Janet’s Moving On

My work with POB began nearly 30 years ago with the goal of establishing a low vision presence in the area. Initially, I provided a low vision resource and information “bridge” to vision rehabilitation services, which validated the belief that early intervention was key to a person’s acceptance of an irreversible vision loss diagnosis. The next step in my journey with POB was developing low vision resource guide booklets and the large print newsletter; and creating extensive outreach throughout the community with the establishment of the Aging Eye and Macular Degeneration Networks and low vision support/share groups. Through these activities, thousands of voices wanted to know more and a new mantra was born... (Continued on Page 2)
Janet’s Moving On (Continued from Page 1)

...“low vision is useful vision,” and to the eye care community “there is something more that can be done.” In 2010, a significant milestone was attained with the opening of POB’s first Low Vision Learning Center in Alexandria, Virginia; and soon doors will open to a second Center at POB’s new headquarters on Capitol Hill. Early in my career, I was told that when reaching for the top of a mountain “never forget to enjoy the climb.” Now, almost 30 years later, I have thoroughly enjoyed my climb. Thanks to POB leadership for investing in the lives of people with less sight and to each of you for sharing this part of my journey. GOAL ACHIEVED!

POB Share Group Fills a Gap

Stargardt’s disease is an inherited disorder of the retina and typically causes vision loss before age 18. For many, vision loss progresses slowly and it is rare for the disease to cause complete blindness. Several years ago, POB responded to a call from the community to start a support network for people living with Stargardt’s or Stargardt-like disorders. This group filled a gap for many working-age people, students, families, friends and the medical community. To learn more about this network, call (202) 234-1010.
EYE QUE!

If I receive shots for my “wet” macular degeneration, should I see a low vision specialist?

Even if you are responding well to "anti-VEGF" therapy, always ask your eye physician about a referral to a low vision specialist, who can help you maximize your vision and improve the quality of your life.

- Emily Y. Chew, M.D., medical advisor to the Prevention of Blindness Society of Metropolitan Washington's Aging Eye & Macular Degeneration Networks

Technology Accessibility

If you use Apple devices, you may know that they have many accessibility features built-in. If you are seeking a quick start guide to the various accessibility tools, you may want to read iOS Access for All: Your Comprehensive Guide to Accessibility for iPad, iPhone, and iPod Touch by Shelly Brisbin. The fully updated book guides you step-by-step through all the accessibility features of Apple’s iPhone and iPad operating system. The book is available at iosaccessbook.com.* For more information about accessibility on Apple iOS devices, visit apple.com/accessibility.
Accessing Ride Sharing Apps

A new service provides access to taxi cab alternatives including Uber and Lyft for those who do not have a smartphone. Specifically catering to seniors, GoGoGrandparents allows users to dial a toll-free number and speak with an operator, who will arrange for a ride-sharing driver to pick them up at their desired location. The cost for the service is $0.19 per minute, which is automatically added to the cost of the ride. For more information, visit gogograndparent.com or call (855) 464-6872.*

*POB does not endorse or recommend any commercial products, processes, or services.

eye run for P

Sunday, Sept. 17, 8 a.m.
Westfield Montgomery Mall
Bethesda, Md.

Bring your family and join us for a 5K run and 3K family fun run and walk to save sight! We will have fun activities for the whole family, plus vision screenings and more!

Register at eyerunforpob.org or call (202) 234-1010 for more.
Words of Wisdom from Oprah for Everyone

1. Watch your language! "The language you give yourself often starts to define the way you see or think of yourself."

2. Stay balanced. "In all areas of your life, it is important to find balance and flexibility emotionally, spiritually, and physically."

3. Keep a gratitude journal. "Find a way to follow through with this! Gratitude is the foundation of happiness. If you want to start being happy, get grateful first!"

4. Be thankful. “For what you have, be truly thankful; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

Adapted from oprah.com. Visit oprah.com for more.

POB Day at The Original Pancake House

Thursday, August 24

7 a.m. - 3 p.m.

Dine out at The Original Pancake House in Bethesda, Rockville or Falls Church, and 15% of your bill will benefit POB’s programs!
During the summer, finding activities that support individuals with "low or no vision" can seem challenging. Whether you’re looking to try a new activity or take up an old hobby again, there are plenty of exciting adventures in the area.

The Adaptive Sailing program of the Downtown Sailing Center (DSC) in Baltimore offers “Accessible Saturdays” once or twice a month through August where sailors can either use a kneelboat or one- or two-person non-capsizable dinghy to take to the open waters. For more information, call (800) 877-2451 or email cindywalker@ussailing.org.

If you’re looking to do something more team-oriented, try dragon boating. The long narrow canoe seats 20 paddlers and their DC team, the DC Dragons, practices year round. For more information, email dcdragons@dcdragons.org.

If water sports are not for you, try fully-accessible bocce ball at MedStar National Rehabilitation Center. No experience is needed and you can register for free. For more information, call (202) 877-1427 or email tanece.j.james@medstar.net.
If you’re looking for activities in the Arlington area, visit parks.arlingtonva.us/therapeutic-recreation. There you can find adapted sports programs and adapted visual and performing arts programs for children.

The Metro Washington Association of Blind Athletes (MWABA) offers a number of programs for youth and adults from the area, including goalball, judo, and yoga. Goalball is the only team sport specifically designed for the blind. It is played by men and women around the world, including in the Paralympics. Judo is an art, a sport, and a means of defense. MWABA's Yoga is held every 1st and 3rd Sunday of each month. For information about goalball or yoga, visit gomwaba.org or call (202) 631-2426. For information about judo, call (301) 674-5438.

The DC Blind Bowlers League plays on Monday evenings at 7:30 p.m. at Parklane Bowls in District Heights, Maryland. For more information, email lucindar2@aol.com.

The Washington Wheelers Blind Hockey Club holds weekly ice skating practice in Arlington, VA. Blind hockey leagues are also available to join. Prior skating experience is not necessary and the practice time, skating instruction, rental skates, and hockey equipment are free for participants. For more information, email cfitzpatrick@akira.tech.com. For more information about Blind Hockey, visit blindicehockey.com.
DESCRIBED ART TOURS

POB is proud to partner with local museums offering art tours for visitors who are blind or have low vision. Multiple tours are offered throughout the summer. Contact the venues by email or phone for more details and dates.

**America InSight** (Smithsonian American Art Museum)
Details: AmericanArtTours@si.edu or (202) 633-8550

**Picture This!** (National Gallery of Art)
Details: access@nga.gov or (202) 842-6905

**Portrait InSight** (Smithsonian National Portrait Gallery)
Details: NPGAccess@si.edu or (202) 633-8506

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