



World Sight Day is October 12!

Each year, the second Thursday of October is **World Sight Day**, a global event organized by the **International Agency for the Prevention of Blindness (IAPB)** to raise awareness about the importance of good eye care worldwide. This year's event highlights eye care's importance in the workplace.

#LoveYourEyes this month by:

- scheduling your comprehensive eye exam
- taking frequent eye breaks – every 20 minutes, look at something 20 feet away for 20 seconds
- wearing eye protection when necessary – whether it be yard work or home improvement work
- protecting your eyes from ultraviolet (UV) rays with sunglasses and a broad-brimmed hat
- setting your workspace up for success keep things at or just above eye level, about 30 inches away

To learn more, visit www.iapb.org/world-sight-day.

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

News & Updates

Vendors at Low Vision Resource Center

The POB Low Vision Resource Center in Alexandria has invited vendors to demonstrate their valuable tools and technologies. Call (301) 951-4444 to make an appointment.

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!

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.

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! (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.)

Resource of the Month

Apple Accessibility Support Helpline

Do you have an iPhone, iPad, Mac, Apple TV, or Apple Watch and want to learn more about Apple's built-in accessibility features? Apple has a dedicated team for accessibility support available to customers twenty-four hours a day!

Learn tips, tricks, and how-tos for the built-in accessibility features on your Apple devices. To contact Apple Accessibility Support, call (877) 204-3930.

You can ask Apple Accessibility Support anything – including how to hear what's happening on your screening, how to customize a braille experience, how to listen to the content of your entire screen read aloud to you, how to use your camera as a magnifier, how to increase text size, and more!

If you prefer to learn independently, you can explore instructional tutorials using vision accessibility features at <https://support.apple.com/accessibility>.

Also, www.applevis.com is an independent online community of blind and low-vision users of Apple products.

Lastly, Apple Stores have in-person individual and group training events. POB partners with Apple to host in-person accessibility training, so be on the lookout for the next event!

Call Apple Accessibility Support at (877) 204-3930.

Calendar of Events

OCTOBER 2023

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

**FRI
6**

Low Vision Technology Demo

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

Join us as we have various gadgets and technologies for people with vision loss! We will have these here for you to learn about and try them. Learn about other tools we have at POB's Low Vision Resource Centers as well!

To RSVP, call (301) 951-4444.

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

**TUE
10**

Share Your Apps (Virtual Event)

6 p.m. – 7 p.m. • Stargardt's Network

Every day, new “apps” are added to our smartphones that can help make life a little more accessible. It can be tough to keep up with all of them by ourselves. Let's come together and share what apps we love, new ones we are trying, and maybe some ones we struggle to use. Join us!
Hosted by Prevention of Blindness Society.

OCTOBER 2023 (continued)

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

**TUE
17**

iPhone Accessibility 101 (Virtual Event)

1 p.m. – 2 p.m. • Tech Talk Tuesdays

Join us to learn more about Talk-to-Text and Siri.

Both powerful tools open up many opportunities for people with vision impairments!

**WED
18**

Low Vision Town Hall (Virtual Event)

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

Join our moderator, **Sean Curry, MPH**, to hear about important low vision topics and services, and ask questions. Call **(301) 951-4444** to register.

**THU
26**

Sharing Solutions with Low Vision

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

You are not alone if your vision poses challenges to doing things. Air your concerns and offer how you handle various situations. Moderated by **Sandy Neuzil, POB Low Vision Community Outreach**.

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

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD

Living with Low Vision

Traveling Outside the DMV

By Tara Aziz

Fall is a special time of year. When the temperatures start to cool and the leaves begin to turn colors, it's easy to feel inspired to get out in the world! Let's explore accessible transportation beyond our region.

Ground Transportation

- Contact WMATA and ask them for assistance in accessing paratransit services in the city you are visiting.
- Dial 1-833-USE-UBER (1-833-873-8237) from your cell phone to talk to an Uber team member who will help you create an Uber account and request a ride.
- Dial 1-855-464-6872 to arrange an Uber or Lyft ride through GoGoGrandparent, a concierge service that will help you request a ride (fee applies).

Air Transportation

All three DC-area airports are ADA-compliant and provide accessible parking, accessible restrooms, audible announcements, passenger helpdesks, and travel aids.

Call your airline at least 72 hours before your flight to arrange assistance that can be helpful for you.

To learn more, contact:

- **Baltimore/Washington Airport (BWI): (410) 859-7242**
- **Dulles Airport (IAD): (703) 572-7350**
- **Reagan National Airport (DCA): (703) 417-1806**

The Transportation Security Administration (TSA) offers screening information and assistance to travelers upon request through TSA Cares at (855) 787-2227. TSA Cares is designed to assist travelers with disabilities and medical conditions and others who may need additional assistance with screening. A traveler may request the services of a TSA Passenger Support Specialist, who can provide assistance through security screening.

Rail Transportation

Amtrak also provides many accessible features:

- **Reservations can be made by phone (1-800-872-7245)**
- **A discounted fare is available for a person with a disability and an accompanying attendant**
- **Designated seating for persons with disabilities and service animals**
- **All staffed and large rail stations have Passenger Service Officers or trained personnel to assist**

Call Amtrak at 1-800-872-7245 at least 72 hours before your trip to arrange assistance that can be helpful for you.

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

Register for POB READS

Autumn is an excellent time for leisure reading! Join **POB READS** – a casual book club for all with vision challenges! We encourage reading and socializing!

POB READS meets virtually on the first Friday of every other month at 11 a.m. The next meeting is on **November 3 at 11 a.m.** The next book is **The Wager: A Tale of Shipwreck, Mutiny and Murder** by David Grann.

All books are available for free through the National Library Service for the Blind and Print Disabled, also known as the Talking Books Program.

To sign up, visit pobreads.org or call (301) 951-4444.

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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