According to recent statistics, vision loss is a leading cause of falls. Vision loss resulting from the four leading aging eye diseases—cataracts, diabetic retinopathy, glaucoma, and macular degeneration—can alter depth perception, visual acuity, peripheral sight, susceptibility to glare, and can hinder safe navigation in or outside of your home. Learn to “Stand up to Falls” with Andrew Adelson, M.D., ophthalmologist, and Alexis Malkin, O.D., vision rehabilitation specialist, on Sunday, September 30, 2012 from 2:00 - 3:30 p.m. at Sibley Memorial Hospital’s Medical Office Building.

Learn how to avoid a potentially fatal fall by learning medical and rehabilitation tips and techniques from the experts. This program is co-sponsored with Sibley Senior Association. Free parking. For more details, see page 7 or call 202-234-1010.
New Clinical Trial!

Dry AMD Research Opportunity
Do you or someone you know have dry age-related macular degeneration (AMD)? If your answer is yes, you may qualify for a new clinical trial. Join POB for a discussion on a new program available to those who suffer from dry AMD. The clinical trial will provide frequent monitoring of patients at risk for developing wet AMD, a disease that can cause rapid vision loss. This new monitoring program will link patients and doctors while in between eye exams, and will offer live, ongoing monitoring and alerts for significant changes in vision.

Featuring guests Debbie Oliver, Study Clinical Research Manager at Retina Group of Washington, and Osnat Ehrmat, M.Sc., Director, Clinical Operations, Notal Ltd., the developer of the Foresee Home Monitoring Program. Program held at the Charles Beatley Central Library, Alexandria, VA. For further information, see page 6 or call 703-746-1760.

Mark Your Calendars!

*The Beacon’s 50+ Senior Information Expo*
12:00 p.m. - 4:00 p.m.

October 7: Ballston Mall
October 14: White Flint Mall

POB’s 5th Annual American Girl® Fashion Show
November 4, 2012

Buy your tickets today! For more information, visit www.youreyes.org.
POB Says Goodbye to a Good Friend

POB bids farewell to a good friend – Julius Fleischman. Julius sought to find purpose in his profound loss of sight. In recent years, he discovered a passion for competing in sporting events for people with vision loss and other disabilities. He became a featured speaker at POB support groups—encouraging others to participate in physical activities despite their vision impairment. Those who met him were awed by his inexhaustible energy and spirit.

In 2010, Julius made an invaluable gift to the low vision community with significant financial support to POB’s Low Vision Learning Center. He simply wanted to help create a place where people could easily find access to low vision rehabilitation assistance—and he did. POB thanks Julius for his generosity, his ability to find purpose in challenge and confront loss with a shared joy of being alive. If you would like to help, donations of lightly used low vision equipment may be made to POB’s Low Vision Learning Center.

Julius Fleischman

April 11, 1922
-
April 2, 2012
Monet, Rembrandt, and many other fine artists produced magnificent works; yet how many remember that these artists were visually impaired? How many have loved living in DC because of access to national art treasures and exhibits, yet due to vision changes/loss no longer think this activity could be enjoyable or possible? Well, think again! Meet Wil Scott, Head, Department of Adult Programs, Education Division, National Gallery of Art, and the spark that ignited these “descriptive tours.” Mr. Scott will share information about the monthly tours that makes art collections more accessible to adult visitors with less sight. Come and learn about the tours and teaching methodologies that enhance the descriptive art experience for all—including non-visually impaired visitors who love joining the tour!

This program is in partnership with Prevention of Blindness Society of Metropolitan Washington. To reserve light lunch, please call 301-656-2797.
Federal, state, and local libraries offer those with visual impairment a variety of programs to help make the most of the information available to them. The National Library Service (NLS) offers the “Talking Book Program” that provides full-length books and magazines on cartridges and lightweight portable players at no cost to eligible users. Players and cartridges can be mailed via postage-free mail. Anyone who is unable to use standard print materials due to permanent visual or physical limitations may receive these resources.

In addition, the NLS produces music resources such as large print music, large print music scores, music appreciation materials, and instruction on a variety of instruments. Many local libraries offer information and training on adaptive technology equipment. Link to your local library and learn how their services can enhance your life with low vision.

More Video Description on Television

Beginning July 1, 2012, the four major broadcast networks and the top five-rated cable networks, and their affiliates, will begin offering four hours a week of video described programs. Video description is audio-narrated description of a television program’s key visual elements that are inserted into natural pauses within the program’s dialogue. Video description makes TV programming more accessible to people who are visually impaired. Though video description has been a part of broadcasting for years, it has not been offered to this extent. This ruling will apply to networks’ top 25 markets, and to cable and satellite systems with at least 50,000 subscribers.
Calendar of Events

• Tuesday, September 11, 2012
Low Vision Lunch & Learn: “Strategies for Staying Safe”
11:00 a.m. - 12:45 p.m.
Washington Hospital Center Eye Clinic, 110 Irving Street, NW, Washington, DC (Bus Circle Entrance). To reserve lunch, call Penny at 202-877-5329.

• Thursday, September 13, 2012
Dry AMD Research Opportunity
1:30 p.m. - 3:00 p.m.
Learn about participating in a clinical trial with FDA approved home-based monitoring program for people with AMD. Join Retina Group of Washington’s Debbie Oliver, Clinical Research Manager and Osmat Ehrmat, M.Sc., Notal Ltd., developer of the monitoring device. Also, enjoy Tea Time exhibit “DaVinci,” a remarkable text-to-speech CCTV reader at Charles Beatley Central Library, 5005 Duke Street, Alexandria, VA. For more information, call 703-746-1760.

• Friday, September 14, 2012
“Understanding Audible Crosswalk Signals and Accessible Transportation Options”
11:30 a.m. - 12:30 p.m.
Meet Charles Crawford, Commissioner, Montgomery County Commission for People with Disabilities at Five Star Premier Residences, 8100 Connecticut Ave, Chevy Chase, MD. For more information, call 202-234-1010.

• Wednesday, September 19, 2012
Low Vision Support Group
10:00 a.m. - 11:00 a.m.
Calendar of Events

Facilitated by Gloria Sussman at Vinson Hall, 6251 Old Dominion Drive, McLean, VA. For additional information, call POB at 202-234-1010.

• Thursday, September 20, 2012
Vision Support Lunch & Learn: “Art is for Everyone”
12:30 p.m. - 1:30 p.m.
Guest speaker: Wil Scott, Head, Educational Division, National Gallery of Art. Learn about tours and teaching methodologies that enhance the descriptive art experience for everyone.
Friendship Heights Village Center, 4433 South Park Avenue, Chevy Chase, MD. Call 301-656-2797 to reserve lunch.

• Wednesday, September 26, 2012
“Picture This”
1:00 p.m.
National Gallery of Art descriptive tour. For more information, call POB at 202-234-1010.

• Sunday, September 30, 2012
Macular Degeneration Network: “Aging Eyes and Fall Prevention Month”
2:00 p.m. - 3:30 p.m.
Andrew Adelson, M.D., ophthalmologist, and Alexis Malkin, O.D., low vision specialist, will explore the eye diseases and impairments that significantly impact the risks of falling.
Everyone welcome. Free garage parking adjacent to the Sibley Medical Building, 5215 Loughboro Road, NW, Washington, DC. Co-sponsored by Sibley Senior Association. For more information, call POB at 202-234-1010.
Save the Date
Upcoming October 2012 Events

10/9: Washington Hospital Center Eye Clinic
10/10: Mayor’s Disability Conference at MLK, Jr. Library
10/11: Tea & Talk at Charles Beatley Library, Alexandria, VA
10/15: “Your Aging Eyes,” Holiday Park, Silver Spring, MD
10/17: Low Vision Group at Vinson Hall, McLean, VA
10/18: Friendship Heights Village Center, Chevy Chase, MD
10/21: Macular Degeneration Network, new Sibley Medical Building
10/24: “Picture This,” National Gallery of Art

Special Event – “The Eye-Brain Connection 2012”
November 17, 2012, Friendship Heights Village Center
Free parking & metro accessible

To receive email reminders about upcoming events,
please send an email to communications@youreyes.org.

Return Service Requested