



Your Eyes



TODAY

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April is Sports Eye Safety (and Lawn and Garden) Month!

According to the American Academy of Ophthalmology (AAO), an estimated 100,000 people are hurt by sports-related eye injuries every year, with 3,500 resulting in permanent vision loss. Most of these eye injuries are preventable by wearing proper protection. It is estimated that 90% of sports-related eye injuries could have been prevented with protective eyewear! In addition to sports eye injuries, the most common activity that causes eye injuries is lawn and garden work around the house. Debris from lawn mowers or power trimmers can unexpectedly enter the eye at a

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

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

News & Updates

April is Sports Eye Safety (and Lawn and Garden) Month!

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high rate of speed, causing potentially severe damage. In addition, whenever you are using any sort of chemicals, you need protection to prevent an accidental exposure. Therefore, ensuring you wear the correct eye protection while doing yard work will help prevent severe eye injuries from happening!

Protective eyewear is not your ordinary prescription glasses (or contact lenses), as they are often made of polycarbonate (hard plastic). The AAO recommends every household has at least one pair of American National Standards Institute (ANSI) approved eyewear, which can be found at an affordable price at any hardware store.

Make sure you, your kids, or even your grandchildren are able to wear the correct protective eye wear for the sport or lawn and garden activity you are doing. You can talk to your eye care provider about getting yourself the necessary protective eyewear to be able to see and properly participate in any sport or yard activity! For more information, visit eyesmart.org, or call (202) 234-1010.

News & Updates

Group Described Art Tour

Join POB as we attend a group **Picture This! Described Art Tour** at the National Gallery of Art's West Building (6th Street entrance) on **Saturday, April 27, from 11:00 a.m. – 1:00 p.m.** Come and experience art with us in a visually accessible way! This tour makes the collections more accessible through intensive verbal description, and some tours may even include tactile elements. To register, contact **Sean Curry** at **(202) 234-1010, option 0, or scurry@youreyes.org**.

We Want to Hear From You!

POB provides several programs every month that aim to provide you with information, resources and support to help you optimize your vision and quality of life. What sort of topics would you like to hear more about in the newsletter and/or in our share groups? This may include types of resources, different topics, support structures, or anything else! Please feel free to contact **Sean Curry** at **(202) 234-1010, option 0, or scurry@youreyes.org**. Sean is eager to hear from you!

Q&A with Dr. Weinberg

Besides magnifiers, what can I use to help me with my daily tasks if I am visually impaired?

Optical devices such as magnifiers and telescopes are often a must for those with vision loss. However, there are a number of non-optical devices that can make your life easier too.

Take writing, a necessary activity of daily living, for example: writing or signing in straight line can be difficult if you cannot see where to do so and even reading one's own writing later can be a challenge.

Luckily, there are inexpensive items to help. Writing guides, check guides, and signature guides are black plastic or cardboard sheets with slots for the areas you need to write in for each task. When you place your paper or item under the guide, it creates high contrast spaces to help know where to place and use your pen. Speaking of pens, it is very helpful to use bold thick pens. Paper and checks with thick bold lines can be obtained as well. There are large versions of many household items - calendars, clocks, remote controls, calculators, etc. and even speaking versions too.

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!

APRIL 2019

**TUE
9**

The Dilated Eye Exam:

Its Role in Preventative Medicine

11:00 a.m. – 12:45 p.m. • Low Vision Support Group

Guest Speaker: Leah Umfrey, MD, Washington

National Eye Center Ophthalmology Resident

The eyes can be a window to a person's heart, blood vessels and overall health. Join us as Dr. Umfrey discusses the dilated eye exam and its importance.

MedStar Washington Hospital Center

Eye Center Conference Room, Suite 1A-19

110 Irving Street, NW, Washington, DC

To register, call (202) 234-1010.

**WED
10**

The "Voice" of RJVoices

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

Guest Speaker: Bob Johnson, RJVoices.com

Bob is a reader for the Metropolitan Washington Ear, announcer of baseball games, and more.

Vinson Hall Retirement Community

(Conference Room Near the Library)

6251 Old Dominion Drive, McLean, VA

For more information, call Sandy at (703) 989-1821, or contact Carol in Apt #1309.

**MON
15**

**Using Your Cell Phone (and More)
with Low Vision**

1:00 p.m. – 2:30 p.m. • 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)!

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

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

**WED
17**

Lights, Lighting, and Contrast

3:00 p.m. – 4:00 p.m. • Low Vision Support Group
Guest Speaker: John Cox

Have you ever noticed how certain light makes it easier to see? Bright enough, but not too bright, warm colors, not too much glare, filter out blues? Any of these tweaks may help. Come see examples and hear suggestions to try in your own home!

The Virginian Retirement Community

9229 Arlington Blvd., Room 402, Fairfax, VA 22031

For more information, call Sandy at (703) 989-1821.

**THU
18**

Eye Safety with Dr. Weinberg

12:30 p.m. – 1:30 p.m. • POB Signature Share Group

Guest Speaker: Belinda Weinberg, OD

Join us to learn about eye protection techniques and resources, in honor of Sports Eye Safety and Lawn and Garden Month. See examples and learn when you should be wearing eye protection.

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233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

**THU
25**

National Gallery of Art Docent Tour Program

12:00 p.m. – 1:00 p.m. • Vision Resource Lunch & Learn

Guest Speaker: Lorena Bradford, Accessible Program Director, National Gallery of Art

Learn about how you can experience art through “intensive verbal description” at the National Gallery of Art. Hear about the National Gallery of Art’s Accessibility Program and enjoy lunch with everyone!

Village of Friendship Heights

4433 South Park Avenue, Chevy Chase, MD

To register, please call the Village Center 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., April 14 at 1:30 p.m. & Thurs., April 18 at 3:30 p.m.
For more: AmericanArtMuseumTours@si.edu or (202) 633-8550

Picture This! (National Gallery of Art)
Sat., April 24 1:00 p.m. & April 27 11:00 a.m. – 1:00 p.m.
For more: access@nga.gov or (202) 842-6905

Portrait InSight (Smithsonian National Portrait Gallery)
Sat., May 11, 12:00 p.m. & Thurs., May 16, 2:00 p.m.
For more: NPGAccess@si.edu or (202) 633-8506

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FREE MATTER
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