



# Your Eyes



**TODAY**

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## **"Your Eyes and Low Vision" Resource Guide**

The Prevention of Blindness Society of Metropolitan Washington (POB)'s resource guide for individuals with low vision and their loved ones, **"Your Eyes and Low Vision,"** has been recently updated and is now available!

There are hundreds of resources and services helpful for those with vision loss, many of which are free. POB has compiled our area's resources into one comprehensive guide. With over 100 pages of resources and services, this guide has something for everyone, including a section featuring services specifically for parents of children with vision loss.

(Continued on page 2)

**FEBRUARY 2021**

**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

## Resource Guide

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**"Your Eyes and Low Vision" is available in a large-print book format AND on our accessible website, [youreyes.org](http://youreyes.org), under the "Resources" tab. The online version includes a "search" function and is simple to navigate based on topics and areas you are seeking. Whatever your preference, you can access this free guide easily.**

**POB first developed its resource guides more than 20 years ago. We welcome you to share this free resource with friends, family, and even your eye care provider!**

**Did you know there are free apps and features on your smartphone for those with vision loss? What about ways you can "hear" the news and books? Even recreational activities for persons with a vision impairment. Find information about all of this and more in the guide!**

**The guide was made possible due to the generosity of the Aid Association for the Blind of the District of Columbia.**

**To receive a free large-print resource guide by mail, call the POB Low Vision Learning Center at (301) 951-4444, or send an email to [communications@youreyes.org](mailto:communications@youreyes.org). To view the online version, visit [www.youreyes.org/resources](http://www.youreyes.org/resources).**

# News & Updates

## Low Vision Awareness Month

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Low vision affects millions of Americans and tens of thousands in our area! In February, the National Eye Institute (NEI), National Institutes of Health, wants you to know that, even with low vision, there is still much that can be done!

Low vision can make it harder to do things like reading, cooking, or even recognizing faces. And, it cannot be fixed with eyeglasses, contacts, medications, or surgery. Low vision is caused primarily by aging eye diseases such as age-related macular degeneration, glaucoma, and diabetic eye disease.

Luckily, there is still much that can be done! There are hundreds of resources and services in the community (many are free!), and vision rehabilitation. With vision rehabilitation, you work with a low vision specialist to develop a personalized plan to learn how you may perform the activities you were doing before losing sight. There is no 'magic pair of glasses,' but there are compensatory strategies, technology, and other techniques to help you maintain your independence and enjoy your life.

These resources, along with regular visits to your eye doctor, may help you preserve and optimize your remaining sight. To learn more, call (301) 951-4444 or visit [youreyes.org](http://youreyes.org).

# Calendar of Events

**FEBRUARY 2021**



To register and receive dial-in and/or sign-on instructions, call (301) 951-4444, or email [scurry@youreyes.org](mailto:scurry@youreyes.org) (except where otherwise noted).

**TUE  
9**

**Age-Related Macular Degeneration (AMD)**  
11:30 a.m. – 12:30 p.m. • Low Vision Support Group  
**Speaker: Kristen Suzich, M.D., Washington National Eye Center Ophthalmology Resident**

AMD is the leading cause of blindness among older Americans. New treatments have made AMD more manageable than ever before.

Hosted by MedStar Washington Hospital Center

**TUE  
9**

**Virtual Happy Hour**  
6 p.m. – 7 p.m. • Stargardt's Network

All are welcome, regardless of eye condition!

## **FEBRUARY 2021** (continued)

**TUE  
16**

### **Make Your Desktop Low Vision-Friendly!**

**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.

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**WED  
17**

### **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.  
Join by phone: (301) 307-2252

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**THU  
18**

### **Low Vision Interest Group - NEW**

**1 p.m. – 2:30 p.m. • Ingleside at Rock Creek**  
Residents at Ingleside at Rock Creek and nearby communities are welcome to attend this initial virtual meeting.

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**FRI  
19**

### **Talking Book Program and POB Update**

**1 p.m. • Beatley Library Low Vision Resource Group**  
Learn about the Talking Book Program in Alexandria, VA, and throughout the region! The program is a free braille and talking book library service for individuals with vision impairment.

# Living with Low Vision

## "Seeing" the News

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By Tara Aziz

Keeping up with current events can be difficult! With new things happening every minute, it can be overwhelming. This is especially true for those of us who have low vision.

Audio description (AD) is often the first solution to staying with the news. For scheduled events, audio description is becoming more available. Hearing about world leaders shaking hands, or great acts of kindness, can be rewarding. However, a description of hearing shouts of anger or hearing glass break without knowing what is going on can be unsettling. What about when unforeseen events occur? Unscheduled occurrences may not have AD available.

Listening to the radio is a great way to get accurate live coverage of the news. This used to be the only way to know what was happening. I still have the habit of storing extra batteries, even if I never use them! Listening to WAMU radio is still my favorite way to "see" the news. When can I see the new baby panda at the zoo? I can find out!

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn more about ways to get the news with low vision and for more helpful information.

# Taming Technology

## **Eyeglasses - A Technological Marvel**

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By Nitesh Rathod

Your eye doctor is the best person to discuss your next pair of eyeglasses with, but this general information may help you feel more informed at your next appointment!

Technology is part of the reason that eyeglasses have so many options! Bifocals, trifocals, and progressive lenses allow a single pair of eyeglasses to incorporate a variety of distance powers, depending on your needs.

Photochromic (transition) lenses are clear indoors and become progressively darker in natural daylight. Other lens coatings can provide built-in ultraviolet (UV) protection. Anti-reflective (AR) coatings may help minimize unwanted reflections. Other coatings, like anti-scratch and anti-smudge, help protect the lenses and make handling and taking care of eyeglasses easier.

It is essential to speak to your eye doctor to learn about the options that may benefit you. There are plenty of additional options available that were not presented here!

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](http://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](mailto:communications@youreyes.org).**

**FREE MATTER**  
For the Blind or  
Handicapped

**Prevention of Blindness Society**  
of Metropolitan Washington®  
415 2nd Street NE, Suite 200  
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Return Service Requested

