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Spotlight on Sunglasses

Wearing the right sunglasses is a great defense against ultraviolet (UV) rays that can cause short- and long-term eye damage, according to the American Academy of Ophthalmology. Here are the most important factors to consider when purchasing sunglasses:

- 1. Make it 100%:** The most important thing to look for is an indicator that they block 100 percent of UV rays.
- 2. Bigger is better:** Consider buying oversized glasses or wraparound-style glasses, which help cut down on UV entering the eye from the side.
- 3. Cost shouldn't be a factor:** Less expensive pairs marked as 100 percent UV-blocking can be just as effective as pricier options. (Continued on page 7)

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

News & Updates

Healthy Vision Month

During Healthy Vision Month, held each May, the National Eye Institute (NEI) reminds you to make your eye health a priority and encourages you to take important steps to protect your sight.

- **Get a dilated eye exam.** Getting a dilated eye exam is the only way to detect eye diseases early, because with many, there are no warning signs.
- **Live a healthy lifestyle.** Eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking can lower your risk of eye disease.
- **Know your family history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary.
- **Use protective eyewear.** Protect your eyes when doing chores around the house to prevent eye injuries.
- **Wear sunglasses.** When purchasing sunglasses, look for ones that block out 99 to 100% of both UVA and UVB radiation.

To learn more about Healthy Vision Month and find additional eye health information, visit www.nei.nih.gov/hvm or call (301) 496-5248.

News & Updates

POB Opens New Resale Shop

On April 14 and 15, the **Furniture, Antiques & More Annex, benefiting the Prevention of Blindness Society of Metropolitan Washington**, celebrated its grand opening. The Annex is located at 10419 Fawcett Street, Kensington, MD, on Kensington's historic Antique Row. Antique Row is home to a variety of antique shops, as well as dining establishments.

Additionally, the Annex is located steps away from the **Prevention of Blindness Society Resale Shop** at 3706 Howard Avenue. The Annex is open on Saturdays and Sundays from 12 p.m. to 5 p.m. For more information about the Annex, visit youreyes.org/resaleshops or call (301) 942-4707.

All three resale shop locations accept donations of gently used goods. Donations may be dropped off during regular business hours. Additionally, free pick-up for large items or a large volume of items is available by calling (301) 942-4707 (DC & Maryland) or (703) 683-2558 (DC & Virginia).

Prevention of Blindness Society Resale Shop Locations:

- 900 King Street, Alexandria, VA 22314
- 3716 Howard Avenue, Kensington, MD 20895
- 10419 Fawcett Street, Kensington, MD 20895

Calendar of Events

FREE local programs!

MAY 2018

**MON
7**

Diabetes: un problema de toda la familia

9:45 a.m. – 10:15 a.m. • Special Event

Speaker: Adriana Wiseman, O.D., Low Vision Specialist

Currently, more than one million Latinos have been diagnosed with diabetic eye disease, and the number is expected to rise to five million by 2050. Attend this sight-saving seminar and learn how to lessen the impact of diabetic eye disease.

This lecture will be presented in Spanish.

Bohrer Park Activity Center

596 South Frederick Ave., Gaithersburg, MD

**TUE
8**

Healthy Vision Month

11 a.m. – 12:45 p.m. • Low Vision Support Group

Guest Speaker: Mariam Mathai, M.D., Washington

National Eye Center Ophthalmology Resident

Join us as Dr. Mathai discusses tips everyone can use to take charge of their eye health and preserve their sight.

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**

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.

**TUE
15**

Ask the Doctor - Conference Call

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

Join Samantha Feldman, M.D., Washington

**National Eye Center Ophthalmology Resident,
as she 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.**

**WED
16**

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
17**

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.

**FRI
18**

Astronomy with Low or No Vision

1 p.m. – 2:30 p.m. • Low Vision Resource Group
Join special guest Jenns Robertson for an engaging
conversation about how to enjoy astronomy, which
is the science of stars, space and the universe. All are
welcome for this unique and accessible program.
Charles E. Beatley, Jr. Central Library
5005 Duke Street, Alexandria, Va.
Free refreshments and parking. For more
information and to register, call the library at
(703) 746-1762.

**MON
21**

**Using Your Cell Phone (and More)
with 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 how to make
technology, such as cell phones, adaptive for people
with low vision. Bring your questions (and devices)!

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

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

Spotlight on Sunglasses (continued from page 1)

4. Darker lenses don't protect better: While very dark lenses may look cool, they do not necessarily block more UV rays.

5. Polarized lenses cut glare, not UV: Polarization reduces glare coming off reflective surfaces like water or pavement. This does not offer more protection from the sun, but can make activities like driving or being on the water safer or more enjoyable.

For more information, including more tips for sun smart eye health, visit eyesmart.org or call (202) 234-1010.

DESCRIBED ART TOURS IN MAY

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., May 13 at 1:30 p.m. & Thurs., May 17 at 3:30 p.m.

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

Picture This! (National Gallery of Art)

Wed., May 23 & Sat., May 26, 1:00 p.m. – 2:00 p.m.

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

Portrait InSight (Smithsonian National Portrait Gallery)

Thursday, May 17 and Saturday, May 19, 12:00 p.m.

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

**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**