Holiday Travel Tips

Overcoming Travel Woes!

The upcoming holiday season presents opportunities for travel to be with family and friends. However, for those who are visually impaired, even a short flight or a bus ride can feel overwhelming and stressful. Proper planning can alleviate many difficulties, such as getting through security to the right airport gate, boarding a train, managing money and credit cards, and making sure all of one’s belongings arrive safely. At the Macular Degeneration Network on Sunday, Dec. 13, learn from Gail Snider, independent travel advocate, about suggestions and tips to ensure that your trip is safe and enjoyable. For more information, please see page 6.
REMEMBERING ED WALKER:
Prominent WAMU “Radio Hall of Fame” Host,
Honorary POB Board Member, Community Advocate & Friend

Thursday, December 10, 12:30 p.m.
Friendship Heights Village Center

Many of you may know that radio personality and POB friend Ed Walker passed away on Oct. 26. Only two short years ago, Ed was invited by POB to speak at a Vision Support Lunch & Learn holiday event at Friendship Heights Village Center in Chevy Chase. Chevy Chase had been his home with his family and wife Nancy for “too many years to count,” Ed said. Ed and Nancy had just moved to a lovely senior living community once they both started facing numerous aging challenges. As many of you may know, Ed was born “totally blind,” and he worked hard to not let his blindness get in the way of his becoming an award-winning radio personality.

Ed was a very humble man. When we asked him to speak about “change,” he laughed and doubted anyone would think that very interesting. What he didn’t think about at that time was that much of the audience was going to be at the stage

See Remembering Ed Walker on page 4
Strategies to Maximize your Independence!

A special meeting of the Low Vision Resource Group will be held at Charles E. Beatley, Jr. Central Library, Thursday, Dec. 10, 1:30 p.m. - 3 p.m. to welcome LaToya Shumate, Vision Rehabilitation Therapist and Orientation and Mobility Specialist. Ms. Shumate works at the Virginia Department for the Blind and Vision Impaired (DBVI). DBVI is an agency of the Commonwealth of Virginia and is dedicated to its mission of providing services and resources which empower Virginians, of all ages, who are experiencing significant visual disabilities to achieve their desired levels of personal independence. Don’t miss this opportunity to set new goals for 2016 with the KNOWLEDGE to be gained from this program. See page 6 for more details.

January 2016 Programming “Hiatus”

POB support and outreach programs are paying attention to “wicked weather” predictions for January. Aging Eye & Macular Degeneration Network groups and programs will restart in February. Let’s cross our fingers that the groundhog does not see his shadow as we look forward to an early spring!
in life where they, too were looking at housing alternatives as they aged with the threat of vision loss. He opened up about how differently his life had become since the move to a high-rise building where nobody spoke in the elevators – it reminded him of what “blind” once felt like. Ed solved that “problem” by asking, like an announcer, when he entered elevators in his new home – “Anyone in here?”

For those of us at the Prevention of Blindness Society of Metropolitan Washington who got to know Ed as an Honorary Board Member, a loyal listener, or friend – we are all richer because he was here. In recognition of all that he contributed in making the world better for people with profound vision loss, POB is holding a Vision Support Lunch & Learn program on Thursday, Dec. 10 at Friendship Heights Village Center, where we will remember and discuss the topic – “Courtesies Toward People who are Vision Impaired.”

We have a lot of quiet elevators here, Ed, where people do not talk! Maybe we can help change that for you. For more information, see page 5.

FREE GLAUCOMA SCREENING

Visit POB’s Booth 1838 at the NBC 4 Health & Fitness Expo on Jan. 9 and 10 for a free glaucoma screening at the Washington Convention Center.
# Calendar of Events

**DECEMBER**

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| **WED 9** | The Lowdown on a Low Vision Exam What You Should Know! | 1 p.m. – 2 p.m. • Special Event | Leisure World, Clubhouse One 3700 Rossmoor Blvd., Silver Spring, Md. | Adriana Wiseman, O.D.  Vision Rehabilitation Specialist  
Learn how you can maximize the use of your new sight!  
For more information, call Jane at 301-438-2599. |
| **THU 10** | We Remember Ed Walker Courtesies Toward People who are Vision Impaired | 12:30 p.m. – 1:45 p.m. • Vision Support Lunch & Learn | Friendship Heights Village Center 4433 South Park Ave., Chevy Chase, Md. | Charlie Crawford  
Past Vice-Chair, Montgomery County Commission on People with Disabilities  
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at 301-656-2797. |
Strategies to Maximize your Independence!
1:30 p.m. – 3 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Speaker: LaToya Shumate
Vision Rehabilitation Therapist - Virginia Dept. for the Blind & Vision Impaired (DBVI)
Free refreshments and parking. For more information and to register, call Kym Robertson at 703-746-1762.

Overcoming Travel Woes for People with Vision Challenges!
1:30 p.m. – 3 p.m. • Macular Degeneration Network
Sibley Medical Building, Room 2
5215 Loughboro Road, NW, Washington, DC
Speaker: Gail Snider
Independent Travel Advocate
Free light refreshments. Validated garage parking adjacent to the medical building.
For more information and to register, call the Sibley Senior Association at 202-364-7602.
DECEMBER (continued)

Picture This! Described art tour
1 p.m. – 2 p.m.
National Gallery of Art, West Building Rotunda
6th and Constitution Ave., NW, Washington, DC

Learn about famous works of art on a walking tour with rich verbal descriptions. December: “Stuff of Everyday Life.” For more information, contact Lorena Baines at the Gallery at access@nga.gov or 202-842-6905.

Save the dates for January’s Picture This! events: Saturday, Jan. 23 and Wednesday, Jan. 27.

Save the Date for the 2016 Night of Vision:

“Beyond the See”
Saturday, March 19
Four Seasons Hotel in Georgetown

Honoring:

Andrew Adelson, M.D. Janet & Hal Morrison
Professional Service Award Community Service Award

Amy L. Bess & Sadina Montani, Vedder Price
Appreciation Award

For more information, call 202-234-1010.

See more event details at www.youreyes.org/events
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.