



# Your Eyes



**TODAY**

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Vision Can  
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Welcomes  
New Virginia  
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## **Free Vision Screenings**

The Prevention of Blindness Society of Metropolitan Washington (POB) will be holding a free community vision screening event on September 16, 17, and 18 at 233 Massachusetts Avenue NE, Washington, DC 20002. This program is supported, in part, by an innovation grant awarded by the District of Columbia Department of Health. Volunteer ophthalmologists will also be on-site. The goal of the event is to provide free glaucoma screenings for 500 adults and free vision screenings for 200 children, age 3 and up.

According to Prevent Blindness, DC has among the highest prevalence of glaucoma in the nation, and about half (continued on page 3)

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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

## Everyone's Vision Can Change With Age

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As you age, it is normal to notice changes in your vision. Vision changes can make it difficult to perform everyday activities, such as walking safely, taking medications, performing household tasks, and driving. Some changes are normal, such as needing more light to see well. But, as you get older, you are at higher risk of developing age-related eye diseases and conditions that can lead to vision loss or blindness, such as glaucoma and age-related macular degeneration. Even if you are not experiencing vision problems, it is still important to have a comprehensive dilated eye exam. Early detection and treatment can help save your sight!

Have a list of all your questions and concerns ready when you visit your eye care professional. Here are some good questions to ask: **Am I at higher risk for eye disease? What changes can I expect in my vision? Will the changes in my vision get worse? Can the changes in my vision be corrected? How? What can I do to protect or prolong my vision? Will diet, exercise, or other lifestyle changes help? How often should I have an eye exam?**

Learn more about healthy aging at [eyesmart.org](http://eyesmart.org) or call (202) 234-1010.

# News & Updates

## Free Vision Screenings (continued)

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(continued from page 1)

of those affected with glaucoma do not even know it, as there are can be no symptoms in the early stages. Glaucoma can result in vision loss and blindness. With early treatment, you can often protect your eyes against serious vision loss from glaucoma. Anyone can develop glaucoma. Those at higher risk include: African Americans over age 40; everyone over age 60, especially Hispanics; people with a family history of glaucoma; and those with other health conditions, such as diabetes.

Children (ages 3 and up) are screened for vision issues such as nearsightedness, amblyopia, and strabismus. Treatment and correction of any possible vision problem is often more successful when started at an early age. Children will be eligible to receive free prescription eyeglasses.\* (\*When volunteer on-site eye doctor prescribes new glasses during screening. Glasses will be available for pick-up approximately two weeks after screening).

For more information, see page 5, call (202) 234-1010 or visit [youreyes.org](http://youreyes.org).

# News & Updates

## POB Welcomes New Virginia Support Group Facilitator

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Sandy Neuzil recently joined the team at POB as the support group facilitator for Virginia, following the retirement of long-time facilitator, Gloria Sussman.

Sandy is also a volunteer at the POB Low Vision Learning Center in Alexandria, Virginia. In addition, Sandy co-chairs the Reston VIP low vision support group, is a member of the Vienna VIP low vision support group, and volunteers for the Friends of Access Services (Fairfax County Library).

Sandy is passionate about science, has a BA degree in Geology from Harvard University, worked for a year at Woods Hole Oceanographic Institution, and had a 32 year career as a research geologist at the U.S. Geological Survey (USGS). Her research included the origin of coal and controls on coal quality. Although her childhood dream was to spend her winters in Antarctica, her field work at the USGS took her to tropical forests in Indonesia, at the equator on Sumatra, and Borneo Islands. Sandy is married, has two daughters, and three wonderful grand kids.

For information about Sandy's groups, see pages 5 and 7!  
Welcome Sandy!

# Calendar of Events

**FREE local programs!**

**SEPTEMBER 2018**

**TUE  
11**

## **Aging Eyes**

**11:00 a.m. – 12:45 p.m. • Low Vision Support Group**

**Guest Speaker: Hector Rojas Martinez, MD,  
Washington National Eye Center Ophthalmology  
Resident**

To bring attention to taking care of our eyes as we age, the American Academy of Ophthalmology celebrates Healthy Aging Month to raise awareness of the signs and symptoms of vision loss - and steps to help seniors take care of 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.**

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**WED  
12**

## **Friends are Important: We Learn From Each Other! (Low Vision Support Roundtable)**

**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 Sandy at (703) 989-1821.**

## SEPTEMBER 2018 (continued)

**SUN  
16**

### **Free Community Vision Screening Event**

**Sunday, Sept. 16, 12:00 p.m. – 5:00 p.m.**

**Monday, Sept. 17, 3:00 p.m. – 7:00 p.m.**

**MON  
17**

**Tuesday, Sept. 18, 3:00 p.m. – 7:00 p.m.**

**TUE  
18**

POB will provide free glaucoma screenings for adults and free vision screenings for children, age 3 and up. Children may also be eligible to receive free eyeglasses. More details can be found on page 1.

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

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

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

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**MON  
17**

### **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.**

## SEPTEMBER 2018 (continued)

**WED  
19**

### **The Low Vision Journey Includes Friends (Low Vision Support Roundtable)**

**3:00 p.m. – 4:00 p.m.**

**The Virginian Retirement Community**

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

**For more information, call Sandy at (703) 989-1821.**

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**THU  
20**

### **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.**

## Did You Know?

In addition to our print newsletter, *Your Eyes Today*, POB also sends a digital edition, which is delivered to your email inbox on the first of the month.

The digital edition includes hyper links and other interactive content. If you'd like to receive the digital edition of the newsletter (in addition to the print version), send an email to [communications@youreyes.org](mailto:communications@youreyes.org)!

# DESCRIBED ART TOURS IN SEPTEMBER

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., Sept. 9 at 1:30 p.m. & Thurs., May 17 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., Sept. 22 & Wed., Sept. 27, 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, Sept. 20 and Saturday, Sept. 22, 12:00 p.m.**

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

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**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**