



Your Eyes



TODAY

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Driving with Low Vision

Driving and low vision – two things most consider to go together about as well as orange juice and toothpaste. In DC, best corrected visual acuity must be 20/40 in the better eye and a restricted license is allowable up to 20/70 best corrected visual acuity. Maryland and Virginia have similar restrictions as well. However, if you have vision near these thresholds, you still may not feel comfortable driving in certain conditions, such as poor weather and night time. Having a lack of transportation is a terrible feeling, but new technology in cars has made driving more accessible during these less ideal times. Many cars have adaptive headlights which improve forward illumination based on the road
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**Prevention of Blindness Society of Metropolitan Washington®
233 Massachusetts Ave., NE, Washington, DC 20002**

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News & Updates

Driving with Low Vision

(Continued from page 1)

conditions. In addition, new cars have back up cameras, which make parking easier. Several new cars now have active park assist technology, which either help or parallel park for you – a very helpful resource in our area! One final new feature seen is a lane keep assist function, which warns you when you are leaving your lane without indicating.

Certainly, driving under ideal conditions is very different than driving at night, in the rain or snow, or in poor light. Also, glare from headlights or the sun can be a problem. Studies suggest that if drivers are prepared to compensate for aging eyesight by adjusting their driving habits, then deteriorating vision is not necessarily a barrier to safe driving. Changing habits may include driving only in daylight or on well-lit roads, driving only in good weather, or driving only in the familiar local area.

Vision and confidence are both essential to safe driving. The best course of action is to speak to your medical team and your family about your vision and confidence, as it relates to driving. For more information, visit nhtsa.gov.

News & Updates

The Future of Eye Research

Join us on October 30 as we learn about vision research progress that could preserve or restore your sight. Join the National Eye Institute's internationally-recognized retina researcher, Wai Wong, MD, PhD, as discusses the impact of regenerative medicine, and how he is using it to research sight-saving treatments, and reduce blindness! Suleiman Alibhai, OD, will discuss new technologies that complement medical research and improve quality of life. You will also learn about upcoming clinical trials and how to find out more about them. This event is hosted by the Leisure World Lions Club in Clubhouse Two, located at 3300 North Leisure World Blvd., Silver Spring, MD. For more, see page 7, or call (202) 234-1010.

New Forum for Your Vision Questions

We are excited to introduce a new column called **Q&A with Dr. Weinberg**, a new way to answer low vision questions from our readers. Belinda Weinberg, OD, is a low vision optometrist at the POB Low Vision Learning Center in Washington, DC. If you have a question about low vision that needs an answer, please send it by email to communications@youreyes.org. Dr. Weinberg cannot offer personal medical advice, since only your doctor knows you well enough to do that. Additionally, unpublished questions will not be answered individually.

Q&A with Dr. Weinberg

What is blindness? What does it mean to be legally blind?

A common misconception is that being blind means having no vision at all, but in reality, blindness is a spectrum. In fact, the majority of people who are blind have remaining sight. Many individuals that are blind have impaired central vision but excellent peripheral vision (as is the case in those with macular degeneration) while others have the opposite – limited peripheral vision but intact central vision.

Legal blindness is a specification of vision that determines eligibility for certain benefits. This is defined as best corrected (i.e. with glasses or contact lenses) visual acuity of 20/200 or less in the better seeing eye, or a visual field of 20 degrees or less. For perspective, 'normal' visual acuity is considered 20/20, therefore someone who is legal blind can only resolve details that are 10x larger than someone with 'normal' vision.

Low vision rehabilitation can help individuals at any level of vision loss. You do not have to be legally blind to benefit from a functional vision evaluation and development of a comprehensive rehabilitation plan with a low vision specialist. To schedule an appointment with Dr. Weinberg, call **(703) 652-7803**. For more information, visit **youreyes.org**.

(Belinda Weinberg, OD, is a low vision specialist. Send questions to **communications@youreyes.org**. We regret that unpublished questions cannot be answered individually.)

Calendar of Events

FREE local programs!

OCTOBER 2018

**TUE
9**

Dry Eyes or Autumn Eye Allergies?

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

Guest Speaker: George Skopis, MD, Washington National Eye Center Ophthalmology Resident

Join Dr. Skopis to gain a better understanding of troublesome eye symptoms and get autumn eye facts!

MedStar Washington Hospital Center

Eye Center Conference Room, Suite 1A-19

110 Irving Street, NW, Washington, DC

To register, call (202) 234-1010.

**WED
10**

Friends are Important!

We Learn From Each Other!

10:30 a.m. – 11:30 a.m. • Low Vision Support Group

Share techniques and tools that you have adopted and adapted. Learn how others have found solutions to enhance their life!

Vinson Hall Retirement Community

(Conference Room Near the Library)

6251 Old Dominion Drive, McLean, VA

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

OCTOBER 2018 (continued)

**MON
15**

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.

**WED
17**

The Talking Books Program

3:00 p.m. – 4:00 p.m.

The Library of Congress allows you to listen to books for free through Fairfax County Access Services Library. Join us as we discuss eligibility, applications, and demonstrate the Talking Book Machine.

The Virginian Retirement Community

9229 Arlington Blvd., Fairfax, VA

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

OCTOBER 2018 (continued)

**THU
18**

Low Vision Share Group

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

**233 Massachusetts Ave., NE, Washington, DC
To register, call (202) 234-1010.**

**FRI
19**

Metropolitan Washington Ear

1:00 p.m. – 2:30 p.m.

**Learn more about this free service, which allows
you to listen to newspapers, magazines, and other
publications over the telephone.**

Charles E. Beatley, Jr. Central Library

5005 Duke Street, Alexandria, VA

**Free refreshments and parking. For more information,
call the library at (703) 746-1762.**

**TUE
30**

The Future of Eye Research

10:00 a.m. – 12:00 p.m. • Special Event

**Join us as we learn about vision research that could
preserve or restore your sight from guest speakers
Wai Wong, MD, PhD, of the National Eye Institute,
and Suleiman Alibhai, OD, of the Prevention of
Blindness Society. See page three for more.**

Leisure World, Clubhouse Two

3300 North Leisure World Blvd., Silver Spring, MD

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

DESCRIBED ART TOURS IN OCTOBER

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., Oct. 14 at 1:30 p.m. & Thurs., Oct. 18 at 3:30 p.m.

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

Picture This! (National Gallery of Art)

Wed., Oct. 24 & Sat., Oct. 27, 1:00 p.m. – 2:00 p.m.

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

Portrait InSight (Smithsonian National Portrait Gallery)

Thurs., Oct. 18, 2:00 p.m. & Sat., Oct. 20, 12:00 p.m.

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

**To also start receiving the digital edition of this newsletter,
please send an email to communications@youreyes.org.**

**FREE MATTER
For the Blind or
Handicapped**

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Washington, DC 20002**



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