Detecting “Wet” AMD – Hands On Opportunity!

“We’ve Come A Long Way, Baby!”

Until now, the only way of “home monitoring” to detect vision changes in “dry” AMD has been the Amsler grid. If you are at high risk for developing “wet” AMD, you may now take a more proactive approach to your eye health. Learn about and experience the Medicare covered ForeSeeHome AMD Monitoring Program. This technological breakthrough can detect subtle changes in your vision between office visits, and alert your doctor to those changes. Keynote speaker Richard Garfinkel, M.D., AMD expert, will be joined by representatives of the ForeSeeHome AMD Monitoring Program, and invite you to “try” the system. Encourage adult children and friends to this special learning opportunity and light breakfast, November 19th, 10 a.m., Sibley Medical Building. Learn more on Page 7.
EYESIGHT INSIGHTS – Diabetes & Your Eyes

In today’s world, it is no longer believed that a diagnosis of Type 2 diabetes is a one-way ticket to blindness. The risks of consequences to your eyes and other parts of your body increases if the disease is untreated or undertreated. Join Patrick Burke, M.D., MedStar Ophthalmology Resident when he presents current thinking on diabetes & your eyes – November 15th, 11 a.m., WHC Eye Clinic. Learn more on Page 4.

Vision Support Lunch & Learn

Staying Safe with Less Sight
As many of us know first-hand, consequences of aging eye changes and eye disorders can threaten our safety. Whether you are concerned about staying safe outside or inside your home, learn coping strategies and skills to maximize your independence.

Meet Sharon Payne, COMS, CLVT, certified orientation and mobility specialist and certified low vision therapist at Friendship Heights Village Center, Thursday, November 17th, 12:30 – 1:30 p.m. Learn more on Page 5.
Low Vision Resource Group

Don’t Let Vision Loss Keep You from the Arts

Hooray for the Smithsonian American Art Museum and their “America-in-Sight” verbally described tours. Learn how you can join a docent-led tour for visitors who are visually impaired at Low Vision Resource Group, Charles E. Beatley, Jr. Central Library, Alexandria, Virginia, 1:30p.m., Friday, November 18th. Touch tour components for sculpture may be included. Tours are often followed by live musical performances. Learn more on Page 6.

EYE QUE!

Can artificial tears make dry eye worse? If there are preservatives in them, this may be causing continued irritation of your eyes. There are several brands of preservative-free artificial tears, ointment and lens cleaning solutions available. Many can be purchased without a prescription, however, always check with your eye doctor or pharmacist for advice.

*BIG REMINDER: Daylight Savings Time ends Sunday, November 6th, at 2:00a.m. Don’t forget to set your clocks BACK one hour before you go to sleep the night before!
ELECTION DAY!
DON’T FORGET TO VOTE!

Open Discussion
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.

EYESIGHT INSIGHTS – Diabetes & Your Eyes
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: Patrick Burke, M.D.
Learn about the risks of consequences to your eyes and the importance of early surveillance. Space is limited. To register and reserve lunch, call the Eye Center at 202-877-6159.
Open Discussion
3 p.m. – 4 p.m. • Low Vision Support Group
The Virginian Retirement Community
9229 Arlington Blvd., Fairfax, Va.
For more information, call Gloria at 703-742-9070.

Staying Safe with Less Sight
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Special Guest: Sharon Payne, COMS, CLVT, certified orientation and mobility specialist & certified low vision therapist, will teach techniques for staying safe outside or inside of your home.
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at 301-656-2797.

See more event details at www.youreyes.org/events
Don’t Let Vision Loss Keep You from the Arts
1:30 p.m. – 3 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Meet Betsy Hennigan from the Smithsonian American Art Museum and learn how you can join a docent-led tour for visitors with vision impairment. Call Kym for more information and to register: 703-746-1762.

DESCRIPTED ART TOURS
POB is proud to partner with local museums offering art tours for visitors who are blind or have low vision. Learn about famous works of art through rich verbal descriptions.

America InSight
Sunday, Nov. 13, 1:30 p.m. and Thursday, Nov. 17, 3:30 p.m.
Smithsonian American Art Museum, F Street lobby
Details: AmericanArtTours@si.edu or 202-633-8550.

Picture This!
Wednesday, Nov. 23 and Saturday, Nov. 26, 1 p.m. – 2 p.m.
National Gallery of Art, East Building
Details: access@nga.gov or 202-842-6905.
SPECIAL INTERACTIVE EVENT!
“Detecting Wet AMD – We’ve Come A Long Way, Baby!”
Doors open 10 a.m. • Macular Degeneration Network
Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC
Keynote Speaker: Richard Garfinkel, M.D., AMD expert, plus representatives from ForeSeeHome Monitoring Program.
Learn about and try this first Medicare covered AMD home monitoring device that is designed to detect subtle vision changes between office visits and alert your physician to those changes.
To register and reserve light bagel breakfast, call Sibley Senior Association: 202-364-7602. Validated garage parking adjacent to the Medical Building.

HAPPY THANKSGIVING!!!
**DECEMBER Eye Health Coming Attractions:**

**Saturday, December 3, 10 a.m. – 12 noon**
“Reducing the stress of vision loss with mindfulness practices.” Special Guest: Anne Gosling, Ph.D.

**Tuesday, December 13, 11 a.m. – 12:45 p.m.**
“Glaucoma: Don’t Be An Eye Drop, Drop Out!”
Washington Hospital Center Eye Clinic

**Thursday, December 15, 12:30 – 1:30 p.m.**
“Better Light for Better Sight”
Friendship Heights Village Center

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