



# Your Eyes



**TODAY**

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## **Accessible Voting - Have Your Voice Heard!**

The General Election is November 3, 2020. The election includes the Presidential race and state and local offices. Find information for voting this November below, including ways to vote, how to register, accessible options, and more. Rules and dates vary by state, so contact your election board to confirm.

If you plan to vote by mail (often called an "absentee" ballot), request your mail-in ballot at least 15 days before Election Day. Once received, follow the instructions. Add postage to the return envelope if needed. Mail your ballot at least 7 days before Election Day.

(Continued on page 2)

**OCTOBER 2020**

**Prevention of Blindness Society of Metropolitan Washington®  
415 2nd Street NE, Suite 200, Washington, DC 20002**

**(202) 234-1010 | [www.youreyes.org](http://www.youreyes.org) | Facebook & Twitter: @youreyesdc**

# News & Updates

## Accessible Voting

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As a voter with a disability, you have the right to vote privately and independently and have an accessible polling place with voting machines for voters with disabilities. You may seek assistance from poll workers who have been trained to use the accessible voting machine, or bring someone to help you vote.

You may request your election officials to tell you about any voting aids, voting assistance, and voting procedures that are available. Common voting aids include headsets and high-contrast and large-print screens. Other aids may be available.

In DC, all active voters will be sent a Mail-In ballot. For more information, visit [dcboe.org](http://dcboe.org) or call (202) 727-2525.

In MD, any registered voter may vote by Mail-In ballot after submitting an application (due by Oct. 20). For more information, visit <http://elections.maryland.gov>, or call (410) 269-2840.

In VA, any registered voter may request to vote by absentee ballot by-mail (request due by Oct 23). For more information, visit <http://elections.virginia.gov>, or call (800) 552-9745.

Visit [youreyes.org](http://youreyes.org) for more information, or call your local Board of Elections using the information below.

# News & Updates

## Virtual Training for Virginia Residents

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The Virginia Rehabilitation Center for the Blind and Vision Impaired (VRCBVI) is pleased to offer virtual training opportunities throughout Fall 2020! All sessions are open to any Virginia resident, free of charge. Each training will begin at 1:00 p.m. and end by 3:00 p.m. If you have any questions, please contact Greg Chittum at (804) 371-3204 or [greg.chittum@dbvi.virginia.gov](mailto:greg.chittum@dbvi.virginia.gov).

## Grant for Northern Virginia Students

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The Virginia Lions Eye Institute Joe Lipomi Memorial Scholastic Grants is now available for visually impaired Northern Virginia full-time students. It may be used for assistive devices, educational/training expenses, and more.

Any visually impaired Northern VA resident that lives within the Lions District 24L may apply. This region includes Winchester to Charlottesville, Fredericksburg and all of Northern Virginia. Individuals must be a Northern Virginia resident, full-time student and there is no financial or age qualification. Submission deadline is December 5. To request the application or for more information, email [woodywoodard@cox.net](mailto:woodywoodard@cox.net) or call (703) 314-0889.

# Calendar of Events

**OCTOBER 2020**

**TUE  
13**

## **Dry Eyes or Autumn Allergies?**

**11:30 a.m. – 12:30 p.m. • Low Vision Support Group**

**Speaker: Russel Dinh, M.D., Washington National Eye Center Ophthalmology Resident**

Allergies may cause eye irritation, but not all eye irritation is your allergies. Learn about dry eye!

Hosted by **MedStar Washington Hospital Center**

**[Virtual Event]** To register, call **(301) 951-4444**.

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**TUE  
13**

## **Virtual Happy Hour**

**6:00 p.m. – 7:00 p.m. • Stargardt's Network**

All are welcome, regardless of eye condition!

Hosted by **Prevention of Blindness Society of Metropolitan Washington**

**[Virtual Event]** To register, call **(301) 951-4444**.

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**WED  
14**

## **Low Vision Town Hall Call-In Meeting**

**11:00 a.m. – 12:30 p.m. • Special Event**

**Speaker: Emily Chew, M.D., National Eye Institute**

Learn about the latest research, clinical trials, new advances, and more, with nationally-renowned ophthalmologist and researcher, Dr. Emily Chew.

Hosted by **Prevention of Blindness Society of Metropolitan Washington**

**[Virtual Event]** Join by phone: **(301) 307-2252**

## OCTOBER 2020 (continued)

**TUE  
20**

### **Tech Talk Tuesday with Nitesh**

**1:00 p.m. – 2:00 p.m. • Tech Talk Tuesdays**

Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to have your tech questions answered.

Hosted by **Prevention of Blindness Society of Metropolitan Washington**

**[Virtual Event]** To register, call **(301) 951-4444**.

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**SAT  
24**

### **Low Vision Device & Resource Symposium**

**10:30 a.m. – 12:00 p.m. • Special Event**

View demonstrations of low vision technology led by device exhibitors at this virtual event.

Hosted by **MedStar Washington Hospital Center**

**[Virtual Event]** To register, call **(301) 951-4444**.

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**MON  
26**

### **POB Update**

**1:00 p.m. • Vision Resource Lunch & Learn**

Join Sean Curry, POB's Senior Programs Manager, as he discusses POB's new initiatives. Learn about low vision programs, children's eye health, and more.

Hosted by **Friendship Heights Village Center**

**[Virtual Event]** To register, call **(301) 656-2797**.

# Living with Low Vision

## Casting My Vote

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By Tara Aziz

These are exciting times! I come from a place where election results were decided whether people voted or not, or you were forced to vote via threat. I cherish my right to vote.

Due to COVID-19, vote by mail and early in-person voting is open to everyone. People who are blind or with low vision have several options to vote. Virginians who are blind or visually impaired can now receive and complete their mail-in ballot, compatible with screen readers, electronically and print them without having to ask someone for assistance.

Take your handheld or video magnifier with you to the polling station in case there is a problem with the accessible ballot casting device and you do not want assistance.

For those who decide to vote in-person, early or on election day, all voting locations have an accessible ballot casting device (with the same vision accessibility features found on computers). The audio feature is also enabled. If for any reason the scanner does not accept the ballot you have printed, ask an election official for another printed one.

Call the POB Low Vision Resource and Information Hotline at **(301) 951-4444** for more information.

# Taming Technology

## Cooking with Technology

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By Nitesh Rathod

Cooking is an essential part of our daily lives. We feel a sense of pride being able to cook healthy and tasty food for friends and family. Technology can create an easier, safer, and potentially delicious cooking experience!

First, lighting is so important – keep the kitchen bright but not glary. Keep the cooking area clutter-free and organized. Using large print or audio cookbooks, contrasting colors, and safety glasses can reduce frustrations. Large print/tactile measuring cups, safety cutters and graters, and finger guards are good aids. Aids like long oven mitts and boil guards provide safety from hot items and surfaces.

Use tactile marking on existing appliances like stove tops and ovens or even talking appliances. Tactile or voice identifiers on dry goods can be very useful!

Lastly, smart home hubs allow control and automation of most appliances by virtual assistants like Amazon Alexa or the Google Assistant!

To learn more about helpful technology, call the Low Vision Resource and Information Hotline at (301) 951-4444.

# Low Vision Device & Resources Exhibition

**Saturday, October 24**

**10:30 a.m. – 12:00 p.m.**

Join this free virtual conference and hear from various low vision aid and device vendors that will demonstrate their products and applications. Each person is different, so this is a great chance to learn about the aids that may be useful for you! POB's Low Vision Learning Center will be in attendance to demonstrate how our trained resource specialists can assist you! To register, call (301) 951-4444.

To also start receiving the digital edition of this newsletter, please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).

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For the Blind or  
Handicapped

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