Exploring the Eye-Brain Connection

The eye is often compared to a camera, but in truth the sensory of sight is far more complex and efficient. We see with our brain. Not only does the eye focus and snap pictures, but it also works continuously with the brain and nervous system to process ever-changing images. Your eyes send electrical signals via the optic nerve to provide you with visual information about an object’s color, shape, movement, depth and distance.

Learn about the “art of seeing” at the Aging Eye Network’s presentation of “Exploring the Eye-Brain Connection” with Stephen Pappas, Jr., M.D., ophthalmologist and retina surgeon, on Tuesday, April 26 at 1:15 p.m. at Holiday Park Multiservice Senior Center. Don’t miss this opportunity to explore this intriguing topic and have your questions answered.

More information on page 6.
Providing Accessible Consumer Packaging Information

Do you have trouble reading cooking directions and nutrition information on consumer food products? Directions for Me (www.directionsforme.org), is your one stop source for accessible packaging information. Directions provides the information that’s on consumer packages or labels in a simple online format for anyone who has trouble reading the small print.

This site provides a consistent, quality source of complete packaging information for everything from preparation or cooking instructions to ingredient lists to nutrition and drug facts labels for many common grocery, health and beauty and general merchandise products. In addition, it also provides, potentially life-saving, allergy and drug interaction warnings.

For those watching their carbohydrates (carbs), fat, sodium or cholesterol intake, Directions provides a user-friendly way to get access to this information. Gaining comprehensive access will foster self sufficiency and
Directions for Me allow you to lead a more healthy and independent life.

Directions for Me was designed to be completely accessible with text-to-speech screen readers, magnifiers and braille displays as well as web-enabled cell phones. This information is presented in a uniform, easy-to-use format and eliminates features that hinder accessibility.

Regardless of the product or brand, all packaging information is formatted and displayed the same way. Users will be able to access this data exactly the same way, every time and will no longer have to search a variety of sites with different formats and varying levels of accessibility. The site remains current by utilizing a database that is continually added to and updated.

www.directionsforme.org

Save the Date: Wednesday, May 18

“National Eye Institute (NIH) Macular Degeneration Research Update”

Catherine Cukras, M.D., Ph.D.
1:15 p.m.
Holiday Park Multiservice Senior Center
Macular Degeneration Network

“Learning a New Way of Seeing”

Lexi Malkin, O.D.
Low Vision Specialist at new Low Vision Learning Center
under direction of Suleiman Alibhai, O.D.

Saturday, April 9
10:30 a.m. - 12 p.m.

Renaissance Building, Room 2
Sibley Memorial Hospital
5275 Loughboro Road, NW
Washington, DC

For more information, please call (202) 234-1010.
• Friday, April 8, 2011
Low Vision Group, 1 p.m.
The Fairfax
9140 Belvoir Woods Parkway
Fort Belvoir, VA 22060

• Saturday, April 9, 2011
Macular Degeneration Network, “Learning a New Way of Seeing,” 10:30 a.m., First Connection Share Group, 10 a.m.
Meet Lexi Malkin, O.D., Low Vision Specialist at the new Low Vision Learning Center in Alexandria
Renaissance Building, Rooms 1 & 2
Sibley Memorial Hospital
5275 Loughboro Road, NW
Washington, DC 20016
To register, please call (202) 364-7602.

• Tuesday, April 12, 2011
Low Vision Group, “Eye Q,” Bring your questions and curiosities about eye care, 11 a.m.
Michael Summerfield, M.D.
Washington Hospital Center, National Eye Center
110 Irving Street, NW
Washington, DC 20010
Free parking sticker. Call (202) 877-6081 to reserve complimentary lunch.
• Tuesday, April 19, 2011
Low Vision Lunch & Learn, “How Service Animals Provide Independence to People with Partial Sight and/or Other Disabilities,” 12:30 - 1:30 p.m.
Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, MD 20815
*Bring a bag lunch. For those observing Passover, matzo will be available. Beverage and dessert are provided.*

• Saturday, April 20, 2011
Low Vision Group, 10 a.m.
Vinson Hall
6251 Old Dominion Drive
McLean, VA 22101

• Tuesday, April 26, 2011
Aging Eye Network, Back by Popular Demand: “Exploring Your Eye-Brain Connection,” 1:15 p.m.
Stephen Pappas, Jr., M.D., Center for Retinal Diseases
Holiday Park Multiservice Senior Center
3950 Ferrara Drive
Silver Spring, MD 20906
*EyeSite open from 10:30 a.m. - 12:30 p.m. for free visual acuity screenings.*
Calendar of Events

• Wednesday, April 27, 2011
  “Picture This!,” 1 - 2:30 p.m.
  National Gallery of Art, West Building
  Meet at Second Floor Rotunda
  4th and Constitution Avenue, NW
  Washington, DC 20565 / (202) 737-4215
  *Wheelchairs and assistance are available by calling (202) 234-1010 by April 20.*

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Time and Weather Service by Phone

Verizon has announced that after 70 years, it will be suspending time and weather service by phone on June 1.

You can still receive time and weather updates, as well as free directory assistance, news, traffic reports and more by using “BING 411.”

Try it by calling (800) 246-4411.
Save the Date

May 1: Sight-Saving Seminar, Church of the Living God, Hyattsville, “Understanding the Eye-Heart Connection,” Michael Summerfield, M.D., 7 - 9 p.m.
May 10: Washington Hospital Center, Eye Clinic, 11 a.m.
May 17: Low Vision Lunch & Learn, Friendship Heights Village Center, “Eye Q,” Howard Weiss, M.D., 12:30 p.m.
May 18: National Eye Institute (NIH) Macular Degeneration Research Update, Holiday Park Multiservice Senior Center, 1:15 p.m.
May 21: Macular Degeneration Network, Sibley Memorial Hospital, Renaissance Building, 10:30 a.m.
May 23: National Gallery of Art, “Picture This!,” 1 p.m.

Please send an E-mail to jheilman@youreyes.org.

To receive E-mail reminders about upcoming events,

Return Service Requested

Handicapped
For the Blind or
FREE MATTER

Washington, DC 20036
1775 Church Street, NW
of Metropolitan Washington
Prevention of Blindness Society