



# Your Eyes

DEC. 2022 / JAN. 2023



## TODAY

## January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the US. Glaucoma, known as the "sneaky thief" of sight, causes damage to the optic nerve in the back of your eye, leading to peripheral or side vision loss.

This gradual but permanent vision loss is hard to notice at first – glaucoma has no early symptoms. Half of the people with glaucoma do not know they have it.

Anyone can get glaucoma, but those at higher risk include:

- Everyone over age 60, especially Hispanics/Latinos
- African Americans over age 40
- People with a family history of glaucoma

Vision loss can be prevented if glaucoma is caught early. Take care of your sight by finding an eye doctor, making an appointment, and going in for an eye exam.

For more information, visit [www.glaucomadc.org](http://www.glaucomadc.org) or speak to your eye doctor.

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

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

# News & Updates

## Meet Suzanne

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Suzanne (name changed for privacy) visited the Low Vision Resource Center this past month. She used a CCTV (desktop video magnifier); however, her vision has recently changed, and she needed a refresher.

Suzanne used her CCTV to read her mail, clearly see her medication bottles, and write handwritten letters. With her changing vision, the text was now too small.

Suzanne worked with a POB Resource Navigator in the Center's demonstration room to evaluate how she utilized her CCTV. After working with our Navigator, she realized there were helpful settings she was unaware of, and she also learned that inverting the colors worked better for her sight.

Suzanne was so appreciative of the support! She shared with staff that she did not know how to change the CCTV settings and was grateful for the one-on-one training.

During a follow-up call, Suzanne reported that she is comfortable adjusting her CCTV to read her mail, write holiday cards to friends and family, and correctly identify her medicine bottles.

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

# News & Updates

## Resource of the Month: NFB NEWSLINE

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NFB-NEWSLINE is a free service provided by the National Federation of the Blind that people who are blind, low vision, DeafBlind, or print disabled can use to read news using a phone, computer, Mobile App, or Amazon Echo device. It includes over 500 newspapers from all over the country and some international ones. It has 50 magazines, job listings, store circulars, and weather reports.

For more information, contact Kathy Gosselin at (202) 403-9279 or [nfb.newsline@dc.gov](mailto:nfb.newsline@dc.gov).

To request an application, call (866) 504-7300.

## Celebrate the Season

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You are invited to the Kensington Antique Row Holiday Open House on Friday, December 2, from 7 - 9 p.m. Antique Row is home to various antique shops and dining establishments. The businesses in this historic neighborhood open their doors and provide refreshments, music, and holiday cheer. POB's Look Again Resale Shop is located at 3716 Howard Avenue, Kensington, MD. Looking for something closer to home? Visit our other Look Again Resale Shop at 900 King Street, Alexandria, VA!

# Calendar of Events

## DECEMBER 2022

**TUE  
13**

### **Holiday Get-Together**

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

Let's celebrate together for the holidays! We invite the group to join us at our headquarters for pizza and a merry discussion. All are welcome!

**Prevention of Blindness Society**

415 2nd Street NE, Washington, DC 20002

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**FRI  
16**

### **Magnificent Magnifiers Demonstration**

**1 p.m. – 2 p.m. • Beatley Low Vision Support Group**

Vision loss can make it difficult to read standard print without issue. Join us for a hands-on demonstration with various magnification tools. Try them out with us, bring your own, and let's learn together!

To RSVP, call (301) 951-4444.

**Charles E. Beatley Central Library**

5005 Duke Street, Alexandria, VA

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**TUE  
20**

### **Apple iPhone Accessibility**

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

iPhone provides many accessibility features to support your vision needs. Learn how to configure these features and set up shortcuts for easy access.

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

**FRI  
20**

## **Healthy Aging Eyes and How to Detect an Eye Emergency**

**12 p.m. – 1 p.m. • Special Event**

**Special Guest: Mona Kaleem, M.D., Wilmer Eye  
Institute, Johns Hopkins Medicine**

As you age, you may notice sudden changes in your vision that may cause some worry and think, "Is this an emergency?" These changes can cause concern! Bring your questions for Dr. Kaleem!

To RSVP, call (301) 951-4444.

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**SAT  
28**

## **Glaucoma Research Update**

**10 a.m. – 11:30 a.m. • Presentation**

**11 a.m. – 2 p.m. • Free Glaucoma Screening**

**Special Guest: Arthur Schwartz, M.D., Washington  
Eye Physicians and Surgeons**

Learn about the latest research and updates on glaucoma, a leading cause of vision loss and blindness. After the presentation, there will be free glaucoma screenings. All are welcome!

To RSVP, call (301) 951-4444.

**Friendship Heights Village Center**

**4433 South Park Avenue, Chevy Chase, MD**

# Living with Low Vision

## Baking Delicious Treats

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By Tara Aziz

It is officially the season of gifting, baking, and wonderful aromas. Freshly baked goods are always appreciated. However, low vision can make a bubble in our baking dough.

You can magnify it or use a screen reader for online recipes. I find YouTube recipes very helpful, especially the ones audibly describing what they are doing. And, if you have handwritten recipes (perhaps your grandma's cookie recipe!), use your tablet to take a photo and magnify it.

Use color-identified measuring cups and spoons or ones where the size is marked tactically on the side. Set all ingredients aside. If in doubt, smell or taste. For instance, do not mix up flour and powdered sugar. When it's time to bake, turn on the oven light, take a photo and enlarge it to see if your baked good is finished. When ready, turn off the oven before taking the baked goods out.

The most important rule: is do not rush yourself with steps. Double-check the measurement, be extra careful with hot items and keep tabs on your ingredients. These tips will help ensure your best baking experience.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 for more tips.

# Vision Loss Heroes

## Stephen Bate

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By Erika York

Stephen Bate worked as an outdoor instructor when he was diagnosed with retinitis pigmentosa (RP) in 2011. RP is an eye disease that causes cells in the retina to break down gradually, causing vision loss. Over time, one can lose central vision and have visual field defects. It took some time for Bate to come to terms with his diagnosis, but eventually, he concluded that he did not want to let it stop him from pursuing his dreams.

Bate said, "Since my diagnosis in 2011, I've had some of the best moments in my life just because I refused to let something stand in my way."

Bate became the first visually impaired person to solo climb El Capitan, an iconic 3,000-foot vertical climb in Yosemite National Park. After, Bate trained as a cyclist and was selected to compete in the British Paralympics (GBA), where he won two gold medals and a bronze medal and set a new world record in the 4KM pursuit. At the Tokyo 2020 Paralympic Games, Bates won a silver medal.

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

# Love Your Eyes in 2023

Make eye health a New Year's resolution! We provide helpful information, valuable resources, and emotional support through your vision journey.

In January and February, we will host a series of special eye health events (in-person and virtually) throughout our region to encourage you to **love your eyes!**

Stay tuned for emails in the coming weeks with more information! Do you want to receive email reminders of upcoming POB events? Send an email to [communications@youreyes.org](mailto:communications@youreyes.org) or call (202) 234-1010, ext. 233.

To also start receiving the digital edition of this newsletter, please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).

FREE MATTER  
For the Blind or  
Handicapped

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of Metropolitan Washington®  
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