



Seeing HopeSM



JUNE 2026

TODAY

Stories of Hope: Meet Alyne Ellis

By Kiersten McCollum

Stories of Hope highlights people who continue to pursue their passions while adapting to vision loss.

A Washington, D.C. native, Alyne Ellis, has dealt with low vision her entire life, being diagnosed with premature retinopathy at birth.

Navigating school with visual limitations was difficult growing up—Despite any challenges, she remained determined to pursue her interests.

After graduating, Alyne studied music in college, and while in school, she was offered the opportunity to volunteer at a local radio station.

It was there that she discovered her passion for radio, leading her to produce and host for National Public Radio (NPR) for over 20 years.

(Continued on next page)

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(Continued from page 1)

Like many people who stumble upon their passions, prior to her experience volunteering, Alyne admits that she never listened to the local station or even considered radio as a possible career.

While with the local station, Alyne co-hosted her first talk show. Though she is a natural now, she describes her first time on air as nerve-wracking.

“The whole hour and a half I was completely terrified, I got off the air and found the show was a very big success,” Alyne says, “...I was completely hooked. I knew right then that was what I wanted to do.”

Alyne’s success led her to four different public radio stations across the country. She worked as a documentarian, voice-over artist, and writer before landing her role at NPR, where she worked as an editor, producer, and radio host.

Her passion for radio and media led her to her passion for helping others. She used her roles to amplify the stories and advocate for people living with all different types of disabilities. Alyne's story is a reminder to not limit yourself from trying new things because you never know what life has in store.

Do you have a **Story of Hope** to share? We’d love to hear from you! Email Tara Aziz at taziz@youreyes.org or call **(301) 951-4444**.

Calendar of Events

JUNE 2026

**TUE
9**

My Kitchen, My Space (Virtual Event)

6 p.m. - 7 p.m. • Stargardt's Network

Join us to exchange ideas, tips, and tricks to maintain independence in the kitchen.

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

**WED
10**

Smart Home Devices (In-Person Event)

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

Join us to learn how to simplify your daily life with smart home devices, such as Amazon's Alexa and Google Assistant. No RSVP required.

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

**FRI
12**

Accessible Pilates (In-Person Event)

4 p.m. - 5 p.m.

Join Amanda Garrison, a certified Pilates instructor, for an accessible Pilates class. The class fee is \$12. Please bring your own mat.

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

Prevention of Blindness Society Headquarters
415 2nd Street NE, Washington, DC

(Additional events on next page)

**TUE
16**

AI Features in Apps (Virtual Event)

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

Join Rachel Schreiman, Low Vision Resource Navigator with POB's Seeing Hope Resource Center, to learn how AI-powered accessibility apps, such as Seeing AI and Be My Eyes, can support people with vision loss. To register, call **(301) 951-4444** or visit youreyes.org/events.

**WED
17**

Leader Dogs for the Blind (Virtual Event)

11 a.m. - 12 p.m.

Seeing Hope Low Vision Town Hall

Join Leslie Hoskins of Leader Dogs for the Blind for an introduction to the Leader Dogs Orientation and Mobility Program and resources that support independence and safe travel.

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

**THU
18**

Audio Description (In-Person Event)

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

Join us to discuss using Audio Description (AD) at home, in public, and online.

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

Friendship Heights Village Center

4433 South Park Ave., Chevy Chase, MD

**SAT
20**

**Friends and Family: Seeing Hope
(In-Person Event)**

11 a.m - 12 p.m.

Join us for a luncheon panel discussion moderated by **Suleiman Alibhai, O.D., Clinical Director of POB's Vision Rehabilitation Clinic and low vision specialist.** This special POB luncheon is a meaningful opportunity for your friends and family to learn more about low vision and better understand the challenges it can present. Tickets are \$22, lunch is included. To purchase tickets, call **(202) 234-1010, ext. 233.**
The Residences at Thomas Circle
1330 Massachusetts Ave NW, Washington, DC

**WED
24**

Survival Braille (In-Person Event)

11 a.m - 12 p.m.

Join **Renée Valdez, M.A., of Visions Consulting,** to learn essential Braille skills for everyday life. This session will cover how to recognize common Braille markers, including signs, room numbers, and elevator buttons. A second session will be held July 22. To register, call **(301) 951-4444.**
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(Additional events on next page)

**FRI
10**

Seeing Hope Book Club (Virtual Event)

11 a.m. - 12 p.m.

Join us for **Mailman: My Wild Ride Delivering the Mail in Appalachia and Finally Finding Home** by **Stephen Grant**, a memoir about his abrupt career shift from marketing consultant to rural Appalachian mail carrier in the midst of the COVID-19 pandemic. To register, call **(301) 951-4444** or visit **pobreads.org**.

**FRI
10**

Meta Smart Glasses (In-Person Event)

1p.m. - 2 p.m. • Low Vision Support Group

Join us to discuss how Meta smart glasses can assist with daily activities, such as making calls, describing surroundings, reading mail, and reading menus. To register, call **(301) 951-4444**.
Charles E. Beatley Jr. Central Library
5005 Duke Street, Alexandria, VA

**WED
15**

Smithsonian National Museum of American History Tour (In-Person Event)

11 a.m - 12 p.m.

Join **Sylvia Rosenthal**, Smithsonian National Museum of American History Docent, for a special docent-led audio-described tour with tactile elements. To register, call **(301) 951-4444**.

Seeing Hope with Vision Loss

Life's Tiny Victories

By Tara Aziz

The world around us celebrates big victories: promotions, buying a new house, or driving off in a shiny new car.

But for those of us with vision impairment, sometimes the real triumph is identifying the shampoo bottle in a hotel before accidentally washing our hair with body lotion.

There are even greater achievements, like locating a dropped ring or hearing aid by sound alone, or pressing the right microwave buttons - these elite life skills deserve far more recognition than they get! Independence is adaptation with creativity, patience, and occasionally a strong flashlight.

Let us celebrate the tiny victories, like finding matching clothes or going to the correct restroom in a dimly lit restaurant. These moments of victory count more than people realize. It is proof that we are capable, resourceful, and still fully participating in the beautiful chaos of everyday life.

What is your tiny victory today? Celebrate it!

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

Resource of the Month: Project Gutenberg

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