



Healthy Vision Month

Each May, the National Eye Institute celebrates Healthy Vision Month! Eye health is connected to our overall health, so this is a great opportunity to learn how to preserve our vision and maintain healthy eyes.

More than 37 million Americans have age-related eye conditions that can lead to vision loss or even legal blindness. Common diseases include age-related macular degeneration, glaucoma, diabetic retinopathy, and cataracts.

You can prevent or slow vision loss! Use these tips to learn how healthy habits can protect your vision.

- **Get a regular comprehensive, dilated eye exam.** It's the only way to catch many of these eye conditions before permanent vision loss occurs.
- **Wear sunglasses.** Make sure they block 99 percent to 100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.

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Prevention of Blindness Society of Metropolitan Washington®
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News & Updates

Healthy Vision Month

(Continued from page 1)

- **Eat right to protect your sight.** Eat plenty of dark leafy greens such as spinach, kale, or collard greens and fish high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
- **Quit smoking or don't start smoking.** If you're ready to quit, call 1-800-QUIT-NOW for counseling, referrals to local programs, and free medication.
- **Stay active.** Chronic conditions like heart disease, high blood pressure, and diabetes increase your risk of eye diseases. Regular exercise is important!
- **Follow the 20-20-20 rule:** Every 20 minutes, look at something 20 feet away for 20 seconds.
- **Remind your family to follow these tips and schedule their eye exam!** Many eye conditions have a hereditary component. So, if you have something, your family members have a higher risk of getting it.

To learn more, speak to your eye doctor or visit www.nei.nih.gov. Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to speak with a Resource Navigator.

Resource of the Month

Vendors at Low Vision Resource Center

The POB Low Vision Resource Center in Alexandria has invited vendors to demonstrate their valuable tools and technologies on Mondays between 2 p.m. and 5 p.m.

First Monday: Integration Technologies Group (ITG)

ITG has digital magnifiers – handheld and desktop (CCTV), OrCam, and braille tools. If there is a specific device you want to demonstrate, call and ask for it!

Second Monday: NuEyes

NuEyes is a veteran-owned company that produces head-worn devices (wearables) that allow for enhanced magnification that is portable and hands-free. These tools can be helpful for people who have low vision.

Third Monday: Ability2Access

Ability2Access can demonstrate the Patriot ViewPoint, Envision Glasses, Vision Buddy, and various digital magnifiers. They also have optical coherence tomography (OCR) scanners that can read documents for you.

You're invited to meet with these vendors!

Call (301) 951-4444 to make an appointment. (POB does not endorse any product or service. POB provides these opportunities as a community resource. Any purchase decisions are made at the client's discretion.)

Calendar of Events

MAY 2023

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



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

**TUE
9**

Healthy Vision Month

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join Mazin Elsarrag, M.D., Washington National Eye Center Ophthalmology Resident, to learn about eye conditions that can cause blindness and practical ways to prevent vision loss!

Hosted by Washington National Eye Center.

**TUE
9**

Stargardt's Network Virtual Happy Hour

6 p.m. – 7 p.m. • Stargardt's Network

Let's have a vibrant discussion on accessible activities. For June, we want to have a guided tour at a museum. Let's discuss our plans for June!

Hosted by Prevention of Blindness Society.

**TUE
16**

"Survival" Braille for Everyday Use

1 p.m. – 2 p.m. • Tech Talk Tuesdays

Braille is a language that uses your sense of touch in place of your eyes. Learning about the basics for use in the community can be helpful (bathrooms, elevators, etc.). Join **Dorlyn Carter** to learn more!

**WED
17**

Learn About VisionAware

Low Vision Town Hall Meeting

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

VisionAware is an online platform with hundreds of helpful articles, resources, tips, and tricks from experts and others with vision loss. Join **Kathryn Frederick** from VisionAware to learn more about this useful resource! Call **(301) 951-4444** to register.

**THU
25**

Reading Options for Books and Newspapers

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

Enjoying our favorite books or keeping up with the news can become more difficult with sight loss. The good news is there are many helpful services out there that offer more accessible ways to read. Join us as we share a few of these practical options!

To RSVP, call **(301) 656-2797**.

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD

You're Invited: Special Event

Navigating Through Vision Loss

You are invited to join us at "Navigating Through Vision Loss," a special free event on Saturday, May 13, from 10 a.m. to 12 p.m. at the Hilton McLean Tysons Corner Hotel's Dallas Room (7920 Jones Branch Drive, McLean, VA 22102, presented in partnership with the Foundation Fighting Blindness D.C. Metro Chapter.

Learn from experts about local vision resources, including orientation and mobility training, the latest research on eye-related diseases, and how the Prevention of Blindness Society of Metropolitan Washington and the Foundation Fighting Blindness can help you along your vision journey.

Featured presenters include Stan Gowin, Reston Vision Impaired Persons Group co-chair, and Sandy Neuzil, Low Vision Community Outreach and Support Group Facilitator at the Prevention of Blindness Society and a member of the Washington Metropolitan Area Transit Authority Accessibility Advisory Committee.

Email Bailey Bostelman at BBostelman@fightingblindness.org or call Sean Curry at (202) 234-1010, ext. 233, to register.

Living with Low Vision

Artificial Intelligence and Low Vision

By Tara Aziz

I have heard a lot in the news recently about **artificial intelligence (AI)**. AI can help to bridge communication gaps, facilitate access to information, and foster independence, especially for people with low vision.

AI has already been all around us for a while! Siri, Alexa, and Google Home all use AI when they talk to us and answer questions. When we dictate something to our smartphones (voice-to-text), use optical character recognition (OCR) to convert text to speech, or use the Seeing AI smartphone app, these are all examples of AI in action.

For those using the "Be My Eyes" smartphone app, an artificial intelligence assistant might answer your call in the future rather than a human volunteer.

However, AI still lacks compassion. Compassion drives humans to a deeper understanding of one another.

AI has many benefits, but we are not yet in an episode of The Jetsons! Last, here's a question to ponder: Was it artificial intelligence or myself who wrote this article?

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

You're Invited: 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.

Visit www.beingthelightpob.org for limited-availability tickets. Call (202) 234-1010, ext. 233, or email scurry@youreyes.org for more information.

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

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