ABCS OF LOW VISION ENHANCEMENT
MACULAR DEGENERATION NETWORK

Did you know there are HUNDREDS of products to help people with impaired sight STAY ACTIVE AND INDEPENDENT? Join us March 8 at the Sibley Medical Building and meet Burt Levy, a leader in low vision product resources. View numerous products including the newest talking and large-print cell phones with GPS technology for emergencies. Make a wish list of items that can enhance your daily life and attend this unique program – you’ll be happy you did!

Event details on page 4
NEW DAY, TIME & WEATHER POLICY
MACULAR DEGENERATION NETWORK

POB’s Macular Degeneration Network began holding monthly meetings and programs at Sibley Memorial Hospital’s Ernst Auditorium almost 25 years ago. Proudly, POB now continues its partnership with the Sibley Senior Association on the second SATURDAY of each month, from 10:30 a.m. to noon in the new Sibley Medical Building (5215 Loughboro Rd., NW). This change to Saturdays will hopefully assist those relying on public transportation.

To check on meeting cancellations, contact Sibley Senior Association before 4 p.m. on the Friday before at 202-364-7602 or call POB at 202-234-1010. Additionally, every effort is made for WTOP to alert the community of cancellations due to weather.

Join us at our next meeting on March 8! (See page 4).

ATTENTION NORTHERN VA RESIDENTS
FEDERALLY FUNDED PROGRAM: ASSISTIVE TECHNOLOGY

Learn how the Virginia Assistive Technology System may be able to help you obtain technology products to improve daily life with a vision disability. Assistive technology refers to equipment, products or software that can improve or maintain the functional capabilities of people with disabilities, including vision disabilities.

(Continued on page 3)
On March 13, join us at Charles E. Beatley, Jr. Central Library to learn about the program and other resources available to people who qualify. Meet with George Mason University representatives and learn more about your options!

Event details on page 5

SWING INTO SPRING WITH A SONG IN YOUR HEART
MEETING THE CHALLENGES OF VISION LOSS

POB and Friendship Heights Village Center invite you to enjoy the Vision Support Lunch and Learn Getting Ready for Spring, with special guest Gloria Sussman on March 20.

Gloria, a life-long musician, teacher and leader in the Aging Eye Network, will discuss how her musical journey helped pave her way to independence as she faced the challenges of gradual to severe vision loss.

Studies have shown that music has the capacity to alleviate stress and anxiety and to afford opportunities for people to stay engaged. Put simply, it’s a perfect prescription to improve quality of life!

Event details on page 6
Saturday, March 8

MACULAR DEGENERATION NETWORK: 10:30 a.m. - Noon
Sibley Medical Building
5215 Loughboro Rd., NW, Washington, DC

A “March Madness” Practical Products event: Guest presenter, Burt Levy, Low Vision Resources, will exhibit and discuss the most current “low tech” solutions for maximizing your activities. FREE program, parking & pastries! Call the Sibley Senior Association to save your space: 202-364-7602. (See front page for more info.)

Tuesday, March 11

LOW VISION LUNCH & LEARN: 11 a.m. - 12:45 p.m.
Washington National Eye Center at MedStar
Washington Hospital Center
110 Irving St., NW, Room 1A-19, Washington, DC

The Importance of Vision Care for People with Low or No Vision: The American Academy of Ophthalmology encourages ALL adults over the age of 65 to have a comprehensive eye exam every year. Learn why this means YOU TOO. Call Barbara at the Eye Center to register and reserve complimentary lunch: 202-877-6159.
Thursday, March 13
LOW VISION RESOURCE GROUP: 1:30 p.m. - 3 p.m.
Charles E. Beatley, Jr. Central Library
5005 Duke St., Alexandria, VA

Learn how the Virginia Assistive Technology System may assist you in obtaining the technology products and support you are seeking. Meet with George Mason University representatives who implement this federally funded benefit for seniors. Free program, parking and refreshments! Call the library to register: 703-746-1762

Wednesday, March 19
LOW VISION GROUP: 10:30 a.m. - 11:30 a.m.
Vinson Hall
6251 Old Dominion Drive, McLean, VA

Making the most of less sight – with Gloria Sussman, Facilitator. For more information, call Gloria: 703-742-9070

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<th>LOW VISION TIP</th>
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Thursday, March 20
VISION SUPPORT LUNCH & LEARN: 12:30 p.m.
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, MD

Learn how living life WITH A SONG IN HER HEART helped Gloria Sussman, musician, teacher and Aging Eye Network leader, meet the challenges of gradual to severe vision loss. Become part of the interactive program. To register and reserve a light lunch, call the center: 301-656-2797. Learn more about this event on page 3.

Wednesday, March 26
PICTURE THIS! DESCRIBED ART TOUR: 1 p.m.
National Gallery of Art, West Building
6th and Constitution Ave., NW, Washington, DC

Enjoy a descriptive art tour for individuals with impaired sight and anyone who wishes to enhance their art experience with verbal descriptions. For more information, call the gallery: 202-737-4215.

MARK YOUR CALENDAR – SATURDAY, MAY 10
MACULAR DEGENERATION NETWORK PRESENTS: “TECH-FEST 2014” IN RECOGNITION OF VISION AWARENESS MONTH. (Read more in April’s issue)
Saturday, March 29
JOIN US FOR POB’S ELEGANT NIGHT OF VISION GALA!

This year, we honor Richard A. Garfinkel, M.D. with the Professional Service Award, established in 1987 to be given annually to the person who best exemplifies the spirit of POB’s mission and its commitment to the community. POB is also honored to recognize renowned children’s book author, Valerie Tripp, best known for her beloved American Girl series, with this year’s Community Service Award. For more information and to purchase tickets, call POB at 202-234-1010.

Save the Date for April’s Upcoming Events:

Tuesday, April 8: Low Vision Lunch & Learn at MedStar National Eye Center

Thursday, April 10: Low Vision Resource Group at Charles E. Beatley, Jr. Central Library

Saturday, April 12: Macular Degeneration Network at Sibley Medical Building

Wednesday, April 16: Low Vision Group at Vinson Hall

Thursday, April 17: Vision Support Lunch & Learn at Friendship Heights Village Center

Wednesday, April 23: Picture This! Described Art Tour at the National Gallery of Art
Visit POB’s website, www.youreyes.org, to stay up-to-date on news and event information.

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

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