

# LIFESTYLES

## SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
Call the Journal at 285-7411

## Correcting faulty vision as we age

**Q. I'm getting fed up with my bifocals and I want to make a change to something else. What are my options?**

A. This is a big subject that is important to seniors, so I'm going to do a series of columns on this topic. I want to start out with my personal history because it is a perfect example of the universal problem of correcting faulty vision as we age.

I started wearing eyeglasses when I was 24. When I reached my early 40s, I noticed that my right arm was getting too short to hold books at the proper reading distance.

I was getting presbyopia, a natural condition that makes it more difficult to focus on near objects. This is the time when people who've never worn glasses before start getting cheap readers at the drug store.

However, I already had a problem that I was correcting with prescription lenses. My ophthalmologist told me I needed bifocals, glasses with lenses that have a correction on the top section for my existing conditions and one below to help me with my



Fred  
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presbyopia.

I hated my bifocals. The lenses had semi-circular inserts for focusing up close. I could see the lines that separated the lenses. It made me squirrely.

My doctor assured me that, in time, I wouldn't notice the lines and I would love my bifocals. After a month of agony, my brain made the lines disappear. It was amazing to me. But, I have never loved my bifocals.

Whenever I would go downstairs, my eyes would drop below the lenses and my brain would receive conflicting messages. I stumbled more than a few times.

If I needed close focusing to see anything above my head, I had to crane my neck back into an

uncomfortable position. Try installing venetian blinds with bifocals.

When it was time to get a stronger prescription, I asked my doctor if I had any other options. He recommended progressive lenses that have a smooth transition between distance and near focal areas instead visible dividing lines.

Progressives made me disoriented and nauseous. Once again, the doctor assured me I would get used to them. This time I told him where he could... I had another set of bifocals made.

Then came computers. Should I look straight at them with my upper lenses or look at the screen with my inserts? Neither worked well.

My doctor suggested trifocals. Trifocals are lenses with corrections for distance, intermediate vision, and up close. No way. I could picture myself turning into a bobblehead toy.

I retrieved my old bifocals and discovered that the old up-close correction on them now worked perfectly for the middle distance. So I kept them on my desk whenever

I worked on the computer.

But I wasn't happy with two pairs of glasses, one of them with two corrections. I decided to try contact lenses. I tested several brands.

Hard contacts were not an option; they hurt. Soft contact lenses gave me the best vision I've had since I was a child. Comfortable. Everything was sharp. No lines. No eyeglass frames to get in the way. I was so happy. But...

I came to learn that I don't make a lot of tears. You need tears to keep your soft contacts from drying. After a few hours, my contacts felt like potato chips. I tried fake tear drops. No luck. I gave up. I went back to my bifocals.

My doctor tells me that the newer soft contacts are better than the ones I tried 15 years ago. He could be right, but I don't relish going back to cleaning solutions and sticking my finger in my eyes again. I had enough.

To be continued...  
*If you would like to ask a question, write to fred@healthygeezer.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

## ENGAGEMENT



CONTRIBUTED PHOTO

### KATRINA BLAIS AND VICTOR JAKER

Katrina Blais, International Falls, and Victor Jaker, Fridley, announce their engagement and forthcoming marriage. The bride-to-be is the daughter of Karin Blais, International Falls. The groom-elect is the son of Mark and Anna Jaker, Fridley. Katrina is a 2012 graduate of the University of Minnesota-Minneapolis, majoring in nutrition. She is employed at StayWell, Eagan. Victor is a 2011 graduate of the University of Minnesota-Minneapolis, majoring in material engineering. He is employed as a material engineer at Stratasys, Eden Prairie. A Saturday, Aug. 23, 2014, wedding ceremony at Sha-Sha Resort, International Falls, is planned by the couple.

## MEMORIAMS

In memory of **Scott Skifstrom** — It was three years ago, Aug. 11.

*Some memories are so precious that they are wrapped in love and stored safely in our hearts forever.*

**Sadly missed by the Skifstrom family**

In loving memory of my husband, **Maurice Sparby**, who died Aug. 10, 2004.

*Every day, in some small way, memories of you come my way and I thank God that He gave us 30 years together.*

*Though you're gone, you are always in my heart, on my mind, still missed and loved by me and your children - Dave, Dan and Heather.*

**Your wife, Holly**

In memory of my love, dad and grandpa, **Leslie W. Thayer**, who passed away three years ago, Aug. 9, 2011.

*God saw you were getting tired,  
And a cure was not to be;  
So He put His arms around you,  
And He whispered, "Come with Me."  
With tearful eyes we watched you suffer,  
And saw you fade away;  
Although we loved you dearly,  
We could not make you stay.  
A golden heart stopped beating,  
Hard working hands put to rest;  
God broke our hearts to prove,  
He only takes the best.  
We think about you every day and we miss you being with us.*

**We love you and miss you -  
Sharon Forsythe  
Scott Forsythe  
Bonnie and Gordy Helderman  
Destiny and Briana  
Shayna and Sienna**

In memory of my love, dad and grandpa, **Leslie W. Thayer**, who passed away three years ago, Aug. 9, 2011.

*God looked around His garden,  
And He found an empty place;  
He then looked down on the earth,  
And saw your tired face.  
He put His arms around you,  
And lifted you to rest;  
God's garden must be beautiful,  
He always takes the best.  
He knew that you were suffering,  
He knew you were in pain;  
He also new in heaven,  
You would never hurt again.  
He saw the road was getting rough,  
And the hills harder to climb;  
So He closed your weary eyelids,  
And whispered, "Peace be thine."  
It broke our hearts to lose you,  
But you didn't go alone;  
For part of us went with you,  
The day God called you home.  
If tears could build a staircase,  
And memories a lane;  
We'd walk all the way to heaven,  
And bring you home again.*

**We love you and miss you -  
Sharon Forsythe  
Scott Forsythe  
Bonnie and Gordy Helderman  
Destiny and Briana  
Shayna and Sienna**

In loving memory of **Donnie Hull Jr.**, Aug. 7, 1982, and **Donnie Hull Sr.**, Aug. 17, 2012.

*We will always love and miss you and wish that you were here.*  
**Loved and missed by  
all your family**

## SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

**MONDAY**  
Sweet and sour pork  
Brown rice  
Green beans  
Applesauce

**TUESDAY**  
Chicken pasta salad on lettuce leaf  
Orange juice  
Fresh fruit

**WEDNESDAY**  
Open faced hot pork sandwiches  
Gravy  
Mashed potatoes  
Sliced beets  
Hawaiian cake

**THURSDAY**  
Chicken strips  
Fresh potato wedges  
Baked beans  
Strawberry sauce

**FRIDAY**  
Meatloaf  
Baked potatoes  
Spinach  
Fruit

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218-285-7411

The Journal

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Roche's Towing, Wagner Construction,  
Chocolate Moose, Hardees, Randy's  
BP, Woody's, Loons Nest, Ranier Liquor,  
Thunderbird Lodge, Miller Insurance,  
City Drug, Ronning's, Coffee Landing,  
Casanova Insurance, Coca Cola Bottling  
of International Falls, Sportsman's  
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thank you to; Al Long, Lyle Windsnes,  
Marc Windsnes and Ed Bernath

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