

# LIFE notes

## All Eyes are on Lois' Vision4Kids

Over 400 Children Attend 1st Free Eye Screening

January 4, 2024



Dear Friends:

One of the most beautiful songs ever – in my humble opinion, of course – is “What A Wonderful World,” sung by the great Louis Armstrong. I’m sure we all know at least some of the lyrics:

I see trees of green  
Red roses too  
I see them bloom  
For me and you  
And I think to myself  
What a wonderful world

I see skies of blue  
And clouds of white  
The bright blessed day  
The dark sacred night  
And I think to myself  
What a wonderful world

I was reminded – ever so vividly – of “what a wonderful world” we live in (despite all the divisiveness, violence, and conflicts we are currently experiencing) when I attended the official launch of the Lois' Vision4Kids a few weeks ago.



**Lois Pope with Dr. Edwardo Alfonso,  
Chairman of Community Outreach for  
Bascom Palmer Eye Institute.**

As you may recall, I established this program in partnership with the world-renowned Bascom Palmer Eye Institute after learning how many children here in Palm Beach County, around the country, and across the world have undiagnosed vision impairment and eye disease. These problems greatly impact their ability to learn; indeed, if they can't see the blackboard or clearly read the words in their textbooks, how are they supposed to learn?



**A young girl receives her first eye exam thanks to Lois' Vision4Kids.**

So, we invited children and their parents, from across the area to the headquarters of our friend and partner, Palm Beach County Food Bank, for free vision screenings conducted by Bascom Palmer Eye Institute ophthalmologists, optometrists, and opticians. If they required glasses, they would receive two pairs – for free! – plus a free pair of sports goggles and a free pair of sunglasses. I'm incredibly grateful to Dr. Eduardo Alfonso, director of the institute, for his generosity, his dedication to the cause, and for his cherished friendship.

We expected that perhaps a dozen or two would show up on a Saturday. But guess what? More than 400 showed up to be screened!

And this is where that “wonderful world” came fully into view (pardon the pun) for me:

The smiles on the children's faces – as well as on their parents' faces – lit up the place, as bright as the sunny Florida sky that morning. For far too many of the youngsters, it was the first time they ever had their eyes checked. But when they got their glasses, they were now finally able to clearly see those “trees of green...those skies of blue.”

Because we were so overwhelmed with children that day, the Bascom Palmer team couldn't accommodate them all. But appointments were quickly arranged for those who weren't screened. Moreover, we scheduled a second Lois' Vision4Kids program for Saturday, March 30, at the Palm Beach Gardens campus of Bascom Palmer Eye Institute.



**High-five for Lois' Vision4Kids!**





**Participants gather to cheer for Lois' Vision4Kids.**

Even better, we have expanded the initiative to include three free vision screenings for the children during the school year. But wait, there's more: At each screening, which will take place at Bascom Palmer Eye Institute, the Food Bank will bring the 55-foot-long refrigerator truck I donated during the Covid pandemic, filled with Lois' Food4Kids backpacks of food, snacks, and water, plus chairs for parents and children to sit on while they wait for their screening. A tremendous 'Thank You' to my dear friend, Marti LaTour, Palm Beach County Food Bank's Board Chair, for stepping up to the plate for this monumental joint effort.

We want to make sure that no child will be left behind and that no child will have any barrier to learning because they can't see "the colors of the rainbow, so pretty in the sky."

"What A Wonderful World" indeed!

With love - and my very best wishes  
for a healthy, peaceful, and  
prosperous 2024!



**More than 400 children attend Lois' Vision4Kids first free eye screening! A second is scheduled for Saturday, March 30, at the Palm Beach Gardens campus of Bascom Palmer Eye Institute.**

*Lois*

# LIFeStyle News...

## Simple Tips to Help Seniors Stay Active



Exercising with a friend can be fun and motivating. It's a great way to socialize, build friendships and celebrate achieving shared goals.

By Joel G. Caschette,  
special to the Palm Beach Post

### Five tips for getting and staying active as a Senior

Here are some ways older adults can embrace and maintain a healthy lifestyle.

- Start small and build up. It's perfectly fine to start with a few minutes of activity and gradually work your way up from five, 10, or 15 minutes of movement to eventually 30 minutes or more. Even a few minutes of movement at first will support overall health.
- Make a plan. Decide what activity you'd like to do - whether it's a walk, following an exercise video at home, or joining a class. Planning your activities makes it easier to follow through.
- Get comfortable. Choose clothing that's easy to move in and suitable for the environment. You'll be more likely to enjoy your activity - and to keep it up - if you are comfortable.
- Find a buddy. Exercising with a friend can be fun and motivating. It's a great way to socialize, build friendships, and celebrate achieving shared goals.
- Check available resources. Many Medicare Advantage plans offer fitness benefits, gym memberships, or other programs.

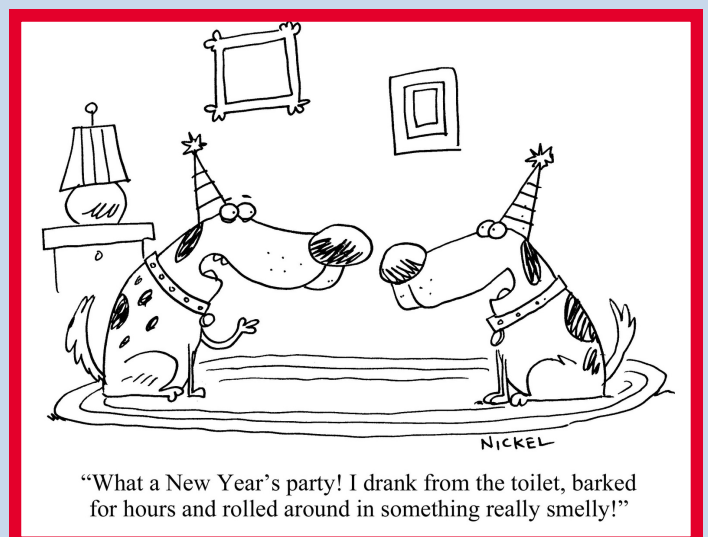
Joel G. Caschette is the Chief Medical Officer of UnitedHealthcare Medicare & Retirement Plans of Florida

## Loveable



A chimpanzee family at the zoo in Tulsa, Okla.  
Credit...Tom Gilbert/Tulsa World, via Associated Press

## Laughable





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