How to Help When Someone Close to You is Visually Impaired

“My husband has been so depressed since he lost his vision.” People who become visually impaired later in life experience a range of feelings, including sadness, anger, worry, frustration and fear. The challenges they face may seem overwhelming and insurmountable. You also may have similar reactions. While these feelings are common--and understandable--they should not be ignored.

Research has shown that family members can ease the adjustment to vision
How to Help

How to Help When Someone Close to You Is Visually Impaired

loss by listening to their relatives’ feelings and offering help when it’s needed. Also, individual and family counseling can enable those affected to better cope with their feelings. Support groups, both for the person with vision loss and for family members, can be very helpful as well. According to the research, partners of people who are visually impaired reported that their participation in support groups provided them with an emotional outlet and improved understanding in both directions.

As we approach 2012, the Prevention of Blindness Society of Metropolitan Washington wants to remind you of the many opportunities that the Macular Degeneration and Aging Eye Networks offer for information, education, guidance, group support and fellowship. The December opportunities will meet on Monday, December 5th; Tuesday, December 6th; Wednesday, December 7th; Thursday, December 8th; and Saturday, December 10th (see calendar of events for locations and times).

In the case of inclement weather this winter, please call (301) 312-3685 for updated event information.
Did you know that the Martin Luther King, Jr. Memorial Library provides Saturday technology sessions on the 1st and 3rd Saturdays of each month in Room 215 of the Adaptive Services Division? These sessions focus on adaptive technology as it relates to maximizing an individual's independence. Additionally, the Library, located at 901 G Street, NW, Washington, DC, provides adaptive technology work stations for customers who can benefit by their availability. Any customer can call ahead and reserve two hour sessions either at computer work station or at a CCTV reader.

Training is also available at these work stations through orientation sessions and regular weekly meetings with volunteer trainers. For more information on training or to reserve a work station, call MLK Library Adaptive Services Division, (202) 727-2142. Everyone welcome!

DONATE YOUR LOW VISION EQUIPMENT!
POB’s Low Vision Learning Center can accept donations of used low vision equipment (i.e. magnifiers, CCTVs) in good working order for people in need of assistance. Please contact Dr. Alibhai at (703) 652-7803 or drop off at 900 King Street, Alexandria, VA.
Calendar of Events

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

• Friday, December 2nd, 2011
  Holiday Open House on Antique Row, Kensington, MD, 7 - 9 p.m. Enjoy some holiday shopping at POB’s Look Again Shop at 3716 Howard Avenue, Kensington, MD 20895

• Monday, December 5th, 2011
  “High Hopes for Life with Low Vision 2012: An Update!” at 2 p.m. Dr. Lexi Malkin, Low Vision specialist at POB’s Low Vision Learning Center is the guest speaker at the Classic Residences, 8100 Connecticut Avenue, Chevy Chase, Maryland 20815. Free Parking

• Tuesday, December 6th, 2011
  Washington Hospital Center Low Vision Group invites you to learn about “The Added Value of Library Services for Reading & Technology” at 11 a.m. Guest Speaker: Chris Corrigan from Martin Luther King Jr. Memorial Library, Adaptive Services Division. This is an outstanding opportunity to learn how you can maintain and improve your skills and learn new ones, at NO COST for these services. Complimentary lunch will be provided. To reserve holiday lunch, call (202) 877-6081.

• Wednesday, December 7th, 2011
“Flying High with Low Vision,” Celebrating 70 Years After Pearl Harbor, at 1 p.m., Leisure World Clubhouse #1. The Leisure World Low Vision Group invites you to a spirited program with guest speaker Julius Fleischman, World War II veteran and blind skier, skydiver, rower, golfer and surfer. Hear how Julius overcame his failing sight, and the role the Veterans Administration played toward his journey to independence. Complimentary refreshments. For more information, call Jane Brinser at (301) 438-2599.

• Thursday, December 8th, 2011
“Reflecting on Holiday Tradition Transitions” at 12:30 p.m. The Vision Support Lunch and Learn at Friendship Heights Village Center invites you to have a “conversation & light lunch” with Elinor Waters, Ed.D., a talented counselor specializing in gerontology. “Elly,” a local resident, will share from her own “low vision” experiences and lead a lively discussion. What a wonderful way to prepare our spirits for a happy holiday season. This program is a partnership of POB and the Village of Friendship Heights. Please call (301) 656-2797 to reserve your lunch.
SPECIAL SATURDAY MEETING

• Saturday, December 10th, 2011
  “Relax, Rejoice, Rejuvenate” at 10:30 a.m.
  Guest Speaker: Keith Federman, AFAA Senior Fitness Trainer, Health and Wellness Counselor at Montgomery College will share tips and techniques to maximize the person within each of us. The Macular Degeneration Network will meet in Sibley Memorial Hospital’s Private Dining Room #1 (at the rear of the cafeteria in the main hospital). Join us for an inspiring session. Refreshments will be served. Free parking in the garage adjacent to the Medical Building.

• Wednesday, December 28th, 2011
  “Picture This”, National Gallery of Art, Rotunda of the West Building will meet at 1 p.m.

JANUARY EVENTS

• Tuesday, January 10th, 2012
  “Better Light for Better Sight” Video Presentation with Audio Description, 11 a.m. at the Low Vision Group, Washington Hospital Center Eye Clinic, 110 Irving Street, NW, Washington, DC 20010 (Bus Circle entrance). Call (202) 877-6081 to reserve lunch.
Calendar of Events

• **Wednesday, January 11th, 2012**  
  “Preventing Falls: Strategies for Protecting Yourself Inside and Outside of Your Home,” 1:15 p.m., Aging Eye Network, Free Glaucoma Screenings from 10:30 a.m. - 12:30 p.m., Holiday Park Multiservice Senior Center, 3950 Ferrara Drive, Silver Spring, MD 20906. For further information call (202) 234-1010 (POB) or Holiday Park (240) 777-4999.

• **Saturday and Sunday, January 14th & 15th**  
  “NBC Health & Fitness Expo,” 9 a.m. - 5 p.m. each day at the Washington Convention Center, 801 Mt. Vernon Place NW, Washington, DC 20001. Adult glaucoma screening and much, much more.

• **Wednesday, January 18th, 2012**  
  Low Vision Group, “Make a Wish List for 2012” discussion, Facilitator: Gloria Sussman, 10 a.m. at Vinson Hall, 6251 Old Dominion Drive, McLean, VA. For more information, please call (202) 234-1010.

• **Wednesday, January 25th, 2012**  
  “Picture This,” 1 p.m. at the National Gallery of Art, East Building. Meet at Information Desk, 4th and Constitution Ave., NW, Washington, DC. Call (202) 737-4215 for reservations. Especially designed descriptive tour for individuals with low vision and anyone who wishes to enhance their experience.
Monday, February 13th--Glaucoma screenings, 9 a.m. - 12 p.m. at Laurel Senior Center, Laurel, MD
Tuesday, February 14th--Low Vision Lunch & Learn, 11 a.m. at Washington Hospital Center Eye Clinic
Wednesday, February 15th--Low Vision Group, 10 a.m. at Vinson Hall, McLean, VA
Wednesday, February 15th--“Eye/Heart Connection,” 1 p.m., Adult Eye Screenings, 10:30 a.m.-12:30 p.m., Margaret Schweinhaut Senior Center at Forest Glen, Silver Spring, MD
Thursday, February 16th--Vision Support Lunch & Learn, 12:30 p.m. - 1:30 p.m. at Friendship Heights Village Center, Chevy Chase, MD
Sunday, February 19th-- “Glaucoma Alert: Protecting Your Peripheral Sight!,” 2 p.m., Macular Degeneration Network, Sibley Memorial Hospital, Medical Building.

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