Age-Related Macular Degeneration Town Meeting

You are invited to attend an Age-Related Macular Degeneration Town Meeting. Emily Chew, M.D., will lead this state-of-the-art symposium.

Panel members include Richard Garfinkel, M.D., retina specialist; Judith Goldstein, O.D., Johns Hopkins Wilmer Eye Institute; Robert Murphy, M.D., retina specialist and investigator; and Wai Wong, M.D., Ph.D., investigator, National Eye Institute, National Institutes of Health. Bill Paul, former executive vice president of United Technologies, will provide a patient perspective.

A Landmark Sight Saving Event!

Sunday, March 2, 2008 2:30 - 4 p.m.

Sibley Memorial Hospital
Ernst Auditorium
5255 Loughboro Road, NW
Washington, D.C.

Co-sponsored by the Jewish Community Center of Greater Washington and Senior Beacon

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Calendar of Events

• Sunday, March 2, 2008
  Town Meeting, 2:30 p.m.
  “Age-Related Macular Degeneration”
  Emily Chew, M.D., moderator
  Sibley Memorial Hospital, Ernst Auditorium
  5255 Loughboro Road, NW
  Washington, D.C.

• Tuesday, March 18, 2008
  “Town Meeting Follow-Up: Coping with Macular Degeneration,” 12:30 - 1:30 p.m.
  Elinor Waters, group discussion leader
  Vision Support Group
  Friendship Heights Village Center
  4433 Southpark Avenue
  Chevy Chase, MD
  Bring a bag lunch, refreshments provided.

• Wednesday, March 19, 2008
  Share Group, 10:30 a.m.
  Vinson Hall
  6251 Old Dominion Drive
  McLean, VA

• Thursday, March 20, 2008
  Aging Eye Site Vision Screenings and Resource Information, 10:30 a.m. - 12:30 p.m.
  “An Update on Cataract Surgery,” 1:15 p.m.
  Natasha Herz, M.D., ophthalmologist
  Holiday Park
  3950 Ferrara Drive
  Silver Spring, MD
Calendar of Events

• Tuesday, March 25, 2008
Share Group, 11 a.m.
“Vision and Aging: Myths and Facts”
Wendy Gasch, M.D., ophthalmologist
Washington Hospital Center
110 Irving Street, NW
Washington, D.C.
Lunch provided, call (202) 877-6081 to reserve lunch.

• Wednesday, March 26, 2008
Low Vision Support Group, 10:30 a.m.
Classic Residence by Hyatt
8100 Connecticut Avenue
Chevy Chase, MD

• Thursday, March 27, 2008
Tea and Conversation, 1:30 p.m.
“Annoyances of the Eye: Dry Eye and Other Vision Problems”
Julie Leigh, M.D., ophthalmologist
Charles E. Beatley Library
5005 Duke Street
Alexandria, VA

For more information on these events, please call POB at (202) 234-1010
Dishin’ Up Veggies

Leafy greens may help prevent cataracts, age-related macular degeneration

Spinach, kale and collard greens all top the list of leafy green vegetables that may help prevent cataracts, according to new research lead by Bill Christen, a professor of medicine at Brigham and Women’s Hospital in Boston and Harvard Medical School.

Christen says these vegetables are rich in the antioxidant carotenoids lutein and zeaxanthin, the only carotenoids found in large amounts in the eye.

A new study by Australian scientists also found similar results for age-related macular degeneration.

The studies show a diet-health relationship, but they do not demonstrate cause and effect. Only one study has shown that a high-dose combination of zinc and several antioxidants lowered the risk for eye disease.

In general, many studies have concluded that eating foods rich in antioxidants and carotenoids have a positive impact on eye health.
These foods include a wide variety of colorful and leafy vegetables and fruits like corn, squash, spinach, peas, pumpkin, collard greens, orange peppers, grapes, honeydew melon, tangerines and kiwi.

An omega-3 rich diet of cold water fish such as salmon, tuna, mackerel, herring or sardines, as well as a variety of nuts, also has a positive effect on health.

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**Veggie Salad**

Makes 4 servings

- 1 1/2 cups chopped bell peppers
- 1 1/2 cups chopped broccoli florets
- 1 cup shredded carrots
- 1/2 cup diced radishes
- 1/2 cup Creamy Dill Ranch Dressing
- 1 tablespoon minced red onion

Optional: Add 3 ounces of tuna or salmon filet and walnuts.

Place ingredients in a bowl. Toss to coat. Refrigerate until ready to serve.
Museums

National Gallery of Art offers “touch tour” and audio tour to visitors with low vision

The National Gallery of Art has launched a new “touch tour” once a month for visitors with low vision. The tour focuses primarily on the museum’s permanent collection, and incorporates a combination of “touch” experiences and intense verbal description.

Visitors attending the upcoming March 20 tour will have the opportunity to touch two or three objects, ranging from abstract to highly-defined and textured sculpture. The April 16 tour will focus on intense verbal description of pieces of art.

The museum also offers free audio tours daily by request at the information desk.

Reservations are not required for the “touch tour.” For more information, contact NGA at (202) 842-6691 or www.nga.gov.

Upcoming Tours at NGA

March 20, 2008
Art Information Desk
East Building
2 p.m.

April 16, 2008
Rotunda
West Building
2 p.m.
The following museums also provide special services for visitors with low vision:

• Folger Shakespeare Library
  Some exhibits are accompanied by an audio tour. Large print transcripts of the tour are also available.
  Contact: (202) 544-7077 or www.folger.edu.

• Hillwood Estate, Museum and Gardens
  Braille information guides and large print brochures are available upon request. Audio tours are free.
  Contact: (202) 686-5807 or www.hillwoodmuseum.org.

• National Museum of Health and Medicine
  Audio tours of the museum exhibits are free.
  Contact: (202) 782-2200 or www.nmhm.washingtondc.museum.

• Smithsonian
  Smithsonian museums offer audio tours, large print publications, Discovery Stations with models and tactile components, and “Touch and Hear” guides. Varies upon museum.
  Contact: (202) 633-1000 or www.si.edu.

• United States Holocaust Memorial Museum
  A Guided Highlights Tour can be scheduled four weeks in advance, and uses visual aids, including a monocular, flashlights, and high-contrast black and white photographs.
  Contact: (202) 488-6100 or www.ushmm.org.
Save the Date

April 8: POB Fundraiser at Cheeburger, Cheeburger, Rockville, MD, 5 - 9 p.m.
April 12: Macular Degeneration Network, Sibley Memorial Hospital, *First Connection* 9:30 a.m., *Program* 10:30 a.m.
April 15: Bag Lunch Discussion, Friendship Heights, 12:30 p.m.
April 16: Share Group, Vinson Hall, 10:30 a.m.
April 22: Low Vision Support Group, Washington Hospital Center, 11 a.m.
April 23: “Retina Research,” with Michael Lie, M.D., Holiday Park, 1:15 p.m.
April 23: Share Group, Classic Residence by Hyatt, 10:30 a.m.
April 30: POB Fundraiser at Hamburger Hamlet, Bethesda, MD, 5 - 9 p.m

Prevention of Blindness Society of Metropolitan Washington®
1775 Church Street, NW
Washington, D.C. 20036

FREE MATTER
For the Blind or Handicapped

To receive E-mail reminders about upcoming events, please send an E-mail to jheilman@youreyes.org.