



# Your Eyes



## TODAY

### **In This Issue**

**Holocaust  
Museum Tour:**  
2

**POB  
Eyeglasses  
Clinic:** 3

**Q&A  
with Dr.  
Weinberg:** 4

**Upcoming  
Events:** 5-8

## **Age-Related Macular Degeneration (AMD) Awareness Month**

February is Age-Related Macular Degeneration (AMD) Awareness Month, sponsored by the American Academy of Ophthalmology. AMD is the leading cause of blindness among older Americans, affecting over 2 million Americans and 20,000 people in the DC metropolitan region alone! AMD causes the macula to deteriorate – debilitating central vision and decreasing the ability to see fine details. AMD does not damage your peripheral vision, however, creating a field of vision that may resemble a donut (hole in the middle but vision all around).

(Continued on page 2)

**Volume 26, Issue 1**

**FEBRUARY 2019**

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

**(202) 234-1010 | [www.youreyes.org](http://www.youreyes.org) | Facebook & Twitter: @youreyesdc**

# News & Updates

## Diabetic Eye Disease Awareness Month

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You are at increased risk for the disease if you are over the age of 60, a smoker, Caucasian, or have a family history of the disease. Early and intermediate stages of AMD are often symptomless and would go unnoticed unless you receive your annual comprehensive dilated eye exam. Once advanced stages of the disease have begun, there are new surgeries and injections that have made the disease more manageable and slow progression. However, side effects, some serious, are still present with these procedures. Early detection through an annual comprehensive dilated eye exam will be the most effective prevention tool! For more information, visit <http://nei.nih.gov> or call (202) 234-1010.

## Special Guided Holocaust Museum Tour

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International Holocaust Remembrance Day is January 27. POB has planned a guided tour at the United States Holocaust Memorial Museum, on Saturday, February 9 at 1 p.m. The Museum offers guided tours for the visually impaired community, as well as their guests, at no cost. The tours are led by trained docents and include visual description and touchable objects. Call (202) 234-1010 for more information, and to register for this event.

# News & Updates

## **POB Eyeglasses Clinic Has Moved**

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The Prevention of Blindness Society of Metropolitan Washington's Eyeglasses Clinic provides more than 1,000 pairs of prescription eyeglasses to individuals in-need each year at low- or no-cost.

In order to better serve our community, the Eyeglasses Clinic moved to POB's headquarters at 233 Massachusetts Avenue NE, Washington, DC 20002 as of January 3, 2019. This relocation allows us to provide additional services, resources, and information to our clients.

**Interested in obtaining prescription eyeglasses at our Eyeglasses Clinic?** Prescription eyeglasses start at \$35 per pair (options such as progressive lenses and tints are available, for an additional cost). Individuals must have a current prescription for eyeglasses dated within the last twelve months. The Clinic does not accept insurance and payment is due at time of service.

Appointments are available at the POB Eyeglasses Clinic Tuesday through Friday, from 8:20 a.m. to 3:00 p.m. For more information, or to schedule an appointment, contact the Eyeglasses Clinic at (202) 269-0203, option 1.

# Q&A with Dr. Weinberg

## **I have low vision. How do I travel safely in the winter?**

Getting around in the winter, especially when there is snow and ice, is challenging for everyone, but is a particularly difficult task for those that are visually impaired or blind. There is decreased visibility with driving, but even walking can be risky in these conditions. Snow and ice present an increased risk of fall. Snow muffles sound for those that rely on auditory cues, for example, the sound of cars to know when to cross the street. While a white cane is able to detect snow and ice, snow can interfere with the information one can get from their cane. Light reflecting off of snow can increased glare as well.

Unfortunately, there is no easy solution to these challenges. The best advice is simply to be extra cautious in the winter. Bundle up, as you may need to walk at a slower pace than usual. Services such as taxicabs, ride-sharing services (such as Uber and Lyft), as well as para-transit services (such as MetroAccess), can be a big help when it is extra cold by reducing the time you may have to wait outdoors for public transport. Finally, do not hesitate to ask for help!

To schedule an appointment with Dr. Weinberg, call **(703) 652-7803**. For more information, visit **[youreyes.org](http://youreyes.org)**.

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(Belinda Weinberg, OD, is a low vision specialist. Send questions to **[communications@youreyes.org](mailto:communications@youreyes.org)**. We regret that unpublished questions cannot be answered individually.)

# Calendar of Events

**FREE local programs!**

## FEBRUARY 2019

**SAT  
9**

### **Guided Tour of the Holocaust Museum**

**1:00 p. m. – 3:00 p.m. • Special Event**

Join POB as we go on a guided highlights tour at the United States Holocaust Memorial Museum. Trained staff will lead us through the museum with visual descriptions and touchable objects.

#### **United States Holocaust Memorial Museum**

100 Raoul Wallenberg Pl. SW, Washington, DC

To register, call (202) 234-1010.

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**TUE  
12**

### **Age-related Macular Degeneration**

#### **(AMD) Awareness Month**

**12:30 p.m. – 1:30 p.m. • Low Vision Support Group**

Guest Speaker: Kelsey Durbin, MD, Washington

National Eye Center Ophthalmology Resident

AMD is the leading cause of blindness among older Americans, but new treatments have dramatically changed the course of this disease over the last 10 years, making AMD more manageable than ever before. Join Dr. Durbin to learn what you can do to protect your vision!

#### **MedStar Washington Hospital Center**

233 Massachusetts Ave. NE, Washington, DC

To register, call (202) 234-1010.

**WED  
13**

**Low Vision Support Group at Vinson Hall**

**10:30 a.m. – 12:00 p.m.** • Low Vision Support Group  
Vinson Hall Retirement Community holds a monthly  
group that is free and open to the public.

**Vinson Hall Retirement Community**

6251 Old Dominion Drive, McLean, VA

To register, call Sandy at (703) 989-1821.

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**FRI  
15**

**Adapting your iPhone for Low Vision**

**1:00 p.m. – 2:30 p.m.** • Low Vision Support Group  
Guest Speaker: **Dammie Onafeko**

Apple products offer great features for individuals  
with low vision. Bring your iPhone and learn how to  
make your iPhone accessible for low vision and an aid  
for daily life! Free refreshments and parking.

**Charles E. Beatley, Jr. Central Library**

5005 Duke Street, Alexandria, VA

To register, call the library at (703) 746-1762.

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**WED  
20**

**Low Vision Support Group at The Virginian**

**3:00 p.m. – 4:00 p.m.** • Low Vision Support Group  
The Virginian Retirement Community holds a monthly  
group that is free and open to the public.

**The Virginian Retirement Community**

9229 Arlington Blvd., Fairfax, VA 22031

To register, Sandy at (703) 989-1821.

**THU  
21**

**Watching Movies with Low Vision: The Audio Description Project (ADP)**

**12:00 p.m. – 1:00 p.m. • Low Vision Support Group**  
Join us to learn about the American Council of the Blind's Audio Description Project (ADP) from one of the founding leaders, Joel Snyder, PhD. ADP helps provide an accessible way to view movies, television shows, plays, and more!

**Village of Friendship Heights**

**4433 South Park Avenue, Chevy Chase, MD**

**To register, call the Village Center at (301) 656-2797.**

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**THU  
21**

**Non-Optical Low Vision Aids**

**12:30 p.m. – 1:30 p.m. • Low Vision Support Group**  
Join Belinda Weinberg, OD, to learn about non-optical low vision aids. These include large print items, bold pens, tactile aids and much more! See demonstrations and learn where the aids can be obtained!

**Prevention of Blindness Society of Metropolitan Washington Headquarters**

**233 Massachusetts Ave. NE, Washington, DC**

**To register, call (202) 234-1010.**

# **"EYES-FREE" YOGA EVENTS**

Join yoga instructor Diana McCown for a special pair of free yoga sessions, inspired by blind/visually impaired "yogis."

The class will move mindfully and with intent using all of your senses except sight. **All are welcome to attend** – fully sighted attendees will wear a blindfold during class to have the same experience!

**Sunday, February 3, 2019 • 3:15 p.m. – 4:45 p.m**

**Sunday, March 3, 2019 • 3:15 p.m. – 4:45 p.m.**

**Willow Street Yoga**

**8561 Fenton Street, 2nd Floor, Silver Spring, MD**

**To register, call (301) 562-0744.**

**To also start receiving the digital edition of this newsletter, please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).**

Return Service Requested



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

**FREE MATTER  
For the Blind or  
Handicapped**