. The ongoing COVID 19 pandemic adds even more challenges to those who are already struggling.

That's the bad news.

The **good news** is that fiscal year 2021 proved to be one of the Sight Center's best periods in terms of positive outcomes of our programs and the amazing support we received to further our mission. The generosity of our friends, volunteers, and donors enabled us to really "be there" for those whose worlds have gone a bit darker due to blindness and vision loss.

Because of such generosity, our children raised a beautiful sensory garden, seniors learned to navigate with white mobility canes and enjoyed walks around the neighborhood. We delivered counseling, supplies, and groceries to those shut in due to the pandemic, participants in the diabetes prevention program lost weight and re-gained their health, and we drove nearly 150,000 miles for people who cannot see to drive to appointments to maintain their health and well-being.

We also renewed our 5-year **Standards for Excellence®** accreditation through the Pennsylvania Association of Nonprofit Organizations (PANO). This accreditation demonstrates our board and staff's ongoing commitment to best practices in non-profit management, reporting, and program delivery.

YOU are part of our good news, and we are grateful beyond words for your kindness.

We look forward to 2022 with **Hope in Sight** and encourage you to join us, or continue to partner with us, to make a difference in the lives of those we serve.

With grateful appreciation,



Linda J. Moore, CEO/Executive Director



Diabetes Prevention Program

We prevent blindness by offering the evidence-based National Diabetes Prevention Program (DPP) to those considered to be at risk for Type 2 diabetes. Diabetes is the leading cause of severe and permanent vision loss in people of all ages.

Benchmarks

The CDC provides the benchmark for DPP. The Sight Center has maintained full recognition from the CDC, indicating that all requirements were met and that our program is an effective means to prevent Type 2 diabetes.

Outcomes



55% met or exceeded their 5% weight loss goal



138 Physician/Health Professional/Worksite Outreach Activities



1,200 Health Literacy Impact (individuals provided with risk assessment and program information)



7 Media touchpoints (print articles, digital articles, media appearances)

Other accomplishments

- Warren General Hospital (WGH) agreed to adopt DPP, installed the Pre-Diabetes risk assessment into their electronic health records, refer patients and act as a program location.
- Vicary Insurance and Loesel-Schaaf are now sharing our program information with their insured. So far, we have distributed over 1,000 sets of information through them.
- Titusville Area Hospital is encouraging physicians to screen all patients for pre-diabetes.
- Harborcreek Municipal Building has agreed to be ongoing community site for DPP classes.

Supportive Social Work Services

Independence is achieved or maintained by those with vision loss or blindness through Social Support and Case Management.

Benchmarks

- Depression is significantly associated with blindness and loss of functional vision.
- There is a highly significant correlation between visual impairment and isolation/mental health issues.
- More than 37 million Americans live in a household that struggles with hunger and inadequate access to nutritious food. This is especially evident with those who are blind or severely visually impaired.
- Pennsylvania has one of the oldest populations in the United States. Consequently, rates of vision loss and diabetes are among the highest in the nation.

Outcomes



140 sought social work service with 98% served



560 hours of supportive counseling



Zero hours low vision/blind children in sports camps/activities (COVID)



"The favorite part of my job is walking in and seeing the children waiting in line for their vision screening. Some children are filled with excitement and joy while others are scared and apprehensive. I enjoy getting down to their level and showing them what the vision screener camera looks like and explaining the process to them. I also enjoy educating them about ways they can help their eyes stay strong and healthy. We talk about the importance of wearing sunglasses while out in the sun and eating healthy fruits and vegetables."

Vicki Shields, Eye Care Coordinator

Participants of our "Wednesday Club."
The most productive event of the year was
our shopping trip to "Greengarden Plaza."
Members met for lunch at Donato's Pizza
and learned navigation and independence skills.



Vision Rehabilitation

To improve quality of life in people living with vision loss. Individuals with low vision maintain higher quality of life, including reduced depression and increased life satisfaction, when they participate in vision rehabilitation.

Benchmarks

- Research states that 1 out of 3 older adults are diagnosed with a progressive eye disease, which affects their vision and makes it difficult to complete activities of daily living independently.
- Individuals with declining vision will report improved function and safety in their independent environments.

Outcomes

All referrals to the low vision clinic in 2021 were offered transportation to low vision practitioners in Warren, PA and/or Seneca, PA. We are grateful to our friends in these practices for seeing these patients and providing the best possible low vision services at this time.



Provided **199** Hours of Life Skills and Education, reaching **97.1%** of target goal



Delivered **674.25** hours of Support Services, reaching **102.1%** of target goal



Provided **3,413.25** hours of Transportation services reaching **126.6%** of target goal

Pediatric Vision Screenings

Pediatric vision screenings in pre-schools, child-care centers, home school groups and kindergarten registrations detect current and potential vision loss in children ages three to six, allowing time for eye care professionals to diagnose and successfully treat conditions that can lead to blindness if not treated before age eight.

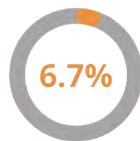
Benchmarks

- Roughly 6-8% of children screened are predicted to fail the screening.
- All children who fail a screening will be referred for professional eye care.
- Children referred for eye care are followed up at 30, 60, 90, and 120 days.
- Evening phone calls to reach more guardians regarding eyecare.

Outcomes



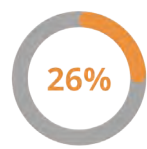
Screened **2,814** children (down from 6,000 the previous year and 8,000 prior to COVID)



6.7% of children, 189, failed the screening and were referred for professional eyecare



100% of children who failed their screening received follow up phone calls and letters at 30-, 60-, 90-, 120-days



26% of parents reported their children received the eye care they required (up from 13% previous year). State rate is roughly 5-6%

Success Story

Meet Loretta! When she signed up to participate in the National Diabetes Prevention Program, she was two months shy of turning 60. "My Mama had passed away recently, and I really began contemplating the life that I had lived," Loretta remembers. "I also started thinking about how I wanted to live out the remainder of my days."

When Loretta heard about this clinically-proven lifestyle change program, it made her really take the time to consider where she actually was in the world. It also made her accept the direction towards which her health and wellness were heading. "I was at least 30 pounds over my comfort weight. My clothes didn't fit, I was out of breath just climbing a short set of steps, I was tired all the time, and my blood pressure was up," Loretta recalls. "I was miserable!"

So instead of continuing on an uncomfortable and unwell path, Loretta decided it was time for a new beginning. "I saw the sign-up sheet and read that the Sight Center was going to invest one year of its time and effort into MY health! People I don't even know are concerned with my health and well-being," she thought. At that moment, however, Loretta had to ask herself a couple of very serious questions. "I honestly had to ask myself how much I cared and valued myself," she admits. "Was I willing to work for my future? I chose **YES!** I want to '**LIVE**' and enjoy life," she decided. The following week, Loretta attended her first session of the National Diabetes Prevention Program...and she has not looked back since!

After seven months, Loretta has lost an impressive twenty pounds. "I'm happier, thinner, have more energy, and can actually run and play with my three grandchildren," Loretta says. "I don't want to sit on the sidelines watching others live! I want to be in the game, too. I'm enjoying the moments as a healthier, happier me," she reports.

Loretta makes it a strong point to give credit where credit is due when she tells her story. She feels enormous gratitude for the love, support, and knowledge that she receives from her Certified Lifestyle Coach. "I could go on and on about all I have learned from Lana," Loretta exclaims. "What a compassionate, vibrant, encouraging young woman!" Since day one of participating in the National Diabetes Prevention Program, Loretta has gained a caring and dedicated ally in her continuing journey toward wellness. "Lana has truly been 'THERE' for me on each step of the way.

*In the photo: Loretta is pictured with Program Director & Certified Lifestyle Coach, Lana Kunik. www.type2couldbeyou.org



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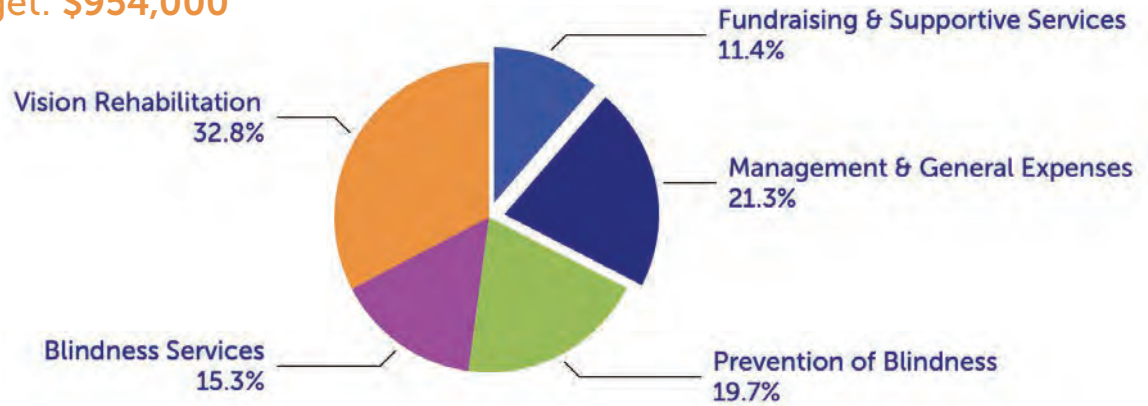
Our Partners

We are proud of the depth and breadth of those organizations that partner with the Sight Center to bring our services to the public. **Thank you to the following:**

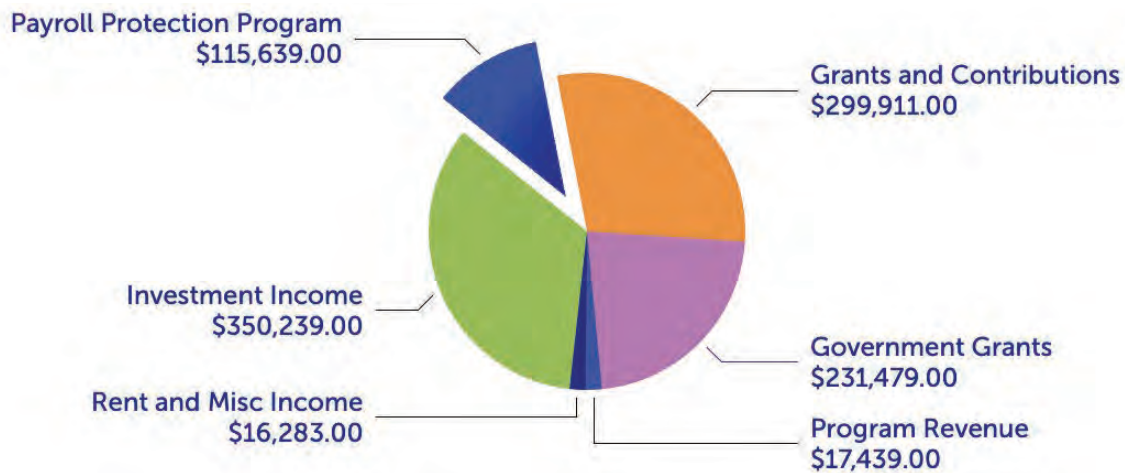
Pennsylvania Association of Nonprofit Organizations (PANO)
Pennsylvania Bureau of Blindness and Visual Services (BBVS)
Pennsylvania Association for the Blind (PAB)
Intermediate Unit 5 – Erie County (IU-5)
Warren Area Agency on Aging
Nonprofit Partnership
Centers for Disease Control (CDC)
National Association of Chronic Disease Directors
Medicare Diabetes Prevention Program/Medicaid Diabetes Prevention Program
PA Health Promotion Council
Erie County Department of Health
Allegheny Health Network
AmeriHealth Caritas Health Plan
Gateway Health Plan
Erie Community Foundation
Multiple Primary Care Physicians and Endocrinologists
Quality Insights
Blue Zone Project
Joe Schember, City of Erie Mayor
Ryan Bizzarro, PA House of Representatives
Dan Laughlin, PA State Senator
Warren General Hospital
Active Aging Center, Crawford County's Area Agency on Aging
Venango Association for the Blind
Second Harvest Food Bank

Financials

Overall agency budget: **\$954,000**



Sources of Revenue | Total Support & Revenue: **\$1,030,989**



Thank you to our loyal and generous individual donors!

NUMBER OF DONORS		DONATION AMOUNT
0	\$100,000+	\$0
3	Platinum \$25,000 - \$99,999	\$106,268.00
0	Diamond \$15,000 - \$24,999	\$0
0	Crystal \$10,000 - \$14,999	\$0
3	Gold \$5,000 - \$9,999	\$16,666.67
6	Silver \$2,500 - \$4,999	\$17,559.18
10	Bronze \$1,000 - \$2,499	\$16,025.20
3	Distinguished Benefactor \$750 - \$999	\$3,467.71
8	Benefactor \$500 - \$749	\$4,500.00
15	Distinguished Circle of Friends \$250 - \$499	\$4,511.02
62	Circle of Friends \$100 - \$249	\$11,952.55
55	Friends50 \$50 - \$99	\$3,677.58
103	Friends \$1 - \$49	\$3,360.04
265	TOTAL	\$187,987.95

Audited financial statements on file at the Sight Center for public review.



MISSION

TO PREVENT BLINDNESS AND PROMOTE INDEPENDENCE FOR THOSE
WITH VISION LOSS AND THOSE WHO ARE BLIND.

THE SIGHT CENTER OF NWPA
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WWW.SIGHTCENTERNWPA.ORG

Photo Source: Low Vision Clinic