



# Your Eyes



**TODAY**

## **In This Issue**

**Prevent Eye Drop Mix-Ups: 1-2**

**Daylight Savings Time: 3**

**White Cane Awareness: 3**

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

**Upcoming Events: 5-7**

## **Prevent Eye Drop Medication Mix-Ups!**

Ever confused eye drop medications with some other dropper bottle medication before? You are not alone! – these mix-ups are very common.

One of the easiest and most common mishaps is accidentally putting ear drops into your eyes, which can be a stinging experience! Eye and ear drops both use very similar looking droppers and the medical terms (optic for eye; otic for ear) are only one small letter apart!

The American Academy of Ophthalmology offers these six tips to avoid eye drop mix-ups:

(Continued on page 2)

**Volume 26, Issue 8**

**OCT. 2019**

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

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

# News & Updates

## Prevent Eye Drop Medication Mix-Ups!

(Continued from page 1)

---

### **1. KEEP THEM APART.**

Do not store eye drops with any other drop bottles (like ear drops, super glue, or your pet's medication drops).

### **2. KEEP THEM IN THEIR ORIGINAL BOXES.**

There are often pictures of an ear or eye on the boxes, but not on the bottles.

### **4. CHECK YOUR MEDICINE – OUT LOUD.**

Read the dropper label out loud to help avoid mistakes.

### **5. TAKE EYE AND EAR DROPS AT DIFFERENT TIMES.**

This can help reduce the risk of mixing them up as you put them in your eyes/ears.

### **6. THROW AWAY LEFTOVER DROPS.**

Get rid of any leftover drops once you are through using them. The fewer the bottles, the fewer to get mixed up.

These tips and tricks can help ensure you are taking your drops correctly and they may prevent painful consequences! For more, visit [eyesmart.org](http://eyesmart.org).

# News & Updates

## Celebrate White Cane Awareness Day

---

October 15th is National White Cane Awareness Day - a day where all Americans can learn and recognize that white canes enable persons with blindness to travel safely and independently. White canes also allow persons with significant vision loss to explore and navigate our environment, providing an opportunity for continued independence and equality! Contact your local Lions Club or Consumer Organization to learn more about what is going on this day to celebrate white canes! To learn more about white canes, talk to your doctor.

## Daylight Savings Time Update

---

Daylight Savings Time is November 3rd! This means we are “falling back” an hour – leading to earlier darkness. As many with low vision know, getting around at night time can be a little more difficult than during the day. If you prefer traveling during the day time, please ensure to plan your travel accordingly! If you would like to hear or learn about different transportation options, please call Sean at POB at (202) 234-1010!

# Q&A with Dr. Weinberg

**Q: I have vision loss and sometimes I see things that aren't there. What's going on?**

---

**A: Visual hallucinations are not unusual in those with vision loss. They can range from simple visualizations, such as patterns or colors, to more complex images, such as people or places. Regardless of complexity, the individual is aware that what they are seeing is not truly there and the hallucinations are visual only, i.e. not accompanied by other senses.**

Similar to a phantom limb in which the brain can receive sensations from a limb that is not there, in this condition, known as Charles Bonnet Syndrome (CBS), the visual pathway forms 'phantom' images. The brain is making up for what the eyes are no longer able to see. CBS is estimated to be present in approximately a quarter of low vision and blind patients, so you are not alone.

To schedule an appointment with Dr. Weinberg, call **(703) 652-7803**. For more information, visit **[youreyes.org](http://youreyes.org)**.

---

(Belinda Weinberg, OD, is a low vision specialist. Send questions to **[communications@youreyes.org](mailto:communications@youreyes.org)**. We regret that unpublished questions cannot be answered individually.)

# Calendar of Events

**FREE local programs!**

**OCTOBER 2019**

**TUE  
8**

## **Dry Eyes or Autumn Eye Allergies**

**11:00 AM – 12:45 PM • Low Vision Support Group  
Guest Speaker: Michael Izzo, M.D.**

What is dry eye anyway? Come find out about the difference between dry eyes and autumn allergies.

**MedStar Washington Hospital Center Eye Center  
Conference Room, Suite 1A-19**

110 Irving Street, NW, Washington, DC

To register, call (202) 234-1010.

---

**WED  
9**

## **Little Ideas Can Help in a BIG Way!**

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

Discuss new ways the community can make themselves more accessible to those with vision loss.

**Vinson Hall (Conference Room near the Library)**

6251 Old Dominion Drive, McLean, VA

To register, call Sandy at (703) 989-1821 or contact Carol H. in Apt #1309.

---

**TUE  
15**

## **Low Vision Resource and Support Group**

**2:00 PM – 3:30 PM • Low Vision Support Group**

All are invited to a new group that provides resources, support, and education to adjust to vision loss.

**Low Vision Center**

4905 Del Ray Avenue, 5th Floor, Bethesda, MD

To register, call Terry at (301) 951-4444.

## **OCTOBER 2019** (continued)

**TUE  
15**

**National White Cane Awareness Day**  
See page 3 for more details.

---

**WED  
16**

**Learn About POB and Low Vision Resources**  
3:00 PM – 4:00 PM • **Low Vision Support Group**  
Come learn about POB and what the organization does in the low vision world. Discuss new ways to make your community more accessible.  
**The Virginian Retirement Community, Room 402**  
9229 Arlington Blvd., Fairfax, VA  
To register, contact Sandy at (703) 989-1821.

---

**FRI  
18**

**Learn More About Virginia's Dept. of the Blind and Visually Impaired!**  
1:00 PM – 2:30 PM • **Low Vision Resource Group**  
**Guest Speaker: Angie Morgan, DBVI Rehab Teacher**  
Virginia's Dept. of Blind and Visually Impaired, DBVI, offers several services for people with vision loss and/or legal blindness. Come for a discussion!  
**Charles E. Beatley Central Library**  
5005 Duke St., Alexandria, VA  
To register, call Kym at (703) 746-1760.

## OCTOBER 2019 (continued)

**MON  
21**

### **Using Your Cell Phone with Low Vision**

**1:00 PM – 2:30 PM • Tech Talk Mondays**

**Speaker: Patrick Timony, Adaptive Tech 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**

**233 Massachusetts Ave. NE, Washington, DC**

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

---

**THU  
24**

### **Autumn Eye Care**

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

With autumn comes changing seasons, dry eyes and daylight savings time (with nighttime glare included!) Learn about preventive and helpful techniques you can do to optimize your eye health this fall!

**Village of Friendship Heights**

**4433 South Park Ave., Chevy Chase, MD**

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

## NOVEMBER 2019

**SUN  
3**

### **Daylight Savings Time Starts**

**See page 3 for more details.**

# 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., Oct. 13 at 1:30 PM & Sun., Oct. 27 at 1:30 PM**

**For more: [AmericanArtMuseumTours@si.edu](mailto:AmericanArtMuseumTours@si.edu) or (202) 633-8550.**

---

**Picture This! (National Gallery of Art, East Building)**

**Wed., Oct. 23 at 1:00 PM, & Sat., Oct 26 at 1:00 PM**

**For more: [access@nga.gov](mailto:access@nga.gov) or (202) 842-6905.**

---

**Portrait InSight (Smithsonian National Portrait Gallery)**

**No October tours. To request one, please contact**

**[jonesve@si.edu](mailto:jonesve@si.edu), [NPGAccess@si.edu](mailto:NPGAccess@si.edu), or (202) 633-8506.**

---

**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®  
233 Massachusetts Ave., NE  
Washington, DC 20002**

**Return Service Requested**

