MINDFULNESS PRACTICES

Exploring potential benefits

According to the Mayo Clinic, “mindfulness is the act of being intensely aware of what you are sensing and feeling at every moment—without interpretation or judgment.” Coping with decreased vision, along with other life challenges, can make us more likely to experience stress, anxiety and possible symptoms of depression.

You are invited to join meditation and mindfulness teacher, Anne Gosling, Ph.D., at Sibley Medical Building, Dec. 3, 10 a.m., and learn how mindfulness practices can help direct your attention away from negative thoughts and engage most fully in your world. Dr. Gosling is the Support Group Manager for Sibley Memorial Hospital Senior Association. See more on page 4.
News & Updates

POB Vision Screening Programs

News You Can Use!
Did you know that each year POB screens more than 8,000 children annually for vision loss, amblyopia (lazy eye) and strabismus (a turned eye), and thousands of adults for glaucoma and visual acuity? A vision screening is a relatively short process that can indicate a potential vision problem. A vision screening does not diagnose exactly what may be wrong with your vision; instead, it can indicate that you should make an appointment with your eye care professional for a more comprehensive dilated eye exam. Early detection through screening of children or adults can prevent or slow vision loss. For more information about the POB screening programs, call POB at 202-234-1010.

GLAUCOMA – EyeSight Insights!
Glaucoma is often referred to as the “sneaky thief of sight.” POB is getting an early start on recognizing Glaucoma Awareness Month 2017 at the Low Vision Lunch and Learn on Tuesday, Dec. 13, 11 a.m. - 12:45 p.m. at MedStar Washington Hospital Center. At this session, Kirsten Midgley, M.D., will explore the importance of strict compliance with glaucoma treatments to insure the best possible outcome. Join us for this “insightful” holiday event! For more details, see page 4.
Better Light for Better Sight

Join Terry Eason, Executive Director of the Low Vision Center of Bethesda, at the Vision Support Lunch and Learn on Thursday, Dec. 15. Terry is a low vision lighting expert. Lighting takes on added importance for everyone as they grow older. Even normal healthy eyes, generally require twice as much illumination at age 50 as they did at 25. Everyone welcome! For more details, see page 5.

Celebrate the Season

You are invited to attend the Kensington Antique Row Annual Holiday Open House on Friday, Dec. 2, 7 - 9 p.m. Antique Row is home to a variety of antique shops, as well as casual and fine dining establishments. POB’s “Look Again” Antique Shop is located at 3716 Howard Avenue, Kensington, Md. Every local business in this historic neighborhood opens their doors for the festivities. For more information, call the Shop at 301-942-4707.

Winter Reminders:

POB’s Aging Eye and Macular Degeneration Network events will NOT meet in January 2017. Weekday program cancellations due to inclement weather will be consistent with school closings. For weekend event cancellations, call 301-538-9358.
Calendar of Events

DECEMBER

SAT 3
Mindfulness Practices – Exploring Potential Benefits
10 a.m. – Noon • Macular Degeneration Network
Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC
Speaker: Anne Gosling, Ph.D.
Meditation and Mindfulness Teacher
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.

TUE 13
GLAUCOMA: Eyesight Insights
11 a.m. – 12:45 p.m. • Low Vision Support Group
MedStar Washington Hospital Center,
Eye Center Conference Room
Suite 1A-19, 110 Irving Street, NW, Washington, DC
Speaker: Kirsten Midgley, M.D.
MedStar Ophthalmology Resident
Explore the importance of strict compliance with glaucoma treatments to insure best possible outcomes. Space is limited. To register and reserve lunch, call the Eye Center at 202-877-6159.
Better Light for Better 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 Terry Eason, Executive Director, Low Vision Center, will demonstrate and discuss lighting solutions for “better” sight.
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at 301-656-2797.

HOLIDAY OPEN DISCUSSION:
Remembering Tunes of the Season!
3 p.m. – 4 p.m. • Vision Support Group of The Virginian
The Virginian Retirement Community
9229 Arlington Blvd., Fairfax, Va.
Speaker: Gloria Sussman
For more information, call Gloria at 703-742-9070.
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!
National Gallery of Art, East Building Tours
Saturday, Dec. 17 and Wednesday, Dec. 28.
will meet by the information desk on the ground floor of the East Building, and the theme is “An Explosion of Color! Matisse and Bonnard.”

National Gallery of Art, West Building Tours
Wednesday, Jan. 25 and Saturday, Jan. 27, 1 p.m. – 2 p.m.
West Building Rotunda
Details: access@nga.gov or 202-842-6905.

America InSight
Thursday, December 15, 3:30 p.m.
Smithsonian American Art Museum, F Street lobby

Sunday, Jan. 8, 1:30 p.m. and Thursday, Jan. 19, 3:30p.m.
Smithsonian American Art Museum, F Street lobby
Details: AmericanArtTours@si.edu or 202-633-8550.
JANUARY

POB offers FREE glaucoma screenings at the Washington Convention Center, Booth 1838!

NBC-4 Health & Fitness Expo
Saturday, Jan. 7, 9 a.m. – 5 p.m.

NBC-4 Health & Fitness Expo
Sunday, Jan. 8, 9 a.m. – 4 p.m.

For more information: 202-234-1010

REMEMBER:
POB is in full operation at its new location 233 Massachusetts Avenue, N.E., Washington, D.C. Our phone number remains the same: 202-234-1010. POB’s goal is to respond quickly to your questions and concerns, and we will do our best to respond to you within one business day.

POB WISHES YOU JOY IN 2017!!!

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.

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