Emotional Impact of Vision Loss

Some experts have likened the initial reactions to irreversible vision loss to the “stages of grief,” as defined by Dr. Elisabeth Kubler-Ross, after the loss of a loved one – taking one from denial to anger and depression, and finally, to acceptance. Navigating the various stages successfully begins with understanding how they affect you and those around you. To help with this process, the Macular Degeneration Network meeting on Sunday, April 10 will host well-known coping-with-vision-loss advocate Gail Snider, M.A. Snider has mentored many hundreds of people during her long career in the field of vision impairment. Come share her professional perspectives and personal journey. Until then, POB reminds you that you are not alone, and you can continue to live a full, rewarding life. For more details, see page 4.
News & Updates

Hats Off To Ophthalmology Residency Program

Kudos to Washington National Eye Center’s (WNEC) Ophthalmology Residency Program at MedStar Georgetown University Hospital / MedStar Washington Hospital Center. Under the direction and with the cooperation of WNEC Executive Director Penny Helfgott, and Michael Summerfield, M.D., director of MedStar’s Ophthalmology Residency program, first-year residents have become an integral part of the Low Vision Group that meets at the eye clinic monthly. Thanks to WNEC for helping ensure that the practice of low vision support and referrals for vision rehabilitation become a part of ophthalmology’s commitment to continuum of care. For more information, call 202-877-5329.

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has had to overcome.” – Booker T. Washington
Understanding Eye Pain

Eye Pain – the stabbing, throbbing, burning, gritty, sharp, aching, “something in my eye” feeling – can be very uncomfortable. Many people seek medical care when they have pain, and for good reason. The meaning of the word pain is generally open for interpretation. Some people describe the pain as in their eyes, around their eyes, or behind their eyes. Learn about eye pain symptoms and what they could mean at the April 12 Low Vision Lunch and Learn at MedStar Washington Hospital Center. Space is limited. For more details and to register, see page 4.

New Accessible Art Experience

The Smithsonian American Art Museum, in collaboration with POB, proudly introduces “America InSight,” a docent-led tour for visitors who are visually impaired. Enjoy highlights of the art collection through rich verbal description and sensory discussions using printed copies of artwork and 3-D models visitors can touch and view up close. The tour is finished in time for participants to find a good seat and enjoy a live musical performance to complete the art experience. Learn from the experts from the American Art Museum by attending the Vision Support Lunch & Learn on April 21 at Friendship Heights Village Center at 12:30 p.m. For more details, see page 6.
Calendar of Events

APRIL

SUN
10

Emotional Impact of Vision Loss
1:30 p.m. – 3 p.m. • Macular Degeneration Network
Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC
Speaker: Gail Snider, M.A., well-known advocate for
coping with vision loss
Free light refreshments. Validated garage parking
adjacent to the medical building. NOTE: Sunday access
to Medical Building is only available through the
handicapped accessible door at the left of the main
entrance. See front page for more information.
For more information and to register, call the
Sibley Senior Association at 202-364-7602.

TUE
12

Understanding Eye Pain
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: Laura Kueny, M.D.
Space is limited. Ask about parking. To register, call the
Eye Center at 202-877-6159.
APRIL (continued)

**Metro-Access: Get the Facts**
1 p.m. – 2 p.m. • Low Vision Support Group
Leisure World, Clubhouse One
3700 Rossmoor Blvd., Silver Spring, Md.
Speaker: Brigid Doherty, Metro System Orientation Specialist in WMATA’s Office of Eligibility Certification and Community Outreach
MetroAccess is a shared-ride, door-to-door, paratransit service for people whose disability often prevents them from using bus or rail.
For more information, call Jane at 301-438-2599.

**Your Retina: Myths & Facts**
10:30 a.m. – 11:30 a.m. • Vision Support Group
Vinson Hall
6251 Old Dominion Drive, McLean, Va.
Speaker: Stephen Pappas, M.D., retina specialist
For more information, call Gloria at 703-742-9070.

See more event details at www.youreyes.org/events
### Tech Talk Show and Tell
**1:30 p.m. – 3 p.m.** • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Speaker: Duveen Winter, Northern Virginia technology expert and low vision advocate
Free refreshments and parking. For more information and to register, call the library at 703-746-1762.

### Open Discussion
**3 p.m. – 4 p.m.** • Vision Support Group of The Virginian
The Virginian Retirement Community
9229 Arlington Blvd., Fairfax, Va.
For more information, call Gloria at 703-742-9070.

### New Accessible Art Experience
**12:30 p.m. – 1:30 p.m.** • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Hear a presentation on the Smithsonian American Art Museum’s new “America InSight,” a docent-led multisensory art tour for visitors with sight loss
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.

**DESCRIBED 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.

**Picture This!**
Saturday, April 23 and Wednesday, April 27, 1 p.m. – 2 p.m.
National Gallery of Art, West Building Rotunda
Details: access@nga.gov or 202-842-6905.

**America InSight**
Sunday, April 10, 1:30 p.m. & Thursday, April 21, 3:30 p.m.
Smithsonian American Art Museum, F Street lobby
Details: AmericanArtTours@si.edu or 202-633-8550.
Visit POB’s website, www.youreyes.org, to stay up-to-date on news and event information.

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