



Your Eyes



APRIL 2025

TODAY

Focus on Women's Vision Health

April is Women's Eye Health and Safety Month, a time to raise awareness about the importance of vision care, especially for women. Did you know that women account for two-thirds of the world's population affected by blindness and visual impairment? As women generally live longer than men, they face a higher risk of developing eye conditions such as cataracts, age-related macular degeneration (AMD), glaucoma, and dry eye. Despite this, eye health often gets overlooked in favor of other priorities.

It's essential to take proactive steps to protect your vision. One simple yet effective measure is wearing sunglasses that block harmful UV rays, which can contribute to eye damage over time. Engaging in regular physical activity is also beneficial for maintaining overall health, including your vision. Exercise can help improve circulation, which is vital for eye health.

(Continued on page 2)

Prevention of Blindness Society of Metropolitan Washington®
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Focus on Women's Vision Health

(Continued from page 1)

If you spend a lot of time in front of computer and cell phone screens, remember the 20-20-20 rule. Every 20 minutes, take a 20-second break and focus on something 20 feet away to give your eyes a much-needed rest.

It's also crucial to schedule regular comprehensive dilated eye exams. These exams are the best way to detect early signs of eye diseases, often before they cause lasting damage. Eye exams become even more vital as you age, helping your doctor identify potential issues early and properly manage any vision changes.

Women with diabetes should be especially vigilant, as they are at higher risk of developing diabetic retinopathy, a condition that can lead to vision loss. Additionally, hormonal changes during menopause can cause vision issues, such as dry eyes or discomfort with contact lenses.

By prioritizing eye health and staying informed, you can help prevent unnecessary vision loss and ensure that your sight remains sharp as you age. Taking these steps will go a long way in protecting your vision for years to come!

For more information, speak to your eye doctor. Call the POB Low Vision Resource and Information Hotline at **(301) 951-4444** to speak with a Resource Navigator.

POB Renovation Nears the Finish Line

The Dream: To make POB's Washington, DC headquarters a model of inclusive design for our neighbors living with low vision. Core to this dream is the Low Vision Hub – a center for vision rehabilitation, occupational therapy, personalized training, support group meetings, and more.

The Vision: A purpose-driven architectural design with research-defined interior treatments, our headquarters will showcase accommodations for people with vision impairments that builders and designers can incorporate into construction and remodeling.

The space will also serve as a training center, demonstrating the impact you can make in your home to enhance safety, mobility, and comfort.

Thanks to the generous support of many contributors and partners, we are close to our fundraising goal.

The Excitement: We are on track to complete the project by the end of May. We have moved walls, realigned doorways, installed adaptive lighting, chosen paint colors that maximize contrast, and selected window treatments and floor coverings that maximize safety – all to make the new POB responsive to our client's vision needs.

POB is hosting an open house for our friends, neighbors, and partners this summer! Call (301) 951-4444 to get on the invite list and join the celebration!

Calendar of Events

APRIL 2025

To register for an event, call (301) 951-4444.

**TUE
8**

Glaucoma 101 (Virtual Event)

11:30 a.m. – 12:30 p.m. • Low Vision Support Group
Join **Alex Marshall, M.D., Washington National Eye Center Ophthalmology Resident**, to learn about glaucoma, a leading cause of blindness in the US. This condition can cause irreversible eye damage before noticeable vision changes occur. Once diagnosed, regular eye appointments and proper use of prescribed drops are crucial. But what exactly are those drops doing for your eyes?

Hosted by Washington National Eye Center.

**TUE
8**

How Do You Shop? (Virtual Event)

6 p.m. – 7 p.m. • Stargardt's Network

Join us to share and learn helpful tips for shopping with vision impairment - bring your best solutions!

Hosted by Prevention of Blindness Society.

**WED
9**

Montgomery County Public Libraries Update

2 p.m. – 3 p.m. • Leisure World Lions Group

**Speaker: Dorothy Harrell, Outreach Services,
Montgomery County Public Libraries (MCPL)**

Discover the resources Montgomery County Public Libraries offers seniors with vision loss.

To RSVP, call Larry at (908) 770-9111.

**Leisure World Clubhouse II Edmondson Room
3300 N Leisure World Blvd., Silver Spring, MD**

**FRI
11**

Read with Your Ears

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

Join us to explore nonvisual reading options with Talking Book, audiobooks, and eAudiobooks.

To RSVP, call (301) 951-4444.

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

**TUE
15**

Navigation Apps (Virtual Event)

1 p.m. – 2 p.m. • Tech Talk Tuesdays

Join us to explore navigation tools for low vision, focusing on tips, challenges, and features that enhance wayfinding, safety, and independence while traveling.

(Additional events on next page)

**WED
16**

**Life Beyond Low Vision
Low Vision Town Hall (Virtual Event)**

11 a.m. – 12 p.m. • Special Event

Join us as community members share their personal stories of life beyond low vision. Hear how they embrace hobbies, manage responsibilities, and navigate everyday experiences. Discover how they live fully and thrive beyond the limitations of low vision. Call **(301) 951-4444** to register.

**THU
17**

The Visual System: How Your Eyes Work

11 a.m. – 12 p.m. • Vision Resource Group

Join Sandy Neuzil for an exploration of the anatomy of the eye, from the cornea to the retina. Discover how each part works together to bring light and vision to life! Come and expand your knowledge! 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 and Tech Talk events, at: www.youreyes.org/replays

Living with Vision Loss

When Help Isn't Needed

By Tara Aziz

How often have you been at a restaurant, unsure of what's on the table, hesitant to ask the person beside you? How often do you see someone but can't recognize their face, uncertain whether to ask who they are? Do you feel comfortable asking your partner, friend, or neighbor for help when you need it, or do you wish they wouldn't insist so much, struggling to find the right words to say you don't need it this time?

Living with vision impairment means navigating a world where small moments can become challenges. Many of us would be standing in a crowded café, unable to read the menu on the wall, debating whether to ask for help or take a guess. The embarrassment, the frustration - it all builds up!

And then there are the well-meaning people who want to assist, assuming we need help without asking. It's hard to tell them, "I appreciate it, but I've got this." Because sometimes, independence is just as important as assistance.

Vision impairment isn't just about what we can't see - it's about choices, the courage to ask, and the balance between accepting help and standing on our own.

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

You're Invited!

Being the Light: Friends and Family Connection Event Saturday, May 3, 12 p.m. – 2:30 p.m.

You, your friends, and your family are invited to join us for a luncheon panel discussion moderated by **Suleiman Alibhai, O.D.**, a low-vision specialist. Tickets are available for \$22 each. To purchase tickets, visit www.beingthelightpob.org. For more information, call (301) 951-4444.

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please email communications@youreyes.org.

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For the Blind or
Handicapped

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