



# Your Eyes



**TODAY**

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## **All About Eye Strain**

The American Academy of Ophthalmology (AAO) recognizes March as Workplace Eye Wellness Month. With many of us now working from home, doing more virtual meetings and activities, and primarily working on a computer, this is a great time to learn more about eye strain!

Eye strain is something most of us have experienced. Your eyes could feel sore, tired, burning, watery, or dry. You may also experience headaches and blurred vision! Often, an underlying cause of our eye strain is using digital devices too often. We spend hours a day using digital devices for work, reading, writing, and viewing programs.

(Continued on page 2)

**MARCH 2021**

**Prevention of Blindness Society of Metropolitan Washington®  
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**(202) 234-1010 | [www.youreyes.org](http://www.youreyes.org) | Facebook & Twitter: @youreyesdc**

# News & Updates

## All About Eye Strain

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Eye strain does not injure the eye and does not cause permanent damage, but it is worthwhile to use these tips to make simple changes when you are concentrating on a task to increase your eye comfort.

- **Blink more often!** It is the eye's way of keeping the eyes moisturized. People blink less when using devices.
- **Follow the 20-20-20 rule.** Every 20 minutes, look at something 20 feet away for 20 seconds.
- **Adjust your screen's brightness.** Some need brighter screens to see. However, experiment with brightness and different contrasts to find the best solution.
- **Reduce the glare.** Try to reposition your device to avoid glare, or consider using a matte screen filter.
- **Adjust your position at your computer.** Keep yourself at arm's-length distance and maintain a good posture as best you can.

Don't forget to take frequent breaks from digital devices.  
Give your eyes a break!

To learn more about eye strain and how to prevent or reduce it, speak to your doctor, or visit [eyesmart.org](http://eyesmart.org).

# News & Updates

## Eye-Healthy Foods

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If you're looking for a diet that's healthy for your eyes, here's some good news: The same diet that helps your heart and the rest of your body will help your eyes. Plus, you'll enjoy many delicious choices.

Eat right for your sight by adding more of these eye-healthy foods to your plate:

- **Leafy green vegetables** - including romaine lettuce, kale, spinach, and broccoli
- **Orange-colored vegetables/fruits with Vitamin A** - including carrots, sweet potatoes, and apricots
- **Fruits and vegetables rich in Vitamin C** - including oranges, grapefruit, red bell peppers, and tomatoes
- **Cold-water Fish with Omega-3 fatty acids** - including salmon, tuna, halibut, and trout
- **Beans with Zinc** - including kidney beans, lima beans, and black-eyed peas

For more information, speak to your doctor, or visit [eyesmart.org](http://eyesmart.org).

# Calendar of Events

**MARCH 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**

## **Glaucoma – Who, What, Why, and How?**

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

**Speaker: Justin Shortell, M.D., Washington National Eye Center Ophthalmology Resident**

Glaucoma, a leading cause of blindness in the U.S., can cause permanent damage to your eyes before you notice changes in your sight.

**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!**

## **MARCH 2021** (continued)

**TUE  
16**

### **Enjoying Audiobooks with 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.

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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**

**1:00 p.m. • Ingleside at Rock Creek**

Residents at Ingleside at Rock Creek and nearby communities are welcome to attend this initial virtual meeting.

# Living with Low Vision

## Writing with Low Vision

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By Tara Aziz

There is a writer in each of us - we write our thoughts and feelings, notes, and more. With low vision, it can be more of a burden to write and more difficult to read what we wrote. This can also apply to shopping lists, to-do lists, and more.

Keeping a whiteboard with a dry erase pens near the phone may be helpful. A bold write pen allows for bleed-proof bold writing. Writing guides are available in many formats. A black writing guide on a page can make writing letters or journals easier. An address or check guide can make it easier to write a check and address an envelope. Signature guides are the size of a credit card – we can insert one in our purse or wallet and take it with us. This makes signing forms at the doctor or a receipt at a restaurant easier.

A special pencil (stylus) is available for smartphones and tablets to write notes in bold or preferred colors. Note-taking apps or voice memos on smartphones are free and excellent resources as well.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn more.

# Taming Technology

## Getting Around with Low Vision

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By Nitesh Rathod

MetroAccess is a transportation program for those with vision impairment. MetroReady Travel Training can teach you how to safely and independently travel on MetroRail and MetroBus. For more information, call (202) 962-2703.

Free large-print MetroRail maps are available from any MetroRail Station Manager. Additionally, free large-print MetroBus route maps are available by calling the Metro Accessibility Office at (202) 962-1100.

For the Virginia Department of Rail and Public Transportation (DPRT), free large-print public transit schedules and route maps are available for the bus and rail systems by calling (804) 780-6794.

Some communities have volunteer ride-shares available for running errands or going to medical appointments. You can also talk to friends and family about assisting in your travel needs. Paid ride-sharing apps, such as Uber and Lyft, may also be helpful for you. Planning your trips ahead of time is the best way to save yourself time and frustration.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn more.

# Free Low Vision Resource Guide

**"Your Eyes and Low Vision" contains 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.**

**"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.**

**To receive a free large-print resource guide by mail, 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®**  
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