



Your Eyes

OCTOBER 2022



TODAY

Sharing an Experience from the Low Vision Resource Center

By Sean Curry

We are so proud of our team – Tara, Joe, and Sandy – who provide an essential and impactful service to the community.

I also want to give a big “THANK YOU” to all of you for the support you provide to allow us to keep the doors open at the Center! Without your support, we would not be able to provide our vital community-based services.

It truly takes a village; we see this firsthand through our interactions at the Low Vision Resource Center and Low Vision Resource and Support Network! So, thank you again!

I wanted to take some time to highlight a recent client experience at the Low Vision Resource Center in Bethesda. Interested in sharing your experience? Email scurry@youreyes.org or call (202) 234-1010, ext. 233.

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Prevention of Blindness Society of Metropolitan Washington®
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(202) 234-1010 | youreyes.org | Facebook & Instagram: @youreyesdc

News & Updates

Sharing an Experience from the Low Vision Resource Center

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“I wanted to thank you both for all your time with tools for my mom and all your great suggestions and solutions. We are very grateful for your time and help finding ways to help mom. We were very impressed with the positivity projected, which speaks volumes about you and your organization.

It is a rare occurrence to encounter such dedicated and empathetic people, so I wanted to let you know how impressed mom and I were. In a day and age where so many emphasize online as the be-all, end-all, it is extremely reassuring to know that POB puts in-person assistance first.

Thank you for being so generous of your time and resources and for your genuine concern to get my mom back to operating as close as she used to. I feel lucky to have found your group. Thank you for all you did for us and for all the lives of people like us you touch. Thanks to you our experience can only be spoken of in terms of superlatives.”

(Names have been omitted for privacy. Submission has been edited for length and clarity.)

Living with Low Vision

Walking Safely

By Tara Aziz

As autumn weather approaches, our outside walks can become more challenging. However, we should not let this slow outdoor time and daily exercise.

When walking outdoors, remember your sunglasses, a broad rim visor or hat, and to hold the stair rail when going downstairs, as this is where many falls happen, and glare makes it difficult to see the steps.

Training from an orientation and mobility specialist can help you walk with confidence. They can teach you how to use your sense of hearing to cross the road or tell which way the cars and trains are coming or going. These specialists can do much more and are excited to work with you!

Other tips include using a hiking stick that provides extra balance and attaching a button with the Checkered Eye low vision symbol (checkeredeye.com) on your shirt to signal those in the opposite direction not to run into you.

Finally, consider inviting a friend or loved one to join you for your daily exercise or errands!

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

Calendar of Events

OCTOBER 2022

**SAT
8**

Vision Research and Resources

10:30 a.m. • Special Event

Join the **Prevention of Blindness Society of Metropolitan Washington and the Foundation Fighting Blindness DC Metro Chapter** to learn about vision rehabilitation, area resources, and the latest research on retinal diseases.

To RSVP, call **(301) 951-4444**.

Arlington Central Library

1015 North Quincy Street, Arlington, VA

**TUE
11**

"Eye" Am Ready for My Dilated Eye Exam

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

Join **David McGuire, M.D., Washington National Eye Center Ophthalmology Resident**, as we learn how to prepare for an eye exam, what to expect, and how to prepare questions for your eye doctor.

Hosted by **Washington National Eye Center**.

**TUE
11**

In-Person Stargardt's Network 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

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

**WED
12**

Voting 101 in Maryland

1 p.m. - 2 p.m. • Lions Low Vision Support Group
Ensure you know how to vote and the accessibility options available. All Marylanders are welcome!

To RSVP, call Larry at (908) 770-9111.

Hosted by Leisure World Lions Club.

Leisure World of Maryland (Clubhouse II)

3300 N. Leisure World Blvd., Silver Spring, MD

**TUE
18**

The Wonders of Amazon Alexa

1 p.m. - 2 p.m. • Tech Talk Tuesdays

Alexa-enabled devices can help make your life more independent, accessible, and fun. Join to learn more!

**WED
19**

Be an Expert at Your Next Doctor Visit

Low Vision Town Hall Meeting

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

Join **Suleiman Alibhai, O.D.**, to learn how to improve proactive communication with your eye doctor about your diagnosis, medications, and exam. To RSVP, call (301) 951-4444.

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**FRI
21**

Voting 101 in Virginia

1 p.m. - 2 p.m. • Beatley Low Vision Support Group
Join Angela Turner, Alexandria Director of Elections, to ensure you know the accessible voting options available for you. All Virginians are welcome!

To RSVP, call (301) 951-4444.

Charles E. Beatley Central Library
5005 Duke Street, Alexandria, VA

**SAT
22**

Exhibition of Low Vision Aids & Devices

12 p.m. - 1 p.m. • Special Event

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

SAVE THE DATE – DECEMBER 2022

**SUN
4**

Being the Light: Friends and Family Connection - Life After Sight Loss

Join us for an engaging panel discussion about everyday living tips, coping mechanisms, recognizing when help is needed, and helpful technology.

Leisure World of Maryland (Clubhouse I)

3300 N. Leisure World Blvd., Silver Spring, MD

Vision Loss Heroes

Stephen King

By Erika York

Stephen King is a world-renowned author best known for his works of horror fiction. He has published sixty-four novels and eleven short story collections. A few of his famous works include *Carrie*, *Misery*, *It*, *Pet Sematary*, and *The Shining*. All of which were adapted into films.

One thing not well known about King is that he has Stargardt's disease. Stargardt's disease is a form of juvenile macular degeneration. People with Stargardt's experience loss of central vision (what you use to read, drive, etc.). In addition, many also experience light sensitivity, and some experience color blindness. Most who are diagnosed with the disease are children or young adults.

According to an article in Northwest Eye Center, famed horror writer Stephen King joked, "the part of my vision that I want to keep, both as a man and a writer, is what I can see out of the corner of my eyes!" Despite his diagnosis, the effects of having low vision have not hindered King's career. He can be a role model for all of us with low vision!

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to speak with a Resource Navigator today.

Exhibition of Low Vision Aids and 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 22, from 12 p.m. to 1 p.m.**

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

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.

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

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