Vision Matters 2016

The Remarkable Retina
Sunday, May 22, Keynote Speaker at 1:30 p.m.

You are invited to a world-class presentation at the community eye health event with celebrated ophthalmologist and retinal specialist, Michael M. Lai, M.D., Ph.D.

Dr. Lai, a physician for adult and pediatric patients at Retina Group of Washington, will explore the vital role of the retina (the light-sensitive layer of nerve tissue lining the inner eye) and why it is a most integral part of how we see – plus what to do if our retina is damaged! Bring your questions and concerns for the open Q&A, when low vision specialist Adrianna Wiseman, O.D., will join Dr. Lai.

See Vision Matters 2016 on page 2
Prior to the presentation, there will be free vision screenings beginning at 11 a.m. provided by POB.

This event is co-sponsored by The Beacon Newspapers, JCCGW, Montgomery County Health & Human Services, POB and Shady Grove Adventist Hospital. For more details, see page 8.

American Academy of Ophthalmology Shares Low Vision Patient Information!

If you are newly diagnosed with low vision or have been on a circuitous search for guidance about living with your “new sight,” look no further! The American Academy of Ophthalmology (AAO) is the professional medical association of ophthalmologists, and its membership includes more than 90 percent of practicing ophthalmologists in the United States as well as more than 7,000 members abroad. Its mission is “to ensure that the public can obtain the best possible eye care.”

To access low vision information, visit the AAO website, www.aao.org, and type “low vision” in the search bar. Note: Some of the information may be outdated because of the fast pace of technology solutions. For best results, ask your eye doctor or his or her staff for help!
Low Vision 101

Understanding Your New Sight
You’re invited to meet Lind Stevens, OTRL, SCLV, MS, a highly accomplished Occupational Therapist with a specialization in low vision rehabilitation, on Sunday, May 15, at the Macular Degeneration Network meeting at Sibley Medical Building. This program is in response to the Town Hall meeting on March 19, when countless attendees expressed a resounding need for Medicare reimbursable services to cover low vision rehabilitation. Lind and her colleagues hold the keys to many of the concerns expressed regarding the desire to stay engaged and live a full, happy and active life. You don’t need to have macular degeneration to attend this meeting – just a desire to learn about the sight we have rather than the sight we have lost. For more details, see page 5.

Attention Northern Virginians:

Revolutionary Technology is Here!
Meet OrCam: “A portable, wearable visual system with human-like capabilities for visually impaired persons, via the use of artificial computer intelligence and augmented reality.” Mark your calendar: Thursday, May 12, at Alexandria’s Beatley Library. For more details, see page 5.
### May

#### Tuesday, May 10

**Blurred Vision: Common and Uncommon Causes**

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: Zoey Stoumbos, M.D., Ophthalmology Resident

Space is limited. Ask about parking. To register, call the Eye Center at 202-877-6159.

#### Wednesday, May 11

**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.
MAY (continued)

**WED 11**

**Technology Trends for People with Less Sight!**

1 p.m. – 2 p.m. • Low Vision Support Group
Leisure World, Clubhouse One
3700 Rossmoor Blvd., Silver Spring, Md.

Speaker: Scott Holden, Vision Support, Inc.
Come help us celebrate 30+ years of service!
For more information, call Jane at 301-438-2599.

**THU 12**

**Revolutionary Technology Is Here!**

1:30 p.m. – 3 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.

Speaker: Moira Williams, founder of Envision Technology, Inc.
Learn about OrCam, and find out all it can do! Williams is an expert instructor in the field of technology training for people with impaired sight and reading disabilities.
Free refreshments and parking. For more information and to register, call the library at 703-746-1762.

See more event details at www.youreyes.org/events
**SPECIAL EVENT**

**THE EYE/BRAIN CONNECTION**

OASIS/Suburban Hospital at Westfield Montgomery Mall partners with POB in recognition of Older Americans Month.

Speaker: **Stephen Pappas, Jr., M.D., ophthalmologist and retina surgeon**

Space is limited; registration is required.

Call OASIS at 301-469-6800, press 1, x211 to register.

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**MAY (continued)**

**SUN 15**

**Low Vision 101 – Understanding Your New Sight**

1:30 p.m. – 3 p.m. • Macular Degeneration Network

Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC

Speaker: **Lind Stevens, OTRL, SCLV, MS**

We will focus on the sight we have, not what we have lost. Stevens has a Specialty Certification in Low Vision and Master of Science in Occupational Therapy with a specialty in Vision Rehabilitation. 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.
For more information about our programs, call 202-234-1010.

**MAY (continued)**

**WED 18**

**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.

**THU 19**

**Blurred Vision – Common and Uncommon Causes**
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.

Speaker: Lauren Taney, M.D., Washington Eye Physicians
and Surgeons Ophthalmologist and Retina Specialist

Plus follow up with any concerns from the Low Vision
Town Hall meeting in March! 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
**EXTRA SPECIAL EVENT**

**SUN 22**

**Vision Matters 2016:**
Community Eye Health Day!
11 a.m. – 3 p.m. • FREE Special Event
Shady Grove Adventist Hospital, Birch Auditorium
9901 Medical Center Drive, Rockville, Md.

**Adult Eye Screenings, Eye Health Education**
11 a.m. – 1:30 p.m. • FREE Special Event
Materials, Resources & light refreshments

**The Remarkable Retina**
1:30 p.m.

A landmark presentation exploring the myths and facts of how we see will be led by celebrated Retina Specialist Michael M. Lai, M.D., Ph.D., who is affiliated with Retina Group of Washington.

For more inform and to register, call Debbie at JCCGW at 301-348-3760.
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.

**America InSight**  
Sunday, May 8, 1:30 p.m. & Thursday, May 19, 3:30 p.m.  
Smithsonian American Art Museum, F Street lobby  
Details: AmericanArtTours@si.edu or 202-633-8550.

**Picture This!**  
Wednesday, May 25 and Saturday, May 28, 1 p.m. – 2 p.m.  
National Gallery of Art, West Building Rotunda  
Details: access@nga.gov or 202-842-6905.

**APRIL SHOWERS BRING MAY FLOWERS**

“Gardening enthusiasts don’t despair,” shares Janet Morrison. The best kept secret for enjoying your seedlings’ and plants’ new growth and blooms is wearing yellow-tinted fit-over sunglasses in low-light areas. This is a great recommendation to enhance contrast. For information on obtaining these, please call POB at 202-234-1010.
Visit POB’s website, www.youreyes.org, to stay up-to-date on news and event information.