Your Eyes TODAY

NOVEMBER 2025

Vision Loss and Mental Health

As we age, vision changes can impact nearly every aspect of life, from how we navigate our surroundings to how we feel emotionally.

Losing vision can be stressful and sometimes isolating. It is common to experience worry, frustration, or sadness as daily tasks become harder. According to the Centers for Disease Control, about one in four adults with vision loss reports symptoms of anxiety or depression. These feelings are normal, but they deserve attention and care.

Depression and anxiety can make it harder to stay active, connect with others, or manage other health needs. If you notice changes in mood, sleep, or interest in activities you once enjoyed, talk to your eye doctor or primary care provider. They can help screen for depression or refer you to a counselor who understands the connection between vision and emotional health.

(Continued on next page)

Prevention of Blindness Society of Metropolitan Washington®
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Vision Loss and Mental Health

Taking care of your eyes and your mind go hand in hand. Regular exercise, healthy meals, and staying socially connected all support better health. Managing chronic conditions such as diabetes or heart disease also lowers your risk for vision changes and mood disorders.

Staying connected makes a difference. Reach out to friends, family, or a local support group to share experiences and find encouragement as you navigate life with vision changes.

One meaningful way to connect is by joining us at the **Being the Light: Friends and Family Connection** event on **Saturday, November 15,** at the Jim Scott Community Center in Fairfax. The keynote, **Vision Loss and Mental Health: How to Cope and Adapt**, will offer a perspective on living well with vision changes in a supportive setting. You will hear stories and gain practical strategies for maintaining emotional well-being.

You are not alone in this journey. With the right medical, emotional, and social support, people with vision loss can continue to live full, independent, and meaningful lives.

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

Resource of the Month: WayAround

Staying organized at home can be challenging when vision impairment, but WayAround provides a reliable and straightforward way to make everyday life easier. This smart labeling system uses small tags called WayTags, which help you identify and organize items throughout your home.

Each WayTag connects with your smartphone using Near Field Communication (NFC). This is the same technology used for 'tap to pay.' You hold your phone near a tag, and the WayAround app will speak or display information you have recorded. You can label anything in your own words, such as “red cardigan, dry clean only” or “vitamin D, take with breakfast.”

WayAround works with both iPhone and Android devices and does not require barcodes, scanning, or batteries. The tags are durable, reusable, and available in several styles for fabric, metal, or plastic surfaces.

WayAround gives you quick access to the information you need, helping you stay organized and confident in your daily routines.

To learn more, visit **www.wayaround.com**. POB’s Low Vision Resource Centers also offer WayAround devices you can try during your visit. Call **(301) 951-4444** to make an appointment.

Calendar of Events

NOVEMBER 2025

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

FRI 7

POB READS Book Club (Virtual Event)

11 a.m. – 12 p.m.

Join us for **Eden Undone**, a true story of utopian dreams, passion, and tragedy. To register, call **(301) 951-4444** or visit **pobreads.org**.

TUE 11

Diabetic Eye Disease (Virtual Event)

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

Join **Priya Tailor, M.D., Washington National Eye Center Ophthalmology Resident**, to learn how diabetes increases the risk of vision loss, and why early detection is essential.

Hosted by **Washington National Eye Center**.

WED 12

iPad Accessibility Training (In-Person Event)

10:30 a.m. – 11:30 p.m.

Join Apple experts for a hands-on session on using iPad accessibility features to support people with vision impairment.

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

Apple Store at Carnegie Library

801 K Street NW, Washington, DC

WED 12

Living Independently with the Help of Technology (In-Person Event)

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

Join **James Whitney, Assistive Technology Clinician with the Maryland Technology Assistance Program**, to learn how assistive technology enhances independence, access, and quality of life. He'll share tools, demonstrations, and resources. To RSVP, call Sue at **(410) 615-6966.**

Leisure World Clubhouse II - Norbeck Room

3300 N Leisure World Blvd., Silver Spring, MD

TUE 18

Accessible Shopping (Virtual Event)

1 p.m. – 2 p.m. • Tech Talk Tuesdays

Join **Patrick Long, CEO of Innosearch.ai**, and **Rachel Schreiman from POB** to discuss accessible online shopping. Learn how Innosearch.ai and others make e-commerce easier for people with vision loss. Call **(301) 951-4444** to register.

TUE 18

Holiday Tips & Challenges (Virtual Event)

6 p.m. – 7 p.m. • Stargardt's Network

Join us to share ways to navigate holiday gatherings, greetings, and stress.

(Additional events on next page)

WED 19

Aging in Place Together (Virtual Event)

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

Join **Laila Riazi, President of the Washington Area Village Exchange (WAVE)**, to discover how the Village Movement builds caring, volunteer-driven communities that support aging in place and reduce isolation. Learn how local villages connect neighbors, offer practical help with everyday needs, and create social opportunities that foster friendship, belonging, and mutual support. Call **(301) 951-4444** to register.

THU 20

Prescriptions and Medical Devices You Can See and Hear (In-Person Event)

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

Learn about pharmacies that provide large-print or audible labels and home medical devices with speech features. Accessible tools make it easier to manage medications safely and support your independence.

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

Friendship Heights Village Center

4433 South Park Avenue, Chevy Chase, MD

Living with Vision Loss

Slowing Down and Still Running

By Tara Aziz

Do you ever feel like everything takes a little longer? **I do!** Typing an email, cooking dinner, doing laundry—it all takes more time than it used to, or more time than it takes others. But does that make me lazy? Absolutely not. It just means I move at a different pace, and that's okay.

Living with vision loss means I often approach everyday tasks differently. Some people get that—others don't. And that can be exhausting!

I've spent much of my life trying to keep up, feeling like I'm always a step behind. But lately, I've realized: maybe it's not about catching up. Maybe it's about slowing down.

Slowing down doesn't mean giving up. It means giving myself space to breathe, reflect, and appreciate how much I do get done—even if it takes a little longer.

I'm still running my race. Just at my pace. So if you find yourself needing more time, more space, or more grace—take it. You're not alone. There's strength in slowing down. And at the end of the day, it's perfectly okay to be slow.

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, November 15, 12 p.m. – 2 p.m.

Vision Loss and Mental Health – How to Cope and Adapt

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 and include lunch. To purchase tickets, visit **www.beingthelightpob.org** or call **(301) 951-4444**.

Jim Scott Community Center
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FREE MATTER
For the Blind or Handicapped