



Your Eyes



TODAY

In This Issue

Major Metro Rail Shutdowns for Summer: How to Navigate: 1-3

Q&A with Dr. Weinberg: 4

Upcoming Events: 5-8

Major MetroRail Shutdowns for Summer: How to Navigate (and Other Transportation Programs)

Beginning on Memorial Day weekend (May 25) and going through Labor Day weekend (September 2), several Metrorail stations will be closed on the Yellow and Blue Lines in Northern Virginia. The stations at Franconia-Springfield, Van Dorn Street, Eisenhower Avenue, Huntington, King Street-Old Town, and Braddock Road will all be closed. Metro will provide the following **FREE**, accessible shuttle services for everyone every five minutes during rush hour and every ten minutes at other times:

(Continued on page 2)

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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

Major MetroRail Shutdowns for Summer: How to Navigate (and Other Transportation Programs)

(Continued from page 1)

- Express shuttle buses (starting 15 minutes before the Metro system usually opens, ending 30 minutes after the system usually closes):
 - Franconia-Springfield to Pentagon (Blue Line)
 - Huntington to Pentagon (Yellow Line)
- Local shuttle buses (start 30 minutes before Metro opens, end 30 minutes after Metro closes):
 - Blue Line: Franconia-Springfield, Van Dorn Street, King Street and Reagan National Airport (No stop at Braddock Road)
 - Yellow Line: Huntington, Eisenhower Avenue, King Street, Braddock Road and Crystal City (No stop at Reagan National)

In addition, the Virginia Railway Express (VRE) will add a weekday rush hour option between Union Station, L'Enfant Plaza, King Street/Alexandria, and Franconia-Springfield.

DASH bus trips will be FREE during the shutdown, and a few additional bus stops will be available on the 8Z, 10A, 10E, 11Y, and 21A lines. All bus lines and shuttles are accessible locations.

News & Updates

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(Continued from page 2)

If there are issues regarding accessibility at a stop, contact WMATA's Transit Accessibility Center at (202) 962-2700 (WMATA also provides free travel training and system orientation for people with disabilities). For information concerning bus route options, contact WMATA at (202) 637-7000. To view the different closures and shuttle bus maps visit their website: www.wmata.com.

For seniors, volunteer programs are available and may be a solution to avoid challenges from the shutdown. NV Rides is a network of volunteer driver programs in Northern Virginia. These groups help non-driving older adults access dependable transportation in your area. Contact NV Rides at (703) 537-3071 for more information.

JCA Connect-A-Ride is another free transportation service for seniors and disabled adults of all ages in Northern Virginia and Montgomery County, MD. For more, call (301) 738-3252 or (703) 323-6494.

JCA Village Rides coordinates free transportation for seniors living in area villages in Montgomery County and Prince George's County, MD. For more, call (301) 255-4212.

Q&A with Dr. Weinberg

I received a prescription for eyeglasses from my eye doctor. What do all of these numbers mean?

Eyeglasses help how the eye's shape prevents light from focusing onto the retina, the tissue in the back of the eye that senses light. If you are able to see images up close but not far away, this is because light focuses in front of the retina, in what is known as myopia. In a sense, the eye is too strong. Therefore, concave lenses, or 'minus' lenses, correct for this.

If you see a 'plus' sign on the "sphere" of your glasses prescription, this means that without glasses, the eye is not strong enough and light focuses behind the retina. Convex or 'plus' lenses cause the light to be incident on the retina. The next 2 numbers - "cylinder" and "axis" specify correction for astigmatism. This type of refractive error is very common and occurs when the eye has two different curvatures to it.

If you are over age 40, you may see a number called an "add" on your prescription. This refers to the power that - when added to your distance prescription - allows you to see things at near when the lens in your eye no longer can focus at near.

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!

JUNE 2019

**TUE
11**

A Tour of the Eye

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

Speaker: Brice Hwang, MD

Join us to learn about the architecture of the eye from front to back, including the four major aging eye diseases: cataract, diabetic retinopathy, glaucoma and age-related macular degeneration.

MedStar Washington Hospital Center

Eye Center Conference Room, Suite 1A-19

110 Irving Street NW, Washington, DC

To register, call (202) 234-1010.

**WED
12**

Magnifiers: Bigger May Be Better

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

Join us for a discussion about optical magnifiers (hand-held and floor-stand magnifying glasses, monoculars, etc.) and digital magnifiers (small, medium and large CCTV's). Can virtual images be too big to see? Lighting is important too! Bring the gadgets you use to magnify newspapers, books, letters, bills, and more. Share what helps you see and learn strategies other people use.

Vinson Hall (Conference Room near the Library)

6251 Old Dominion Drive, McLean, VA

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

**THU
13**

Low Vision Rehabilitation Open House

1:00 p.m. – 2:30 p.m. • Special Event

Come meet our Low Vision doctors and learn about the practice of Low Vision Rehabilitation that takes place at our Low Vision Learning Centers! In addition, several Low Vision aid and device vendors will be in attendance for a chance to try their products!

Prevention of Blindness Society of Metropolitan Washington Headquarters

233 Massachusetts Ave. NE, Washington, DC

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

**SAT
15**

Baseball Americana Touch Tour

10:00 a.m. – 11:00 a.m. • Special Event

Come to the Library of Congress to experience their Baseball Americana Tour. The Touch Tour will provide you an opportunity to learn about the history of baseball, touch some old gloves/bats, and learn about American culture as it relates to the game! Don't miss your chance – the exhibit is only open until the end of July, and we have reserved expert docents for persons with vision impairment!

**Library of Congress, Jefferson Building
(South Gallery, 2nd Floor)**

10 First Street SE, Washington, DC 20540

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

**WED
19**

Need Answers and Entertainment? Ask Alexa
3:00 p.m. – 4:00 p.m. • Vision Support Group

Guest Speaker: **Stan Gowin**

The handy Amazon Echo or Dot connects to the WiFi and an app on your smart phone. Then you can ask Alexa to: give you a quick weather report, play a radio station, music, or news, set timers and reminders, and so much more! Come hear Alexa! See how this gadget works. Invite a friend.

The Virginian Retirement Community (Room 402)

9229 Arlington Blvd., Fairfax, VA 22031

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

**THU
20**

Audio Described Movie Night

7:00 p.m. • Vision Resource Group

In February, we learned about audio description (which helps provide an accessible way to view movies). Now, come for a movie night (with audio description) and watch the movie “Crazy Rich Asians” with us! Free admission!

The Village of Friendship Heights

4433 South Park Ave., Chevy Chase, MD

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

**There will no newsletter or events in July or August.
Have a great summer and see you in September!**

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., June 9 at 1:30 p.m. & Thu., June 20 at 3:30 p.m.

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

Picture This! (National Gallery of Art)

Sat., June 22 & Wed., June 26 at 1:00 p.m.

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

Portrait InSight (Smithsonian National Portrait Gallery)

Sat., July 13 at 12:00 p.m. & Thurs., July 18 at 2:00 p.m.

For more: NPGAccess@si.edu or (202) 633-8506

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please send an email to communications@youreyes.org.**

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**FREE MATTER
For the Blind or
Handicapped**