



Your Eyes



TODAY

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A Wish List for Low Vision!

The holiday season is a time for giving and sharing. POB is taking this time to share some great gadgets and tools that someone with vision impairment can use for everyday activities, staying connected, and maintaining independence. This list covers many different items, and POB recommends you review this list and share it with friends and family. You may notice that many "high-tech" visual aids, such as video magnifiers, have been omitted. While these tools can be handy, POB recommends working with a low vision specialist to determine which (if any) are optimal for your goals. **An extended version of this wish list is available at www.youreyes.org.**

(Continued on page 2)

DEC. 2020 / JAN. 2021

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

(202) 234-1010 | www.youreyes.org | Facebook & Twitter: @youreyesdc

News & Updates

A Wish List for Low Vision!

POB does not endorse or recommend any product or service. Websites such as amazon.com, walmart.com, maxiaids.com, and lssproducts.com may provide other suggestions! Many items are available from several different sites – comparing prices among sellers will help you get the best value.

- Talking Books (FREE) - Contact your local public library
- Audiobook subscription
- Books for children with vision impairment
- Tablets (Kindle, iPad, Galaxy, etc.) - like smart phones, but with a larger screen! Includes accessibility features.
- Task lamps - Great for cooking, reading, and crafts
- Scotch 35 Yellow (or White) Electrical Tape and a permanent marker - great for labeling and marking items!
- Tactile dots - Helps navigate flat controls, such as those on your oven, microwave, or dishwasher
- Talking thermometer and talking thermostat
- Extra-large and talking clocks
- Large-print calendar and address books
- Talking or large-print kitchen timer

News & Updates

A Wish List for Low Vision!

- Large-Print playing cards, crossword puzzles, Sudoku, word searches, and other word games
- Tactile or large-print versions of classic board games, such as chess/checkers, Monopoly, and more
- Large-Print measuring cups and spoons
- Alerting indicators for pouring liquids
- Amazon Alexa/Echo or Google Home/Nest – these devices are great for in the home. Ask them anything!
- Set aside time to help setup or demonstrate the gifts and practice with your loved one. This can be the most valuable gift of them all!

Free Gifts from POB:

- The latest edition of *Your Eyes & Low Vision* - a free guide for individuals with low vision. Available online at youreyes.org or in large print by calling (301) 951-4444.
- Face masks with low vision insignia. Call (301) 951-4444 and see back cover for more information.

An extended version of this wish list is available at www.youreyes.org or by calling (301) 951-4444.

Calendar of Events

DECEMBER 2020

**TUE
8**

Virtual Happy Hour

6 p.m. – 7 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.

**TUE
15**

Using Zoom and Virtual Meeting Programs

1 p.m. – 2 p.m. • Tech Talk Tuesdays with Nitesh

Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, and bring your questions! We recommend joining via computer with video-enabled.

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

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

**MON
21**

Children's Eyes & Safety Tips for Parents

1 p.m. • Vision Resource Lunch & Learn

Speaker: Viraj Mehta, M.D., Washington Eye Physicians and Surgeons

Dr. Mehta will take us through important safety tips for children's eyes. Choosing the right activities is vital in protecting your child's eyes!

Hosted by **Friendship Heights Village Center**

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

JANUARY 2021

**JAN
19**

Mobility Apps for Low Vision

1 p.m. – 2 p.m. • Tech Talk Tuesdays with Nitesh
Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to have your tech questions answered. Bring your questions! It is highly recommended to join via computer with video-enabled.

Hosted by Prevention of Blindness Society of Metropolitan Washington

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

**WED
27**

Low Vision Town Hall Call-In Meeting

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

Join our moderator, Suleiman Alibhai, O.D., Low Vision Specialist, to hear about important low vision topics and services, and ask questions.

Hosted by Prevention of Blindness Society of Metropolitan Washington

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



Beacon 50+ Virtual Expo - beacon50expo.com **Available through the end of January**

Visit the free online expo, with dozens of classes, speakers, entertainers, and exhibitors for older adults. Expo includes a talk on Macular Degeneration from Dr. Emily Chew, National Eye Institute (NEI), National Institutes of Health (NIH)!

Living with Low Vision

Celebrating Holidays Virtually

By Tara Aziz

The way we hold meetings, conferences, and gatherings has changed since March. Using online platforms like Zoom, WebEx, and others have become the norm. For those of us who have little or no vision, this came with some benefits and challenges simultaneously.

Online platforms have their frustrations: where to look, who to look at, and how do we look. Screen sharing is too small. But there are solutions: Turn off your camera and join with audio. Ask the organizers to share the visual presentations beforehand so you can follow along.

The holidays this year may be different with COVID-19 – instead of physically visiting or getting together with family and friends, many of us will meet virtually. Along with Alexa, the online platforms make it easy for family and friends to connect with loved ones. It is like using an intercom!

We will miss the in-person interaction, but let's see it as a break from cooking and preparing for many. In the case of meetings, it is a break from asking others for help finding the meeting room and finding a seat!

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

Taming Technology

Absorptive Color Filters

By Nitesh Rathod

We all know sunglasses help protect our eyes, but do we know that color absorptive filters are also beneficial in many eye conditions? Let's take a look at this inexpensive yet indispensable visual aid.

Colored filters, incorporated in eyeglasses or worn as clip-on or fit overs, modify the spectrum of light entering our eyes, protecting the retina from being flooded with too much light. Filters can help those with light sensitivity and improve contrast and light adaptation of our eyes. Filters can reduce glare and ease sudden changes in brightness, and make it easier to distinguish low contrast objects curbs on the road and edges of stairs.

There are different color filters - gray and boysenberry are neutral filters helpful for general light sensitivity, while hazelnut or amber help reduce outdoor glare. An orange filter helps improve contrast, clarity, and object definitions and a lemon filter is excellent for providing comfort and improving contrast in moderate and low light conditions.

To learn more, speak to your eye doctor, or call the POB Low Vision Resource and Information Hotline at (301) 951-4444.

Free Low Vision Face Mask Still Available

FREE (while supplies last) cloth face masks with a symbol indicating the wearer has low vision. The symbol, designed by the **Checkered Eye Project (checkeredeye.com), can help reduce confusion and frustration for people with vision impairments and those they interact with, especially during the pandemic, by communicating that the wearer has low vision.**

Face masks are available to residents of Washington, DC; Montgomery County, MD; Prince George's County, MD; and Northern Virginia. To request a free face mask (while supplies last), call the POB Low Vision Learning Center at (301) 951-4444.

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

**Prevention of Blindness Society
of Metropolitan Washington®**
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Return Service Requested

