



Your Eyes

MAY 2022



TODAY

Join POB READS This Summer!

Summertime is an excellent time to relax in the shade or at the beach, lay back, and enjoy a good book. There are tools available to enjoy a good book, even with vision loss!

Reading, whether through your eyes or ears, expands your horizons! Research has shown that reading provides benefits to your mental health, as it can help to sharpen your mind.

Book clubs take that to a higher level through discussions and different viewpoints, contributing to your knowledge and appreciation of the world around you.

POB is excited to announce a new initiative – **POB READS** – a summer book club for all with vision challenges! We have identified some fantastic reads and will have robust and fun discussions about the book. This program will not be highly intensive; we want to encourage reading and socializing with one another!

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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

Join POB READS This Summer!

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The selected titles are available for free through the **National Library Service for the Blind and Print Disabled**, also known as the **Talking Books Program**. You can access titles in two ways: Via download to a personal device through the **Braille and Audio Reading Download (BARD)** mobile application and website or through the **United States Postal Service**. Visit **www.loc.gov/nls** or call **800-424-8567** for more information.

If you would like to learn more about signing up for the **Talking Books** program, call the **POB Low Vision Resource and Information Hotline** at **(301) 951-4444**.

The selected titles are also available on **Audible**, a fee-based audiobook library available on smartphones and tablets. For more information, visit **www.audible.com**.

POB's Virtual Book Club will meet monthly in **June, July, and August**. Participants will receive a special gift from **POB!**

Sign up online at **www.pobreads.org**.

Need assistance? Contact **Sean Curry** at **(202) 234-1010, ext. 233**, or **scurry@youreyes.org**.

Dr. Nguyen's Nook

Solutions for Your Computer Needs

By Hang Nguyen, O.D.

Many of us must utilize a computer to access emails, pay bills, research, and more. It is already difficult to learn the bells and whistles of a computer, and it becomes even more complicated when things are hard to see.

I tend to show patients the high contrast, large font keyboards from Keys-U-See for keyboards. These large font keyboards come in different contrasts depending on the user's needs. If a separate keyboard is not possible (i.e. laptop), there are large font, high contrast stickers that can be placed on each individual key or a keyboard overlay that goes over the entire keyboard.

Oftentimes, I recommend placing high contrast tactile markings on specific keys to help remember or feel the button that needs to be pressed. This marking is typically a bright bump dot or a piece of Velcro.

To learn about additional solutions, call the POB Low Vision Resource and Information Hotline at (301) 951-4444.

Hang Nguyen, O.D., is a low vision specialist at Low Vision Services. To schedule an appointment, call (703) 652-7803.

Calendar of Events

MAY 2022

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

**TUE
10**

Healthy Vision Month

11:30 a.m. – 12:30 p.m. • **Low Vision Support Group**
Join **Obadah Moushmouth, M.D., Washington National Eye Center Ophthalmology Resident**,
to learn about maintaining healthy vision.
Bring your questions!
Hosted by **Washington National Eye Center**.

**TUE
10**

D.C. Library Center for Accessibility Update

6 p.m. – 7 p.m. • **Stargardt's Network Virtual Event**
Join **Patrick Timony, Adaptive Technology Librarian**,
to learn about the library's available resources!

**TUE
17**

What's the Deal with JAWS?

1 p.m. - 2 p.m. • **Tech Talk Tuesdays**
JAWS is a computer screen reader program that
enables those who are blind to access the computer.
Learn the benefits of this great program.

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

**WED
18**

**Public Health and Low Vision
Low Vision Town Hall Meeting**

11:00 a.m. - 12:30 p.m. • Special Event
Join Omar Mohiuddin, OTR/L, MS, MPH, CLVT, Duke Eye Center, to about how researchers are working to improve the care, resources, and services available to those with sight loss!
Call (301) 951-4444 to receive Zoom joining information – via computer or phone!

**THU
26**

Healthy Vision Month

12 p.m. - 1 p.m. • Vision Resource Group
Learn about the many helpful things we can do to keep our best sight. Join us and bring your questions!
Friendship Heights Village Center
4433 South Park Avenue, Chevy Chase, MD
To RSVP, call (301) 656-2797.

**FRI
27**

Learn About Orientation & Mobility Training

1 p.m. - 2 p.m. • Low Vision Support Group
Join Sariana Marrero Valez from the Virginia Department for the Blind and Vision Impaired to learn effective ways to navigate in public or on transit safely.
Hosted by Charles E. Beatley, Jr. Central Library.

Living with Low Vision

Enjoy the Freedom to Read Your Way

By Tara Aziz

There are many ways individuals with low vision can enjoy books and stay informed and updated on current events.

Most public library branches carry a selection of large print and audiobooks to borrow. Ask your local librarian about your library's Talking Books program, too!

The Library of Congress National Library Service for the Blind and Print Disabled offers free audiobooks and magazines, braille books and magazines, a digital library called BARD (Braille and Audio Reading Download), and the BARD Mobile app, which you can use to access titles on your smartphone. Visit www.loc.gov/nls or call **800-424-8567** for more information.

Some publishers offer large-print magazines and newspapers. **The New York Times** (800-631-2580) publishes a weekly large-print version. **Reader's Digest's** (877-732-4438) Large Print edition publishes ten issues annually. **The American Printing House for the Blind** (800-223-1839) offers large print textbooks, cookbooks, dictionaries, and more.

Living with Low Vision

Enjoy the Freedom to Read Your Way

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Volunteers from the **Metropolitan Washington Ear (MWE)** read and record the Washington Post, excerpts from national and international newspapers, and other publications (including Your Eyes Today). MWE also provides a listing of local live theater and museum exhibits with verbal description and a list of local movies and daily television shows with audio description. To listen, you can use a special radio loaned by MWE, use your computer, or dial in by phone. Call **(301) 681-6636** or visit **www.washear.org** for more information.

The National Federation of the Blind (NFB) NEWSLINE provides free access to more than 500 publications, including local, national, and international newspapers, magazines, weather alerts, local notifications, and more, in computer-generated voices. Access the service by dialing in, using a smartphone app, Amazon Alexa, or email. For more information, call **(866) 504-7300**.

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

Sign Up for POB READS Today

(See page 1 for more details.)

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Need assistance? Contact Sean Curry at (202) 234-1010, ext. 233, or scurry@youreyes.org.

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

