



# Your Eyes



**TODAY**

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## **POB Low Vision Town Hall Calls in May! (301) 307-2252**

POB has held weekly Town Hall Call-In Meetings in April focusing on low vision topics, resources/tips, and staying connected during this difficult time. Moderated by Dr. Suleiman Alibhai and Dr. Belinda Weinberg, low vision specialists, POB is excited to continue weekly Town Hall calls each Thursday at 11 a.m. in May. Bring your questions, concerns, and tips to share and let's continue bringing together the low vision community. **Meetings are held on Thursdays from 11 a.m. - 12:30 p.m.** Call **(301) 307-2252** (no PIN required) to join our Town Hall, hear about low vision topics and services, and ask questions.

(Continued on page 2)

**MAY 2020**

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

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

# News & Updates

## **POB Low Vision Town Hall Calls in May! Call-In Number: (301) 307-2252**

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**We want to hear from you! Call the Low Vision Learning Center at (301) 951-4444 or email [events@youreyes.org](mailto:events@youreyes.org) with any topic suggestions, questions, or comments you have about the Low Vision Town Hall Call-In Meetings.**

**Recordings of previous Town Hall meetings are available online at [youreyes.org](http://youreyes.org).**

**Use these helpful tips to make your experience on the Low Vision Town Hall Call-In Meeting an enjoyable one:**

- **Don't worry about missing a phone number or website mentioned during the meeting - call us at (301) 951-4444 and we can provide this information to you!**
- **All participants are initially muted (to reduce background noise) To un-mute yourself on the call, dial \* \* (**STAR STAR**) (also referred to as the Asterisk key) on your keypad.**
- **The meeting software uses audible alerts to indicate that the participant is muted or un-muted.**
- **Some phones have self-mute options. This option will not un-mute yourself from the call, so please refrain from using this option. Only **STAR STAR** will un-mute yourself.**

# News & Updates

## Low Vision Resource & Information Hotline Still Open

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While the POB Low Vision Learning Center is closed due to the current public health situation, our **Information & Resource Hotline** is still ready to answer your calls!

The Hotline serves as a free resource for you to find solutions to your specific challenges. Whether that is finding a ride to the doctor, hearing the news, or learning about helpful technology, the Center's Hotline is a great way to find a solution.

Our Resource Navigators provide personal guidance to clients as they move through their vision journey. Navigators may have professional experience or may have personally faced vision challenges and want to help others who find themselves in similar situations.

Call **(301) 951-4444** during our office hours (Monday - Wednesday & Friday, 11 a.m. - 5 p.m.) and one of our Resource Navigators will be available to answer your questions and help you navigate through the hundreds of resources and services available.

# News & Updates

## Stay Connected During Social Distancing through Call Programs

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The current public health situation (COVID-19) has left all of us staying in our homes, only leaving when absolutely necessary. This time of isolation can be very difficult for us, especially for our mental and emotional well-being.

To combat these challenges, each state in our area has developed a call/check-in program for senior citizens to stay connected and safe during these challenging times.

These programs offer opportunities for those currently isolated to either call or have someone call them to check-in, have reminders sent, and to speak about any topic you may want to discuss.

**District of Columbia (D.C.) “Call and Talk” Program:**  
**(202) 724-5626**

Hosted by the D.C. Department of Aging and Community Living, this program is for seniors or those with a disability looking to have someone to talk to while stuck at home during these challenging times. Get a conversation partner and talk about topics of your choice.

# News & Updates

## **Maryland Senior Call Check Program: (866) 502-0560**

A daily check-in call where someone from the program will call at during a requested specified time block each day. They will call back two more times until you answer. An alternative contact (selected by you) can be called to check-in on you as well. If there is ever an emergency, they will immediately contact the correct agency/emergency service for you.

## **Virginia CareRing Program: (703) 516-6769**

CareRing is a free program for the Northern Virginia 60+ community, dedicated to providing daily phone calls to chat, medication reminders, and wellness check-ins. Pick a time you would like to receive calls.

## **Senior Services of Alexandria: (703) 836-4414, ext. 120**

The Friendly Visitor Program matches seniors in the City of Alexandria with a volunteer who will provide daily calls to chat and help stay in touch with the outside world.

Finally, do not be afraid to call old friends or family members. Right now, millions of us are doing our part by keeping our distance and staying home. Just because we are serious about stopping the spread of the Coronavirus does not mean we have to face each day alone — we're in **this together!**

# News & Updates

## Taking Care of Yourself and Others During These Challenging Times

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**Stay Home:** Social distancing is the best way to protect your health and your community. Staying home if you can is an act of kindness and respect — and if you're a healthcare worker, grocery store clerk, or have another essential job, stay safe and reach out to your support network for help.

- If you can, just stay home. Limit contact with others, and avoid public places.
- If you need to go out for an essential reason (like grocery shopping), keep at least a six-foot distance between you and others.
- Wash your hands regularly with soap and water for at least twenty seconds.
- Going outside for fresh air is healthy, but avoid close contact with others (maintain a distance of six feet).
- If you can't stay home, ask your employer for protective gear, and make sure you're doing whatever you can to feel as safe as possible.

# News & Updates

**Stay Calm:** Take that break! It is absolutely normal to feel increased stress or anxiety right now, whether you're staying home to reduce the spread of the virus, or serving an essential function in your community. Fear and anxiety can be overwhelming and cause strong emotions.

If you are feeling overwhelmed, take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body by getting a good night's sleep and eating well-balanced meals.

**Stay Connected:** Do not take the "social" out of social distancing. Just because we are physically apart does not mean we cannot be connected — stay in touch with your friends, family, and people you trust by telephone on a regular basis about your concerns and how you are feeling.

The Disaster Distress Helpline, 800-985-5990, is a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States.

(Information adapted from the Centers for Disease Control)

# Special Event Series in May

## Low Vision Town Hall Call-In Meeting

Hosted by the Prevention of Blindness Society of Metropolitan Washington

Connect with your community to cope during these uncertain times.

Join a facilitated discussion with low vision optometrists, your peers, and other resources from the community.

Recordings from previous calls available at [youreyes.org](http://youreyes.org).

Moderators:

**Suleiman Alibhai, O.D.**

**Belinda Weinberg, O.D.**

Low Vision Optometrists

**Every Thursday in May**

**11 a.m. - 12:30 p.m.**

**Call-In Number:**

**(301) 307-2252**

**No RSVP Required**

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

FREE MATTER  
For the Blind or  
Handicapped

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