SPECIAL EVENT:
Low Vision Town Hall Update

New Paths to Independence
Because your voices were heard, Suleiman Alibhai, O.D., founding director of POB’s Low Vision Learning Center, will deliver a progress report on planned low vision rehabilitation opportunities, resources and services for POB’s new headquarters building on Capitol Hill. Dr. Alibhai will introduce his associates: Wendy Gasch, M.D., ophthalmologist, and Stephanie Chen, O.D., low vision optometrist. Join all three doctors for an “Open Low Vision Q&A.” So bring your questions!

Celebrate with POB at Sibley Medical Building, Saturday, Oct. 22, 10 a.m. “Raise a glass,” share a light breakfast and learn about a new path toward independence. More details on page 7.
Aging & Vision:

A special note to our readers
People who have age-related eye “diseases” are more likely to develop a need or desire for tools and techniques to maximize their remaining sight. The term “low vision” means that even with ordinary glasses, contact lenses, medicine or surgery, everyday tasks can be difficult and create new challenges. POB knows that this sometimes may feel frustrating, if not impossible. But remember, low vision is USEFUL vision, and help is available.

During the calendar year, eye doctors and other professionals volunteer to help clarify the myths and mystique that can surround eye disorders, possible vision loss and what to do about it. We hope to see you at one or more of these programs. Refer to the Calendar of Events in this and future newsletters for upcoming information, or contact POB by calling 202-234-1010 or visiting www.youreyes.org.

Autumn Eye Allergies or Dry Eye?

At this time of the year, do your eyes become dry, itchy, watery or sore? Don’t assume it’s allergies! Join Patrick Burke, M.D., ophthalmology resident, as he addresses this often bewildering topic at a Low Vision Lunch & Learn at MedStar Washington Hospital Center on Oct. 11 at 11 a.m. Space is limited. See page 4 for more details.
Cataracts: What You Should Know Before Surgery - GET THE FACTS

Hear Howard Weiss, M.D., MPH, ophthalmologist, when he provides this timely, comprehensive eye health update at the Bender Jewish Community Center of Greater Washington (BJCCGW) Open House on Sunday, Oct. 16 from noon to 1 p.m.

POB hosts this special public health talk and invites you to share a light bagel lunch, coffee and conversation. Space is limited. Call to register. See page 5 for more details.

AMD News You Can Use!

Home monitoring – Introducing a major advance

If you or someone you know has dry AMD, this is a program for you. Meet Richard A. Garfinkel, M.D., a leader in retina/macula disease, on Thursday, Oct. 20 at Vision Support Lunch & Learn when he presents the facts on the technological advances of the ForeseeHome AMD Monitoring Program. This FDA-approved, Medicare-covered daily home monitoring system can detect early changes that could mean a person’s “dry” AMD has become “wet” even before any visual symptoms are present. Dr. Garfinkel is a medical advisor for POB’s AMD Network and the recipient of POB’s Professional Service Award.

Learn more by attending the Vision Support Lunch & Learn at Friendship Heights Village Center. See page 6 for more details.
Autumn Eye Allergies or Dry Eye
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., Ophthalmology Resident
Space is limited. Ask about parking. To register and reserve lunch, call the Eye Center at 202-877-6159.

What’s New at Access Services
10:30 a.m. – 11:30 a.m. • Vision Support Group
Vinson Hall
6251 Old Dominion Drive, McLean, Va.
Speaker: Janice Kuch, Manager of Access Services, branch of the Fairfax County Library System
For more information, call Gloria at 703-742-9070.
Cataracts: What You Should Know Before Surgery - GET THE FACTS
Noon – 1 p.m. • Special Event
Bender Jewish Community Center of Greater Washington
6125 Montrose Road, Rockville, Md.
Speaker: Howard Weiss, M.D., MPH
Hear an update on this growing public health concern. Light bagel lunch hosted by POB. To register, call Debbie at 301-348-3760.

Round Table 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.
“DRY” AMD - NEWS YOU CAN USE!!!
Home Monitoring – A Major Advance
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Speaker: Richard A. Garfinkel, M.D.,
Retina/Macula Expert
Learn about technological advances in detecting early changes in dry AMD that can mean the “dry” has become “wet” even before any visual symptoms are present.
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at 301-656-2797.

NOTE: Macular Degeneration Network, November 19th at Sibley Medical Building, will repeat this program with Richard Garfinkel, M.D., joined by ForeSee Home Monitoring System representative offering “hands on” opportunity to experience the system. Watch for November YourEyes Today for more information!!
LOW VISION TOWN HALL “UPDATE”
SPECIAL EVENT: 10 a.m. – noon
Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC

Guest Experts:
Suleiman Alibhai, O.D., Director
Low Vision Learning Center

Wendy Gasch, M.D., Ophthalmologist
Stephanie Chen, O.D., Low Vision Optometrist

Dr. Alibhai will provide updated information on planned new low vision services, resources, and rehabilitation opportunities for POB’s new headquarters building. Join all three speakers for a lively “Ask the Doctor” Q&A. Bring your questions and enjoy a complimentary light breakfast. Validated garage parking adjacent to the medical building. Call to register and reserve your breakfast - Sibley Senior Association: 202-364-7602.

“Success is to be measured not so much by the position that one has reached in life... as by the obstacles which he has overcome while trying to succeed.” — Booker T. Washington

See more event details at www.youreyes.org/events
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, Oct. 9 and Thursday, Oct. 20, 3:30 p.m.
Smithsonian American Art Museum, F Street lobby
Details: AmericanArtTours@si.edu or 202-633-8550.

**Picture This!**
Saturday, Oct. 22 and Wednesday, Oct. 26, 1 p.m. – 2 p.m.
National Gallery of Art, East Building
Details: access@nga.gov or 202-842-6905.

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