



Your Eyes



TODAY

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Women's Eye Health

Did you know that women account for two-thirds of the world's population of blind and visually impaired persons? In April, Prevent Blindness America celebrates Women's Eye Health and Safety Month, a time to learn and support those affected by eye diseases and conditions. Women are often the health care decision-makers for their families. However, eye health can easily fall to the bottom of the list of health priorities. Women live longer than men and are at higher risk of developing cataracts, age-related macular degeneration (AMD), and glaucoma. It is more important than ever to make sure you are preserving your sight.

(Continued on page 2)

APRIL 2021

**Prevention of Blindness Society of Metropolitan Washington®
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News & Updates

Women's Eye Health

(Continued from page 1)

Women's Eye Health (WEH), a Massachusetts Eye and Ear/Schepens Eye Research Institute project, provides free information to help women understand their risk, improve their eyesight, and empower their families.

Take these steps to protect your vision:

- **Wear sunglasses, even on a cloudy day!**
Sunglasses protect your eyes from ultraviolet (UV) rays that may harm your eyes.
- **Get plenty of physical activity.** Regular physical activity that gets your heart beating is great for many healthy outcomes, including your vision!
- **Give your eyes a rest when using the computer.** Use the 20-20-20 rule throughout your day: look away from screens every 20 minutes and focus at something 20 feet in front of you for 20 seconds.
- **Get a regular, comprehensive, dilated eye exam.** This is the only way many eye diseases can be caught – especially before permanent loss occurs!

To learn more, speak to your doctor, or visit the Women's Eye Health website at www.w-e-h.org.

News & Updates

Occupational Therapy Month

Occupational therapy practitioners help people to do the things they want and need to do through the therapeutic use of daily activities (occupations). They enable people to live life to its fullest by helping them promote health, and prevent - or live better with - injury, illness, or disability.

Occupational therapy services can:

- Prevent accidents and injury by optimizing lighting and showing you potential hazards in your home.
- Teach you new skills, such as eccentric viewing, in which the person looks around the blind spot in their vision to view the subject using their peripheral vision.
- Help you modify tasks or your environment, such as practicing reading the mail with a magnifier.
- Support a healthy and satisfying lifestyle.

If you are interested in receiving occupational therapy services to enhance your independence and functional ability, ask your doctor. Occupational therapy practitioners are available through many hospitals, medical centers, clinics, and private practices.

To learn more, visit the American Association of Occupational Therapy's website at aota.org.

Calendar of Events

APRIL 2021

To register for an event, call (301) 951-4444
at least 24 hours prior to the event.

**TUE
13**

The Dilated Eye Exam

**11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Speaker: Justin Shortell, M.D., Washington National
Eye Center Ophthalmology Resident**

The best way to catch eye diseases early to prevent
sight loss is from a dilated eye exam!

Hosted by **MedStar Washington Hospital Center**
To register, call (301) 951-4444.

**TUE
13**

Virtual Happy Hour

**6 p.m. – 7 p.m. • Stargardt's Network
To register, call (301) 951-4444.**

**WED
14**

Protecting Your Eyes Outside

**1 p.m. – 2 p.m. • Special Event
Speaker: Michelle Hoyt, O.D., Washington Eye
Physicians and Surgeons**

Ultraviolet (UV) rays can put eyes at risk. Learn what
you can do to protect your eyes!

Hosted by **Silver Spring Leisure World Lions Club**
To register, call (301) 951-4444.

To register for an event, call (301) 951-4444
at least 24 hours prior to the event.

**THU
15**

Low Vision Interest Group

1:00 p.m. • Ingleside at Rock Creek

Residents and friends are welcome to attend!

To register, call (301) 951-4444.

**TUE
20**

Screen Readers for Windows Computers

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

Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to "talk technology!" It is recommended to join via computer with video-enabled.

To register, call (301) 951-4444.

**WED
21**

**Low Vision Town Hall Call-In Meeting:
Learn Your "O's" – Eye Care Professionals
and Their Role in Low Vision**

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

Special Guest: Teresa Narayan, O.D.,

MedStar Georgetown University Hospital

Join our moderator, Suleiman Alibhai, O.D., Low Vision Specialist, to learn about the many different types of eye care professionals you may see.

Join by phone: (301) 307-2252

Living with Low Vision

Writing with Low Vision

By Tara Aziz

Having low vision sometimes feels like others are speaking a foreign language with us. A handwritten grocery list or a sticky note with a name and phone number can be challenging to read. Written communication should be accessible for everyone.

If your bank sends you a statement in small font, or your utility company sends a bill in with low contrast, or your doctor's office hands you written or digital forms to fill out that you cannot see, it is critical to speak up. We have the right to equal access to written and visual materials. Speak to a customer service representative or office manager.

Encourage your friends, family, and the companies you do business with to use large print in their communications, along with high-contrast colors. Ask them to minimize their use of italics, complicated fonts, and other features that would make a document hard to read.

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

Taming Technology

Mobile Phones for Low Vision

By Nitesh Rathod

“Which phone is the most vision-friendly?” is a popular question for the Low Vision Learning Center. The details below may help you make an informed decision.

The Apple iPhone, and Android devices (like Samsung and Google), provide valuable features for accessibility, including voice control, screen readers, magnifiers, contrast adjustment, and dictation.

Phones specifically designed for seniors or individuals with low vision, including BlindShell and Jitterbug, may have a set of tactile keys in addition to a small touch screen. These devices have large tactile keys and loud audio.

Using a matte screen filter may reduce glare and reflection. A large screen may help individuals who would like to make the text larger, as there is more room on the screen to enlarge emails, websites, and photos.

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, 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.

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

