



Your Eyes



TODAY

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World Sight Day

World Sight Day is an international day of awareness, held annually on the second Thursday of October to focus attention on the global issue of eye health. This year, World Sight Day falls on October 14, 2021.

World Sight Day reminds you to make your eye health a priority and encourages you to "Love Your Eyes" and be aware of your eye health. As you get older, you are at higher risk for age-related eye diseases and conditions that often have no early warning signs. Get a dilated eye exam –this is the only way to detect eye diseases early. Encourage your family and friends to "love their eyes" and schedule an eye exam, too!

OCTOBER 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

CCTVs Available from POB

The Prevention of Blindness Society of Metropolitan Washington's (POB) Low Vision Learning Center has several video magnifiers (CCTVs) for sale. POB receives gently used CCTVs from generous members of our community who no longer require the use of them. We resell these items at a below-market price to support those in need.

In addition, POB can assist in purchasing non-optical aids at the Center. Examples include talking products (clocks, thermometers, scales, etc.), writing guides, bump dots, and large-print items (calendars, calculators, television remotes, etc.). These items are available at the Center for you to see and demonstrate before purchase.

In-person visits to the Low Vision Learning Center are by appointment only, but do not require a referral from a doctor.

To purchase (or donate) a device or make an appointment, call the POB Low Vision Resource and Information Hotline at (301) 951-4444. All proceeds benefit POB's programs.

Note: POB does not endorse or recommend any specific products or companies. Our goal is to provide the tools and options to help you make informed decisions.

News & Updates

Exhibition of Low Vision Aids & Devices

The Prevention of Blindness Society of Metropolitan Washington and Washington National Eye Center at MedStar Washington Hospital Center invite you to a virtual exhibition of low vision aids and devices on **Saturday, October 9, from 12 p.m. to 1 p.m.**

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

POB Low Vision Learning Center staff will demonstrate how our trained resource specialists can assist you! Additional presenters at the exhibition include eSight, Enhanced Vision, Freedom Scientific, and Optelec.

To register for this free virtual event, call the POB Low Vision Resource and Information Hotline at **(301) 951-4444** at least 24 hours before the event.

Due to the highly demonstrative nature of this event, we recommend joining via computer or tablet with video-enabled. A phone-only option is also available.

Calendar of Events

OCTOBER 2021

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

**SAT
9**

Exhibition of Low Vision Aids & Devices

12 p.m. – 1 p.m. • Special Event

Learn about available low vision aids, devices, and more. This virtual event is a fantastic opportunity to learn and ask questions. See page 3 for more details. Hosted by Washington National Eye Center.

**TUE
12**

Cataracts & the Dilated Eye Exam

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

Join Bren Davis, M.D., Washington National Eye Center Ophthalmology Resident, to learn what you need to know about cataracts, a leading cause of preventable vision loss.

Hosted by Washington National Eye Center.

**TUE
12**

Virtual Happy Hour

6 p.m. – 7 p.m. • Stargardt's Network

All are welcome, regardless of eye condition!

OCTOBER 2021 (continued)

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

**WED
20**

MetroAccess Update

Low Vision Town Hall Meeting

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

Guest Speaker: Brigid Doherty, MA, COMS, WMATA

MetroAccess Department of Access Services

Join us as our guest speaker discusses

MetroAccess, the area transit authority's

paratransit service. Hear updates, how to sign up,

and more! Bring your questions.

Call (301) 951-4444 to receive Zoom joining information – via computer or by phone!

**THU
28**

Low Vision Resource Group

12 p.m. • Friendship Heights Village

Join us for an engaging discussion and share your newfound solutions and questions with your peers.

All are welcome!



Do you follow us on social media?

www.facebook.com/youreyesdc

www.twitter.com/youreyesdc

www.instagram.com/youreyesdc

Living with Low Vision

Finding the Right Phone for You

By Tara Aziz

Making or receiving a call is quite simple and can be taken for granted. However, one of the first things missed when one loses some or most of their vision may be the ability to make calls to loved ones. There is often a solution – accessibility features, large-number phones, and more!

There are several factors considered when deciding which option to choose. What is the need for the phone? What is the client's willingness and ability to learn new technology? Even one's preference to use a landline or a cell phone.

Clients are always surprised, thankful, and excited to learn that smartphones have several accessibility settings helpful for those with vision loss. And other phones have many options. Features available to test out include large numbers, elevated, tactile buttons with good spacing, "talking" features, and an emergency button. You can also set up shortcuts like speed dial or voice commands.

There are many ways you can connect with friends and family! Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn more.

Survey

How is POB Doing?

We at POB are so thankful for your continued support and participation in our programs. Without you, our programs and services would not be where they are today!

Your input is important and valued by us – feedback is the only way we can continue to improve! Please answer the following three questions:

- 1. What do you enjoy most about POB's low vision programs?**
- 2. What can POB do better to meet your needs?**
- 3. What low vision topics would you like to see more of?**

There are three easy options to respond:

- 1. Email your answers to scurry@youreyes.org.**
- 2. Call (202) 234-1010 ext. 233 and leave a voice message.**
- 3. Mail your responses to: Prevention of Blindness Society, 415 2nd Street NE, Suite 200, Washington, DC 20002.**

Thank you!

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
Washington, DC 20002
Return Service Requested**

