



Your Eyes

APRIL 2023



TODAY

Dealing with Dry Eye

Dry eye, which affects nearly 16 million Americans, happens when your eyes don't make enough tears to stay wet or when your tears don't work correctly. Dry eye can cause a scratchy feeling like there's something in your eye; stinging feelings in your eye; red eyes; sensitivity to light; and blurry vision.

If something in your life or your environment is causing your dry eye, or making it worse, consider making lifestyle changes to help protect your eyes.

- Use the 20/20/20 rule. Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.
- Try to avoid smoke, wind, and air conditioning.
- Use a humidifier to keep the air in your home from getting too dry.
- Drink plenty of water – try for 8 to 10 glasses every day.
- Get enough sleep – about 7 to 8 hours a night.

For more information, speak to your eye doctor, or visit www.eyesmart.org.

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

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

Special Feature

Living and Leaving a Legacy

By Perry Hammock, Guest Contributor

Often people think of a legacy as money left behind for heirs or humanity. That is partially correct. Legacy is the sum of interactions with others during our lifetimes and what we leave behind. Every contact establishes, confirms, or undermines their description of our character.

Honest, mean, caring, clever, cheap, funny, droll, sullen, polished, all may describe the same person. What about you? How would you be described?

It might depend on whom you ask. You may be known as a shrewd businessperson but also the kindest aunt, the worst driver, and the best neighbor. All at the same time.

Take stock: are you happy with how friends, family, and acquaintances would remember you? Like Ebenezer Scrooge, we can change how we are thought of, though it might take more than one night.

How? Volunteer – spend energy on those who are less fortunate. Tell your story – what you experience with vision challenges, how you persevere, and what you have learned in the process.

Document your legacy – it could be through writing, having a photo reminder nearby, or even keeping your “bucket list” (in large print) on the fridge to see every day!

When you are gone, there are ways to continue your legacy: thoughtfully distribute heirlooms or assets to relatives and friends, and make gifts to charity.

When leaving ‘things’ to heirs, be sure they actually want them and will cherish them as you hope. Remember, once given, you have no control over what they do with the items. Be sure that how you divide your financial assets will not cause divides in your family. I've seen it happen too often.

Leaving a charitable legacy is a wonderful way to be remembered. In your will, you can leave an amount, a percentage of your estate, a specific item or collection, even your home, with a simple codicil – and it reduces your tax burden. I imagine you are aware of the benefits of giving during your lifetime from pre-tax retirement plans - estate gifts should also use these funds as they will otherwise be taxed when distributed to your estate.

At the end of the day, your legacy will be reflected in the stories told about you. And, as long as there are stories, you will still be among the living. Make sure those stories are good ones – a legacy of caring, of serving, and of love.

Perry Hammock has spent decades helping individuals create and sustain caring legacies. (This information is not intended to be interpreted or relied upon as legal, tax, or financial advice.)

Calendar of Events

APRIL 2023

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

**TUE
11**

Glaucoma 101

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join Sara Kahn, M.D., Washington National Eye Center Ophthalmology Resident, to learn about glaucoma, a group of diseases causing permanent damage and vision loss, even before you notice it! Hosted by Washington National Eye Center.

**TUE
11**

Stargardt's Network Happy Hour

6 p.m. – 7 p.m. • Stargardt's Network Happy Hour
Join us to catch up in person with one another! Food is provided, but BYOB!
Prevention of Blindness Society
415 2nd Street NE, Washington, DC 20002

**TUE
18**

VoiceOver 101 (Apple iPhone and iPad)

1 p.m. – 2 p.m. • Tech Talk Tuesdays
Join Sree Roy to learn about VoiceOver, which can describe exactly what's happening on your Apple device and allows people with vision loss to navigate their smartphones without needing sight!

**WED
19**

Low Vision and Blind Advocacy Update

Low Vision Town Hall Meeting

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

Accessibility in everyday life is not always apparent and, in many cases, is unavailable. Join Paul

D'Addario from the American Council of the Blind of Virginia to learn about legislation and other advocacy efforts to help make our world more accessible for people who are blind and visually impaired!

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

**THU
27**

Accessible Transportation for You

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

Not being able to drive ourselves around can be frustrating. However, we live in an area with many available accessible transportation options! Join us to discuss the different accessible transportation choices that can help you.

To RSVP, call (301) 656-2797.

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD



Listen and watch replays of recent webinars and events, including POB Low Vision Town Hall events, at:
www.youreyes.org/replays

Resource of the Month

ScripTalk and Accessible Pharmacy

If you have trouble identifying or reading prescriptions, resources are available to help maintain your independence to take your medications.

ScripTalk is a free easy-to-use service available at thousands of pharmacies that will read all your medication information out loud. Scan the bottle with your smartphone or use the ScripTalk station to hear all your prescription label information out loud. Talking prescription labels can be crucial to ensuring medication safety for those who can't see to read their medication labels. For more information, call (800) 890-1180 or visit www.envisionamerica.com.

Accessible Pharmacy is a home delivery pharmacy service specializing in the needs of people who have low vision. Medications can be packaged in individual daily pill packets, disposable pill organizers, or easy-to-open bottles. Labels are available in large print, Braille, and ScripTalk. These options are all free to patients. They can coordinate all of the details with your doctor and insurance provider. For more information, call (888) 633-7007 or visit www.accessiblepharmacy.com.

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

Living with Low Vision

Spring has Sprung!

By Tara Aziz

Daylight savings time is finally back. Some don't prefer the time change, but I love it! I love the long hours of light in the evening. It makes going out and around easier for someone with a vision impairment.

Spring is also a time I like to reflect on life. Losing sight at times can feel like the dark depths of winter – cold and alone. However, when I get to acceptance and focus on what I can do, it is almost like when the Cherry Blossoms bloom.

There is still much growth to happen, but we have to provide ourselves with the proper nutrients – learning, working on skills, and accepting what we can do and what we may need an adaptation for. Otherwise, we stay as just buds. Why be buds when we can be flowers?

Make the best out of what we have: a walk in a familiar neighborhood, take public transit to the Tidal Basin or accept a friend's invitation for a stroll. Consider learning a new activity – there is much we can do outside with vision loss! Let us enjoy the smell of new blossoms and the feel of spring!

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

Save the Date: Saturday, June 10

You, your friends, and your family are invited to join us for our next **Being the Light: Friends and Family Connection** on **Saturday, June 10 at 12 p.m.** in Alexandria, Virginia, for a luncheon discussion moderated by Suleiman Alibhai, O.D., low vision specialist.

This event will provide plenty of time for everyone to learn about and share ways they have communicated and adjusted to life after sight loss.

Mark your calendar! Invitations will be sent in the coming weeks via mail and email. For more information, call (202) 234-1010, ext. 233.

To also start receiving an electronic copy of this newsletter, please email communications@youreyes.org.

FREE MATTER
For the Blind or
Handicapped

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