Plan to attend this premiere community-wide eye research forum featuring seven physicians. Join scientific research ophthalmologists from the National Eye Institute at National Institutes of Health, including: Emily Chew, M.D., Deputy Director, Office of the Clinical Director; Edmund Fitzgibbons, M.D., neuro-ophthalmologist; Wai Wong, M.D., Ph.D., retina researcher; and Suleiman Alibhai, O.D., vision rehabilitation consultant. They will be joined by highly regarded community retina specialists Richard Garfinkel, M.D. and Robert Murphy, M.D., from the Retina Group of Washington; and... 

Continued on page 2
Join Marti Bailey, Director, Sibley Senior Association & Community Health, at Sibley Medical Building, Room 2, 5215 Loughboro Road, NW, Washington on Sunday, December 16th at 2:00 p.m., for an open discussion on “Finding Purpose in the New Year.” Marti is an expert on issues surrounding change and knows that as the new year approaches, many tend to reflect on past years, current status, and future hopes. People who become visually impaired later in life may experience sadness, frustration, worry, anger, and fear. Know that you are not alone. Attend this share group with family members and friends to share the unique opportunity of learning to cope with the year’s changes. See pages 6-7 for additional details.

Continued from front page...Robert Stephens, M.D., from Retina Consultants. This is your opportunity to learn the facts on the latest thinking on the connection between eye/brain research and migraines, strokes, visual hallucinations, trauma, nutrition and many eye diseases like diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD).

Doors open at 9:30 a.m. Free parking is available on the back deck of the Courtyard by Marriott. This event is metro rail (Red Line) and bus accessible. For more details see page 5.

This free event is sponsored in partnership with the Prevention of Blindness Society of Metropolitan Washington (POB), Sibley Senior Association, Friendship Heights Village Center, The Beacon, National Eye Institutes, and Courtyard by Marriott. For more information, call 301-656-2797 or 202-234-1010.
Prevention of Blindness Society of Metropolitan Washington and the Adaptive Services Division of the DC Public Library’s Martin Luther King (MLK), Jr. Memorial Library will launch a unique monthly gathering for those with vision loss who wish to maintain their independence through arts and culture. Vision loss can have a devastating impact that each person handles differently. Though you may not be able to deny the fact that your sight is diminishing, it is unlikely that you have lost your imagination or creativity!

Plan to attend the first meeting of the New Vision Arts and Independence Lunch & Learn on November 14, 2012 at the DC Public Library’s MLK, Jr. Memorial Library, Adaptive Services. Room 215, 901 G Street, NW, Washington, DC 20001, from 11:00 a.m. to 1:00 p.m. Space is limited. To reserve space and lunch, call 202-727-2142.

Visit www.youreyes.org daily for comprehensive information, events, and news.
Diabetes is dramatically increasing, and the eye problem known as diabetic retinopathy—which can cause vision loss and blindness—is becoming a serious public health issue. Join Reginald D. Barnes, Jr., M.D., a well-known Washington ophthalmologist, for a community-wide Eye Health Forum. Discussions will include the symptoms of diabetic retinopathy, who is at risk, how it is detected and treated, how it can be prevented, what research is underway, and what you can do to protect your vision.

Call Barbara at 202-877-6159 to register to receive a healthy lunch/snack.
IMPORTANT REMINDER: Regularly scheduled meetings at MedStar Washington Hospital Center, Sibley Memorial Hospital, and Friendship Heights Village Center will NOT be held in November. We encourage everyone to attend the special events held in November and December that are listed below.

• Wednesday, November 14, 2012
Lunch & Learn: New Vision Arts and Independence
11:00 a.m. - 1:00 p.m.
Meet award-winning librarian, Venetia Demson, Librarian, Adaptive Services Division in Room 215, DC Public Library’s MLK, Jr. Memorial Library, 901 G Street, NW, Washington, DC 20001. See page 3 for more information. Space is limited. Call 202-727-2142 to register.

• Saturday, November 17, 2012
2012 Eye Research Forum: Eye-Brain Connection
10:00 a.m. - 12:30 p.m. (doors open at 9:30 a.m.)
See pages 1-2 for more information. Friendship Heights Village Center, 4433 South Park Avenue, Chevy Chase, MD 20815. Free parking available. Metro rail and bus accessible.

• Wednesday, November 28, 2012
“Picture This”
1:00 p.m.
Calendar of Events

• Monday, December 3, 2012
“Don’t Lose Sight to Diabetes”
11:00 a.m. - 12:30 p.m.
You are invited to attend this free sight-saving seminar. Join keynote speaker, Reginald D. Barnes, Jr., M.D., guest ophthalmologist, as he educates us on the current thinking about diabetic eye disease. Learn what you can do to protect your eyes. See page 4 for complete information. Call 202-877-5329 to reserve lunch/snack.

• Wednesday, December 12, 2012
Lunch & Learn: “New Vision Arts & Independence”
11:00 a.m. - 1:00 p.m.
There is something poetic about meeting on 12/12/12. Meet to discuss a poem, an anecdote, or story about the power—or coincidence—of numbers. Call 202-727-2142 to reserve a light lunch.

• Thursday, December 13, 2012
Low Vision Holiday Tea & Talk: “Better Light for Better Sight”
1:30 p.m. - 3:00 p.m.
An audio-described DVD on how to select best lighting for your activities of daily living and safety. Charles Beatley Central Library, 5005 Duke Street, Alexandria, VA 22304. Call 703-746-1702 or 202-234-1010 for more information.

• Sunday, December 16, 2012
Macular Degeneration Network: “Finding Purpose in the New Year”
2:00 p.m. - 3:30 p.m.
Calendar of Events

(December 16 con’t.) Join Marti Bailey, Director, Sibley Senior Association & Community Health, Sibley Memorial Hospital Medical Building, Room 2, 5215 Loughboro Road, NW, Washington, DC 20016. See page 2 for complete details.

• Thursday, December 20, 2012
Vision Support Lunch & Learn: “Talking with Your Doctor”
12:30 p.m. - 1:30 p.m.
Friendship Heights Village Center, 4433 South Park Avenue, Chevy Chase, MD 20815. Call 301-656-2797 to reserve lunch.

Consumer Alert
Priority Repair Program
During the recent June 29, 2012 derecho, many households experienced loss of electricity and telephone landline (wired) service. The Office of People’s Counsel determined that Verizon has a priority telephone repair program for seniors (65+) and customers with medical problems.

On January 25, 2011, the Public Service Commission approved a prioritization program for Verizon’s customers. Qualified customers can be pre-certified for repair priority if the customer is without alternative access to Emergency-911 service. Customers who meet these conditions and file the appropriate certifications will receive priority for repairs when an outage is reported.

Ensure that you are safe during a power outage. Contact your Verizon provider for more information and to sign up for the program today.
Happy Holidays from Prevention of Blindness Society of Metropolitan Washington!

Be safe, happy, and healthy.
See you in 2013!