

Your Eyes TODAY

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Summer Eye Safety

Summer is an exciting time of year – warmer weather, vacations, and fun outdoor activities abound! With all of this excitement, we also want to keep our eyes safe so we can enjoy many future summers. Here are some great tips to keep your eyes safe when enjoying outdoor summertime activities:

- 1. Wear sunglasses with 100% Ultraviolet (UV) protection.**
UV rays can cause damage to our eyes. Sunglasses can shield our eyes from these harmful rays and are also very stylish! Choose sunglasses that block 99 to 100% of both UVA and UVB radiation.

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JUNE 2021

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

Summer Eye Safety

(Continued from page 1)

2. **Wear a hat.** Hats provide additional coverage from sunlight, help reduce glare, and keep you cool.
3. **Wear eye protection when doing yard work.**
Simple goggles or safety glasses at your hardware store can work wonders to protect your eyes. There are safety goggles that fit over your glasses as well!
4. **Use goggles while swimming.**
Excessive chlorine exposure in the pool can irritate your eyes. Fresh or salt water in lakes, rivers, or the ocean have all kinds of debris.
5. **Regularly wash your hands and avoid rubbing your eyes.** Excessive rubbing of your eyes can cause damage. If you are not regularly washing your hands, each time you do rub your eyes, you expose yourself to whatever is on your hands. Regular handwashing is a great way to minimize this concern!

To learn more, speak to your doctor, or visit the National Eye Institute's website at <http://nei.nih.gov>.

News & Updates

Cataract Awareness Month

More than 25 million Americans have cataracts, which cause cloudy, blurry, or dim vision and often develop with advancing age. The American Academy of Ophthalmology observes June as Cataract Awareness Month.

Inside our eyes, we have a lens responsible for bending light inside our eyes to help us see. As we age, this lens can become cloudy, causing vision problems such as blurry, hazy, or less colorful vision. A cataract can also make us more sensitive to light. Nearly 70% of people are affected by cataracts by the age of 75.

Fortunately, surgery can correct cataracts (and may help improve more than just your vision). The natural clouded lens is replaced with an artificial lens called an intraocular lens, which should improve your vision significantly. Studies have shown that cataract surgery can improve quality of life and reduce the risk of falling. This surgery is considered one of the safest there is. Speak to your eye doctor to determine what is right for you.

To learn more about cataracts, speak to your eye doctor, or visit www.eyesmart.org.

Calendar of Events

JUNE 2021

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

**TUE
8**

Low Vision Resources

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join Natalia Diaz, M.D., Washington National Eye Center Ophthalmology Resident, and Tara Aziz, POB Vision Resource Rehabilitation Specialist, to hear tips about coping with vision loss and to learn about available resources.

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

**TUE
8**

Virtual Happy Hour

6 p.m. – 7 p.m. • Stargardt's Network
All are welcome, regardless of eye condition!
To register, call (301) 951-4444.

**TUE
15**

Using Optical Magnifiers

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.

JUNE 2021 (continued)

**THU
17**

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!

JULY 2021

**TUE
20**

Tech Talk Tuesday with Nitesh

1 p.m. – 2 p.m. • Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to "talk technology!"

To register, call (301) 951-4444.

AUGUST 2021

**TUE
17**

Tech Talk Tuesday with Nitesh

1 p.m. – 2 p.m. • Join Nitesh Rathod, Vision Resource Rehabilitation Specialist, to "talk technology!"

To register, call (301) 951-4444.

Call (301) 951-4444 or visit youreyes.org/events for additional events and information.

Your Eyes Today will return in September, following a brief summer hiatus. September is Healthy Aging Month, recognized by the American Academy of Ophthalmology (AAO).

Living with Low Vision

Keeping Our Mind Sharp

By Tara Aziz

In our lives, most of what we learn and experience comes through our vision. However, this becomes harder when our sight deteriorates. It is vital to train our brain to use other ways to store information and save our memories.

Although declining vision can limit one's physical and mental activities, we can always find ways to keep the brain stimulated and our minds active. Examples include:

- Playing large-print games (such as crossword puzzles, word searches, Sudoku, and card games)
- Listening to or reading your favorite large-print books, magazines, or newspapers
- Taking beginner's lessons to learn a foreign language
- Listening to programs discussing current events

All of these, and more, can help keep our memories vivid in our minds and help us create new ones! What do you do to pass the time and keep your mind active?

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to share your thoughts! Your ideas can inspire others!

Taming Technology

Revisiting Mobility Apps

By Nitesh Rathod

We are slowly returning to a 'new normal,' and we may soon get the liberty to attend some events in person - of course, with a few restrictions. It is time we revisit some useful mobility apps that help make traveling easier and safer. Remember: It is always important to follow local guidelines about health and safety measures for social gatherings.

Google and Apple Maps are navigation apps that can be used with voice assistants and work for both public transit and walking directions. 'Street View' and 'Location Sharing' are two of the many great features of these apps.

Blindsquare and Lazarillo GPS are accessible apps that provide helpful information about street intersections or area places of interest. Important locations can be 'marked' for a quick and safe return. They can track the destination and announce the direction and distance information.

Soundscape is an app that can help build a mental map of surroundings by providing audio cues about area locations of interest. It can also be used with other navigation apps!

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

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**

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