



# Your Eyes

OCTOBER 2025



# TODAY

## Eye Injury Prevention Month

According to the American Academy of Ophthalmology (AAO), nearly half of all eye injuries occur at home while performing tasks such as cooking, cleaning, home repairs, or yard work. However, most eye injuries are preventable, and there are steps you can take to diminish your risk. For example, over 78% of individuals who injured their eyes were not wearing appropriate eye protection at the time.

Protecting your eyes is crucial to preserving your eye health and maintaining your vision throughout your life. Remember to wear protective eyewear when mowing your lawn or doing household projects, or anytime you may be vulnerable to flying debris, chemicals, or sharp objects. While this will protect you from traumatic injuries, it is also recommended to wear sunglasses outdoors to prevent UV damage over time. Having a small first aid kit nearby can offer extra peace of mind.

(Continued on next page)

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

**(202) 234-1010 | [youreyes.org](http://youreyes.org) | Facebook & Instagram: @youreyesdc**

# Eye Injury Prevention Month

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Here are some ways you can reduce your risk of injury while navigating your home:

- 1. Eliminate Hazards** - Removing or taping down throw rugs, adding handrails to your showers, using non-skid/non-glare cleaners instead of waxing your floors, and maintaining clear walkways by moving power cords and furniture can help keep your space hazard-free.
- 2. Improve Lighting** - Place lamps to identify furniture locations, add lighting to your hallways and staircases, use blinds or curtains to manage bright sunlight, and avoid placing light sources directly opposite windows. Utilize task lighting to make hobbies and reading easier, and invest in motion sensors so that the lighting comes on when you enter a room.
- 3. Increase Contrast** - If lettering is difficult to read, try labeling things with shapes and colors instead. You can also place bright or light-colored lamps on dark backgrounds so that they become more visible to you.

With a few small steps, you can keep your eyes safe, your home comfortable, and enjoy autumn with confidence.

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

# Resource of the Month:

## Instacart Specialized Support Line

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Instacart is a grocery delivery and pickup service that connects customers with local stores. Shoppers select items online or by phone, and Instacart's personal shoppers pick, pack, and deliver groceries, household essentials, and even medications right to your door.

For people with vision impairment, using an app to place orders may not always be a convenient option. That's why Instacart offers a **Senior and Specialized Support Line** to make the process more accessible.

By calling **(844) 981-3433**, customers can speak directly with a trained specialist every day between 8 a.m. and 11 p.m. Specialists provide step-by-step help - from setting up an account to filling a shopping cart, placing an order, and even explaining features such as setting replacement preferences or communicating with your shopper.

This personalized service ensures that customers can safely and confidently order groceries without relying on the app. It's a simple way to bring fresh food and household supplies right to your doorstep.

For more information, call **(844) 981-3433** or visit **[www.instacart.com/help](http://www.instacart.com/help)**.

# Calendar of Events

**OCTOBER 2025**

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

**WED  
8**

## **White Cane Safety Day (In-Person Event)**

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

Learn from Orientation and Mobility Specialists about safe travel strategies and the vital role of the white cane in supporting independence.

To RSVP, call Sue at **(410) 615-6966**.

**Leisure World Clubhouse II**

**3300 N Leisure World Blvd., Silver Spring, MD**

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**FRI  
10**

## **Apps to Assist You with Daily Activities (In-Person Event)**

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

Join us to explore low vision apps that simplify tasks at home, including those that utilize artificial intelligence (AI). Discover tools that support independence and make life easier.

To RSVP, call **(301) 951-4444**.

**Charles E. Beatley Jr. Central Library**

**5005 Duke Street, Alexandria, VA**

**TUE  
14**

**Healthy Aging (Virtual Event)**

**11:30 a.m. – 12:30 p.m. • Vision Support Group**

Join Arth Shah, M.D., Washington National Eye Center Ophthalmology Resident, to learn how age-related eye conditions like glaucoma, cataracts, macular degeneration, and diabetic eye disease affect millions of older adults.

Hosted by **Washington National Eye Center**.

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**TUE  
14**

**Building a Support Circle (Virtual Event)**

**6 p.m. – 7 p.m. • Stargardt's Network**

Join us to discuss ways to broaden our circle of support beyond our families and loved ones.

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**WED  
15**

**Safety at Home (Virtual Event)**

**11 a.m. – 12 p.m. • Low Vision Town Hall**

Guest Speaker: **Elexa Waugh-Quasebarth, Clinical Manager and Occupational**

**Therapist, Safe at Home-Home Care Partners**

Learn practical ways to improve home safety, use balance techniques to reduce falls, and make your environment more vision-friendly.

Call **(301) 951-4444** to register.

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**(Additional events on next page)**

**THU  
16**

**Safety First: Walking with Low Vision  
(In-Person Event)**

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

**Guest Speaker: Marybeth Cleveland, Certified  
Orientation and Mobility Specialist, A to B and  
Back, Orientation and Mobility Services, LLC**

Learn how to walk safely when sidewalks are bumpy, steps are in your path, and you must cross streets to get around in your neighborhood. It is important to prevent trip and fall accidents to maintain your personal independence.

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

**Friendship Heights Village Center**

**4433 South Park Avenue, Chevy Chase, MD**

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**TUE  
21**

**Upgrading to Windows 11 (Virtual Event)**

**1 p.m. – 2 p.m. • Tech Talk Tuesdays**

Join **Patrick Timony, Adaptive Technology Librarian at DC Public Library**, for a practical session on navigating the transition from Windows 10 to Windows 11. Learn what to do when upgrade prompts keep appearing on your computer, and explore the key similarities and differences between the two versions.

Call **(301) 951-4444** to register.

# **Living with Vision Loss**

## **Seeing Fall in a New Light**

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**By Tara Aziz**

One of the joys of autumn is hearing people talk about the leaves turning into a mosaic of colors. For many in our community, seeing those colors clearly isn't easy, but that doesn't mean we can't make the most of the season.

Color perception depends on how our eyes and brain process light. Specialized cells in the retina called cones detect red, green, or blue wavelengths. For people with vision impairment, eye conditions can interfere, making colors dull or distorted. This may affect everything from reading signs to appreciating artwork.

Sunglasses play an important role. Darker isn't always better - tints can boost contrast, reduce glare, and improve comfort. Amber or yellow lenses can help with contrast, gray lenses reduce brightness without altering colors, and brown lenses can improve depth perception. Try tints in real settings - our Low Vision Resource Centers have options to explore!

Enjoy the fall, whether you can see the colors or not!

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

# Find Support at POB's Low Vision Resource Centers

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Living with vision impairment can be challenging, but you don't have to face it alone. We provide free support for people with macular degeneration, glaucoma, and other eye conditions. Meet with a Resource Navigator, explore tools, technology, and services to stay independent.

- 105 South Alfred Street, Alexandria, VA 22314
- 415 2nd Street NE, Washington, DC 20002
- 4948 St. Elmo Avenue, Suite 209, Bethesda, MD 20814

Call **(301) 951-4444** to schedule a free appointment.

To also start receiving an electronic copy of this newsletter,  
please email [communications@youreyes.org](mailto:communications@youreyes.org).

FREE MATTER  
For the Blind or  
Handicapped

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

