Special Event

Sight Changes & Falls: Are You at Risk?

Do you know that vision loss is a leading cause of falls? Join Adrianna Wiseman, O.D., Low Vision Optometrist and Lind Stevens, O.T., Certified Low Vision Therapist, on Saturday, Sept. 24, 10 a.m., for a special community program, “Stand Up to Falls.” Eye diseases such as glaucoma, cataract, macular degeneration and diabetic retinopathy, as well as normal age-related vision changes, can cause vision problems that include: blurring or distortion; glare; difficulty seeing objects, edges, changes in surfaces and at night; and difficulty judging depth and distance. These facts represent a major source of potential disability and can lead to prolonged recoveries and lengthy stays in hospitals and long-term care facilities. The GOOD NEWS is: Falls can be prevented! See page 5 for more details.
Ophthalmology Residents Learn From & Teach Low Vision Group

Each year on July 1, a new group of doctors begin a three-year ophthalmology residency program. POB is privileged once again this year to work with MedStar Georgetown/Washington Hospital Center Eye Clinic’s new ophthalmology residents. The Low Vision Group meets the second Tuesday of each month from September to December of 2016 at the WHC Eye Clinic Conference Room. Eye health topics are discussed by physician speakers with a lively and interactive group of regular and first-time attendees. We welcome Samantha Feldman, M.D., on Tuesday, Sept. 13 at 11 a.m. when she will discuss eye disorders that can cause “Slips, Trips & Falls.” See the calendar for full details on page 3.

Low Vision Resource Highlight

If you are having difficulty accomplishing usual activities of daily living because of vision changes, or if you have been diagnosed with an eye disorder that threatens your sight, the Low Vision Center (LVC) in Bethesda is a community resource you do not want to overlook! LVC offers displays of lighting and assistive devices to enhance your daily activities and has been offering free hands-on information and resources since 1979. If you have a question, they have an answer. For more information, call 301-951-4444 or go to their website at www.lowvisioninfo.org.
NOTE: New day and time for Macular Degeneration Network: Saturday mornings, 10 a.m. – noon, Sibley Medical Building beginning Fall 2016. These programs are in partnership with Sibley Senior Association, and all people concerned about or living with vision changes are welcome! See the Sept. 24 calendar event for details.

Slips, Trips & Falls

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: Samantha Feldman, M.D.,
Ophthalmology Resident
Learn about the problems caused by vision loss/change that contribute to millions of falls each year! Join the conversation!
Space is limited. Ask about parking. To register, call the Eye Center at 202-877-6159.

See more event details at www.youreyes.org/events
Vision Changes & Falls
1 p.m. – 2 p.m. • Special Event
Revitz House
6111 Montrose Road, Rockville, Md.
Join Janet Morrison, Director, POB’s Aging Eye Programs, for coffee and conversation about fall prevention inside and outside of your home.
Call Sandi to register at 240-283-3103.

The Role of a Low Vision Specialist
10:30 a.m. – 11:30 a.m. • Vision Support Group
Vinson Hall, 6251 Old Dominion Drive, McLean, Va.
Speaker: Stephanie Chen, O.D., Low Vision Specialist, POB’s Low Vision Learning Center
For more information, call Gloria at 703-742-9070.

Gadgets: Advances in Assistive Technology
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.
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Sibley Medical Building, Conference Room 2  
5215 Loughboro Road, NW, Washington, DC

POB and Sibley Senior Association stand up with the Centers for Disease Control and Prevention to alert consumers about vision loss and dangerous falls.

Hear Adrianna Wiseman, O.D., Low Vision Optometrist, and Lind Stevens, O.T., Low Vision Therapist, with a specialization in low vision and falls assessment. Become part of this important conversation beginning with coffee and light breakfast.

To register, call the Sibley Senior Association at 202-364-7602, and for more information, call POB at 202-234-1010.

Validated garage parking adjacent to the medical building.

See more event details at www.youreyes.org/events
### 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, Sept. 11, 1:30 p.m. & Thursday, Sept. 15, 3:30 p.m.  
Smithsonian American Art Museum, F Street lobby  
Details: AmericanArtTours@si.edu or 202-633-8550.

**Picture This!**  
Saturday, Sept. 24 & Wednesday, Sept. 28, 1 p.m. – 2 p.m.  
National Gallery of Art, West Building Rotunda  
Details: access@nga.gov or 202-842-6905.

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### Eye Que:

Often I leave my eye doctor’s appointment feeling sad that my questions were not answered? Any suggestions?”  
Debbie, Ft. Washington, Md.

POB has a pamphlet from National Eye Institute (NEI/NIH) called “Talking With Your Doctor”. It contains printed questions as a guide for you to use and you can use your own questions. This free pamphlet can be requested by calling POB at 202-234-1010.
For more information about our programs, call 202-234-1010.

OCTOBER EYE HEALTH COMING ATTRACTIONS:


Thursday, October 20: “Early Detection of Wet AMD!” Learn about a home-monitoring system that is FDA-approved and Medicare-eligible. Guest Speaker: Richard Garfinkel, M.D., Retina/Vitreal Specialist, Vision Support Lunch & Learn, 12:30 – 1:30 p.m., Friendship Heights Village Center.

Saturday, October 22: “POB Low Vision Town Hall Update: YOUR VOICES WERE HEARD!” Join Suleiman Alibhai O.D., Director, POB Low Vision Learning Center as he discusses upcoming plans of additional resources and services. Dr. Alibhai will introduce his new Associate Stephanie Chen, O. D., and together they will lead an open “Ask the Doctor” Q&A! 10 a.m. – Noon, Sibley Medical Building, Washington, DC. Look for more information in the October issue of Your Eyes Today.

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.