



Your Eyes



TODAY

In This Issue

**Enjoy
Travel in
the Holiday
Season: 1-2**

**A Year for
Sight: 3**

**Celebrate the
Season: 3**

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

**Upcoming
Events: 5-7**

Enjoy Travel this Holiday Season!

The holiday season is a time of joy, togetherness, and sharing. However, it often means much more travel than usual as well. For those with vision loss, even a small trek across the Greater Washington area can be viewed as a major difficulty.

Luckily, proper planning ahead of time can alleviate this added stress that may be gained from extra travel. For train and plane rides, simply calling ahead of time to ask about what documents are needed, reserving a seat, and any accommodations available can help get one through those security and check-in lines quickly.

(Continued on page 2)

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

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News & Updates

Enjoy Travel this Holiday Season!

(Continued from page 1)

In addition, MetroAccess and public transit is frequently available, even during holiday times! Taxi cab companies can be contacted for scheduled rides for individuals who are blind or visually impaired. Finally, ridesharing, such as Uber or Lyft, is available at all times and if uncomfortable navigating their phone app, one may sign up for GoGo Grandparent, who can help contact an Uber driver for you!

These tips will help individuals with low vision enjoy a safe and enjoyable trip:

- Regardless of the method of travel, it is essential that you ask for assistance at each location where you need help, especially if you have multiple legs in your trip.
- An Orientation and Mobility (O&M) specialist can educate on the proper way to navigate more “treacherous” walk ways outside and on foot, white cane training, and more! To find an O&M specialist, contact your local Department of Disability.
- To ensure adequate time for navigation and assistance, arrive well in advance of your departure time.
- Use a bright ribbon or an audible locator, such as a remote pager, to make identifying your luggage easier.

News & Updates

2020 - A Year for Sight!

What better time for a comprehensive, dilated eye exam than the year for sight (2020)? This exam is the only way many significant eye diseases (such as age-related macular degeneration, glaucoma, and diabetic retinopathy) can be caught early enough to prevent or slow onset of vision loss.

POB recommends everyone get a regular, comprehensive, dilated eye exam. What better way to bring in the new decade than to ensure the best eye health possible – schedule your eye exam and encourage others to do the same!

Celebrate the Season

You are invited to attend the Kensington Antique Row Annual Holiday Open House on Friday, December 6, from 7 -9 PM. Antique Row is home to a variety of antique shops, as well as dining establishments. POB's Look Again Antique Shop is located at 3716 Howard Avenue, Kensington, MD. We also have a Clothing Shop at 10419 Fawcett Street and a Furniture Annex at 10425 Fawcett Street. Stop in and say hello!

The local businesses in this historic neighborhood open their doors for the festivities and provide refreshments, live music and holiday cheer. For more information, call (301) 942-4707.

Q&A with Dr. Weinberg

Q: A family member of mine has vision loss and I'm not sure how to help. Do you have any suggestions?

A: With the holidays around the corner, how to interact with family and friends with visual impairment is a great topic of discussion. There is no one way for a sighted individual to interact with a loved one with low vision or vice versa but communication is key. If you are the family member or friend of someone with visual impairment, directly ask how you can help and always ask before doing so. While you may have good intentions, stepping in without letting the person learn how to do things on their own may inhibit their rehabilitation towards greater independence.

If possible, attend eye examinations with them to learn about their condition and their vision, and participate in independent living skills training and support groups.

Another great contribution can be helping make their home more accessible (labeling items, improving lighting, etc.) but again, it is important to ask!

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!

DECEMBER 2019

**TUE
10**

Take a “Tour of the Eye” with Dr. McCabe!

10:30 AM – 11:30 AM

Speaker: Katherine McCabe, M.D., SeeClearly Vision

Come learn from Ophthalmologist, Dr. Katherine McCabe, about the architecture of the eye, the major aging eye diseases (cataract, age-related macular degeneration, glaucoma, etc.), and other common aging eye problems!

Sherwood Regional Library, Large Conference Room

2501 Sherwood Hall Ln., Alexandria, VA

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

**MON
16**

Using Your Cell Phone (& More) with Low Vision

1:00 PM – 2:30 PM • 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)!

POB Headquarters

233 Massachusetts Ave. NE, Washington, DC

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

**TUE
17**

Low Vision Resource and Support Group

2:00 PM – 3:30 PM

NEW LOCATION! All are invited to a group that provides resources, support, and education needed to cope and adjust to vision loss.

Bethesda Regional Services Center Room East

4805 Edgemoor Ln., Bethesda, MD

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

**WED
18**

Low Vision Support Group

2:00 PM – 3:30 PM

All are invited to this group that provide resources, support and education one with vision loss may need. Bring your questions!

The Virginian, Room 402

9229 Arlington Blvd., Fairfax, VA

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

**THU
19**

Communicating to Family with Vision Loss

12:30 PM – 1:30 PM • POB Signature Share Group

The holiday season means more time to see friends and family. Let this be a chance to learn how to communicate about vision loss in a positive way!

Learn ways to do this with Low Vision Specialist, Belinda Weinberg, OD.

POB Headquarters

233 Massachusetts Ave. NE, Washington, DC

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

DECEMBER 2019 (continued)

**FRI
20**

Learn About OrCam and Apps That “Sees” For You!

**1:00 PM – 2:30 PM • Low Vision Resource Group
Guest Speaker: Stacey Crown, OrCam Sales Manager**
Learn about OrCam, an artificial vision device that allows those with vision impairments to understand text and identify objects through audio feedback. Also hear about free and low-cost options that are available!

Charles E. Beatley Central Library

5005 Duke St., Alexandria, VA

To register, call Kym at (703) 746-1760.

JANUARY 2020

**SAT
25**

Learn About Glaucoma and Receive Free Glaucoma Screenings!

10:00 AM – 1:00 PM • Low Vision Resource Group
Learn all about the “sneaky thief of sight” – Glaucoma. Hear from a glaucoma expert and then receive FREE glaucoma screenings afterward by POB’s Adult Screening Team.

Friendship Heights Village Center

4433 South Park Ave., Chevy Chase, MD

To register, please call (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., Dec. 8 at 1:30 PM & Sun., Jan. 12 at 1:30 PM

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

Picture This! (National Gallery of Art, East Rotunda)

Sat., Dec. 28 at 1:00 PM

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

Portrait InSight (Smithsonian National Portrait Gallery)

Thurs., Jan. 16 at 2:00 PM & Sat., Jan. 18 at 12:00 PM

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

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FREE MATTER
For the Blind or
Handicapped