MACULAR DEGENERATION NETWORK CELEBRATES NATIONAL FALL PREVENTION MONTH

Did you know that vision loss is a leading cause of falls? Vision changes resulting from cataracts, diabetic retinopathy, glaucoma and age-related macular degeneration – can alter depth perception, visual acuity, peripheral sight (side vision), susceptibility to glare, and can hinder navigation in or outside your home.

Don’t miss this opportunity to learn to “Stand Up to Falls” with guest speaker, Lisa Branick, MS, OTR/L. Ms. Branick will discuss strategies, information and ideas about adaptive techniques to enable us to avoid a potentially fatal fall.

(continued on Page 2)
She has worked as an occupational therapist for 26 years, and is currently on staff in the rehabilitation service at Sibley Memorial Hospital. Mark your calendar: Sunday, September 22, 2013, 2 – 3:30 p.m., Sibley Medical Office Building, 5215 Loughboro Road, NW, Washington, DC. This program is in partnership with Sibley Senior Association. For more information, see page 6.

ALL-STAR VEGETABLES FOR EYE HEALTH

Green vegetables are a great source of vitamins and antioxidants that promote overall health. However, the four vegetables below are the “all-stars for eye health.” With a bit of creativity, these gems can be turned into a multitude of different dishes.

BROCCOLI

• Contains lutein and zeaxanthin, vitamin C, vitamin E, beta-carotene, and fiber.

• Make a stir fry with broccoli and lean beef. Add low sodium soy sauce, garlic and pepper. Serve over a healthy whole grain such as quinoa or barley.

• Cut out broccoli florets. Peel the stem and shred it. Mix with your favorite vinaigrette for a new twist on coleslaw – broccoli slaw.

• Mix small broccoli florets with a little olive oil and sea salt. Roast broccoli in oven until it starts to brown, about 15 minutes at 375 degrees. Enjoy.
PEAS
• Contain lutein and zeaxanthin, beta-carotene, and fiber.
• Children love them half-thawed as a pre-dinner snack.
• Add to stir-fries and soups.
• Add steamed peas and edamame to a bowl of rice, with sautéed chicken or tofu. Great in a thermos for lunch the next day.

BRUSSELS SPROUTS
• Contain lutein and zeaxanthin, vitamin C, beta-carotene, and fiber.
• Roast Brussels sprouts in the oven to bring out their sweet, complex flavor.
• Use Brussels sprouts instead of cabbage in a soup for added nutritional value.

GREEN BEANS
• Contain lutein and zeaxanthin, beta-carotene, and fiber.
• Mix steamed green beans with a can of tuna and baby spinach for a quick lunch salad.
• Steam green beans until tender crisp. Immediately shock in ice water to keep the color and stop cooking. Keep in the fridge and add to salads, soups, pasta and stir-fries.
• Steamed green beans with sea salt and olive oil, garnished with slivered almonds, are a classic side dish.

(The above information provided by Macular Degeneration Partnership.)
IMPORTANT UPCOMING EVENT —
Save the Dates: October 16 & October 30

• Experts from Johns Hopkins University Wilmer Eye Center and the National Institutes of Health’s National Eye Institute present “Vision Matters: EYE GRAND ROUNDS,” a two-session series. The first presentation is Wednesday, October 16, from 1 – 3 p.m. The program will take a tour of the eye and explore “EYEBALL ARCHITECTURE.” Learn how your eyes are designed to keep you safe.

“EYE GRAND ROUNDS” continues with the second session, “HOW SIGHT CHANGES CAN IMPACT COGNITION,” Wednesday, October 30, 1 – 3 p.m. Both programs are at the Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring, MD. Adult glaucoma screenings will be available from 9:30 a.m. – 12 noon at both presentations. Call to register for programs and glaucoma screenings: 240-777-8085. This series is in partnership with Montgomery County Department of Recreation & the Beacon newspapers. See the October newsletter for more information.

LOW VISION TIP:
To add more light to your shower or bath tub, avoid shower curtains with patterns – instead use clear plastic.
Save the Date!

• **Tuesday, September 10th**
  Low Vision Lunch & Learn – Join physician-led discussion
  “Preventing Falls – What You Should Know,” 11 a.m. –
  12:45 p.m., MedStar Washington Hospital Center Eye
  Clinic, 110 Irving Street, NW, Washington, DC. (To reserve
  complimentary lunch, please call 202-877-5329.)

• **Thursday, September 12th**
  Low Vision Resource Group, “Using Senior Services
  in Alexandria,” 1:30 – 3 p.m., Charles E. Beatley, Jr.
  Regional Library, 5005 Duke Street, Alexandria, VA. Further
  information: 202-234-1010

• **Wednesday September 18th**
  Low Vision Group, 10:30 a.m.
  Vinson Hall
  6251 Old Dominion Drive, McLean, VA.
  More information: 202-234-1010

• **Thursday, September 19th**
  Vision Support Lunch & Learn
  “Preventing Falls – Increasing Your Safety” Audio-described
  film and discussion, 12:30 – 1:30 p.m., Friendship Heights
  Village Center, 4433 South Park Avenue, Chevy Chase, MD.
  Call to reserve complimentary light lunch: 301-656-2797
Calendar of Events

• Sunday, September 22nd
MACULAR DEGENERATION NETWORK
“STRATEGIES TO AVOID INJURY AND IMPROVE SAFETY DURING DAILY ACTIVITIES,” 2 – 3:30 p.m., Sibley Medical Office Building, 5215 Loughboro Road, NW, Washington, DC. Guest speaker, Lisa Branick, MS, OTR/L, has worked as an occupational therapist for 26 years in various settings, including acute care hospitals, rehabilitation hospitals, nursing centers and assisted living facilities. She is currently on staff at Sibley Memorial Hospital and has expertise in home safety strategies and adaptive techniques for everyday living.
Garage parking validated and refreshments provided.
This program is in partnership with the Sibley Senior Association. Additional information: 202-364-7602.

• Wednesday, September 25th
“Picture This,” 1 p.m., National Gallery of Art in partnership with POB. To join this described art tour, please meet at the second floor rotunda in the West Building, 6th & Constitution Avenue, NW, Washington, DC. For more information call: 202-737-4215.
Calendar of Events

OCTOBER UPCOMING EVENTS —
Save the Date!

- October 8: Low Vision Lunch & Learn,
  11 a.m. – 12:45 p.m., MedStar Washington Hospital Center Eye Clinic, Washington, DC.

- October 10: Low Vision Resource Group, 1:30 – 3 p.m.,
  Charles E. Beatley Jr. Regional Library, Alexandria, VA.

  1 – 3 p.m., Margaret Schweinhaut Senior Center, Silver Spring, MD.

- October 16: Vinson Hall Low Vision Group, 10:30 a.m.,
  McLean, VA.

- October 17: Vision Support Lunch & Learn,
  12:30 – 1:30 p.m., Friendship Heights Village Center,
  Chevy Chase, MD.

- October 20: Macular Degeneration Network, 2 – 3:30 p.m.,
  Sibley Medical Office Building, Washington, DC.

- October 23: “Picture This,” 1 p.m., National Gallery of Art,
  West Building, Washington, DC.

- October 30: “Eye Grand Rounds – Part Two,
  How Sight Changes Can Impact Cognition: What You Should Know,”
  1 – 3 p.m., Margaret Schweinhaut Senior Center, Silver Spring, MD.
Visit POB’s website, www.youreyes.org, to stay up-to-date on news and event information.