



Seeing HopeSM

OCTOBER 2026



TODAY

Seeing Hope Welcomes Dr. Wood

Please join us in welcoming **Dr. Jennifer Wood, O.D., F.A.A.O.**, to the Seeing Hope team!

Dr. Wood earned her Doctor of Optometry from the University of Houston College of Optometry in 2001, then completed a residency and clinical research fellowship in low vision rehabilitation at the University of Houston and the Palo Alto VA Health Care System. She has practiced low vision rehabilitation for more than two decades, including as a staff optometrist with the U.S. Department of Veterans Affairs and as owner of a private optometry practice specializing in low vision.

Dr. Wood also has a particular interest and expertise in Cerebral Visual Impairment (CVI) in children, a vision loss that stems from the brain rather than the eyes. She is a Fellow of the American Academy of Optometry and has authored several publications on low vision rehabilitation.

(Continued on next page)

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

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In her exams, Dr. Wood looks at how a patient manages daily tasks like reading mail or getting around the house, then builds a plan around magnifiers, lighting changes, and other tools to fit that person's life.

Dr. Wood enjoys working with patients of all ages and vision levels. When she's not working, she likes hiking with her family and spending time at home with her dogs.

She joins **Dr. Suleiman Alibhai** and **Dr. Peyam Mojallal** on Seeing Hope's Vision Rehabilitation team, seeing patients in our Rockville, Maryland; Washington, D.C.; and Alexandria, Virginia offices. To schedule an appointment with Dr. Wood, call **(202) 234-1010, option 2**.

What Is Vision Rehabilitation?

Low Vision Evaluations and Vision Rehabilitation help people with vision loss make the most of their remaining sight through specialized exams, adaptive tools, and personalized strategies for safe, independent living. It doesn't replace medical eye care; it complements it, focusing on everyday function and quality of life.

A referral is recommended, though anyone can call to ask. Most insurance, including Medicare, covers the exam itself. To learn more, call **(202) 234-1010, option 2**, or visit **youreyes.org/rehab**.

Calendar of Events

OCTOBER 2026

**THU
8**

Practical OT and Tech (In-Person Event)

11 a.m. - 12 p.m. • Low Vision Support Group
Explore how smartphones, computers, and smart glasses can help with navigating, identifying objects, and answering questions, alongside simple, low-tech strategies for everyday tasks. To register, call **(301) 656-2797**.

Friendship Heights Village Center
4433 South Park Ave., Chevy Chase, MD

**FRI
9**

Accessible Voting (In-Person Event)

1p.m. - 2 p.m. • Low Vision Support Group
Learn about the voting aids and procedures that can help you exercise the right to vote independently. To register, call **(301) 951-4444**.

Charles E. Beatley Jr. Central Library
5005 Duke Street, Alexandria, VA

**TUE
13**

Healthy Aging (Virtual Event)

11:30 a.m - 12:30 p.m. • Low Vision Group
Join **Shaleen Arora, M.D.**, to learn why regular eye exams matter, including how many eye conditions become more common over time.

Hosted by **Washington National Eye Center**.

(Additional events on next page)

**TUE
13**

Autumn Safety (Virtual Event)

6 p.m. - 7 p.m. • Stargardt's Network

Join us to discuss tips on changes we make with the shorter days and longer nights to stay safe.

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

**WED
14**

**Non-24-Hour Sleep-Wake Disorder
(In-Person Event)**

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

Join speakers from [**WhyAmIUp.com**](http://WhyAmIUp.com) to learn about a condition affecting people who are blind or have low vision, including symptoms and when to seek evaluation. No RSVP required.

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

**SAT
17**

**White Cane Awareness Day in
Old Town Alexandria**

1 p.m. - 4 p.m. • In-Person Event

Join POB and community partners in Old Town Alexandria to recognize White Cane Awareness Day and raise awareness about white cane use, independence, pedestrian safety, blindness and low vision. Meet us from 1-2 p.m. at RedRocks Neapolitan Bistro for lunch on your own and

remarks, then from 2-4 p.m. for community outreach and tabling outside POB's Look Again Resale Shop.

RedRocks Neopolitan Bistro

904 King Street, Alexandria, VA

Look Again® Resale Shop

900 King Street, Alexandria, VA

**SUN
18**

**Open House at POB Headquarters
(In-Person Event)**

1 p.m. - 2:30 p.m. • Special Event

Join us to see our upgraded assistive technology devices, try Ray-Ban Meta AI glasses, and watch a Waymo self-driving car in action. Tour our space, a facility specially designed for people who have low vision. Meet the POB team, including **Dr. Suleiman Alibhai**,

Dr. Peyam Mojallal, and our newest optometrist, **Dr. Jennifer Wood**, along with our Low Vision Resource Navigators and staff across our programs. Enjoy light refreshments, and bring family and friends. To register, call **(301) 951-4444** or visit **youreyes.org/events**.

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(Additional events on next page)

**TUE
20**

BlindShell Classic 3 (Virtual Event)

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

Join **Diane Ducharme** to explore a smartphone designed for people who are visually impaired. Learn more about its tactile keypad, voice controls, assistive tools, and easy-to-use apps. To register, call **(301) 951-4444** or visit [**youreyes.org/events**](http://youreyes.org/events).

**WED
21**

**Cataract and Glaucoma Treatment:
Current Approaches (Virtual Event)**

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

Join **Lisa Tom, M.D. of Washington Eye Physicians and Surgeons** to learn about advances in cataract and glaucoma treatment. To register, call **(301) 951-4444** or visit [**youreyes.org/events**](http://youreyes.org/events).

**TUE
27**

Survival Braille (In-Person Event)

11 a.m - 12 p.m.

Join **Renée Valdez, M.A., of Visions Consulting**, to learn essential Braille skills, including how to recognize common Braille signs and markings, such as room numbers and elevator buttons.

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

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Seeing Hope with Vision Loss

The Things We Pretend to See

By Tara Aziz

Living with low vision often means making decisions about what to say, what to ask, and what to let pass.

Sometimes we say, "I can see it," even when we really cannot. We may not want to seem helpless. Sometimes it feels easier to nod, smile, or guess.

Those of us with low vision know how difficult it can be to explain what we see. Our vision may change with lighting, distance, contrast, or fatigue. We may recognize someone in one place and not in another. Explaining all of that can feel exhausting.

And then there is the social side of it. We may pretend to recognize a face, or act as though we know what someone is pointing to.

Many of us have had experiences where asking for help made us feel patronized or underestimated.

The real question is: what does it cost us to keep pretending?

Sometimes the cost is stress, isolation, mistakes, or safety. We deserve spaces where saying, "I can't see that, could you describe it?" feels normal and respected.

Resource of the Month: American Council of the Blind of Virginia (ACBVA) Tech and Training Fund

Blind and low-vision Virginia residents can receive up to \$1,000 toward assistive technology, training, and technical support, from smartphones and screen readers to smart home devices. Training is provided mostly by phone or Zoom. ACBVA membership is not required. Apply online at acbva.org, call (540) 318-3450, or email tech-fund@acbva.org or with questions.

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



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Return Service Requested

FREE MATTER
For the Blind or
Handicapped