LOW VISION TOWN HALL 2016

Overcoming barriers to vision rehabilitation
Keynote: Suleiman Alibhai, O.D.

No matter your age – assure your path to independence at POB’s premiere Low Vision Town Hall Meeting, Saturday, March 19, 10 a.m. – Noon!

The goal for this event is to serve as a springboard for advancing YOUR ACCESS to comprehensive low vision rehabilitation and technology. Be a part of the solution! Keynote speaker Suleiman Alibhai, O.D., Director, POB’s Low Vision Learning Center will be joined by Ashley Deemer, O.D., Low Vision Rehabilitation Fellow, Wilmer Eye Institute/ Low Vision Service and Michael Summerfield, M.D., Director, MedStar Ophthalmology Residency program.

See LOW VISION TOWN HALL 2016 on page 2
Doors open at 9:30 a.m. for coffee and exhibits. This free event is a partnership of POB with Sibley Senior Association and the Village of Friendship Heights. For complete details and registration info, see page 7.

WHAT IS A TOWN HALL MEETING?

A town hall meeting is exactly what it sounds like – members of a community coming together to discuss an issue or issues of common concern. Most town hall meetings are open to the public and encourage participation from the audience. The primary purpose of a town hall meeting is to provide information to the community and collect feedback. This format is well suited to raise awareness of an issue. For more information on how you can help raise awareness about vision rehabilitation for yourself, your physicians and others, attend POB’s Low Vision Town Hall Meeting on March 19 at Friendship Heights Village Center: 4433 South Park Ave., Chevy Chase, Md. More details are on page 7.

BACKGROUND INFORMATION:

In preparation for the town hall meeting, it may be useful to be reminded or become aware of the following information provided by the National Eye Health Education Program (NEHEP) at NEI.

Did you know that 4.2 million Americans are visually impaired, and of these, 3 million have low vision? By the year
2030, when the last baby boomers turn 65, the number of Americans who have visual impairment is projected to reach 7.2 million, with 5 million having low vision. These numbers will further strain the availability of low vision support services and are the root cause of a looming public health crisis.

So what is low vision and what are its causes? Low vision is a visual impairment that cannot be corrected by standard eyeglasses, contact lenses, medicine or surgery. Activities like reading, shopping, cooking, writing, watching TV, or driving may be hard to do. Low vision is usually caused by eye diseases or other health conditions. Eye injuries or birth defects can also be the cause. Whatever the cause, lost vision often cannot be restored. It can, however, be managed with proper treatment and vision rehabilitation.

What is vision rehabilitation? Vision rehabilitation helps people adapt to vision loss and maintain their current lifestyle. A vision rehabilitation program begins with a comprehensive low vision exam performed by a specially trained ophthalmologist or optometrist. Additionally, vision rehabilitation offers a wide range of services, including training in the use of magnifiers and other adaptive devices, ways to complete daily living skills safely and independently, guidance on modifying residences, and information on where to locate resources and support. Vision rehabilitation brings help and hope to people with vision loss.
ATTENTION VETERANS:

Many veterans of military service may not be aware that the Veterans Administration (VA) will cover vision loss support, even if it is NOT service connected. There may be some restrictions depending on income levels, but these may be waived if the vision impairment rises to the point of legal blindness. The VA services for vision impairment are comprehensive. There are special counselors, the Vision Impairment Service Team (VIST) for the visually impaired. To learn more about VA services in the Washington, D.C. metropolitan area, call VIST Coordinator Ellen Rudykoff, 202-745-8000 ext. 5-5398.

HOT OFF THE PRESS!!!

Updated POB Brochure

POB is enclosing an updated brochure for you to share with family and friends. The information in the brochure is also available in an accessible format at www.youreyes.org. Note that future newsletters will highlight educational programs, groups, and expanded low vision services at POB’s new headquarters.
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<th>DATE</th>
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<td>TUE 8</td>
<td>Glaucoma: 21st-Century Solutions</td>
<td>11 a.m. – 12:45 p.m.</td>
<td>MedStar Washington Hospital Center, Eye Center Conference Room, Suite 1A-19, 110 Irving Street, NW, Washington, D.C.</td>
<td>Laura Kueny, M.D.</td>
<td>Speaker: Laura Kueny, M.D. Space is limited. Ask about parking. To register, call the Eye Center at 202-877-6159.</td>
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<td>WED 9</td>
<td>Special Services by DBVI</td>
<td>10:30 a.m. – 11:30 a.m.</td>
<td>Vinson Hall, 6251 Old Dominion Drive, McLean, Va.</td>
<td>LaToya Shumate, Virginia Department for the Blind &amp; Vision Impaired (DBVI)</td>
<td>Speaker: LaToya Shumate, Virginia Department for the Blind &amp; Vision Impaired (DBVI) For more information, call Gloria at 703-742-9070.</td>
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<td>WED 9</td>
<td>ABCs of Audio Description</td>
<td>1 p.m. – 2 p.m.</td>
<td>Leisure World, Clubhouse One, 3700 Rossmoor Blvd., Silver Spring, Md.</td>
<td>Bob Gallagher</td>
<td>Speaker: Bob Gallagher, Metropolitan Washington Ear Audio News Reader and Describer For more information, call Jane at 301-438-2599.</td>
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Enhancing your Lifestyle with Less Sight
1:30 p.m. – 3 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Speaker: Joan Gilliard,
Low Vision Occupational Therapist
Free refreshments and parking.
For more information and to register,
call the library at 703-746-1762.

Low Vision 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.
Premiere Low Vision Town Hall Meeting 2016: Overcoming Barriers to Vision Rehabilitation
10 a.m. – Noon
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Doors open at 9:30 a.m. with complimentary breakfast snacks and technology and resource exhibits.
Expert speaker presentations begin at 10 a.m.
Parking is available in rear of Courtyard by Marriott.
Event is metro-accessible. To register, call the Village Center at 301-656-2797. See cover article for more details.

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. March: “Chardin’s Children at Play!” For more information, contact Lorena Baines at the Gallery at access@nga.gov or 202-842-6905.

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.