



Your Eyes



TODAY

In This Issue

**Eye Strain:
What Can I
Do: 1-2**

**POB Has
Moved: 2**

**Make
Your Home
Safer: 3**

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

**Upcoming
Events: 5-7**

Eye Strain: What Can I Do?

Millions of Americans experience eye strain every year. It occurs when we put our eyes under intense use for an extended time, such as reading un-paused for long periods of time, straining our eyes in dim or overly bright light, and, of course, looking at digital device screens too long. It causes sore, itchy, burning, watery or dry eyes; headache, and even blurred or double vision. Eye strain can be very uncomfortable, and is often preventable!

What can we do to stop or limit these issues? We can limit our screen time on devices, adjust lighting to reduce glare and make it easier on the eyes, blink more often, and use larger print and better contrast settings on your computer when possible.

(Continued on page 2)

MARCH 2020

**Prevention of Blindness Society of Metropolitan Washington®
415 2nd Street NE, Suite 200, Washington, DC 20002**

(202) 234-1010 | www.youreyes.org | Facebook & Twitter: @youreyesdc

News & Updates

Eye Strain: What Can I Do?

(Continued from page 1)

In addition, we should take eye breaks. Try the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds.

Also, we should make a point to get a regular, comprehensive dilated eye exam to ensure we are maintaining the best vision possible!

Eye strain is often caused by our own environmental factors. However, if these self-treatments fail to help, you should see your eye doctor as soon as possible. Make sure you are doing what you can to make your eyes as healthy as possible!

POB Has Moved!

The Prevention of Blindness Society of Metropolitan Washington (POB) has moved its headquarters to 415 2nd Street NE, Suite 200, Washington, DC 20002. Our new location is closer (less than one block) to Union Station, and is still home to one of our Low Vision Learning Centers and Eyeglasses Clinic. We look forward to serving you in our new space!

News & Updates

Spring Cleaning: Make Your Home Safer

March 19 marks the start of Spring, and with that comes spring cleaning! What a great time to declutter your home – creating clearer paths, fewer places to “lose” things, and a more accessible abode.

Many of us like to collect items, whether that be bric-a-brac, furniture, paper, or other items. At first, we enjoy this, and often have good reason and value for items we collect. However, over time, things may start to pile up, making your home a little more crowded, with more opportunities to trip over or bump into things.

For individuals with vision loss, having a home with clear paths, good lighting, and organized to your way, is important for not only your personal safety, but also piece of mind! Take time this Spring to reorganize your home with a friend, family member, or volunteer.

Ask your doctor about Occupational Therapy for Low Vision. An occupational therapist can help you create a more accessible home and teach you other ways to complete tasks you may find difficult with vision loss.

Q&A with Dr. Weinberg

**Q: I have vision loss from macular degeneration.
Can I still drive?**

A: Making the decision to continue driving or not when you have low vision is no easy task. The first thing to do is speak with your doctor to determine if you meet your state's minimum vision requirements. Macular degeneration affects visual acuity however diseases that impact peripheral vision, such as glaucoma, also could exclude you from legally driving.

If you do not meet the general visual acuity requirements (20/40 for unrestricted driving, 20/70 for daytime only driving), there may still be some options that would allow you to drive. These include the Modified Vision Program in Maryland and the use of a spectacle-mounted telescope, known as a bioptic, for driving in VA and DC. If your visual impairment is such that you do not fit into state parameters, unfortunately you won't be able to maintain a license. This can be very difficult. Thankfully, there are alternative transportation options that can substitute driving - public transit, MetroAccess, ride-sharing apps, friends, family, to name a few.

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.)

Calendar of Events

FREE local programs!

MARCH 2019

**TUE
10**

Glaucoma: The “Sneaky Thief” of Sight

11:00 AM – 12:45 PM • Low Vision Support Group

**Guest Speaker: Davina Kirschenbaum, M.D.,
Washington National Eye Center Ophthalmology
Resident**

Glaucoma is a leading cause of blindness in the U.S. It causes permanent damage to your eyes, often before you even notice. Learn about this major eye disease with a Georgetown Ophthalmology resident.

**MedStar Washington Hospital Center
Eye Center Conference Room, Suite 1A-19
110 Irving Street NW, Washington, DC
To register, call (202) 877-5329.**

**WED
11**

Lighting, Glare, & Contrast: Pitfalls to Avoid

10:30 AM – 11:30 AM • Low Vision Support Group

Learn about the different types of lightbulbs, techniques, and strategies to make the best lighting you can!

**Vinson Hall (Conference Room near Library)
6251 Old Dominion Dr., McLean, VA
To register, call Sandy at (703) 989-1821 or
contact Carol H. in Apt #1309.**

**MON
16**

Using Your Cell Phone (and More) with Low Vision

1:00 PM – 2:30 PM • POB 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)!

POB Headquarters

415 2nd St. NE, Suite 200, Washington, DC

To register, call Sean at (202) 234-1010 ext. 233.

**TUE
17**

Low Vision Resource & Support Group

2:00 PM – 3:30 PM

All are invited to learn about resources, support, and education needed to cope and adjust to vision loss. Bring your questions!

Bethesda Regional Services Center

4805 Edgemoor Ln., Room East B, Bethesda, MD

To register, call Sean at (202) 234-1010 ext. 233.

MARCH 2019 (continued)

**THU
19**

Non-24 Sleep Disorder

12:30 PM – 1:30 PM • POB Signature Share Group

Guest Speaker: Magdalena Felton

Non-24 sleep wake disorder can affect many blind and visually impaired individuals. Learn about the disorder and how you may be able to treat it!

POB Headquarters

415 2nd St. NE, Suite 200, Washington, DC

To register, call Sean at (202) 234-1010 ext. 233.

**THU
26**

Cataracts: What You Should Know

12:00 PM – 1:00 PM • Vision Resource Lunch & Learn

Guest Speaker: Howard Weiss, M.D., Washington Eye Physicians and Surgeons

Millions develop cataracts in their eyes every year. Learn about cataracts, including what they are, how they affect your sight, and how they are treated with cataract and glaucoma specialist, Dr. Howard Weiss.

Friendship Heights Village Center

4433 South Park Ave., Chevy Chase, MD

To register, call Anne at (301) 656-2797.

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., Mar. 8 at 1:30 PM & Sun., Mar. 22 at 1:30 PM

For more: AmericanArtMuseumTours@si.edu or (202) 633-8550.

Picture This! (National Gallery of Art, West Rotunda)

Wed., Mar. 25 at 1:00 PM & Sat., Mar. 28 at 1:00 PM

For more: access@nga.gov or (202) 842-6905.

Portrait InSight (Smithsonian National Portrait Gallery)

Available for groups & individuals upon request.

To schedule, contact: JonesVE@si.edu, or (202) 633-8506.

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

**FREE MATTER
For the Blind or
Handicapped**

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415 2nd Street NE, Suite 200
Washington, DC 20002**



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