



Your Eyes



TODAY

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Low Vision Face Mask for You!

FREE (while supplies last) cloth face masks with a symbol indicating the wearer has low vision. The symbol, designed by the **Checkered Eye Project (checkeredeye.com), can help reduce confusion and frustration for people with vision impairments and those they interact with, especially during the pandemic, by communicating that the wearer has low vision. Those with low vision have had to adapt to the new requirements of a "socially distant" society, which relies on visual cues. For example, stickers on the floor may indicate a six-foot distance between shoppers or which direction to walk down a grocery store aisle.**

(Continued on page 2)

SEPTEMBER 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

Low Vision Face Mask for You!

These face masks will allow those with low vision to feel more comfortable traveling out of the home (like going to the grocery store or doctor's appointments).

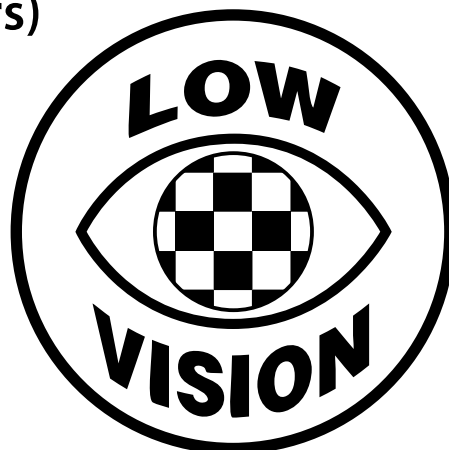
POB is teaching local businesses about the symbol and how their staff can interact with an individual with low vision. This project will increase public awareness about the often misunderstood issue of low vision.

To request a free face mask, please call the POB Low Vision Learning Center at (301) 951-4444. We anticipate significant interest - face masks will be provided on a first-come, first-served basis (while supplies last).

Face masks are available to residents of:

- **Washington, DC** (Special thanks to the DC Mayor's Office of Community Affairs)
- **Montgomery County, MD**
- **Prince George's County, MD**
- **Northern Virginia**

Call (301) 951-4444 for more information.



News & Updates

Healthy Aging Month (September)

The number of older Americans with low vision is expected to double in the coming years, as more people live longer. The American Academy of Ophthalmology (AAO) recognizes September's Healthy Aging Month as an opportunity to let people know they can retain their independence and stay safe, despite declining vision.

There are many simple changes people can make on their own to help them live better:

- **Improve contrast:** Use contrasting colored tape along the edges of rugs, stair steps, and lampshades. Use rugs that are a contrasting color with the floor.
- **Improve lighting:** Add lighting to staircases and dark hallways. Remove rugs from hallways to prevent tripping. Task lighting in the kitchen can make food preparation safer and easier.
- **Reduce clutter and organize:** When each item has a specific place, it's easier to locate when needed.
- **Embrace technology:** Voice-activated assistants, like Google Home or Amazon Alexa, can be very helpful!

For more information, visit www.eyesmart.org, or call the POB Low Vision Learning Center at (301) 951-4444.

Calendar of Events

SEPTEMBER 2020

**TUE
8**

Aging Eyes & You

11:30 a.m. – 12:30 p.m. • Low Vision Support Group

Speaker: Tiffany Shahrooz, M.D., Washington

National Eye Center Ophthalmology Resident

One in six Americans age 65 and older have a vision impairment that cannot be corrected with glasses or contact lenses. The risk of eye disease increases with age, yet many older adults neglect to see an ophthalmologist for care.

Hosted by MedStar Washington Hospital Center

[Virtual Event] To register, call (301) 951-4444.

**TUE
8**

Virtual Happy Hour

6:00 p.m. – 7:00 p.m. • Stargardt's Network

All are welcome – we do not limit based on any eye condition. Bring your favorite drink and join for a great discussion!

Hosted by Prevention of Blindness Society of

Metropolitan Washington

[Virtual Event] To register, call (301) 951-4444.

**TUE
15**

Tech Talk Tuesday with Nitesh

1:00 p.m. – 2:00 p.m. • Tech Talk Tuesdays

Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to hear about the latest tech and to have your tech questions answered.

Hosted by **Prevention of Blindness Society of Metropolitan Washington**

[Virtual Event] To register, call **(301) 951-4444**.

**WED
16**

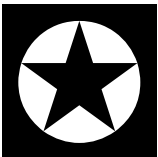
Low Vision Town Hall Call-In Meeting

11:00 a.m. – 12:30 p.m. • Special Event

Join our moderator Suleiman Alibhai, O.D., Low Vision Specialist, to hear about low vision topics and services, and ask questions.

Hosted by **Prevention of Blindness Society of Metropolitan Washington**

[Virtual Event] Join by phone: **(301) 307-2252**



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

Living with Low Vision

New Ways to Get the News

By Tara Aziz

Reading the newspaper is sometimes a challenge - the services below can help you continue enjoying the news.

- New York Times publishes a weekly large-print version
Call (212) 556-1410 to subscribe.
- Reader's Digest's Large Print edition publishes ten issues annually. Call (877) 732-4438 to subscribe.

Volunteers from the Metropolitan Washington Ear (MWE) read and record the Washington Post and a variety of other publications. To listen, you can use a special radio loaned by MWE, use your computer, or dial-in by phone. Call (301) 681-6636 to sign-up.

The National Federation of the Blind (NFB) NEWSLINE provides free access to more than 500 publications in computer-generated voices. Access the service by dialing in, using a smartphone app, Amazon Alexa, or email. To subscribe, call (866) 504-7300.

For the "technology-savvy," subscribe to the digital version of your favorite newspaper and have your device read it to you!

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 for more information or guidance.

Taming Technology

Staying Healthy with Technology

By Nitesh Rathod

"Health" is a relationship between us and our bodies. Being well is like being wealthy, and staying fit and active is so important. Thankfully, a variety of aids and techniques help achieve this goal. Let's take a quick look at some technology to help stay healthy and tame it to our use!

Watch your vitals with talking devices like Blood Pressure Monitors or Glucometers. For those who use insulin or other medication require injections, a safe shot syringe, syringe magnifier, 'count-a-dose,' and 'insulin pen tip holders' are useful safety aids.

Pill organizers, tactile pill boxes, pill cutters with a magnifier, and even an 'eye drop guide' for glaucoma (or other medications) are beneficial for daily medications. For those who find it challenging to identify or remember medications, Scriptalk, medicine bottle magnifiers, 'recording alarm clock,' and 'talking medication systems' are a real boon!

To learn more about helpful technology, call the Low Vision Resource and Information Hotline at (301) 951-4444.

Save The Date - October 2020

**WED
14**

Low Vision Town Hall Call-In Meeting
11:00 a.m. – 12:30 p.m. • Special Event
[Virtual Event] Join by phone: (301) 307-2252

**THU
22**

Eye Health Discussion with a Medical Professional

**SAT
24**

Low Vision Device & Resource Symposium
Join a virtual event with low vision technology and device exhibitors.

Additional details to follow
in the October newsletter!

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

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