



# Your Eyes



## TODAY

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## Join Us at the NBC4 Health & Fitness Expo!

Join POB at the **2018 NBC4 Health & Fitness Expo** on Saturday, March 10, and Sunday, March 11, at the Walter E. Washington Convention Center in Washington, DC. At this event, POB will be providing free glaucoma screenings for attendees at booth #6062. This event is the largest free consumer health event in the country, drawing nearly 85,000 people annually. There are hundreds of exhibits, demonstrations, plenty of giveaways and fun for the entire family. This event also provides opportunities to learn more about health, wellness and fitness. POB has been a proud participant for the past 25 years. For more information, see page 4.

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**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

## Dealing With Dry Eye

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Dry eye is a common eye disorder that happens when your eye doesn't produce enough tears or the right quality of tears to keep your eyes healthy and comfortable. The following tips, provided by the American Academy of Ophthalmology, are simple things you can do to help relieve some of the symptoms of dry eye. If you are bothered by dry eye, speak with your ophthalmologist to determine the best course of treatment for you.

- 1. Use artificial tears.** Artificial tears are available without a prescription.
- 2. Avoid too much air movement.** Fans and wind can make your eyes even drier, so you should limit your exposure.
- 3. Use a humidifier in the winter.** Heating your home in the winter often dries the air out.
- 4. Give your eyes a rest.** If reading or watching television makes your eyes feel dry, make sure you take frequent breaks.
- 5. Avoid cigarette smoke.** Smoking can increase your risk of developing dry eye.

For more information, including additional tips, visit [www.eyesmart.org](http://www.eyesmart.org) or contact (202) 234-1010.

# News & Updates

## Workplace Eye Wellness Month

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February is Workplace Eye Wellness Month, sponsored by the American Academy of Ophthalmology. Before you think that this topic does not apply to you, think again. Each day, over 2,000 Americans suffer an eye injury. The most common eye problem is computer vision syndrome. While consistently being on your computer will not permanently damage your vision, it can cause headaches, inattentiveness, neck pain, back strain, and dry eye.

There are some ways to prevent computer vision syndrome and keep your eyes feeling comfortable:

- 1. Reposition your screen.** Adjust your screen to be at a right angle away from any direct light source.
- 2. Use the 20/20/20 rule.** Every 20 minutes, you should look at an object at least 20 feet away for at least 20 seconds.
- 3. Don't forget to blink.** Regularly close your eyes to keep them from getting dried out.
- 4. Drink water.** Hydration can make a difference, especially during the winter when heaters can make the air particularly dry.

For information on computers and eye strain, visit [www.eyesmart.org](http://www.eyesmart.org) or contact (202) 234-1010.

# Calendar of Events

**FREE local programs!**

## MARCH 2018

**SAT  
10**

### **NBC4 Health & Fitness Expo**

**Saturday, March 10, 9 a.m. – 5 p.m.**

**Sunday, March 11, 9 a.m. – 4 p.m.**

**&**

**POB will be offering free glaucoma screenings at booth #6062 (Halls D&E) at the 25th annual NBC4 Health & Fitness Expo!**

**SUN  
11**

**Walter E. Washington Convention Center**

**801 Mt. Vernon Pl., NW, Washington, DC 20001**

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

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**TUE  
13**

### **What You Should Know Before Cataract Surgery**

**11 a.m. – 12:45 p.m. • Low Vision Support Group  
Guest Speaker: Adam Pearlman, M.D., Washington National Eye Center Ophthalmology Resident  
Join Dr. Pearlman for an informative discussion about cataract removal, which is one of the most common surgical operations performed in the United States.**

**MedStar Washington Hospital Center**

**Eye Center Conference Room, Suite 1A-19**

**110 Irving Street, NW, Washington, DC**

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

## MARCH 2018 (continued)

**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.

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**THU  
15**

### **Finding Low Vision Resources**

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

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

Do not miss this opportunity to learn how you can access free and low-cost community resources to help you live most independently, including federal, state, and local programs.

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

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

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**MON  
19**

### **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.

## **MARCH 2018 (continued)**

**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.**

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**TUE  
20**

### **What You Should Know Before Cataract Surgery (Conference Call)**

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

**Join Adam Pearlman, 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.**

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## **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.**

## 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., March 11 at 1:30 p.m. & Thurs., March 15 at 3:30 p.m.  
For more: [AmericanArtTours@si.edu](mailto:AmericanArtTours@si.edu) or (202) 633-8550

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**Picture This! (National Gallery of Art)**  
Sat., March 24 & Wed., March 28, 1:00 p.m. – 2:00 p.m.  
For more: [access@nga.gov](mailto:access@nga.gov) or (202) 842-6905

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**Portrait InSight (Smithsonian National Portrait Gallery)**  
Thursday, March 15 and Saturday, March 17, 12:00 p.m.  
For more: [NPGAccess@si.edu](mailto:NPGAccess@si.edu) or (202) 633-8506

## News & Updates

### Large Print Tax Documents

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Tax season is upon us! All tax forms and publications from the Internal Revenue Service (IRS) are available in large print. For more information, visit:  
[www.irs.gov/uac/irs-tax-publications-in-large-print](http://www.irs.gov/uac/irs-tax-publications-in-large-print)  
or call (800) 829-3676. For assistance navigating the IRS website, call (800) 876-1715.

# Save the date for our April events!

**TUE  
10**

## **Eye Injury Prevention and Treatment**

11 a.m. – 12:45 p.m. • Low Vision Support Group  
MedStar Washington Hospital Center

**WED  
11**

## **Vision Support Group**

10:30 a.m. – 11:30 a.m. • Vinson Hall  
Retirement Community

**MON  
16**

## **Tech Talk Monday with Patrick Timony**

1 p.m. – 2:30 p.m. • Prevention of Blindness Society  
of Metropolitan Washington Headquarters

**THU  
19**

## **Low Vision Signature Share Group**

12:30 p.m. – 1:30 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](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