"Read" Newspapers and Magazines Again!

Losing vision can lead to issues reading newspapers, magazines, and looking up services. Luckily, FREE resources are available for anyone with reading issues due to vision loss, dyslexia, or a physical disability!

National Federation of the Blind (NFB) Newsline provides access to hundreds of national and local newspapers! Using a phone or Victor Reader Stream, it is possible to listen to newspapers, magazines, job and television listings, store circulars, weather reports and more with NFB Newsline! The service also provides a chance to learn about upcoming regional accessible events, like guided tours or audio-described plays.

(Continued on page 2)
“Read” Newspapers and Magazines Again! (Continued from page 1)

To register or learn more about this service, visit their website (https://nfb.org/programs-services/nfb-newsline), or contact Kathy Gosselin, Regional NFB Newsline Administrator, at Nfb.newsline@dc.gov or 202-403-9279.

The Metropolitan Washington Ear (MWE) is another great service in the Metropolitan region! MWE is a local nonprofit organization who provide newspaper reading services and more to the community! MWE uses volunteer human speakers to read yesterday and today’s papers from the Washington Post, USA Today, and other local/national newspapers. MWE also provides public service announcements, audio described TV, movies, and other live events, a live radio broadcast, radio talking books, and more through a simple dial-in process!

To learn more and apply, email (information@washear.org), call (301-681-6636) or visit their website (http://www.washear.org/).
Q&A with Dr. Weinberg

Q: I have low vision and am having trouble managing my medications. Do you have any tips?

A: Taking medications as prescribed is critical for your health but this can be a challenge when you are unable to accurately see the labels. There are several things you can do to make this easier. For some, hand held magnifiers do the trick. Also speak to your pharmacist - many pharmacies offer large print labels for medications. Some even offer audible output via a program called ScripTalk. This service provides talking labels and prescription readers and are available by request at many pharmacies, free of charge.

A reading machine will say aloud the medication name, dosage and other important information when the labeled medication is placed on it. If you have a sighted friend or family member, ask them to organize a well-labeled pill box with all of your medications weekly. Use devices to set daily reminders of when to take your medication! These could vary anywhere from your iPhone and Siri, Amazon Echo and Alexa, an alarm clock, to any other sound/voice assistant with the ability to set a timer or reminder!

To schedule an appointment with Dr. Weinberg, call (703) 652-7803. For more information, visit youreyes.org.

(Belinda Weinberg, OD, is a low vision specialist. Send questions to communications@youreyes.org. We regret that unpublished questions cannot be answered individually.)
## SEPTEMBER 2019

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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| TUE 10 | Aging Eyes with Kareen Shebalco, M.D.  
11:00 AM – 12:45 PM  
MedStar Washington Hospital Center Eye Center Conference Room, Suite 1A-19  
110 Irving Street, NW, Washington, DC  
To register, call (202) 234-1010. |
| TUE 10 | Learn About Low Vision Occupational Therapy  
2:00 PM – 3:30 PM, Speaker: Christine Huang, O.T.  
The Fairfax at Belvoir Woods  
9140 Belvoir Woods Parkway, Fort Belvoir, VA  
To register, call Russ at (703) 372-1235. |
| TUE 10 | Learn About Low Vision Rehabilitation  
2:00 PM - 3:00 PM, Speaker: Suleiman Alibhai, O.D.  
Goodwin House Bailey’s Crossroads  
3440 S. Jefferson St., Falls Church, VA  
To register, call Boyd Kowal at (202) 320-5938. |
| WED 11 | The Remarkable Retina & Falls Convention  
10:00 AM – 12:00 PM, Speaker: Catherine Cukras, M.D., Ph.D., National Eye Institute  
Leisure World Clubhouse 2 Auditorium  
3300 N. Leisure World Blvd., Silver Spring, MD  
To register, call Larry at (301) 244-8004. |
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<tbody>
<tr>
<td>Wed 11</td>
<td>Get Acquainted &amp; Welcome Back</td>
<td>10:30 AM – 11:30 AM</td>
<td>Low Vision Support Group</td>
<td>Vinson Hall (Conference Room near the Library) 6251 Old Dominion Drive, McLean, VA</td>
<td>To register, call Sandy at (703) 989-1821 or contact Carol H. in Apt #1309.</td>
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<tr>
<td>Wed 11</td>
<td>Low Vision Update</td>
<td>2:30 PM – 3:30 PM</td>
<td>Speaker: Suleiman Alibhai, O.D.</td>
<td>Ashby Ponds Farmwell Hall 21170 Ashby Ponds Blvd., Ashburn, VA</td>
<td>To register, call Carol at (703) 898-2837.</td>
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<tr>
<td>Thu 12</td>
<td>Lighting, Contrast, &amp; Other Techniques to Age in Place With Low Vision</td>
<td>2:30 PM – 3:30 PM</td>
<td>Speaker: Belinda Weinberg, O.D.</td>
<td>Paul Spring Retirement Community 7116 Fort Hunt Rd., Alexandria, VA</td>
<td>To register, call Ray at (703) 768-0234.</td>
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<tr>
<td>Mon 16</td>
<td>Learn More About NFB Newsline</td>
<td>1:00 PM – 2:30 PM</td>
<td>Tech Talk Mondays Speaker: Kathy Gosselin, NFB</td>
<td>POB Headquarters 233 Massachusetts Ave NE, Washington, DC</td>
<td>To register, call Sean at (202) 234-1010.</td>
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NEW Low Vision Resource and Support Group  
2:00 PM – 3:30 PM  
All are invited to a new group that provides resources, support, and education needed to properly cope and adjust to vision loss.

Low Vision Center  
4905 Del Ray Avenue, 5th Floor, Bethesda, MD  
To register, call Terry at (301) 951-4444.

Meet an Occupational Therapist  
3:00 PM – 4:00 PM • Low Vision Support Group  
Speaker: Christine Huang, OTR/L, MS

The Virginian - Room 402  
9229 Arlington Blvd., Fairfax, VA  
To register, contact Sandy at (703) 989-1821.

Healthy Aging and Your Vision  
12:30 PM– 1:30PM • POB Signature Share Group  
Speaker: Belinda Weinberg, O.D.  
Learn more about preventive techniques that can help optimize our vision as we age and prevent onset of significant vision loss!

POB Headquarters  
233 Massachusetts Ave NE, Washington, DC  
To register, call Sean at (202) 234-1010.
Healthy Aging Month: Preserve Your Vision!
12:00PM – 1:00PM
Speaker: Viraj Mehta, M.D., Washington Eye Physicians and Surgeons
Many eye diseases and vision problems correlate with increased age. Luckily, there are many ways to prevent or slow onset of these problems. Learn more with us!

The Village of Friendship Heights
4433 South Park Ave., Chevy Chase, MD
To register, call (301) 656-2797.

Glaucoma Screenings, Free Reading Glasses, and Healthy Eyes!
11:00 AM – 3:00 PM
From 11:00 AM – 12:00 PM join Dr. Katherine McCabe to learn about the many different age-related eye diseases and how they are treated! From 12:00 PM – 3:00 PM, all are welcome to receive free glaucoma screenings, reading glasses, and eye education!

Dar Al Hijrah Islamic Center
3159 Row St., Falls Church VA
To register, call Stacey at (216) 262-1669.
UPCOMING DESCRIBED ART TOURS

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., Sept. 8 at 1:30 PM & Sun., Sept. 22 at 1:30 PM
For more: AmericanArtMuseumTours@si.edu or (202) 633-8550.

Picture This! (National Gallery of Art)
Wed., Sept. 25 at 1:00 PM, & Sat., Sept 28 at 1:00 PM
For more: access@nga.gov or (202) 842-6905.

Portrait InSight (Smithsonian National Portrait Gallery)
Thurs., Sept. 19 at 2:00 PM & Sat., Sept. 21 at 12:00 PM
For more: NPGAccess@si.edu or (202) 633-8506.

Please send an email to communications@youreyes.org.
To also start receiving the digital edition of this newsletter,

Washington, DC 20002
233 Massachusetts Ave., NE
of Metropolitan Washington
Prevention of Blindness Society

Handicapped
For the Blind or
FREE MATTER

Return Service Requested