Spotlight on Sunglasses

Wearing the right sunglasses is a great defense against ultraviolet (UV) rays that can cause short- and long-term eye damage, according to the American Academy of Ophthalmology. Here are the most important factors to consider when purchasing sunglasses:

1. Make it 100%: The most important thing to look for is an indicator that they block 100 percent of UV rays.

2. Bigger is better: Consider buying oversized glasses or wraparound-style glasses, which help cut down on UV entering the eye from the side.

3. Cost shouldn’t be a factor: Less expensive pairs marked as 100 percent UV-blocking can be just as effective as pricier options. (Continued on page 7)
Healthy Vision Month

During Healthy Vision Month, held each May, the National Eye Institute (NEI) reminds you to make your eye health a priority and encourages you to take important steps to protect your sight.

- **Get a dilated eye exam.** Getting a dilated eye exam is the only way to detect eye diseases early, because with many, there are no warning signs.
- **Live a healthy lifestyle.** Eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking can lower your risk of eye disease.
- **Know your family history.** Talk to your family members about their eye health history. It’s important to know if anyone has been diagnosed with an eye disease, since many are hereditary.
- **Use protective eyewear.** Protect your eyes when doing chores around the house to prevent eye injuries.
- **Wear sunglasses.** When purchasing sunglasses, look for ones that block out 99 to 100% of both UVA and UVB radiation.

To learn more about Healthy Vision Month and find additional eye health information, visit [www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm) or call (301) 496-5248.
POB Opens New Resale Shop

On April 14 and 15, the Furniture, Antiques & More Annex, benefiting the Prevention of Blindness Society of Metropolitan Washington, celebrated its grand opening. The Annex is located at 10419 Fawcett Street, Kensington, MD, on Kensington’s historic Antique Row. Antique Row is home to a variety of antique shops, as well as dining establishments.

Additionally, the Annex is located steps away from the Prevention of Blindness Society Resale Shop at 3706 Howard Avenue. The Annex is open on Saturdays and Sundays from 12 p.m. to 5 p.m. For more information about the Annex, visit youreyes.org/resaleshops or call (301) 942-4707.

All three resale shop locations accept donations of gently used goods. Donations may be dropped off during regular business hours. Additionally, free pick-up for large items or a large volume of items is available by calling (301) 942-4707 (DC & Maryland) or (703) 683-2558 (DC & Virginia).

Prevention of Blindness Society Resale Shop Locations:
• 900 King Street, Alexandria, VA 22314
• 3716 Howard Avenue, Kensington, MD 20895
• 10419 Fawcett Street, Kensington, MD 20895
Diabetes: un problema de toda la familia
9:45 a.m. – 10:15 a.m. • Special Event
Speaker: Adriana Wiseman, O.D., Low Vision Specialist
Currently, more than one million Latinos have been diagnosed with diabetic eye disease, and the number is expected to rise to five million by 2050. Attend this sight-saving seminar and learn how to lessen the impact of diabetic eye disease.
*This lecture will be presented in Spanish.*
Bohrer Park Activity Center
596 South Frederick Ave., Gaithersburg, MD

Healthy Vision Month
11 a.m. – 12:45 p.m. • Low Vision Support Group
Guest Speaker: Mariam Mathai, M.D., Washington National Eye Center Ophthalmology Resident
Join us as Dr. Mathai discusses tips everyone can use to take charge of their eye health and preserve their sight.
MedStar Washington Hospital Center
Eye Center Conference Room, Suite 1A-19
110 Irving Street, NW, Washington, DC
To register, call (202) 234-1010.
MAY 2018

**WED 9**

**Vision Support Group**

10:30 a.m. – 11:30 a.m. • Vision Support Group

Vinson Hall Retirement Community

6251 Old Dominion Drive, McLean, VA

For more information, call Gloria at (703) 687-3544.

---

**TUE 15**

**Ask the Doctor - Conference Call**

7:00 p.m. – 8:00 p.m. • POB Conference Call Series

Join Samantha Feldman, M.D., Washington National Eye Center Ophthalmology Resident, as she addresses your most pressing vision health questions and concerns.

Call (712) 775-7031 and then enter access code 881847675# to join the call. For more information, call (202) 234-1010.

---

**WED 16**

**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) 687-3544.

See more event details at www.youreyes.org/events
Low Vision Share Group
12:30 p.m. – 1:30 p.m. • POB Signature Share Group
Speaker: Belinda Weinberg, O.D., Low Vision Specialist
Prevention of Blindness Society of Metropolitan Washington Headquarters
233 Massachusetts Ave., NE, Washington, DC
To register, call (202) 234-1010.

Astronomy with Low or No Vision
1 p.m. – 2:30 p.m. • Low Vision Resource Group
Join special guest Jenns Robertson for an engaging conversation about how to enjoy astronomy, which is the science of stars, space and the universe. All are welcome for this unique and accessible program.
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Free refreshments and parking. For more information and to register, call the library at (703) 746-1762.
Using Your Cell Phone (and More) with 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 how to make technology, such as cell phones, adaptive for people with low vision. Bring your questions (and devices)!
Prevention of Blindness Society of Metropolitan Washington Headquarters
233 Massachusetts Ave., NE, Washington, DC
To register, call (202) 234-1010.

Spotlight on Sunglasses (continued from page 1)

4. Darker lenses don’t protect better: While very dark lenses may look cool, they do not necessarily block more UV rays.
5. Polarized lenses cut glare, not UV: Polarization reduces glare coming off reflective surfaces like water or pavement. This does not offer more protection from the sun, but can make activities like driving or being on the water safer or more enjoyable.

For more information, including more tips for sun smart eye health, visit eyesmart.org or call (202) 234-1010.
DESCRIBED ART TOURS IN MAY

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., May 13 at 1:30 p.m. & Thurs., May 17 at 3:30 p.m.
For more: AmericanArtTours@si.edu or (202) 633-8550

Picture This! (National Gallery of Art)
Wed., May 23 & Sat., May 26, 1:00 p.m. – 2:00 p.m.
For more: access@nga.gov or (202) 842-6905

Portrait InSight (Smithsonian National Portrait Gallery)
Thursday, May 17 and Saturday, May 19, 12:00 p.m.
For more: NPGAccess@si.edu or (202) 633-8506

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

Handicapped
For the Blind or
FREE MATTER

Prevention of Blindness Society
233 Massachusetts Ave., NE,
Washington, DC 20002
Return Service Requested