Eye Heart Update

Save Your Sight and Perhaps Your Life

Romantics believe that the eyes are the window to your soul. However, did you know that your eye exam can be the window into your heart? Your eyes mirror the health of your heart and blood vessels.

Celebrate American Heart Month with Cardiologist Miriam Fisher, M.D., and Ophthalmologist Lauren Taney, M.D., on Feb. 26 at POB’s Vision Support Lunch and Learn, held at Friendship Heights Village Center. Learn how changes in the back of the eye, or the retina, can offer information about coronary artery disease, stroke, diabetic retinopathy and other health concerns.

Remember, knowledge is power!
See page 5 for more details
Vision Rehabilitation Town Hall Meeting 2015

Optimizing Your New Sight

Don’t miss the Macular Degeneration Network’s 2015 Town Hall Meeting and hear from three physicians: Suleiman Alibhai, O.D., Director of POB’s Low Vision Learning Center; Donald Gagliano, M.D., retired Colonel and former Executive Director of the Department of Defense Vision Center of Excellence; and invited guest Michael Summerfield, M.D., Director of MedStar Ophthalmology Residency Program.

Learn about new research and technologies, innovations in ophthalmology residency training, and the availability of low vision rehabilitation to ensure every American’s right to sight. Visit with exhibitors for hands-on opportunities and information. This unprecedented event is on Sunday, March 8 at Sibley Medical Building.

See page 6 for more details!
The 29th Annual Night of Vision®

Saturday, March 21, 2015 | 6:30 p.m.

POB is excited to announce the recipients of this year’s Professional and Community Service Awards:

Professional Service Award Honoree
Wendy Gasch, M.D.

Community Service Award
Gloria Butland

The Night of Vision® black-tie gala features cocktails, a silent auction, dinner and dancing. For more information, please call 202-234-1010 or visit www.youreyes.org/events
Calendar of Events

FEBRUARY

**TUE 10**

**Your Eye Doctor Can See Your Heart Health**
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: Olivia Dryjski, M.D.
Space is limited. Ask about parking. To register, call the Eye Center at 202-877-6159.

**WED 11**

**Making Things Easier to See and Do**
1 p.m. – 2 p.m. • Low Vision Support Group
Leisure World, Clubhouse One
3700 Rossmoor Blvd., Silver Spring, Md.
Speaker: Terry Eason, Executive Director, Low Vision Center
For more information, call Jane at 301-438-2599.

**THU 12**

**Overcoming the Challenges 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: Paul D’Addario, Past President of NOVA Council of the Blind & Visually Impaired and vision loss advocate
Stay for coffee and conversation. For more information, call the library at 703-746-1762.
### Monthly Vision Support Group Meeting
**WED 18**
10:30 a.m. – 11:30 a.m. • Vision Support Group
Vinson Hall
6251 Old Dominion Drive, McLean, Va.
For more information, call Gloria at 703-742-9070.

### Picture This! Audio-Described Art Tour
**WED 25**
1 p.m. – 2 p.m.
National Gallery of Art, West Building
6th and Constitution Ave., NW, Washington, DC
Learn about famous works of art on a walking tour of the
gallery, as described by an expert.
For more information, call the gallery at 202-737-4215.

### The Eye-Heart Connection
**THU 26**
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Speakers: **Miriam Fishman, M.D.**, Cardiologist,
Cardiology and Internal Medicine, P.A.
**Lauren Taney, M.D.**, Ophthalmologist and Retina Specialist,
Washington Eye Physicians and Surgeons
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at 301-656-2797.

For more information about our programs, call 202-234-1010.
Vision Rehab Town Hall Meeting 2015
OPTIMIZING YOUR NEW SIGHT
1:30 p.m. – 3:30 p.m. • Macular Degeneration Network
Sibley Medical Building, Room 2
5215 Loughboro Road, NW, Washington, DC
Speakers: Suleiman Alibhai, O.D.,
Director of POB’s Low Vision Learning Center
Donald Gagliano, M.D., retired Colonel and former
Executive Director of the Department of Defense Vision Center of Excellence
With invited guest, Michael Summerfield, M.D.,
Director, MedStar Ophthalmology Residency Program
Free parking and light refreshments. For more information and to register, call the Sibley Senior Association at 202-364-7602.

Night of Vision® – For Your Eyes Only
6:30 p.m. • Special Event
The Four Seasons
2800 Pennsylvania Ave., NW, Washington, DC
The 29th Annual Night of Vision gala is coming up!
This year’s theme is “For Your Eyes Only” – get ready for a fun-filled evening of auctions, dinner and dancing!
For more information, call POB at 202-234-1010.
LOW VISION TIP

Simple solutions for managing medications

The National Eye Institute encourages individuals to develop a safe, effective system for organizing and identifying our medications – what they are, the prescribed or recommended dosage and how often we need to take them.

The following tips are designed to help people with less sight manage their medications:

1) Ask your pharmacy if they provide large-print labels for medication bottles. You may also find it helpful to mark bottles with tactile dots or rubber bands.

2) Use talking medication identifiers if large-print labels are not available or don’t work for you. iPhones and other cell phones can take a photo of your label and speak it to you in VoiceOver mode.

3) Use a covered tray with good contrast to help you see your pills and keep them from falling on the floor if they drop.

4) Place a light close to the labels. Again, refer to new cell phone technology options that often include an app for a very bright light.
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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