A Tour of the Eye

Join us on Tuesday, October 10 at Martha Washington Library in Alexandria, Virginia as we take a tour of the eye with Donald A. Gagliano, M.D., president of the Prevention of Blindness Society of Metropolitan Washington and retired colonel with the United States Army. Don’t miss out on this very special event as we learn about the architecture of the eye, from front to back, and about the four leading eye diseases that threaten the aging population: cataracts, diabetic retinopathy, glaucoma and age-related macular degeneration. Dr. Gagliano will lead this program and provide attendees with information on how to protect their vision. For more information about this event, see page 4.
Hispanic Heritage Month

October is National Hispanic Heritage Month, sponsored by the National Eye Health Education Program (NEHEP) of the National Eye Institute. This month’s theme is “Ojo con su visión,” which translates to “Watch out for your vision.” Did you know Hispanics/Latinos have some of the highest rates of visual impairment and blindness? Hispanics/Latinos with diabetes are at higher risk of losing vision or going blind from diabetic eye disease. But vision loss can be prevented when it is detected and treated early - a fact that is true regardless of your heritage!

Below, find some fast facts about diabetes and its connection to eye health:

- The most frequent eye diseases in people with diabetes are diabetic retinopathy, cataract, and glaucoma.
- Often, diabetic retinopathy, cataract, and glaucoma are eye diseases or conditions without symptoms. Therefore, a dilated eye exam at least once a year is required to detect them.
- In the United States, the main cause of blindness in adults is diabetic retinopathy.

For more information, visit http://nei.nih.gov/nehep or call (202) 234-1010.
**News & Updates**

**Dry Eyes or Autumn Eye Allergies?**

Do your eyes act up during the autumn season? Whether your eyes are dry, sore, itchy or watery this time of the year, you shouldn’t automatically assume that your discomfort is being caused solely by allergies. Determining whether you have allergies or dry eye disease is one of the difficult issues people face this time of year. Join Dr. Dian Yu, ophthalmology resident, for a conversation about this often bewildering topic at the Low Vision Lunch and Learn at MedStar Washington Hospital Center on Tuesday, October 10. For more information, see page 4.

**New Ways to Find Support**

The Prevention of Blindness Society of Metropolitan Washington is very excited to offer you more resources from the comfort of your own home! On Thursday, October 18, Dr. Belinda Weinberg, low vision specialist, will be answering questions about low vision on Facebook Live. On Tuesday, October 24, an ophthalmology resident from Washington National Eye Center will be addressing common questions about the signs of vision loss, as well as steps to help you take care of your sight, on a conference-call style meeting that can be accessed from any telephone. For more information about these events, see page 6.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>TUE 10</td>
<td>A Tour of the Eye</td>
<td>1:00 p.m. – 2:00 p.m.</td>
<td>Low Vision Support Group</td>
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<tr>
<td></td>
<td>Guest Speaker: Donald A. Gagliano, M.D.</td>
<td></td>
<td>Join Dr. Donald Gagliano, retired colonel, United States Army, as we learn about the architecture of the eye from front to back, including the four major aging eye diseases: cataract, diabetic retinopathy, glaucoma and age-related macular degeneration.</td>
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<td>To register, call (202) 234-1010.</td>
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<tr>
<td>TUE 10</td>
<td>Dry Eyes or Autumn Eye Allergies?</td>
<td>11 a.m. – 12:45 p.m.</td>
<td>Low Vision Support Group</td>
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<tr>
<td></td>
<td>Guest Speaker: Dian Yu, M.D., Washington National Eye Center Ophthalmology Resident</td>
<td></td>
<td>Join Dr. Yu to gain a better understanding of troublesome eye symptoms and get autumn eye facts!</td>
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<tr>
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<td>To register, call (202) 234-1010.</td>
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STAYING INFORMED WITH CURRENT EVENTS WITH METROPOLITAN WASHINGTON EAR

10:30 a.m. – 11:30 a.m. • Vision Support Group
Guest Robert Johnson is a voice-over artist and one of the voices of Metropolitan Washington Ear, which allows users to listen to newspapers, magazines, and other publications over the telephone.
Vinson Hall
6251 Old Dominion Drive, McLean, VA
For more information, call Gloria at (703) 742-9070.

ASSISTIVE TECHNOLOGY FOR LOW VISION

1:00 p.m. – 2:30 p.m. • Tech Talk Mondays
Speaker: Patrick Timony, Adaptive Technology Librarian, DC Public Library
Join us for a discussion about the adaptive technology available for those with low vision.
Prevention of Blindness Society of Metropolitan Washington Headquarters
233 Massachusetts Ave., NE, Washington, DC
To register, call (202) 234-1010.

VISION SUPPORT GROUP OF THE VIRGINIAN

3:00 p.m. – 4:00 p.m.
The Virginian Retirement Community
9229 Arlington Blvd., Fairfax, VA
For more information, call Gloria at (703) 742-9070.

See more event details at www.youreyes.org/events
Let’s Talk About Low Vision
1:00 p.m. – 1:30 p.m. • Special Facebook Live Event
Speaker: Belinda Weinberg, O.D., Low Vision Specialist
Dr. Weinberg will take your questions about the eye conditions that can cause low vision, and more!
Access the stream online: facebook.com/youreyesdc
For more information, call (202) 234-1010.

Accessible Arts Programming at the Kennedy Center
1:00 p.m. – 2:30 p.m. • Low Vision Resource Group
Join special guest Jessica Swanson for a discussion about the variety of ways to enjoy programs at the John F. Kennedy Center for the Performing Arts.
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, VA
Free refreshments and parking. For more information and to register, call (703) 746-1762.

Aging Eyes: Q&A Session with an Expert
7:00 p.m. – 8:00 p.m. • POB Conference Call Series
Join an ophthalmology resident from Washington National Eye Center for a question-and-answer session about the signs of vision loss, as well as steps to help you take care of your sight.
Call (712) 775-7031 and then enter access code 881847675# to join the call. For more information, call (202) 234-1010.
Making the Most of Your Technology
1:00 p.m. – 2:30 p.m. • POB Signature Share Group
Speaker: Belinda Weinberg, O.D., Low Vision Specialist
Join Dr. Belinda Weinberg as we discuss assistive technology designed specifically to help people with vision loss, including screen readers and magnifiers, video magnifiers, mobile devices, and more!
Prevention of Blindness Society of Metropolitan Washington Headquarters
233 Massachusetts Ave., NE, Washington, DC
To register, call (202) 234-1010.

DESCRIPTED ART TOURS IN OCTOBER

POB is proud to partner with local museums offering art tours for visitors who are blind or have low vision.

America InSight (Smithsonian American Art Museum)
Sun., Oct. 8 at 1:30 p.m. & Thurs., Oct. 19 at 3:30 p.m.
For more: AmericanArtTours@si.edu or (202) 633-8550

Picture This! (National Gallery of Art)
Wednesday, Oct. 25 & Saturday, Oct. 28, 1 p.m. – 2 p.m.
For more: access@nga.gov or (202) 842-6905

Portrait InSight (Smithsonian National Portrait Gallery)
Thursday, Oct. 19 & Saturday, Oct. 21, 12:00 p.m.
For more: NPGAccess@si.edu or (202) 633-8506
**Save the date for our November events!**

<table>
<thead>
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<th>Date</th>
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<tbody>
<tr>
<td>TUE 14</td>
<td>Diabetic Eye Disease Awareness Month</td>
<td>11 a.m. – 12:45 p.m.</td>
<td>Low Vision Support Group, MedStar Washington Hospital Center</td>
</tr>
<tr>
<td>MON 20</td>
<td>Tech Talk Monday</td>
<td>1 p.m. – 2:30 p.m.</td>
<td>Prevention of Blindness Society of Metropolitan Washington Headquarters</td>
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<tr>
<td>THU 23</td>
<td>POB Signature Share Group</td>
<td>1 p.m. – 2:30 p.m.</td>
<td>Prevention of Blindness Society of Metropolitan Washington Headquarters</td>
</tr>
<tr>
<td>TUE 28</td>
<td>Q&amp;A with the Experts</td>
<td>7 p.m. – 8 p.m.</td>
<td>POB Conference Call Series (712) 775-7031, Access Code: 881847675#</td>
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</tbody>
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Please send an email to communications@youreyes.org to receive email reminders about upcoming events.

Return Service Requested

Washington, DC 20002
233 Massachusetts Ave., NE
Prevention of Blindness Society of Metropolitan Washington
For the Blind or Handicapped
FREE MATTER