



Your Eyes



TODAY

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Degeneration
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Events: 4-7**

Low Vision Update with Suleiman Alibhai, O.D.

Losing vision does not mean giving up your activities, but it does mean applying new ways of doing them. Is it difficult to read newspapers and price tags, set dials, or manage glare? There are many tools, techniques and resources for people with low vision. Join **Suleiman Alibhai, O.D.**, low vision specialist, on **Friday, February 16 at 1:00 p.m.** at **Charles E. Beatley Jr. Central Library**, as he discusses the latest in low vision rehabilitation and technology. Additionally, free glaucoma screenings will be provided to attendees. For more information, see **page 5** or call **(703) 746-1762**.

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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

Low Vision Awareness Month

February is National Low Vision Awareness Month, sponsored by the National Eye Institute (NEI) of the National Institutes of Health (NIH). Low vision is when people have difficulty seeing, even with regular glasses, contact lenses, medicine, or surgery. People with low vision may find it challenging to perform everyday activities such as reading the mail, cooking, or watching television.

The leading causes of vision loss in older adults are age-related macular degeneration, diabetic retinopathy, cataract, and glaucoma. People experiencing vision loss should talk to their eye care professional and seek a referral to a low vision specialist. A low vision specialist is an ophthalmologist or optometrist trained to help people who have low vision maximize their remaining sight and continue to live safe, productive, and rewarding lives.

A vision rehabilitation plan helps people reach their true visual potential when nothing more can be done from a medical or surgical standpoint. The Prevention of Blindness Society of Metropolitan Washington Low Vision Learning Centers in Alexandria, VA and Washington, DC offer a variety of programs and services for people with low vision, including examinations and personalized rehabilitation programs. For more information, call (703) 652-7803.

News & Updates

Age-Related Macular Degeneration (AMD) Awareness Month

February is Age-Related Macular Degeneration (AMD) Awareness Month, sponsored by the American Academy of Ophthalmology. AMD is a common eye condition and a leading cause of vision loss among people age 50 and over. AMD deteriorates a part of the eye called the macula, the part of the eye needed for sharp, central vision, which lets us see objects straight ahead. Over 1.75 million adults in the United States suffer from the effects of AMD.

With AMD, you lose your central vision. You cannot see fine details, whether you are looking at something close or far. But your peripheral (side) vision will still be normal. For instance, imagine you are looking at a wall with a clock on it. With AMD, you might see the wall itself, but not the clock.

The early and intermediate stages of age-related macular degeneration (AMD) usually start without symptoms. It is important to receive an annual comprehensive dilated eye exam, as only a comprehensive dilated eye exam can detect AMD. For more information, call (202) 234-1010.

Calendar of Events

FREE local programs!

FEBRUARY 2018

**TUE
13**

Age-Related Macular Degeneration (AMD) Awareness Month

11 a.m. – 12:45 p.m. • Low Vision Support Group
Guest Speaker: **Jocelyn Kim, M.D.**, Washington National Eye Center Ophthalmology Resident
Join us as we discuss ways to manage AMD thanks to recent advances in treatment.

MedStar Washington Hospital Center

Eye Center Conference Room, Suite 1A-19

110 Irving Street, NW, Washington, DC

To register, call (202) 234-1010.

**WED
14**

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.

WINTER REMINDER

Weekday program cancellations due to inclement weather will be consistent with those of local school districts.

Alternatively, attendees can call (202) 234-1010.

**THU
15**

Low Vision Update and Q&A

**12:30 p.m. – 1:30 p.m. • POB Signature Share Group
Speaker: Belinda Weinberg, O.D., Low Vision Specialist**

No matter your age, assure your path to independence! Join us for information about advancing your access to comprehensive low vision rehabilitation and technology.

Prevention of Blindness Society of Metropolitan Washington Headquarters

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

**FRI
16**

Low Vision Update (1:00 p.m. – 2:30 p.m.)

Free Glaucoma Screenings (11:00 a.m. – 3:30 p.m.)

Low Vision Resource Group

Speaker: Suleiman Alibhai, O.D., Low Vision Specialist

No matter your age, assure your path to independence!

Join us for information about advancing your access to comprehensive low vision rehabilitation and technology. Free glaucoma screenings will also be provided by POB.

Charles E. Beatley Jr. Central Library

5005 Duke Street, Alexandria, VA

Free refreshments and parking. For more information and to register, call (703) 746-1762.

**TUE
20**

Ask the Doctor: Age-Related Macular Degeneration (AMD)

7:00 p.m. – 8:00 p.m. • POB Conference Call Series
Join Jocelyn Kim, M.D., ophthalmology resident from Washington National Eye Center, for a question-and-answer session about AMD and how you can best manage your condition.

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

**WED
21**

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.

**MON
26**

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.

Save the Date for the 2018 Night of Vision® “Eyes on Broadway”

Saturday, March 3, 2018 at The Watergate Hotel

Honoring:

Frank Ashburn, M.D.

Penelope Helfgott

Professional Service Award

Community Service Award

Donna Thiel

Appreciation Award

For more information, call (202) 234-1010.

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., Feb. 11 at 1:30 p.m. & Thurs., Feb. 15 at 3:30 p.m.

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

Picture This! (National Gallery of Art)

Sat., Feb. 24 & Wed., Feb. 28, 1:00 p.m. – 2:00 p.m.

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

Portrait InSight (Smithsonian National Portrait Gallery)

Thursday, Feb. 15 and Saturday, Feb. 17, 12:00 p.m.

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

Save the date for our March events!

**SAT
3**

“Eyes on Broadway” Annual Night of Vision® Gala
6:30 p.m. • The Watergate Hotel
Call (202) 234-1010 for more information.

**TUE
13**

What You Should Know Before Cataract Surgery
11 a.m. – 12:45 p.m. • Low Vision Support Group
MedStar Washington Hospital Center

**THU
15**

Low Vision Signature Share Group
12:30 p.m. – 1:30 p.m. • Prevention of Blindness
Society of Metropolitan Washington Headquarters

**MON
19**

Tech Talk Monday with Patrick Timony
1 p.m. – 2:30 p.m. • Prevention of Blindness Society
of Metropolitan Washington Headquarters

To receive e-mail reminders about upcoming events,
please send an email to communications@youreyes.org.

Return Service Requested



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

FREE MATTER
For the Blind or
Handicapped