Redefining Our Attitude About Vision Loss

Charles Crawford has traveled the black-and-white dichotomy between legally sighted and legally blind. The reality is there is a vast gray area between normal vision and blindness, and there is a lot of life in between. Crawford is a nationally recognized rehabilitation expert for those facing vision loss and blindness. He is a motivational speaker who has bravely faced additional adversities. Don’t miss the opportunity to hear Charles “Charlie” Crawford share his thoughts on how we can begin to redefine our attitudes about vision loss. A continental breakfast will be served before the event from 9:45 - 10:30 a.m.
Calendar of Events

• Tuesday, June 9, 2009
Low Vision Support Group, “Protecting Your Sight from the Sun,” 11 a.m.
Washington Hospital Center, Eye Clinic
110 Irving Street, NW
Washington, DC 20010
Call (202) 877-6081 to reserve lunch. Free parking sticker.

• Tuesday, June 9, 2009
Low Vision Share Group, 2 p.m.
Falcon’s Landing
20522 Falcon’s Landing Circle
Potomac Falls, VA 20165

• Tuesday, June 16, 2009
Vision Support Group, “Sunlight: Kiss or Curse?,” 12:30 - 1:30 p.m.
William Davis, O.D., optometrist
Friendship Heights Village Center
4433 Southpark Avenue
Chevy Chase, MD 20815
Bring a bag lunch. Dessert and beverage provided.

• Wednesday, June 17, 2009
Low Vision Share Group, 10 a.m.
Vinson Hall
6251 Old Dominion Drive
McLean, VA 22101
Calendar of Events

• Thursday, June 18, 2009
Stargardt’s Network, 6:15 p.m.
Aladdin’s Eatery
4245 N. Fairfax Drive
Arlington, VA 22203

• Saturday, June 20, 2009
Macular Degeneration Network, “Vision Loss: The Journey” 10:30 a.m.
Charles Crawford, Commissioner for Montgomery County Commission for People with Disabilities
Continental Breakfast, 9:45 - 10:30 a.m.
Sibley Memorial Hospital, Ernst Auditorium
5255 Loughboro Road, NW
Washington, DC 20016

• Wednesday, June 24, 2009
Picture This! Descriptive Art Tour and Share Group, 1 p.m.
Share Group 2 - 2:45 p.m.
National Gallery of Art, East Building
Meet at Information Desk, Lobby
4th and Constitution Avenue, NW
Washington, DC 20565

For more information on these events, please call POB at (202) 234-1010
Special Mid-Summer Seminar

Sachin Kalyani, M.D.
Ophthalmologist

“Annoyances of the Eye”
Ask your questions about dry eye, blurred vision, sensitivity to light and much more!

Wednesday, July 22
1:15 p.m.

Holiday Park Multiservice Senior Center
3950 Ferrara Drive
Silver Spring, MD 20906
(240) 777-4449

For more information, please call (202) 234-1010
The National Gallery of Art and Prevention of Blindness Society of Metropolitan Washington®

Present

“Picture This!”

A Descriptive Tour of Art and Share Group for People with Vision Impairment

Wednesday, July 22
1 p.m.
Share Group 2 – 2:45 p.m.

The National Gallery of Art
4th and Constitution Avenue, NW
Washington, DC 20565

West Building
Meet Second Floor, Rotunda
(202) 737-4215

For more information, please call (202) 234-1010
Get Great Shades Without Losing Your Shirt

Overexposure to the sun can wreak havoc on your eyes. Sun damage can cause severe conditions such as photokeratitis (sunburn to the cornea), pterygium (tissue growth on the whites of the eyes that can block vision), skin cancer on the eyelids, and has been implicated in the development of cataracts and possibly macular degeneration as well.

What you may not know is that even the best designer sunglasses may be doing more to improve your reputation than to protect your eyes from sun damage.

The three most common myths about sunglasses are:
- Darker sunglasses provide better protection against the sun.
- Expensive designer sunglasses are of a better quality than generic sunglasses.
- Sunglasses only need to be worn in the summer.

“There are strong indications that chronic exposure to the components of sunlight may accelerate aging of ocular tissues. Any protective eyewear should have side shield protection or wrap around the eye so light cannot enter the eye from side reflections,” said Dr. Stephen Trokel, attending ophthalmologist at NewYork-Presbyterian Hospital/Columbia University Medical Center.
In the News

Check out the following tips to help you choose the best sun protection for your eyes during the summer and all year round:

– Check out the label. When you buy your next pair of sunglasses, look for the label that states the glasses provide over 95 percent UV protection. That is the only label that counts.

– Color coordinate. Choose a lens tint that blocks 80 percent of transmissible light, but no more than 90 percent to 92 percent of light; neutral gray, amber, brown or green are good colors to choose from.

– Make a healthy fashion statement. Choose sunglasses that wrap all the way around the temples, and/or wear a hat with a three-inch brim that can block the sunlight from overhead.

– Personalize your style. People with light-colored eyes, such as blue and green, are often more sensitive to bright sunlight than people with brown or dark brown eyes.

– Wear shades over your contact lenses. People who wear contact lenses that offer UV protection should still wear sunglasses. Sunglasses are helpful from preventing the drying effect most contact lens wearers get from warm wind.

— NewYork-Presbyterian Hospital
Save the Date

NO PROGRAMS IN AUGUST

September 8: Washington Hospital Center, Eye Clinic, 11 a.m.
September 8: Low Vision Share Group, Falcon’s Landing, 2 p.m.
September 12: Macular Degeneration Network, Sibley Memorial Hospital, 10:30 a.m., First Connection Share Group 9:30 a.m.
September 15: Vision Support Group, Friendship Heights Village Center, 12:30 p.m.
September 16: Low Vision Share Group, Vinson Hall, 10 a.m.
September 21: Aging Eye Network, “Sense-Abilities” with “Ask a Doctor” panel, Holiday Park Multiservice Senior Center, 1:15 p.m.
September 22: Sibley Senior Association Eye Health Lecture, Sibley Memorial Hospital
September 23: “Picture This!,” National Gallery of Art, 1 p.m.

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