



# Seeing Hope<sup>SM</sup>



**JANUARY 2026**

**TODAY**

## Introducing Seeing Hope

We are excited to share some important news from the Prevention of Blindness Society of Metropolitan Washington about the services and programs you have grown to trust.

Beginning **January 1, 2026**, all of POB's programs for people living with vision impairments will come together under a new, unified name: **Seeing Hope**.

This new name makes it easier to recognize the programs designed specifically for people living with vision impairments.

### **A Long History of Growing Support:**

For more than 30 years, POB has offered a growing variety of services to support people with vision impairments. As our community grew, so did the ways we supported you.

(Continued on page 2)

**Prevention of Blindness Society of Metropolitan Washington®  
415 2nd Street NE, Suite 100, Washington, DC 20002**

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

(Continued from page 1)

Our services, including vision rehabilitation with Dr. Suleiman Alibhai and Dr. Peyam Mojallal, resource and support groups, book clubs, Tech Talk Tuesdays, and our Low Vision Resource Centers, have developed gradually over many years as community needs have evolved.

### **Why We Are Making This Change:**

Some programs emerged directly from listening to our community, while others grew naturally through partnerships and the evolving needs of the people we serve. These initiatives grew at different times and in different ways, often feeling separate from one another.

Seeing Hope helps bring clarity and unity to the services available to you by bringing them together with one clear, welcoming identity focused on connection, support, learning, and independence.

### **What You Will Notice:**

What's new is simply the name you will see on many of the programs you already know and enjoy. Bringing them together under Seeing Hope will make it easier for you to recognize programs that you have grown to love.

For example:

- Your Eyes Today, the newsletter you're reading, is now **Seeing Hope Today**.
- Tech Talk Tuesdays is now **Seeing Hope Tech Talk**.
- POB READS is now the **Seeing Hope Book Club**.

(Continued from page 2)

- **POB Low Vision Town Halls are now Seeing Hope Low Vision Town Halls.**

### **What's Staying the Same:**

POB's commitment to you remains the same: we are here to support your vision, independence, and quality of life. Everything you participate in will continue as usual.

- Our mission and values remain the same: compassion, collaboration, ethics, and a deep commitment to supporting your independence.
- Dr. Alibhai, Dr. Mojallal, our Low Vision Resource Navigators, and the entire POB team will continue to be here for you with the same support you rely on.
- As you explore training, and support that help you stay independent, access to services will not change.
- Some programs, such as the **Janet Morrison Support and Resource Group Network** and the **Stargardt's Network**, will keep their names but are now part of the Seeing Hope family.

### **A New Name, The Same Commitment:**

Seeing Hope reflects the strength, resilience, and optimism of our community. Our new program name is inspired by the hope you have shared with us – your stories, your goals, and your determination. We look forward to continuing this journey with you, together, under a name that celebrates possibility and hope.

# Calendar of Events

**JANUARY 2026**

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

**FRI  
2**

## **Seeing Hope 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](http://pobreads.org)**.

---

**FRI  
9**

## **Navigation Apps (In-Person Event)**

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

Join us to explore navigation apps on your smartphone that help you move confidently from point A to point B. Discover tools that identify what is around you, locate nearby places like coffee shops, and support greater independence while traveling in your community.

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

**5005 Duke Street, Alexandria, VA**

**TUE  
13**

**Visual Resolutions (Virtual Event)**

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

Join us to explore new techniques and practices for vision in the new year, with a focus on eye health, safety, and helpful visual aids.

---

**WED  
14**

**Columbia Lighthouse for the Blind (CLB)  
(In-Person Event)**

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

Join us to learn about services and training from CLB. Speakers will share how CLB supports independence, including in-home volunteer help with mail and other printed materials.

**Leisure World Clubhouse II - Norbeck Room**

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

---

**THU  
15**

**Dealing with Dark Days (In-Person Event)**

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

Learn how shorter daylight hours can affect orientation, mood, and daily routines, and discover practical strategies to manage these changes and stay independent. To RSVP, call (301) 656-2797.

**Friendship Heights Village Center**

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

---

**(Additional events on next page)**

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

**TUE  
20**

**Mac Vision Accessibility (Virtual Event)**

**1 p.m. – 2 p.m. • Seeing Hope Tech Talk**

**Join Luke Scriven, M.S., CATIS, Assistive Technology Specialist at Vision Forward Association, for a discussion on Mac accessibility led by an expert with over a decade of experience working with people who are visually impaired.**

---

**WED  
21**

**Audio Description Project (Virtual Event)**

**11 a.m. – 12 p.m.**

**Seeing Hope Low Vision Town Hall**

**Join Carl Richardson, Co-Chair of the Audio Description Project, for an overview of the history and mission of audio description. Learn where audio description is available across broadcast TV, streaming platforms, and movie theaters, and how to access and enable audio description on your devices.**

---



**Catch up with our collection of 70+ videos, including Seeing Hope Low Vision Town Halls, Tech Talk events, and more. Watch or listen at your convenience at [www.youreyes.org/replays](http://www.youreyes.org/replays)**

# Seeing Hope with Vision Loss

## Past Reflections and Forward Vision

---

By Sandy Neuzil

It's a new year! Taking a moment to reflect on what you accomplished in 2025—**no matter how small**—and planning a few new tricks to learn or gadgets to embrace in 2026 can be surprisingly rewarding. What's your approach?

Perhaps you mastered holding a magnifier just right, finding that sweet spot; maybe that simple skill helped you read who the mail was from or what it is about.

Or maybe, you explored a smartphone app that lets you listen to a letter from a friend or enjoy a full article without struggling to see the print.

Think back to the social moments, too. Was a lunch date or a phone call with a friend especially satisfying this past year? If so, why not aim for a few more in 2026?

Socializing is not only uplifting—it's a great way to pick up new ideas and learn fresh possibilities while sharing a few laughs along the way. Here's to reflecting on progress, embracing curiosity, and welcoming a new year!

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

# Resource of the Month: Silver BELLS

---

**Are you a Virginia resident age 55+ experiencing vision loss?** Silver BELLS is a free, empowering program designed to help blind and low-vision seniors build confidence and independence. Through an engaging weekend retreat, you will learn practical skills such as home management, technology, communication, and daily living, while building lasting community connections. The retreat will take place March 19–22. Vision loss does not have to limit your independence! For more information, email [silverbells@nfbv.org](mailto:silverbells@nfbv.org) or call (571) 419-0512.

**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

**Seeing Hope**  
**Prevention of Blindness Society**  
**of Metropolitan Washington®**  
415 2nd Street NE, Suite 100  
Washington, DC 20002  
Return Service Requested

