



Your Eyes



JUNE 2025

TODAY

Read 'Your Eyes Today' Easier

Is this font easy for you to read? Good—that's the idea!

We've made an important update to our newsletter to better serve all our readers. Starting this month, we're using the **Atkinson Hyperlegible™** font, developed by the **Braille Institute of America**, as our primary typeface.

For readers with vision impairment, certain letters and numbers can be difficult to distinguish from one another. Atkinson Hyperlegible was specifically designed to address this unique challenge.

The font uses distinct shapes, generous spacing, and thoughtful design principles to make each character easy to recognize—clearly differentiating commonly confused symbols like “I” and “l” or “O” and “0.”

We hope the new typeface improves your reading experience. To learn more or download the font for free, visit www.brailleinstitute.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

Share Your Experiences With Us

You're invited to share your experiences with low vision services in our region!

We would love to hear about your experiences to help us serve our community better. **Can you give us five minutes of your time and take the survey today?**

To take the survey, visit www.pobsurvey.org or call **(202) 234-1010, ext. 233**.

We hope at least 150 people will take the survey by **June 30, 2025**.

How long will it take me to complete the survey?
5-10 minutes

Are my responses anonymous? Your responses will remain anonymous unless you share your name or contact information.

How will POB use the data? We are surveying the landscape of low vision services and resources. Your feedback is crucial in understanding your experience with these services, helping us continuously improve the support we provide to our community.

We're only asking for five minutes of your time. Please take the survey by **June 30, 2025**. If you have any questions, please contact **Tara Aziz** at **(202) 234-1010, ext. 233**, or taziz@youreyes.org.

Protect Your Eyes with Healthy Foods This Summer

Summer is the perfect time to fuel your body with fresh, seasonal foods that support lifelong vision health.

Antioxidants like lutein, zeaxanthin, vitamin C, vitamin E, beta carotene, omega-3 fatty acids, and zinc play a vital role in preserving vision health. Luckily, these nutrients are found in a variety of summer favorites.

- **Snack on strawberries, oranges, and papayas for a boost of vitamin C, or toss almonds and sunflower seeds into a summer salad for vitamin E.**
- **Grill up some salmon or tuna for essential omega-3s.**
- **Enjoy a refreshing cucumber and leafy green salad packed with lutein and zeaxanthin.**
- **Eat sweet potatoes, carrots, mangoes, and peaches for eye-friendly beta carotene.**
- **Incorporate nuts, eggs, and whole grains into your diet for more zinc.**

Make fresh, colorful foods a staple in your routine, and remember to schedule regular comprehensive dilated eye exams. For more information, talk to a healthcare provider or registered dietitian.

Calendar of Events

JUNE 2025

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

**WED
4**

iPhone Vision Accessibility Demonstration

10 a.m. - 11 a.m. • Special Event

Apple experts, known as Geniuses, will guide us through the iPhone's vision accessibility and assistive features, including magnification and text-to-speech. We recommend bringing your iPhone for hands-on training. Space is limited - call **(301) 951-4444** to reserve a spot.

Apple Store - Fairfax Corner

4221 Fairfax Corner East Avenue, Fairfax, VA

**TUE
10**

Home Accessibility (Virtual Event)

6 p.m. - 7 p.m. • Stargardt's Network

Join us for a conversation about home accessibility! Let's talk about how we can make the spaces where we live, cook, and bathe more inclusive and functional for everyone. Bring your questions, ideas, and experiences.

We want to hear from you!

Hosted by Prevention of Blindness Society.

**WED
11**

Understanding Vision Rehabilitation
2 p.m. - 3 p.m. • **Leisure World Lions Group**
Join **Colette Houssan, O.D., M.P.H.**, Vision Rehabilitation Fellow, to learn about the Wilmer Eye Institute at Johns Hopkins and how Vision Rehabilitation Specialists support people with vision loss. To RSVP, call Larry at **(908) 770-9111**.
Leisure World Clubhouse II Rossmoor Room
3300 N Leisure World Blvd., Silver Spring, MD

**TUE
17**

Android Accessibility (Virtual Event)
1 p.m. - 2 p.m. • **Tech Talk Tuesdays**
Learn how to set up Android's vision accessibility features and shortcuts with **Edlyn Jordan**. Bring your questions! Call **(301) 951-4444** to register.

**WED
18**

**Aging in Place or Making a Move:
Making the Right Choice for You**
Low Vision Town Hall (Virtual Event)
11 a.m. - 12 p.m. • **Special Event**
Deciding whether to stay home or move is one of the most important choices older adults and their families face. Join **Steve Gurney**, founder of the Positive Aging SourceBook, for a discussion to help you navigate this decision with confidence and clarity. Call **(301) 951-4444** to register.

Living with Vision Loss

Choosing the Right Magnifier for Better Reading

By Tara Aziz

Many readers ask: “Is there a magnifier that can cover an entire page?” While it sounds ideal, especially for those needing stronger magnification, the reality is more complex.

Page-sized magnifiers—often made from low-cost Fresnel lenses—typically offer only 1.5× to 2× magnification and tend to distort images, particularly around the edges. They also suffer from glare, uneven focus, and require precise positioning.

For clearer, sharper viewing, handheld magnifiers remain the most effective option. These simple tools have various strengths (typically 2× to 12×), shapes, and features. Lower magnification provides a wider view, while stronger lenses allow for detailed inspection, though they require closer use and offer a narrower field.

Modern handheld magnifiers often include LED lighting, ergonomic handles, or foldable designs.

The right way to hold a handheld magnifier depends on its magnification strength and lens type, but here are general guidelines for optimal use:

For Low to Moderate Power Magnifiers (2×-4×):

1. Hold the magnifier close to the object.
2. Look through the lens from a comfortable distance, usually 8-12 inches from your eyes.
3. Adjust the distance slightly until the image appears sharp and clear.

For High Power Magnifiers (5x and above):

1. Hold the magnifier close to your eye, like a jeweler's loupe.
2. Bring the object closer to the lens until the image comes into focus. (This method works because high-powered lenses have a very short focal length.)

For those with tremors or reduced hand strength, stand magnifiers or models with adjustable arms offer added stability and ease of use.

Tips for best results include using good lighting, keeping your hands steady, and avoiding lens tilt to reduce distortion. The right magnifier can make reading possible again and truly enjoyable!

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

'Your Eyes Today' will return in September!

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

Have you explored our Resource Guide? "Your Eyes and Low Vision" is available in a large-print book format AND on our website, youreyes.org, under the "Resources" tab.

Call (301) 951-4444 to speak with a Resource Navigator or to schedule an appointment at POB's Low Vision Resource Centers.

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

Return Service Requested

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

FREE MATTER
For the Blind or
Handicapped

