



## **POB Low Vision Resource Center Now Available in Alexandria**

POB's Low Vision Resource Center is expanding to Alexandria! Appointments are now available on Mondays at 105 S. Alfred Street, Alexandria, Virginia. The Bethesda, Maryland, location is open by appointment on Mondays, Thursdays, and Fridays.

Meet with our Resource Navigators in person to receive expert advice, learn about available resources, and try out different visual aid technologies, such as magnifiers, video magnifiers (CCTVs), "talking" products, wearables, and more!

Our staff can provide personal guidance as you navigate your vision journey. Our Navigators are ready and excited to meet with anyone who wants to learn or practice skills to improve their quality of life! Our team members will take as much time as needed to help you learn.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to make an appointment.

**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

## Love Your Eyes

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In January and February, the Prevention of Blindness Society of Metropolitan Washington hosted special eye health events to encourage you to **love your eyes** by learning about different eye conditions, diseases, and ways to keep your eyes as healthy as possible.

POB hosted webinars about various eye conditions, including macular degeneration, glaucoma, and dry eye. More than 200 individuals attended these live webinars, and the on-demand replays have more than 700 views!

Additionally, POB provided over 50 adults in need with eye exams and eyeglasses at St. Joseph Catholic Church in Alexandria, Virginia. This event was made possible thanks to many community partners, including the Concerned Citizens Network of Alexandria, Alexandria Host Lions Club, Alexandria Health Department, Howard University Department of Ophthalmology, INOVA Lions Eye Clinic, MedStar Georgetown University Hospital and Washington Hospital Center Department of Ophthalmology, Nanodropper, and Senior Services of Alexandria.

Listen and watch replays of these educational events at [www.youreyes.org/replays](http://www.youreyes.org/replays). For assistance, contact Sean Curry at (202) 234-1010, ext. 233.

# Resource of the Month

## Positive Aging Community

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Since 1990, the **Positive Aging Community** has worked to make finding housing, aging-in-place solutions, and resources more convenient. The Community connects older adults, families, and providers via comprehensive and trusted resources in print and digital formats.

The **Positive Aging SourceBook**, available for free in both hardcopy and digital versions, contains thousands of resources, aging-in-place solutions, and housing options covering DC, Maryland, and Virginia.

The **Positive Aging Community** hosts interactive virtual live discussions about various aging topics. Recent topics include downsizing, digital caregiving, intergenerational playgroups, independent living, home maintenance, financial planning, and more. On-demand recordings of these free events are also available on the Community's website.

Resources are available for those planning for themselves, individuals helping a loved one, and individuals and organizations committed to serving older adults.

To learn more about the **Positive Aging Community**, visit [retirementlivingsourcebook.com](http://retirementlivingsourcebook.com) or call (800) 394-9990.

# Calendar of Events

**MARCH 2023**

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

**TUE  
14**

## **Common Eye Challenges**

**11:30 a.m. – 12:30 p.m. • Low Vision Support Group**  
Join **Anthony Fiacco, M.D., Washington National Eye Center Ophthalmology Resident**, to learn about common eye conditions and how to prevent them.  
Hosted by **Washington National Eye Center**.

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**TUE  
14**

## **D.C. Public Library Center for Accessibility**

**6 p.m. – 7 p.m. • Stargardt's Network Happy Hour**  
Join **Patrick Timony** from the Center for Accessibility to learn about the Center's classes, programming, book clubs, and more for individuals with disabilities.  
Hosted by the **Prevention of Blindness Society**.

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**TUE  
21**

## **The White Cane: A Key to Independence**

**1 p.m. – 2 p.m. • Tech Talk Tuesdays**  
Join **Sharon Payne, COMS, COVT**, to learn how a white cane could help you. When used correctly, a white cane can open your abilities to navigate in public and give you more confidence!

## **MARCH 2023** (continued)

**THU  
23**

### **Exploring the Arts with Audio Description**

**12 p.m. – 1 p.m. • Vision Resource Group**

Audio Description involves the accessibility of the visual images of theater and other art forms for people who are blind, have low vision, or are otherwise visually impaired. Learn with us!

To RSVP, call (301) 656-2797.

**Friendship Heights Village Center**

4433 South Park Avenue, Chevy Chase, MD

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**WED  
29**

### **Leaving Your Legacy**

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

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

Your everyday interactions with others will determine how you are remembered. Perry Hammock has spent decades helping individuals create and sustain caring legacies. Learn about the financial, social, and emotional aspects of determining the legacy you leave for your family and community. Good news!

It is never too late to make an impact.

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

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Listen and watch replays of recent webinars and events, including POB Low Vision Town Hall events, at:  
**[www.youreyes.org/replays](http://www.youreyes.org/replays)**

# News & Updates

## Digital Devices and Your Eyes

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While digital devices will not permanently damage your eyes, staring at them for a long time can cause temporary discomfort. People experience eye strain differently, but symptoms can include dry eyes, blurry vision, tearing or watery eyes, and headache.

Use these tips to help avoid eye strain:

- Remember to blink. Regularly close your eyes to keep them from getting dried out.
- Use the 20/20/20 rule. Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.
- Drink water. Hydration can make a difference, especially during the winter when heaters can make the air particularly dry.
- Sit at arm's length (25 inches) from the computer screen.
- Adjust your room lighting and increase the contrast on your computer. Adjust your screen to be at a right angle, away from any direct light source.

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

# Living with Low Vision

## Meet My "iBuddies"

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By Tara Aziz

I grew up in a home full of books. With my sight decreasing, I found it increasingly difficult to enjoy them. However, I have never stopped reading, thanks to my "iBuddies!"

Today, my books are on my Apple iPad and iPhone. Almost all my reading, whether books, articles, or web surfing, is on these devices. I have the option of listening to them or increasing the text size to be able to read. Yes, all my books are now available in a free upgrade to large print!

I also have downsized the space my old photo albums take up. Today, my iPad is my camera and photo albums. I even save old photos on them and add detailed captions. There are plenty of free apps for scrapbooking, too!

I watch movies on my iPad. Even though the screen is smaller than my TV, it is easier to bring it close to my eyes.

Finally, I use my iPad as my notebook. Anyone visiting the Low Vision Resource Center can find me writing my notes with a pencil on my iPad. I even wrote this story on my iPad!

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

# Volunteers Needed!

Interested in helping your community and enjoy using a computer? We have an opportunity for you!

We need a volunteer to assist our low vision practice with answering phone calls and completing forms for clients, including applications for local services and resources.

This is an opportunity to directly help individuals with low vision! Volunteering is rewarding, flexible, and fun!

Volunteers need access to a computer and must be able to complete basic computer tasks, such as navigating forms, using the Internet, and typing.

If interested, call Sean Curry at (202) 234-1010, ext. 233, or email [scurry@youreyes.org](mailto:scurry@youreyes.org).

To also start receiving an electronic copy of this newsletter, please email [communications@youreyes.org](mailto: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

