



Your Eyes



FEBRUARY 2024

TODAY

Low Vision Awareness Month

Low vision affects millions of Americans and tens of thousands in our area! A visual impairment can make it hard to do everyday activities like driving, reading, or cooking. And it can't be fixed with glasses, contacts, or other standard treatments like medicine or surgery.

Low vision is caused primarily by aging eye diseases such as age-related macular degeneration (AMD), glaucoma, and diabetic eye disease. However, congenital disabilities, eye injuries, and inherited conditions can also cause it.

However, there are many resources and services in the community. POB's Low Vision Resource Guide, available at youreyes.org and in hardcopy, has hundreds of local resources and services — call (301) 951-4444 for your copy.

Also, vision rehabilitation can help people with visual impairment make the most of the vision they have so they can keep doing the things they love. Ask your ophthalmologist for a referral for vision rehabilitation services.

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

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

Love Your Eyes in February

We're hosting our annual "Love Your Eyes" campaign this month! Explore eye health topics like glaucoma and dry eye to jump-start your eye care this year!

Some vision changes are normal as we age, but vision loss and blindness are not. Eye diseases are common but may go unnoticed for a long time – some have no early symptoms. Having knowledge about these conditions, in addition to regular eye exams, is so important to ensure we catch these issues early and get treatment!

Many eye conditions have a genetic component. Sharing these free events will help your family love their eyes, too!

Love Your Eyes Events (All events are virtual)

February 1 at 6 p.m. - Diabetic Retinopathy 101

February 6 at 6 p.m. - Age-related Macular Degeneration 101

February 7 at 6 p.m. - Dry Eyes, Eye Strain, and Screen Time

February 15 at 1 p.m. - Cataracts 101

February 20 at 6 p.m. - Eye Conditions Impacting the Hispanic Community (en Español)

February 23 at 12 p.m. - Diet and Lifestyle with Glaucoma

We will send recordings after each event. To sign up for our list, email scurry@youreyes.org or call the POB Low Vision Resource and Information Hotline at **(301) 951-4444**.

Lighting Essentials at Home

Lighting is so much more than a desk lamp. Explore these unique options to help optimize your lighting conveniently.

Headlamps have many different brightness options and are often LEDs. They allow you to focus light directly on where you are looking. Look for those that can angle the light, which lets the light be even more direct on the task.

Around-the-neck lamps are newer options that take the headlamp and add "style," as they are available in different colors and comfortable materials.

Book lights can clip anywhere, not just on a book! Grab one that you can easily adjust with a gooseneck.

Finger/hand lights are small LED lights with a glove-like cloth that wraps around your hand. It allows you to use your finger or hand to point a light directly on the task.

Uplights are room lights that shine upwards from the ground, minimizing glare. However, know that performing tasks directly above the light source may not be optimal.

You likely only need some of these. Think about your tasks where you wish you had more lighting. Which of these would be most helpful? You can find many options at your local hardware store or superstore.

Share the lighting you find most helpful! Call the POB Low Vision Resource and Information Hotline at (301) 951-4444.

Calendar of Events

FEBRUARY 2024

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

**TUE
13**

Low Vision Awareness Month (Virtual Event)

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
What is low vision, and how does it impact me?
What about age-related macular degeneration?
**Join Caroline Tipton, M.D., Washington National Eye
Center Ophthalmology Resident, to learn more and
bring your questions.**
Hosted by Washington National Eye Center.

**TUE
13**

Loving Our Eyes (Virtual Event)

6 p.m. – 7 p.m. • Stargardt's Network
Let's share what we do to love our eyes and keep
them healthy - anything from eye drops to diet to
daily routines! Let's share the ways to love our eyes!
Hosted by Prevention of Blindness Society.

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

**FRI
16**

Accessible Transit in Alexandria

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

Join **Katye North**, Division Chief of Mobility Services at the City of Alexandria, to learn about paratransit services available in the city. This is a great opportunity for Alexandrians to ask questions! To RSVP, call (301) 951-4444.

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

**TUE
20**

Technology Assessments (Virtual Event)

1 p.m. – 2 p.m. • Tech Talk Tuesdays

State agencies offer technology assessments for those with vision loss to help them find the right devices. Join **Nitesh Rathod** from the Virginia Department for the Blind and Visually Impaired (DBVI) to learn about their program offerings. While this is specific to Virginia, Maryland and DC have similar programs! Join us to learn about this incredible service.

(Additional events on next page)

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

**THU
22**

What's On Your Mind?

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

There are many ways to gather information and figure out how to do things regardless of low vision. Join us to share your solutions! To RSVP, call (301) 656-2797.

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD

**TUE
27**

Apple Accessibility Day

10 a.m. – 11 a.m. • Special Event

Apple experts, called Geniuses, will help us explore assistive technologies basics like magnification, text-to-speech, and apps. This session will not include VoiceOver. We recommend that you bring your Apple iPhone with you for hands-on training. Space is limited - call (301) 951-4444 to reserve a spot.

Apple Store – Clarendon

2700 Clarendon Blvd., Arlington, VA



Listen and watch replays of recent webinars and other POB events at: www.youreyes.org/replays

Living with Low Vision

Staying on Track in 2024

By Tara Aziz

With the turn of the new year comes wintery weather, which tends to keep us cooped up at home more. However, it's important to get your exercise in! Physical activity has many benefits, including lowering your risk for many diseases.

During winter, staying active and healthy at home is easy, even with vision loss. Explore these accessible fitness options!

Eyes-Free Fitness, a YouTube channel hosted by BlindAlive, has 20-minute workout sessions with full audio description.

American Council for the Blind hosts weekly yoga and exercise classes that you can join by Zoom or phone.

If the pathway around where you live is safe and not slippery, walking in fresh air is an excellent exercise for our physical and mental health. Take the long way around to getting things at home. Those extra steps make a difference!

Basic exercise equipment, such as bands, medicine balls, or mats, are inexpensive and can work wonders.

Consult a healthcare professional before starting any new fitness programs. For more ideas, call the **POB Low Vision Resource and Information Hotline** at (301) 951-4444.

Accessible Circus Performance

Omnium Circus Presents I'mPossible

Saturday, February 24, 1 p.m.

Capital One Hall, Tysons, Virginia

Experience the circus, even with vision loss! This is the only circus in the world to be presented with live audio description, tactile experiences, and other adaptations that allow everyone to enjoy the wonders of a circus.

From aerial acts to comedy to dancing, everything is included and will be accessible to you! 40% of the performers have a disability as well.

For tickets and more information, visit omniumcircus.org or call Capital One Hall's box office at (703) 343-7651.

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

FREE MATTER
For the Blind or
Handicapped

Prevention of Blindness Society®
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Washington, DC 20002
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