Keeping Your Car Keys! To Drive or Not To Drive

Learn from medical and driving rehabilitation experts – Special Event!

Getting a driver’s license is a milestone in a person’s life. Another milestone we may face, more reluctantly, is hanging up our car keys. Hear from Wilmer Eye Institute’s Chief of Low Vision and Rehabilitation Services, Judith Goldstein, O.D. Dr. Goldstein is Assistant Professor of Ophthalmology and Rehabilitation Medicine at Johns Hopkins and will be joined by Certified Driving Rehabilitation Specialist Tim Jones, O.T. Frederick Rehabilitation Services. Together, they will explore the myths and facts about aging and our ability to drive.

The good news is: it is not inevitable that you or a loved one will have to stop driving. See the calendar entry on page 6 for more.
Emotional Impact of Vision Loss

Candid conversation with Suleiman Alibhai, O.D.

If you’re experiencing vision loss or have recently been diagnosed with an irreversible vision loss, you need to know that there are people like you, and families like yours, who have come to terms with the changes this brings to their lives.

Some experts have compared initial reactions to vision loss to the stages of grief defined by Dr. Elisabeth Kübler-Ross, taking a person from denial to anger, then to depression and finally to acceptance. Navigating the various stages successfully begins with understanding how they affect you and those around you. Join the director of POB’s Low Vision Learning Center on Oct. 9 at Alexandria’s Charles E. Beatley, Jr. Central Library for information, advice and encouragement. For more details, see the calendar entry on page 4.

Macular Degeneration Network

Be a health education critic for a day on Oct. 18

The American Academy of Ophthalmology and American Society of Retina Specialists have produced a patient education DVD, “Hope In Sight.” The DVD offers an overview of AMD, its treatments and tips for minimizing risk of the disease and more. Share your opinion! For more details, see the calendar entry on page 5.
ABCs of Low Vision Enhancement

Practical solutions for living with low vision

POB’s Low Vision Learning Center and Fairfax County’s Tysons-Pimmit Regional Library partner to present an open discussion with Suleiman Alibhai, O.D.

Dr. Alibhai will be joined by Burt Levy, local low vision resource advocate. Learn how practical products and optical or non-optical devices can contribute to your independence. Low vision enhancement comes in many forms and makes images appear larger, clearer and easier to see.

It is important that vision enhancement aids are being used properly to maximize their effectiveness. It may take time and patience to see this new way, but it’s worth it! For more details, see the calendar entry on page 6.

Fall Eye Allergies or Dry Eye?

Do your eyes act up during the autumn season?

Whether your eyes are dry, sore, itchy or watery this time of the year, you shouldn’t automatically assume that your discomfort is being caused solely by allergies.

Determining whether you have allergies or dry eye disease is one of the difficult issues people face this time of year.

For more information, see the calendar of events for two enlightening programs on page 4 and 5.
Calendar of Events

OCTOBER

THU  9
Emotional Impact of Vision Loss
1:30 p.m. – 3 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Speaker: Suleiman Alibhai, O.D., Director of POB’s Low Vision Learning Center
For more information and to register, call Kym at the library at 703-746-1762.

TUE 14
Dry Eyes or Autumn Eye Allergies?
11 a.m. – 12:45 p.m. • Low Vision Lunch & Learn
MedStar Washington Hospital Center, Eye Center Conference Room
Suite 1A-19, 110 Irving Street, NW, Washington, DC
Speaker: Stro Ashburn, M.D., MedStar Washington Hospital Center
To register and reserve a free lunch, call the Eye Center at 202-877-6159.

WED 15
An Update from POB
10:30 a.m. – 11:30 a.m. • Vision Support Group
Vinson Hall
6251 Old Dominion Drive, McLean, Va.
Speaker: Michele Hartlove, POB Executive Director
For more information, call Gloria Sussman at 703-742-9070.
Dry Eyes or Autumn Eye Allergies?
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Speaker: Sepideh Zarani, O.D., Washington Eye Physicians and Surgeons
To register and reserve a light lunch, call the Village Center at 301-656-2797.

Become a Health Education Critic for a Day
10:30 a.m. – Noon • Macular Degeneration Network
Sibley Medical Building, Room 2
5215 Loughboro Road, NW, Washington, DC

Picture This! Audio-Described Art Tour
1 p.m. – 2 p.m.
National Gallery of Art, West Building
6th and Constitution Ave., NW, Washington, DC
Enjoy a descriptive tour for individuals with impaired sight and those who want to enhance their art experience. For more information, call the gallery at 202-737-4215.
Keeping your Car Keys: To Drive or Not to Drive
10:30 a.m. – 1 p.m. • SPECIAL EVENT
Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring, Md.
Keynote Speaker: Judith Goldstein, O.D.,
Chief, Low Vision and Vision Rehabilitation Services
at the Wilmer Eye Institute at Johns Hopkins
With Tim Jones, Occupational Therapist specializing in
driving rehabilitation services
Getting a driver’s license is a milestone in a person’s life. Another milestone that people may have to face, far more reluctantly, is hanging up their car keys.
To register and reserve a light lunch, call the Senior Center at 240-777-8085.

ABCs of Low Vision Enhancement
10:30 a.m. – 12:30 p.m. • SPECIAL EVENT
Tysons-Pimmit Regional Library
7584 Leesburg Pike, Falls Church, Va.
Keynote Speaker: Suleiman Alibhai, O.D.,
Director of POB’s Low Vision Learning Center
Learn about practical solutions for living with low vision. Dr. Alibhai will be joined by low vision product resource, Burt Levy. For information, call the library at 703-790-8088.
See more event details at www.youreyes.org/events

NOVEMBER  More details in the next newsletter!

American Diabetes Month
Too many are still losing sight to Diabetic Eye Disease. Other retina diseases, such as Macular Degeneration, are also on the rise. Don’t let yourself or someone you love become a statistic. Get the facts as POB supports American Diabetes Month in November through Dec. 9.

TUE 11 Low Vision Lunch & Learn • 11 a.m. – 12:45 p.m. MedStar Washington Hospital Center, Eye Center Conference Room

THU 13 Low Vision Resource Group • 1:30 p.m. – 3 p.m. Charles E. Beatley, Jr. Central Library

SAT 15 Macular Degeneration Network • 10:30 a.m. – Noon Sibley Medical Building, Room 2

WED 19 Vision Support Group • 10:30 a.m. – 11:30 a.m. Vinson Hall

THU 20 Vision Support Lunch & Learn • 12:30 p.m. – 1:30 p.m. Friendship Heights Village Center

WED 26 Picture This! Audio-Described Art Tour • 1 p.m. – 2 p.m. National Gallery of Art, West Building

DECEMBER PREVIEW – SAVE THE DATE!

TUE 9 2014 Glaucoma Update: Understanding the Big Picture! From diagnosis to ongoing research to future HOPE
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.