New Standard of Care for Low Vision

No longer when a person is facing vision loss does an ophthalmologist or other eye care provider need to say “there is nothing more I can do!” The American Academy of Ophthalmology (AAO) has released a new video titled “There Is Something You Can Do.” The powerful six-minute video encourages all ophthalmologists to adopt what David W. Parke II, chief executive officer of the AAO, calls “the new standard of care.” Simply put, it is “the referral of those with vision loss to low vision rehabilitation services” as early as possible. Join us for a Vision Support Lunch & Learn event at 12:30 p.m. on Thursday, March 16 at Friendship Heights Village Center. Remember, information is power! Learn how you can help yourself and others! Learn more about this event on page 5.
Large Print Tax Documents

Tax season is upon us! Did you know that all Internal Revenue Service (IRS) tax forms and publications are available in large print and other accessible formats? For more information visit: www.irs.gov/uac/irs-tax-publications-in-large-print or call the IRS Publications Department at (800) 829-3676. For assistance navigating the IRS website, call (800) 876-1715.

Safeguard Yourself at Tax Time!

Be aware of identity theft tactics! The Internal Revenue Service (IRS) uses your social security number to ensure that your tax filing is accurate and complete. Identity thieves can also use your social security number to apply for jobs and to file for your refund. An unexpected letter from the IRS could alert you that someone else is using your social security number. It is important to understand that the IRS does not start contact with a taxpayer by sending an e-mail, text or social media message that asks for personal or financial information. The IRS also will not call you unless it has already sent you a letter in the mail. If you get an e-mail that claims to be from the IRS, do not reply or click on any links. Instead, call the IRS at (800) 366-4484. Remember, those committing fraud cannot be stopped unless their schemes and tactics are reported!
Where to Find Identity Theft Help

Visit identitytheft.gov to report identity theft and to find more information about how to recover from identity theft. Other helpful contacts include:

- Federal Trade Commission (FTC): (877) 382-4357
- FTC Identity Theft Hotline: (877) 438-4338
- National Do Not Call Registry: (888) 382-1222
- Consumer Financial Protection Bureau: (855) 411-2372
- Postal Inspection Service: (877) 876-2455
- EquiFax (credit reporting agency): (800) 525-6285
- Experian (credit reporting agency): (888) 397-3742
- TransUnion (credit reporting agency): (800) 680-7289

Genetics of AMD: An Update

Important information for family members of relatives with AMD at this Macular Degeneration Network event!

Don’t miss Dr. Emily Chew, Deputy Director, Division of Epidemiology and Clinical Applications, and Deputy Clinical Director of the National Eye Institute at National Institutes of Health, when she discusses the genetics of AMD at this Macular Degeneration Network event at Sibley Medical Building at 10:00 a.m. on Saturday, April 22. Please share with your family and friends, as all are welcome! For more information, call (202) 234-1010.
**Eye Myth or Fact?**

Using raw steak on a “black eye” is an urban myth! According to the American Academy of Ophthalmology, “There is no scientific basis to use raw steak to treat a black eye and bacteria in raw meat poses a high risk of infection.” For more information, visit: [www.aao.org/eye-health](http://www.aao.org/eye-health)

---

**Calendar of Events**

**MARCH**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Speaker</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WED 8</strong></td>
<td>Increasing Independence</td>
<td>10:30 a.m. – 11:30 a.m.</td>
<td>Vision Support Group</td>
<td>Join us as we share helpful and accessible resources you can utilize every day! Vinson Hall 6251 Old Dominion Drive, McLean, Va.</td>
<td>For more information, call Gloria at (703) 742-9070.</td>
</tr>
<tr>
<td><strong>TUE 14</strong></td>
<td>Understanding Ophthalmic Lasers</td>
<td>11 a.m. – 12:45 p.m.</td>
<td>Low Vision Support Group</td>
<td>Speaker: Jacquelyn Daubert, M.D. MedStar Ophthalmology Resident</td>
<td>Washington Hospital Center Eye Center Conference Room Suite 1A-19, 110 Irving Street, NW, Washington, DC Space is limited. To register and reserve a light lunch, call the Eye Center at (202) 877-6159.</td>
</tr>
</tbody>
</table>
Making Things Easier to See and Do
3 p.m. – 4 p.m. • Vision Support Group of The Virginian
Join us for an open discussion on simple ways to increase your feelings of independence. Share techniques and tools that you have adapted and learn how others have found solutions to enhance their everyday life.
The Virginian Retirement Community
9229 Arlington Blvd., Fairfax, Va.
For more information, call Gloria at (703) 742-9070.

New Standard of Care for Low Vision
12:30 p.m. – 1:30 p.m. • Vision Support Lunch & Learn
Special Guest: Adriana Wiseman, O.D.
Low Vision Services, PLC
Dr. Wiseman will facilitate a stimulating conversation following a screening of the American Academy of Ophthalmology’s new video about low vision, “There Is Something You Can Do.”
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, Md.
Event is metro-accessible. To register and reserve a light lunch, call the Village Center at (301) 656-2797.
Calendar of Events

MARCH (continued)

SAT 25

Get the Most Out of Your Doctor’s Appointments
10:30 a.m. – 12 p.m. • Macular Degeneration Network
(Coffee and conversation start at 10:00 a.m.)
Speaker: Marti Bailey, B.S., C.S.A.
Director, Sibley Senior Association
Learn how to take an active role and partner with your doctor. Use tips and new communication strategies for working together with your health care team.
Sibley Medical Building, Conference Room 2
5215 Loughboro Road, NW, Washington, DC
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.

If you have a desire for a “support” group which may address your needs, please call Prevention of Blindness Society of Metropolitan Washington at (202) 234-1010.
MARCH (continued)

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, Mar. 12, 1:30 p.m. & Thursday, Mar. 16, 3:30 p.m.
Smithsonian American Art Museum, F Street lobby
Details: AmericanArtTours@si.edu or (202) 633-8550.

Picture This!
Wednesday, Mar. 22 & Saturday, Mar. 25, 1 p.m. – 2 p.m.
National Gallery of Art, West Building Rotunda
Details: access@nga.gov or (202) 842-6905.

Portrait InSight
Thursday, Mar. 9, 12:00 p.m. & Saturday, Mar. 11, 12:00 p.m.
Smithsonian National Portrait Gallery, G Street Lobby
Details: NPGAccess@si.edu or (202) 633-8506.

Winter Reminder: Weekday program cancellations due to inclement weather will be consistent with school closings. For weekend event cancellations, call (301) 538-9358.
Visit POB’s website, www.youreyes.org, to stay up-to-date on news and event information.