Focus on Vision 2008

“Your Eyes and Nutrition”
Guest Speaker
Dr. Robert Stephens

Introduction
Dr. Emily Chew

Tuesday, September 23
9 a.m. - 12:30 p.m.
Jewish Community Center
of Greater Washington
6125 Montrose Road
Rockville, MD 20852

Focus on Vision 2008

Back by popular demand, you are invited to attend Focus on Vision 2008. You will learn how diet affects sight.

Keynote speaker Robert Stephens, M.D., retina specialist, will present “Your Eyes and Nutrition.” Emily Chew, M.D., National Eye Institute, National Institutes of Health, will provide opening remarks. Area-wide representatives will provide services, information and technology exhibits. There will also be free eye and blood pressure screenings. Light refreshments will be served. Free parking is available. For more information, call (301) 348-3879.
Calendar of Events

• **Tuesday, September 9, 2008**
  Low Vision Support Group, 11 a.m.
  Penny Helfgott, Executive Director, Washington National Eye Center
  Washington Hospital Center, Eye Clinic
  110 Irving Street, NW
  Washington, D.C. 20010
  Call (202) 877-6081 to reserve lunch.

• **Tuesday, September 9, 2008**
  Share Group, 2 p.m.
  Falcon’s Landing
  20522 Falcon’s Landing Circle
  Potomac Falls, VA 20165

• **Saturday, September 13, 2008**
  Macular Degeneration Network, “Macular Degeneration 101”
  10:30 a.m. - 12 p.m.
  Michael Lai, M.D., retina surgeon
  *First Connection Share Group*, 9:30 a.m.
  Sibley Memorial Hospital, Ernst Auditorium
  5255 Loughboro Road, NW
  Washington, D.C. 20016

• **Tuesday, September 16, 2008**
  Low Vision Lunch and Learn, “Making the Most of Your Eye Doctor Appointment,” 12:30 - 1:30 p.m.
  Clete Clark, Operations Manager, Washington Eye Physicians and Surgeons
  Friendship Heights Village Center
  4433 Southpark Avenue
  Chevy Chase, MD 20815
  *Bring a bag lunch, refreshments provided.*
Calendar of Events

• Wednesday, September 17, 2008
Share Group, 10 a.m.
Vinson Hall
6251 Old Dominion Drive
McLean, VA 22101

• Thursday, September 18, 2008
Stargardt’s Network, 6:15 p.m.
Baja Fresh, Dupont Circle
1333 New Hampshire Avenue, NW
Washington, D.C. 20036

• Tuesday, September 23, 2008
Focus on Vision 2008, 9 a.m. - 12:30 p.m.
“Your Eyes and Nutrition,” Robert Stephens, M.D.
Service and technology exhibits, information, and screenings.
Jewish Community Center of Greater Washington
6125 Montrose Road
Rockville, MD 20852
(301) 348-3879

• Thursday, September 25, 2008
The Eye Site: Vision Screenings and Resource Information, Free Glaucoma Screenings, 10:30 a.m. - 12:30 p.m.
Holiday Park
3950 Ferrara Drive
Silver Spring, MD 20906

For more information on these events, please call POB at (202) 234-1010
“Adjusting to Vision Loss”

An update on June’s Macular Degeneration Network meeting with Dr. Suleiman Alibhai

The Macular Degeneration Network meeting on June 14 at Sibley Memorial Hospital featured guest speaker Suleiman Alibhai, O.D. The meeting addressed options for maximizing your sight through adapting and adjusting to vision loss.

Dr. Alibhai explained that it is extremely rare for people with macular degeneration to go blind. People with macular degeneration still have some vision, and with practice, can learn how to use their remaining sight and peripheral vision.

Besides seeing a low vision specialist, there are government and private organizations available to do evaluations and help recommend low vision aides. Low vision aides will help make things be bigger, bolder and brighter for you to see.

Continued...
The following local government rehabilitation agencies can evaluate and recommend low vision care:

- **Maryland**--Maryland State Division of Rehabilitation Services (410) 544-9385
- **Virginia**--Virginia Department for the Blind and Vision Impaired (703) 359-1100
- **Washington, D.C.**--Rehabilitation Services Administration, Vision Impairment Section (202) 442-8628

“Remember, your eyes are connected to your brain, so your only limitation is what you tell your brain!”

Audio recordings of the meeting are available. To request a CD audio recording, call POB at (202) 234-1010. To contact Dr. Alibhai, please call (703) 652-7803.

**AARP Life@50+ Conference**

Are you going to the AARP Life@50+ conference Sept. 4-6, 2008 in Washington, D.C.? If you answered yes, then look for POB at the Vision Pavilion! POB along with the National Eye Institute and the Macular Degeneration Partnership are coordinating the Vision Pavilion. “Ask A Doctor,” Celebrity Specs, and a real-life kitchen and office space adapted with low vision aides are highlights of the Vision Pavilion. For more information on the conference, visit www.aarp.org.
Restaurants

Enjoy a meal at one of these top accessible restaurants

More than 200 of Washington, D.C.’s finest restaurants will be participating in the 13th Washington, D.C. Restaurant Week from Aug. 11-17, 2008. Select restaurants will be offering a three-course lunch for $20.08 and a three-course dinner for $35.08.

Georgia Brown’s, voted one of the district’s top accessible restaurants, will be participating in Restaurant Week. Georgia Brown’s dishes up southern hospitality and an eclectic menu of soul food.

- Georgia Brown’s
  950 15th Street, NW
  Washington, DC 20005
  (202) 393-4499
  Food: Southern
  Services: Captioned TVs and braille menus available.

Continued...
Around Town

For a complete list of restaurants participating in Restaurant Week, visit on the Web www.opentable.com. Reservations are highly recommended.

Can’t make it to Restaurant Week? Then enjoy a meal at one of these top accessible restaurants conveniently located in Maryland and Virginia:

- **Timpano Chophouse & Martini Bar**
  12021 Rockville Pike
  Rockville, MD 20852
  (301) 881-6939
  Food: Italian
  Services: Six handicap permit parking spaces.

- **Las Tapas**
  710 King Street
  Alexandria, VA 22314
  (703) 836-4000
  Food: Tapas
  Services: Well-lit interior.

The Original Pancake House Fundraiser for POB!

Enjoy breakfast or lunch on Thursday, Aug. 21, 2008, 7 a.m. - 3 p.m., at any one of the three locations in Bethesda, MD, Rockville, MD, or Falls Church, VA, and 15 percent of sales will benefit POB!

For more information, call POB at (202) 234-1010.
Save the Date

August 21: Stargardt’s Network, Baja Fresh, Dupont Circle, 1333 New Hampshire Avenue, NW, Washington, D.C. 20036, 6:15 p.m.

October 14: Low Vision Support Group, Washington Hospital Center, Eye Clinic, 11 a.m.
October 16: “Are Your Eyes the Window to Your Heart? An Eye to Heart Connection,” Daniel Berinstein, M.D., Holiday Park, 1:15 p.m.
October 18: Macular Degeneration Network, “Affecting the Low Vision Political Agenda,” Patricia Beattie, Sibley Memorial Hospital, 10:30 a.m., First Connection, 9:30 a.m.
October 21: Low Vision Lunch and Learn, Suleiman Alibhai, O.D., Friendship Heights, 12:30 p.m.

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