



Your Eyes



TODAY

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Giving Thanks This November

November is a month that can fly by - with Veterans Day, Thanksgiving, and other "fall activities" taking our time and December holidays right around the corner! However, this year, things might be slightly different as we limit our in-person gatherings and remain socially distant due to COVID-19.

We want to make this November just as rewarding! There are still many ways we can engage with family and friends during these difficult times, and it is so important to do so as well! Planning can make this holiday season of "virtual" family gatherings delightful!

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NOVEMBER 2020

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

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News & Updates

Giving Thanks This November

The Centers for Disease Control and Prevention (CDC) offers the following considerations to help protect individuals and their families, friends, and communities from COVID-19 as holiday celebrations are planned. These considerations are meant to supplement - not replace - any state or local health and safety laws, rules, and regulations with which holiday gatherings must comply.

- Have a small dinner with only people who live in your household or have a virtual dinner while sharing recipes with friends and family.
- Call your family members and have a virtual game night or watch party of your favorite events.
- Visiting pumpkin patches or apple orchards (where people use hand sanitizer before touching items) can be a fun socially-distant activity.
- Watching sports events, parades, and movies from home offers the best "seat" for the event– and you won't have to worry about the cold weather or travel!
- Shopping online rather than in person can make your holiday shopping easier and safer!

Visit www.cdc.gov for more tips.

News & Updates

Diabetic Eye Disease Awareness Month

According to the Centers for Disease Control and Prevention (CDC), more than 34 million Americans have diabetes, and 88 million more adults have prediabetes. This means you likely know at least one, if not entire families, who are affected by diabetes. People with diabetes are more likely to develop blinding eye diseases, including diabetic retinopathy, glaucoma, and cataracts.

Each November, the American Academy of Ophthalmology (AAO) encourages those with diabetes to take proactive steps to protect your vision! Here are some steps you can take to preserve your sight:

- Monitor and maintain steady, controlled blood sugar levels and blood pressure.
- Eat a healthy diet full of fruits and vegetables, and maintain an exercise regimen approved by your physician.
- Make sure to receive regular comprehensive, dilated eye exams – this is the best way to monitor your eye health.
- If you have any eye diseases, ensure you are taking your medications and following your doctor's recommendations.

Visit www.eyesmart.org for more information.

Calendar of Events

NOVEMBER 2020

**TUE
10**

Diabetic Eye Disease Awareness Month

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

Speaker: Marielle Mahan, M.D., Washington

National Eye Center Ophthalmology Resident

People with diabetes are more likely to develop blinding eye diseases. Learn more from Dr. Mahan!

Hosted by **MedStar Washington Hospital Center**

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

**TUE
10**

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**.

**MON
16**

Low Vision Town Hall Call-In Meeting

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

Learn about how lighting in your home can help you! Optimal in-home lighting is one of the best ways to adapt your home into a safer environment.

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

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

★ Please note the date change of this event ★

**TUE
17**

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. Bring your questions and devices! It is highly recommended to join this event via computer with video enabled.

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

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

**MON
23**

All About Cataracts

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

**Special Guest: Lindsay Dawson, M.D.,
Washington Eye Physicians and Surgeons**

Cataracts are one of the most common aging eye conditions. Luckily, treatments are available to slow the onset of cataracts. Join Dr. Dawson as she discusses what you need to know about cataracts!

Hosted by **Friendship Heights Village Center**

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

Living with Low Vision

Online Shopping

By Tara Aziz

COVID-19 has changed the way I plan to celebrate and shop for the upcoming holiday season. Online shopping is trendy but has pros and cons for people with low vision.

Have you ever bought clothes or other items online? Some websites, like Amazon and Target, are more accessible and not so challenging to navigate. Others can be more difficult.

Creating lists allows you to skip cumbersome parts of the process. Or, visit your past orders and click "Buy Again." Having an account created with payment information added is easier than the hassle of entering this information each time. Aira or Be My Eyes volunteers are a useful option if you need assistance. Calling the company's customer service department can be beneficial too!

Mistakes will happen - make sure you know the store's return policy and if they can pick up from your home. I prefer to touch the fabric and try on shoes before purchasing.

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

Visit <https://smile.amazon.com/ch/53-0204690> and Amazon will donate 0.5% of your purchase to POB!

Taming Technology

Light Bulbs 101 - Light Your Way!

By Nitesh Rathod

Producing light has evolved from oil lamps to filament lamps, and now the LED lamps can last a lifetime! With so many lamp varieties, understanding the specifications can help choose the best light for your needs.

The 'Lumen' value of a light determines the brightness and is a good start to selecting the best light. Equally important is the color temperature, given in Kelvins (K). A low "K" value means yellowish-white, while a high "K" is bluish-white. 3000K is the glow of a warm incandescent lamp, 4000K fluorescent white, and 6500K Daylight light. Watts (W) measures consumed electricity, measuring the bulb's efficiency – lower W means less cost while in use.

A 'dimmable' bulb is a lamp with light dimming accessories. This is important if we desire to alter the brightness for different tasks. Smart LED bulbs can be connected to Wi-Fi or Bluetooth and controlled with a 'smart home hub,' an App, or even our voice! Once installed, they allow customizing the color, brightness, and can be controlled remotely.

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

We Want to Hear from You!

Do you have an idea for an article in *Your Eyes Today*, or a Low Vision Resource and Support Group event?

Do you have a question for our Low Vision Learning Center, or feedback about our newsletter?

Let us know! We are eager to hear more from you!

Call the Low Vision Learning Center at (301) 951-4444, email communications@youreyes.org, or send a letter to **Prevention of Blindness Society, 415 2nd Street NE, Suite 200, Washington, DC 20002.**

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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