



Your Eyes



TODAY

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POB Low Vision Learning Center Open

We are excited to announce the Prevention of Blindness Society of Metropolitan Washington (POB) Low Vision Learning Center, located at 4948 St. Elmo Avenue, Suite 209, Bethesda, Maryland 20814, is open for in-person appointments!

The Center is a place for those experiencing vision loss and their friends and family to learn about the hundreds of area resources and services and see and try out the available technologies. Some examples include various magnifiers, video magnifiers (CCTVs), “talking” products, wearables, and more!

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SEPTEMBER 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

POB Low Vision Learning Center Open

(Continued from page 1)

POB's trained resource navigators provide personal guidance as you move through your vision journey. Our navigators are ready and excited to meet with anyone who wants to learn or practice skills to improve their quality of life! Our team members have a wealth of information, and they will take as much time as is needed one-on-one to help you learn.

In-person visits to the Low Vision Learning Center are by appointment only, but do not require a referral from a doctor. Additionally, there is no charge for an appointment at the Low Vision Learning Center. The Center is open for in-person appointments on Thursdays and Fridays, from 11 a.m. - 5 p.m.

Don't want to come in person? The POB Low Vision Resource and Information Hotline is available for phone calls and video meetings, Monday through Friday, from 11 a.m. - 5 p.m. Perhaps you finally want to set up your Amazon Alexa, or you would like to find a better way to organize your medications - our specialists are ready to assist you!

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

News & Updates

Dry Eye - What to Know

Dry eye, a condition that affects nearly 16 million Americans, happens when your eyes don't make enough tears to stay wet, or when your tears don't work correctly. Dry eye can happen if you spend a lot of time looking at your computer, tablet, or smart phone.

Dry eye can cause a scratchy feeling (like something is in your eye), stinging or burning sensations in your eye, red eyes, sensitivity to light, and blurry vision. Anyone can get dry eye, but you might be more likely to have dry eye if you are age 50 or over, are female, wear contact lenses, don't get enough vitamin A, or have certain autoimmune conditions (like lupus or Sjögren syndrome).

Permanent loss of vision from dry eye is uncommon. Your eye doctor can check for dry eye as part of a comprehensive dilated eye exam.

Remember to give your eyes a rest when using your computer, tablet, or smart phone with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

To learn more about dry eye, speak to your eye doctor, or visit <http://nei.nih.gov>.

Calendar of Events

SEPTEMBER 2021

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

**TUE
14**

Aging Eyes and You

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join Jack Creagmile, M.D., Washington National Eye
Center Ophthalmology Resident, for a discussion
about the major eye conditions and what you can do
to keep your best sight!

Hosted by MedStar Washington Hospital Center.

**TUE
14**

Virtual Happy Hour

6 p.m. – 7 p.m. • Stargardt's Network
All are welcome, regardless of eye condition!

**WED
15**

Healthy Aging & The Eye

Low Vision Town Hall Meeting

11:00 a.m. - 12:30 p.m. • Special Event
Join Howard Weiss, M.D., Washington Eye
Physicians and Surgeons, as we celebrate Healthy
Aging Month! Learn about aging eye problems and
preventative strategies you can use (even with low
vision) to preserve as much sight as possible.

SEPTEMBER 2021 (continued)

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

**FRI
17**

Audio Description Project (ADP)

1 p.m. • Beatley Library Low Vision Support Group
Join special guest **Joel Snyder, Ph.D., founder of the ADP**, for a discussion about a free and accessible way to enjoy TV shows, movies, plays, and more!

**TUE
21**

Wearable Devices

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.

**SUN
26**

Honoring Janet Morrison

12:30 p.m. - 1:30 p.m. • Special Event
Janet Morrison was a champion in the low vision community. For decades, she made exceptional strides to help grow the area's low vision community resources and services. Join us as Friendship Heights Village Center and POB honor and remember Janet for her outstanding work in the community.
Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, MD
Facemasks are required for this in-person event.

Living with Low Vision

Enjoy More with Audio Description

By Tara Aziz

Audio description (AD) is narration that describes visual images and scenes that would otherwise not be noticed by a person with a vision impairment. AD is a way to enjoy visual performances – from TV to artwork – accessibly.

The Summer Olympics are over, but NBC will offer the Paralympics with audio description using the SAP (Secondary Audio Program) button on your TV's remote control.

Hundreds of TV shows and movies on popular streaming services, like Netflix and Hulu, have AD readily available. Also, most major movie theater chains offer AD – check with the box office when you purchase your ticket.

The Kennedy Center provides AD for select performances. Many museums have audio-described tours, including the National Gallery of Art, International Spy Museum, and Smithsonian Museums, Galleries, and Zoo. Call at least two weeks before your visit to request this service.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn about additional venues that offer audio description.

Taming Technology

Vision-Friendly Keyboards

By Nitesh Rathod

Although voice-to-text typing is available for most modern devices, a physical or on-screen keyboard remains the choice when volume, accuracy, or privacy is a concern. Standard keyboards are often not vision-friendly, but here are some quick tips to make keyboards more accessible:

- There are large print and high-contrast keyboards, covers, and stickers that can be placed on a keyboard.
- Use a task light to illuminate the keyboard.
- Various accessibility options are available on both Mac and PCs, and can be turned on/off as needed.
- On-screen keyboards on phones and tablets appear larger in landscape mode (turn your device sideways).
- Enabling 'Color Inversion' on your device will improve keyboard appearance and contrast.

To see, learn, and try different styles of keyboard accessibility options at the POB Low Vision Learning Center, call **(301) 951-4444** to schedule a free in-person appointment with a trained resource specialist.

Low Vision Device & Resources Exhibition

Saturday, October 9, 12 p.m. – 1 p.m.

Hosted by MedStar Washington Hospital Center

Join this free virtual conference and hear from various low vision aid and device vendors that will demonstrate their products and applications. Each person is different, so this is a great chance to learn about the aids that may be useful for you!

POB Low Vision Learning Center will attend to demonstrate how our trained resource specialists can assist you! To register, call (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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