



Your Eyes



JUNE 2022

TODAY

Summertime Fun with Low Vision

What's your favorite summertime activity?

If you need some inspiration, here are a few ideas:

- **Join POB READS** - a book club designed for those with low vision. Visit www.pobreads.org to sign up!
- **Get outside and exercise** - Achilles International (www.achillesdc.org) and the Metropolitan Washington Association of Blind Athletes (941-585-9503) offer group programs, such as walking, goalball, and boat racing.
- **Tend to your garden** - pick flowers that stand out to you. Be sure to wear proper eyewear for safety.
- **Go for a picnic with loved ones** - Being outdoors is essential for many reasons, and wearing UV glasses and ones that eliminate glare can help make it enjoyable!

What is your favorite summertime activity? Share with us by emailing scurry@youreyes.org by calling (301) 951-4444.

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

Resource of the Month

Lessons for Living Course

Adjusting to life after vision loss can be a challenging process. Re-learning how to do tasks you once did on autopilot – such as getting dressed or doing your laundry – requires you to rethink the approach and still find a way to do these everyday activities. And, there is no “cookie-cutter” way for everyone to do a task!

The **Older Individuals who are Blind Technical Assistance Center (OIB TAC) Lessons for Living** curriculum provides information and helpful tips to complete everyday tasks again in a safe and time-efficient manner.

Through 19 self-paced lessons, rehabilitation professionals share tips for how to safely and efficiently complete tasks. Topics include organizing the closet, completing tasks in the kitchen, using a computer, and more.

The course is available as a free downloadable PDF document (to enlarge easily on your computer or CCTV) and through the BARD mobile app, which is the app to access the Talking Books Program!

To get started, visit www.oib-tac.org, call (662) 325-2001, or search BARD Item DBC24872.

Dr. Nguyen's Nook

Benefits of Contrast

By Hang Nguyen, O.D.

Many things in our world have various shades of contrast, such as gray-on-gray printed newspapers or black coffee in a black mug. Since we cannot change how things are created, we can make simple adjustments to enhance contrast.

Contrast enhancement is best when the light source is closer to the item you are viewing. A gooseneck lamp, a small flashlight, or the built-in light on a cellphone can all be good sources for contrast enhancement.

Other ways to create high contrast is by utilizing high contrast items. For example, when pouring coffee, pour it into a white mug since the black coffee stands out better against the white-colored mug. When cutting produce, be observant of the color of the food against the cutting board (i.e. a white onion should be cut on a black cutting board, or an eggplant should be cut on a white cutting board). Reversible black and white cutting boards are available!

To learn more 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

JUNE 2022

**TUE
14**

Summer Eye Safety

**11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join Obadah Moushmoush, M.D., Washington
National Eye Center Ophthalmology Resident, to
learn how to protect your eyes from the sun and
other dangers outdoors!**

Hosted by Washington National Eye Center.

**TUE
14**

In-Person Happy Hour

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

Prevention of Blindness Society

415 2nd Street NE, Washington, DC 20002

**THU
16**

ADA and Reasonable Accommodations

Low Vision Town Hall Meeting

6:00 p.m. - 7:30 p.m. • Special Event

**Join Kenneth Saunders, Director of the Fairfax
County Office of Human Rights and Equity**

**Programs, to learn about what ADA provides,
what a reasonable accommodation is, and helpful
information to utilize these programs.**

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

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

**TUE
21**

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 some of the basics and benefits of this great program.

**THU
23**

Summertime Plans

12 p.m. - 1 p.m. • Vision Resource Group

Let's share all the summer plans, highlight ways to keep our eyes safe, and have a great conversation! Hosted by **Friendship Heights Village Center**. To RSVP, call (301) 656-2797.



Your Eyes Today will return in September!

Listen to replays of POB Low Vision Town Hall events on-demand at www.anchor.fm/youreyesdc and watch replays of other POB events at <http://go.youreyes.org/youtube>

Living with Low Vision

Explore the Arts this Summer

By Tara Aziz

Summer is my favorite season to visit museums, art exhibitions, and theaters in our area. Housed in accessible venues, many of our local facilities have designated tours and shows for people with vision challenges.

The National Gallery of Art (202-842-6905) offers free docent-led tours designed for visitors with low vision. Discover their exhibits through verbal description.

The Smithsonian Institution (202-633-2921) offers docent-led accessible guided tours and Aira for free at 19 DC-area locations. Aira uses smartphone cameras or special glasses to get on-demand verbal descriptions from sighted agents.

The Library of Congress (grouptours@loc.gov) offers "Touch History," an accessible tour that brings building details to life for visitors through their sense of touch.

The International Spy Museum (202-393-7798) offers audio-described tours with two-weeks advance notice. **George Washington's Mount Vernon (703-780-2000)** and **the Museum of the Bible (866-430-6682)** offer descriptive tours with advanced notice.

Living with Low Vision

Explore the Arts this Summer

(Continued from page 6)

Audio description is scheduled for select events at the **John F. Kennedy Center for the Performing Arts (202-416-8727)**. Using a single earpiece connected to an infrared headset, patrons can listen to trained audio describers. Upcoming accessible performances include *A Midsummer Night's Dream*, *Jersey Boys*, *To Kill a Mockingbird*, and *Hamilton*.

An audio-described performance is held for each production at the **Shakespeare Theatre (202-547-1122)**. Upcoming accessible performances include *Our Town* and *Red Velvet*.

Verbal description for other select theater performances may be available. Contact the theater directly for details. To view a schedule of accessible performances, visit the websites of the **Metropolitan Washington Ear (www.washear.org)** and the **DC Arts and Access Network (www.dcaan.org)**.

To share your experiences with us or learn more about local museums, art exhibitions, and theaters, call the **POB Low Vision Resource and Information Hotline at (301) 951-4444**.

Low Vision Learning Center

The Prevention of Blindness Society of Metropolitan Washington Low Vision Learning Center's Bethesda location is now open for in-person appointments on Mondays from 11 a.m. – 5 p.m.! Appointments are also available on Thursdays and Fridays 11 a.m. – 5 p.m.

Meet with our Resource Specialists in person to receive expert advice, learn about available resources, and try out different visual aid technologies.

The POB Low Vision Resource and Information Hotline (301- 951-4444) is open Monday through Friday, 11 a.m. – 5 p.m. Call us today!

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

