



Your Eyes



TODAY

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POB Low Vision Learning Center Now Open in DC

POB's second Low Vision Learning Center, located at our headquarters on Capitol Hill, is now seeing patients! Conveniently located near Union Station, our fully-accessible facility has state-of-the-art equipment to provide a variety of services for people with low vision including examinations, personalized rehabilitation, and information on appropriate resources. **Belinda Weinberg, O.D.**, low vision specialist, is seeing patients on Wednesdays and Thursdays. While the Center accepts Medicare and most major medical insurances, not all aspects of the evaluation are covered, such as the cost of visual aids. For more information, call (703) 652-7803.

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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

Overcoming Travel Woes

The winter season provides opportunities for travel to be with family and friends. The following tips, compiled by the National Research and Training Center on Blindness and Low Vision at Mississippi State University, are designed to help people with low vision enjoy a safe and enjoyable trip:

- Regardless of the method of travel, it is essential that you ask for assistance at each location where you need help, especially if you have multiple legs in your trip.
- When you book a flight, inform the airline of your needs, as this will ensure that they are prepared to offer you services, such as pre-boarding. If you have an issue at the airport, speak to the Complaints Resolution Officer, who must be available at all times.
- Many rail stations have a passenger service office where you can request assistance.
- Many bus companies offer priority seating on-board and assistance storing mobility aids.
- Use a bright ribbon or an audible locator, such as a remote pager, to make identifying your luggage easier.
- To ensure adequate time for navigation and assistance, arrive well in advance of your departure time.

For more information, visit www.blind.msstate.edu or call (662) 325-2001.

News & Updates

Making Banking More Accessible

Raised-line large-print checks are larger than standard checks, have embossed lines and larger, bolder print, and include a larger check register. Bank statements are often available by request in Braille or large-print formats. To learn more, speak to your bank manager. To help identify paper currency, ask the teller to hand your money to you in separate denominations or ask for your paper money in all of the same denomination. Alternatively, consider purchasing a portable electronic talking money identifier. This device verbally announces the denomination of all paper currency. For more, speak to a customer service representative or manager at your local banking center.

Celebrate the Season

You are invited to attend the **Kensington Antique Row Annual Holiday Open House** on Friday, December 1, from 7:00 - 9:00 p.m. Antique Row is home to a variety of antique shops, as well as dining establishments. POB's Look Again Antique Shop is located at 3716 Howard Avenue, Kensington, MD. The local businesses in this historic neighborhood open their doors for the festivities and provide refreshments, live music and holiday cheer. For more information, call **(301) 942-4707**.

Calendar of Events

FREE local programs!

DECEMBER 2017

**WED
13**

Vision Support Group Holiday Party

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.

**FRI
15**

Holiday Music with Nancy Reilly

1:00 p.m. – 2:30 p.m. • Low Vision Resource Group

Join us as we remember the tunes of the season!

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.

**MON
18**

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.

DECEMBER 2017 (continued)

**WED
20**

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
21**

Overcoming Travel Woes for People with Vision Challenges

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

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

Join us as we discuss tips to ensure that your winter travel is safe and enjoyable.

Prevention of Blindness Society of Metropolitan Washington Headquarters

233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

Events in January 2018 can be found on page 6.

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.

**MON
15**

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.

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233 Massachusetts Ave., NE, Washington, DC

To register, call (202) 234-1010.

**THU
18**

Making Your House a Home for a Lifetime

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

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

Join us as we discuss easy-to-adopt tips to make your living space more accessible by providing greater safety, comfort and convenience.

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., Dec. 10 at 1:30 p.m. & Thurs., Dec. 14 at 3:30 p.m.

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

Picture This! (National Gallery of Art)

Saturday, Dec. 23 & Wednesday, Dec. 27, 1 p.m. – 2 p.m.

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

Portrait InSight (Smithsonian National Portrait Gallery)

Thursday, Dec. 21 and Saturday, Dec. 23, 12:00 p.m.

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

For described art tour dates in January 2018, please inquire via email or phone using the contact information above.

Save the date for our February events!

**TUE
13**

Age-Related Macular Degeneration Month
11 a.m. – 12:45 p.m. • Low Vision Support Group
MedStar Washington Hospital Center

**FRI
16**

Low Vision Update with Suleiman Alibhai, O.D.
1 p.m. – 2:30 p.m. • Low Vision Resource Group
Charles E. Beatley, Jr. Central Library

**MON
19**

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

**TUE
22**

Ask the Doctor
7 p.m. – 8 p.m. • POB Conference Call Series
(712) 775-7031, Access Code: 881847675#

To receive e-mail reminders about upcoming events,
please send an email to 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