



# Seeing Hope<sup>SM</sup>



MARCH 2026

**TODAY**

## **Accessible Fashion and Beauty**

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Personal style and grooming are meaningful parts of daily life at every age. Routines such as hair care, makeup application, and selecting clothing may require different techniques. With thoughtful organization and tools, these activities can remain manageable and continue to foster confidence and independence.

Some professionals are working to make beauty education more accessible. Hairstylist **Anna Cofone** launched the **Hair and Care Project** in 2019 to provide accessible hair workshops for women and girls with visual impairments.

Anna's workshops emphasize tactile learning, clear verbal instruction, and step-by-step techniques that participants can practice independently. For those interested in refining their hair care routine, hands-on instruction from a trusted stylist, local workshop, or instructional audio content can help build skill and familiarity over time.

(Continued on next page)

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

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

(Continued from page 1)

**Molly Burke, who lives with retinitis pigmentosa, shares practical strategies for managing beauty routines with limited vision. Several of her suggestions include:**

- **Choose distinctive packaging.** Products with unique shapes or textured containers are easier to identify by touch and less likely to roll away if dropped. Brands like Fenty Beauty have containers that are easy to identify and won't roll away if you knock them over.
- **Organize consistently.** Keep items in the same place each time you use them. Tactile labels or raised markers can help differentiate similar containers.
- **Use your hands when appropriate.** Applying foundation or skincare with clean hands can make it easier to feel coverage and ensure even application.
- **Consider heat-free styling tools.** Heatless curling rods like the Dyson AirWrap may reduce the risk of burns while still allowing for a variety of hairstyles.
- **Use accessible technology when needed.** Tools like Be My Eyes and Seeing AI, along with AI assistants such as ChatGPT and Google Gemini, can help read labels and describe packaging.

Vision changes do not have to mean giving up personal style or meaningful daily routines. Call the Seeing Hope Resource and Information Hotline at **(301) 951-4444** to speak with a Resource Navigator.

# Calendar of Events

**MARCH 2026**

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

**FRI  
6**

## **Seeing Hope Book Club (Virtual Event)**

**11 a.m. - 12 p.m.**

Join us for **Bless Your Heart** by Lindy Ryan, a sharp Southern mystery horror set in 1999 Texas, where a family of funeral directors discovers the dead are not staying buried, and four generations of women must protect their town and stop ancient vampires. To register, call **(301) 951-4444** or visit [pobreads.org](http://pobreads.org).

**TUE  
10**

## **Dry Eye and You (Virtual Event)**

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

Join **Hannah Anderson, M.D., Washington National Eye Center Ophthalmology**

**Resident**, to discuss common eye challenges, like dry eye and cataracts. Learn how to detect eye emergencies, what you need to know, and which questions to ask.

Hosted by **Washington National Eye Center**.

**(Additional events on pages 4-6)**

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

**TUE  
10**

**Personal Survival Kits (Virtual Event)**

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

Join us to discuss your personal on-the-go “survival kit” and exchange ideas on the handy items to carry for accessibility that can help us maintain independence and overcome daily obstacles.

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**WED  
11**

**Center for Independent Living  
(In-Person Event)**

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

Join **Rochelle Harrod, Independent Living Specialist at Independence Now**, for an overview of the Center for Independent Living and the services available to residents of Montgomery and Prince George's Counties, including assistive technology and support groups.

No registration is required.

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

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

**TUE  
17**

**AI-Driven Accessibility (Virtual Event)**

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

Join researchers **Kelly Raines** and **Riana Chatterjee** from **Arizona State University's LENS Lab** to learn how artificial intelligence is being tested and improved to make everyday life more accessible. From assistive technology for people with vision loss to robotics and smart systems, their work focuses on making AI safer, clearer, and more dependable in real-world settings.

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**WED  
18**

**Dry Eyes in Winter (Virtual Event)**

**11 a.m. - 12 p.m.**

**Seeing Hope Low Vision Town Hall**

Join **Rebecca Petris, Co-Founder and President of The Dry Eye Foundation**, to learn how to manage dry eye symptoms during the winter months. Discover common signs of dry eye disease, practical steps to relieve irritation and discomfort, and resources that can help improve comfort, daily function, and overall quality of life.

**(Additional events on page 6)**

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**THU  
19**

**"Snow-Crete" Winter Snow Storm  
(In-Person Event)**

**11 a.m. - 12 p.m. • Low Vision Support Group**

The recent "Snow-Crete" storm brought one of the heaviest snowfalls our area has seen in years, leaving sidewalks packed and icy for days. These prolonged and hazardous conditions created significant mobility challenges, especially for people with vision impairments. Join us to share experiences and explore safe, practical strategies together.

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

**Friendship Heights Village Center**

**4433 South Park Ave., Chevy Chase, MD**

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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](http://www.youreyes.org/replays)

# Seeing Hope with Vision Loss

## **Snow, Snow, Go Away!**

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By Tara Aziz

Spring has a way of revealing what winter tried to hide. As the snow melts, I notice the stubborn gray snow banks left behind. For us with low vision, it is more than an eyesore. It can blur walkway edges, hide curbs, and create uncertain footing just when we're eager to step outside!

This in-between season is a reminder that preparation doesn't end when the last storm passes. Wearing shoes with solid traction, allowing extra travel time, a small flashlight on a cloudy day, and keeping a cane tip in good condition can make spring outings safer.

But preparation isn't only personal, it's communal. Spring is a wonderful time to reconnect with neighbors.

A kind neighbor who clears lingering "snow-crete" from a sidewalk or simply offers an arm for balance can make a world of difference.

This season is temporary, and with thoughtful preparation and supportive neighbors, we can confidently move into spring's brighter days.

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

# Resource of the Month: The Beacon Newspaper

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The Beacon is a monthly newspaper created for adults aged 50 and older. It provides practical, in-depth coverage of topics that matter in midlife and beyond, including health and wellness. Articles are written to be clear, informative, and relevant to everyday decisions.

The online edition is available free of charge. A mailed subscription to the monthly print edition is \$20 per year.

For additional information or to subscribe, visit [thebeaconnewspapers.com](http://thebeaconnewspapers.com).

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

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