



## **January is Glaucoma Awareness Month**

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But did you realize that feeling your best includes seeing your best too? As we enter the year 2022, add learning about glaucoma to your list! Your eyes will thank you for it!

Glaucoma is a group of eye diseases that can cause permanent vision loss or blindness. Scientists aren't sure what causes the most common types of glaucoma, but many people with glaucoma have high eye pressure - and treatments that lower eye pressure help to slow the disease.

Glaucoma has no cure, but vision loss can be slowed. The early symptoms of glaucoma are often so subtle that people don't notice them. As glaucoma gets worse, you may begin to lose your peripheral (side) vision, narrowing what you can see down to a tunnel. Over time, even that straight-ahead tunnel vision may shrink.

(Continued on page 2)

**Prevention of Blindness Society of Metropolitan Washington®  
415 2nd Street NE, Suite 200, Washington, DC 20002**

**(202) 234-1010 | [www.youreyes.org](http://www.youreyes.org) | Facebook & Twitter: @youreyesdc**

# News & Updates

## January is Glaucoma Awareness Month

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(Continued from page 1)

More than three million Americans have glaucoma - and half don't know it. According to Prevent Blindness America, Metropolitan Washington has the highest rate of glaucoma in the United States.

Some people are at higher risk than others. African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Glaucoma is often managed with eye drops and medicine and sometimes with surgery. No matter what you and your doctor decide, early detection and monitoring is critical!

Make a resolution to schedule an eye exam, go to your eye exam, and follow up at least every two years!

For more information, speak to your eye doctor, or visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma).

# Resource of the Month

## VisionAware

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VisionAware is a free, easy-to-use online information service for adults with vision loss, families, caregivers, healthcare providers, and social service professionals.

VisionAware, a program of the American Printing House for the Blind (APH), aims to provide the information, resources, and support for those with vision loss and their friends and family need to maintain their quality of life.

Some of their great pages include:

- Everyday living tips and tricks
- Information about vision loss and eye conditions
- Support groups, a support group directory, and other ways to receive emotional support
- Information about working life with vision loss and related resources
- Multiple blogs, with hundreds of posts about various sight loss experiences

This list is a brief example of the many resources that VisionAware has to offer. For more, visit [www.visionaware.org](http://www.visionaware.org), or call the POB Low Vision Resource and Information Hotline at (301) 951-4444.

# Calendar of Events

**DECEMBER 2021**

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

**TUE  
14**

## **End-of-Year Holiday Gathering**

**6 p.m. – 7 p.m. • Stargardt's Network**

All are welcome, regardless of eye condition! Join us at POB's headquarters for pizza and merry discussion. RSVP required for this in-person event.  
**415 2nd Street NE, Washington, DC 20002**

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**WED  
17**

## **Coping During the Holidays**

### **Low Vision Town Hall Meeting**

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

**Guest Speaker: Nina Glasner, LCSW-C**

Join us as Dr. Alibhai and Nina Glasner discuss navigating conversations and situations during the holidays, as well as ways to cope. Bring your questions. Call (301) 951-4444 to receive Zoom joining information – via computer or by phone!

## DECEMBER 2021 (continued)

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

**FRI  
17**

### **All About Guide Dogs**

**1 p.m. - 2 p.m. • Low Vision Support Group**

**Guest Speaker: Leslie Hoskins, COMS, Outreach Services and Community Engagement Manager, Leader Dogs for the Blind**

**Learn about guide dog training and the benefits one can get from this service. All are welcome!**

**Hosted by Charles E. Beatley, Jr. Central Library.**

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**TUE  
21**

### **Magnifiers 101**

**1 p.m. - 2 p.m. • Tech Talk Tuesdays**

**Finding the right magnifier needed for the right situation can be a task. Join us as we talk about the basic types of magnifiers. Bring your questions!**

## JANUARY 2022

**TUE  
18**

### **Apple iPhone Accessibility**

**1 p.m. - 2 p.m. • Tech Talk Tuesdays**

**An iPhone has many benefits to someone with low vision. There are built-in accessibility features, free apps, and much more. We will share a few great features and welcome you to share your own.**

**Bring your questions!**

# **Living with Low Vision**

## **Holiday Season Challenges**

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**By Tara Aziz**

**During this season, those of us with low or no vision may need help choosing gifts, gift wrapping, writing greeting cards, or simply hearing a kind word. And, asking for help, especially from family and friends, is a difficult task. So, how can the holidays be enjoyed to the fullest?**

**Consider using a writing guide or template for holiday greeting cards to allow for straight, consistent lines. And, one can transfer their contact list to a large print address book – this could also be a fun activity with a grandchild!**

**Holiday shopping can be a festive activity. Bringing a lightweight, compact magnifier with a built-in light can be helpful since the lighting in many stores is not sufficient for reading labels, price tags, and identifying money.**

**Finally, be kind to yourself! Put your own mental and physical well-being first. Recognize what your triggers are to help you prepare for stressful situations. Whether with friends, family, a counselor, or a support group, talking can help. Call (800) 662-4357 to find local mental health resources.**

**To learn more ways to enjoy the season, call the POB Low Vision Resource and Information Hotline at (301) 951-4444.**

# **Living with Low Vision**

## **Cooking During the Holiday Season**

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From finding food in the pantry to setting the oven timer, cooking during the holiday season can be stressful.

Follow these tips, courtesy of North Dakota State University, to help keep organized while preparing your favorite dishes:

- **Limit glare in the kitchen or food preparation areas.**  
Use gooseneck lamps to provide more light and blinds over kitchen windows that may emit glare.
- **Use contrasting colors when measuring or pouring.**  
For example, measure dark brown sugar in a white measuring cup.
- **Wear elbow-length oven mitts to provide wrist and arm protection when cooking.** Make sure the mitt has a separate thumb section for a more secure grip.
- **When using cutting boards, use colored boards that contrast with the food being cut.** For example, cut a red apple on a white cutting board.
- **Consider using "talking" thermometers, kitchen scales, microwaves, and ovens to prepare food.**

For more tips, call the POB Low Vision Resource and Information Hotline at **(301) 951-4444**.

# Save the Date - January 22, 2022

## **Learn About Glaucoma & Free Glaucoma Screenings Glaucoma Awareness Month Event Saturday, January 22, 2022**

Learn about the latest research and updates on glaucoma, a leading cause of vision loss and blindness in the United States. Following the presentation, there will be FREE glaucoma screenings for anyone interested. All are welcome! Save the date and stay tuned for updates for this in-person event.

**Friendship Heights Village Center**  
4433 South Park Avenue, Chevy Chase, MD  
For more information, call (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).

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For the Blind or  
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