



# Your Eyes



## TODAY

### **In This Issue**

**POB Welcomes New Executive Director: 1-2**

**Finding Accessible Transit Information Throughout the Region: 3**

**Upcoming Events: 4-6**

## **POB Welcomes New Executive Director**

The Prevention of Blindness Society of Metropolitan Washington (POB) welcomes Caren Forsten, who began her tenure as POB's fourth executive director on February 20, 2018. She joins POB after serving as Director of Marketing with Verizon.

"I am honored to be joining the POB community," said Caren. "There is terrific work happening here—early detection of vision issues, supporting those with vision loss, and providing vital community services—that I want to nurture and support. I see POB as...

(continued on page 2)

**Volume 25, Issue 3**

**APRIL 2018**

**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

## POB Welcomes New Executive Director

---

(continued from page 1) ...an organization serving those with a myriad of needs at any point during an individual's vision health journey."

"We are so honored to welcome Caren to POB," said Donald A. Gagliano, M.D., president of the board of trustees of the Prevention of Blindness Society of Metropolitan Washington. "Her passion and vision for our history, our mission, and the unique community we serve shines through without question. This fervor, paired with her rich experience in management throughout the private and non-profit sectors, is essential to executing POB's sight-saving mission."

Caren earned her Bachelor of Science in Interior Design from the University of Tennessee, Knoxville, and her Master of Business Administration from the University of Maryland, College Park. Caren is an active volunteer for non-profit organizations including ALIVE! (Alexandrians Involved Ecumenically), George Washington University Hospital, and the Junior League of Washington. Caren can be contacted at by email at [cforsten@youreyes.org](mailto:cforsten@youreyes.org) or by phone at (202) 234-1010.

# News & Updates

## Finding Accessible Transit Information Throughout the Region

---

For Washington Metropolitan Area Transit Authority (WMATA) services, free large-print Metrorail maps are available from any Metrorail Station Manager. Additionally, free large-print Metrobus route maps are available by calling the WMATA Accessibility Office at (202) 962-1100. Free trip planning services are available by calling the WMATA Customer Information Center at (202) 637-7000.

WMATA also offers free MetroReady travel training and system orientation for customers with disabilities as well as senior customers, with or without disabilities. These free individual travel trainings aim to familiarize people with disabilities and senior citizens on how to use the accessible Metrobus and Metrorail systems. Free tours of a Metro station to promote and identify the accessibility and safety features can also be arranged. For more information or to enroll in travel training, call (202) 962-2703.

For the Virginia Department of Rail and Public Transportation (DPRT), free large-print public transit schedules and route...  
(continued on page 7)

# Calendar of Events

**FREE local programs!**

**APRIL 2018**

**MON  
2**

**A Tour of the Eye with Dr. Suleiman Alibhai**  
1:00 p.m. – 2:30 p.m. • Low Vision Support Group  
Join **Suleiman Alibhai, O.D.**, low vision specialist, as we 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.

**Oakton Community Library**

10304 Lynnhaven Place, Oakton, VA

For more information, call (703) 242-4020.

---

**TUE  
10**

**Eye Injury Prevention and Treatment**

11 a.m. – 12:45 p.m. • Low Vision Support Group  
Guest Speaker: **Jason Goldberg, M.D.**, Washington National Eye Center Ophthalmology Resident  
Needless vision loss from eye injuries increases during warmer weather. Learn from Dr. Goldberg as he discusses causes of this increase and solutions that we can use to protect ourselves and others in an eye emergency.

**MedStar Washington Hospital Center**

Eye Center Conference Room, Suite 1A-19

110 Irving Street, NW, Washington, DC

To register, call (202) 234-1010.

## **APRIL 2018** (continued)

**WED  
11**

### **Vision Support Group**

**10:30 a.m. – 11:30 a.m. • Vision Support Group  
Vinson Hall Retirement Community**

**6251 Old Dominion Drive, McLean, VA**

**For more information, call Gloria at (703) 687-3544.**

---

**MON  
16**

### **Adaptive Technology for Low Vision**

**1:00 p.m. – 2:30 p.m. • Tech Talk Mondays**

**Speaker: Patrick Timony, Adaptive Technology  
Librarian, DC Public Library**

**Join us for a discussion about the adaptive  
technology available for those with low vision.**

**Prevention of Blindness Society of Metropolitan  
Washington Headquarters**

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

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

---

**TUE  
17**

### **Ask the Doctor - Conference Call**

**7:00 p.m. – 8:00 p.m. • POB Conference Call Series**

**Join Patrick Burke, M.D., ophthalmology  
resident from Washington National Eye Center,  
as he addresses your most pressing vision health  
questions and concerns.**

**Call (712) 775-7031 and then enter access code  
881847675# to join the call. For more information,  
call (202) 234-1010.**

## **APRIL 2018 (continued)**

**WED  
18**

### **Vision Support Group of The Virginian**

**3:00 p.m. – 4:00 p.m.**

**The Virginian Retirement Community**

**9229 Arlington Blvd., Fairfax, VA**

**For more information, call Gloria at (703) 687-3544.**

---

**THU  
19**

### **Low Vision Share Group**

**12:30 p.m. – 1:30 p.m. • POB Signature Share Group**

**Speaker: Belinda Weinberg, O.D., Low Vision Specialist**

**Prevention of Blindness Society of Metropolitan**

**Washington Headquarters**

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

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

## **SAVE THE DATE - MAY 2018**

**Join us for “Active Aging With Less Sight - The Truth About Low Vision” on Monday, May 7, from 10:30 a.m. - 11:30 a.m. at the Activity Center at Bohrer Park in Gaithersburg, MD. Learn from Suleiman Alibhai, O.D., director of low vision services, Prevention of Blindness Society of Metropolitan Washington, about the new standard of care for all people with vision loss that cannot be corrected by corrective lenses, medicine, or surgery. For more information, contact (301) 348-3760. This event is sponsored by the Bender Jewish Community Center of Greater Washington, Montgomery County Aging and Disability Resource Unit, and the City of Gaithersburg.**

# News & Updates

## **Finding Accessible Transit Information Throughout the Region**

(continued from page 3) ...maps are available for the bus and rail systems by calling the Virginia DRPT Accessibility Office at **(804) 780-6794**.

For the Maryland Transit Administration (MTA), travel training is a free service provided by the MTA in partnership with the IMAGE Center for People with Disabilities.

Experienced travel trainers will teach you how to use the MTA fixed route system, which includes LocalLink, Light RailLink and Metro SubwayLink. For more information, contact the IMAGE Center for People with Disabilities at **(443) 275-9393**.

Free large-print public transit schedules and route maps for the MTA's LocalLink, Metro SubwayLink, Light RailLink, and the MARC Train are available by calling the MTA Accessibility Office at **(410) 767-3779**. Additionally, free trip planning services are available for all customers by calling the MTA Transit Information Contact Center at **(410) 539-5000**.

# DESCRIBED ART TOURS IN APRIL

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., April 8 at 1:30 p.m. & Thurs., April 19 at 3:30 p.m.**

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

---

**Picture This! (National Gallery of Art)**

**Sat., April 22 & Wed., April 26, 1:00 p.m. – 2:00 p.m.**

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

---

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

**Thursday, April 19 and Saturday, April 21, 12:00 p.m.**

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

---

**To receive e-mail reminders about upcoming events,  
please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).**

Return Service Requested



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

**FREE MATTER  
For the Blind or  
Handicapped**