



Your Eyes

DECEMBER 2025



TODAY

POB Expands Vision Rehabilitation Services to Help More People with Vision Impairment

The Prevention of Blindness Society of Metropolitan Washington (POB) is proud to announce a transformative expansion of its Vision Rehabilitation practice, a cornerstone of its **Seeing HopeSM** programs. This reflects POB's long-standing commitment to excellence in care and empowerment for people with vision impairment.

At the heart of this growth is **Dr. Suleiman Alibhai, O.D., F.A.A.O.**, a recognized leader in vision rehabilitation, who joins POB as Clinical Director and leader of its Vision Rehabilitation optometry practice. A trusted partner to POB for years through his private practice, Low Vision Services, PLC, Dr. Alibhai brings more than 30 years of clinical excellence and compassionate care to POB.

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Prevention of Blindness Society of Metropolitan Washington®
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This marks the next step in Dr. Alibhai's vision to expand care through a comprehensive, multidisciplinary approach that brings multiple services together under one umbrella. "After many years of searching for the ideal model of providing vision rehabilitation services to the community, I believe integrating my practice with POB's mission of serving those who are visually impaired, finally fulfills this goal," said Dr. Alibhai.

POB's CEO, Caren Forsten, noted that Dr. Alibhai's leadership and dedication to advancing excellence in vision rehabilitation reflect POB's own commitment to high-quality care. "Dr. Alibhai is an expert in vision rehabilitation, and we are thrilled to welcome him as part of POB in this new way," said Forsten. "This expansion is the next important step for more people across our area getting access to the specialized, excellent care and support to live independently and with dignity."

In addition to Dr. Alibhai's leadership, POB has welcomed another Low Vision optometrist, **Dr. Peyam Mojallal, O.D.**, to meet growing community needs. Together, they will serve individuals with macular degeneration, diabetic retinopathy, glaucoma, and other conditions that affect daily life, helping patients discover new ways to thrive with the vision they have.

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POB's Vision Rehabilitation practice is also preparing to add new wraparound services, including social work, occupational therapy, and other forms of specialized support. These additions will complement POB's existing programs, such as **The Janet Morrison Resource and Support Network**, the **Low Vision Resource Centers**, and the **Low Vision Information and Resource Hotline**. Through this integrated approach, every person who comes to POB will find not only clinical excellence but also a community of understanding and hope.

With these exciting developments, POB continues advancing its mission of preserving sight and promoting independence, helping people with vision loss live full, confident, and connected lives.

What is Vision Rehabilitation? Vision rehabilitation helps people with vision loss make the most of their remaining sight through specialized exams, adaptive tools, and personalized strategies for safe, independent living. It does not replace medical care but complements it, focusing on improving daily function and quality of life.

Referrals are recommended, though anyone may inquire. Most medical insurances, including Medicare, can be billed for the examination itself. To learn more about POB's Vision Rehabilitation Clinic, call **(202) 234-1010, option 2**, or visit **youreyes.org/rehab**.

Calendar of Events

DECEMBER 2025

To register for an event, call **(301) 951-4444**
or visit **www.youreyes.org/events**.

**TUE
9**

I Need Help (Virtual Event)

6 p.m. – 7 p.m. • Stargardt's Network

Join us to explore when, how, and from whom to ask for help - and what makes it hard to do so.

**WED
10**

Accessing Books for All (In-Person Event)

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

Join Jerry Price from the Maryland Library for the Blind and Print Disabled to learn how to access free books, including alternative formats. To RSVP, call Sue at **(410) 615-6966**.

Leisure World Clubhouse II - Norbeck Room
3300 N Leisure World Blvd., Silver Spring, MD

**TUE
16**

Labeling (Virtual Event)

1 p.m. – 2 p.m. • Tech Talk Tuesdays

Join Darwin Belt, Co-Founder of WayAround, to explore simple and effective labeling solutions for daily life. Learn how WayTags and other tools can help identify clothing, food, and household items.

**WED
17**

**Traveling with Vision Impairment
(Virtual Event)**

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

Join Stan Gowin, Co-Chair, Reston V.I.P.

(Visually Impaired Persons) Group, as he shares his latest travel experiences navigating planes, trains, and ships with a mobility cane. Learn tips for overcoming travel challenges with vision impairment and discover how to make travel more accessible. Call **(301) 951-4444** to register.

JANUARY 2026

**FRI
2**

POB READS Book Club (Virtual Event)

11 a.m. – 12 p.m.

Join us for **I See You've Called in Dead** by John Kenney, a witty novel about an obituary writer who accidentally declares himself dead and discovers what it truly means to live. To register, call **(301) 951-4444** or visit **pobreads.org**.



Catch up anytime with our growing collection of over 70 videos, including Low Vision Town Halls, Tech Talks, and more. Watch or listen by visiting **www.youreyes.org/replays**

Resource of the Month:

AARP Friendly Voice

Vision loss can often lead to feelings of isolation or loneliness, especially for older adults.

AARP Friendly Voice helps bridge that gap by connecting people with trained volunteers who are ready to chat, listen, or simply say hello. The goal is to remind people that someone cares and that they are not alone.

Through a friendly phone conversation, volunteers offer comfort, companionship, and a genuine connection. Many participants say that hearing a warm voice brightens their day and eases feelings of anxiety or disconnection.

To request a call, contact AARP between 9 a.m. and 5 p.m. local time. English speakers can call **(888) 281-0145**, and Spanish speakers can call **(888) 497-4108**.

After leaving their information, an AARP volunteer will return the call from **(888) 281-0145**. The caller ID will show “Friendly Voice,” so saving this number is helpful.

Volunteers play a vital role in helping others feel seen, heard, and valued. A friendly voice truly can make a lasting difference! To learn more about volunteering with AARP Friendly Voice, email **friendly.voice@aarp.org**.

Living with Vision Loss

Two Ways of Seeing Life

By Tara Aziz

Which is easier, living with vision impairment all your life or beginning to lose it as an adult? The truth is, the answer often depends on where you stand.

For those of us born with vision impairment, it's the only world we've ever known. I've learned to navigate a world built for eyes that see more clearly, yet I still wonder what it might be like to drive or recognize faces from afar.

Those who lose sight later in life face a different challenge. They've seen the world in full detail, and now must slowly let go of that clarity. Each familiar task becomes new, each place unfamiliar.

Maybe the question isn't which is easier, but what each journey teaches. Some find resilience through adaptation, others through acceptance.

In the end, both paths require courage, the courage to keep living fully, dreaming boldly, and seeing the world in their own remarkable ways.

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

Celebrate the Season!

You are invited to the **Light Up K-Town and Kensington Antique Row Holiday Open House** on **Friday, December 5, at 6:30 p.m.** Antique Row features antique shops and dining spots in a historic neighborhood filled with refreshments, music, and holiday cheer. **POB's Look Again® Resale Shop** is at **3716 Howard Avenue in Kensington, Maryland.** Looking for something closer to home? Visit our Look Again Resale Shop at **900 King Street in Alexandria, Virginia.** For more information, visit www.youreyes.org/resaleshops.

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

FREE MATTER
For the Blind or
Handicapped

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