

September 13, 2024

Dear Listeners

This week’s Update is filled with a variety of information and opportunities. Of special note are two requests for research participants. One addresses employment [**here**](#ADA)and the other addresses crosswalk safety [**here**](#Research).

Cheers,

Sylvia

Here are the links to all the items below:

* [**Magazines Now Come from LBPD**](#Mag)
* [**Virginia Polls Open Next Week**](#Polls)
* [**Mid-Atlantic ADA** **is Seeking Participants for Study on Employment of Older Workers with Disabilities**](#ADA)
* [**Seeking Participants With Low Vision for a Research Study**](#Research)
* [**Emergency Preparedness Websites**](#Web)
* [**Whole Eyeball Transplant Webinar from The Glaucoma Foundation (TGF)**](#TGF)
* [**University of Nebraska Researchers Show Role of Cytokines in Retinal Cells**](#Cells)
* [**Weigh in on the Shirlington Bus Station Plan**](#Bus)
* **[Theater Update](#Theater)**
* **[Calendar](#Calendar)**
  + **[Replay POB Events](#Replay)**
  + [**eBook Clinic**](#ebook)
  + [**Rockville Town Square Free Summer Concert with the Latin Sound of the ‘Joe Falero Band’**](#Square)
  + [**Maryland LBPD Technology Users Group (TUG) Meeting: BISN**](#TUG)
  + [**Medicare 101 Educational Workshop**](#Medicare)
  + [**Learn the Basics of Braille**](#Braille)
  + **[Tech Talk Tuesdays - How to Speak and Listen to Your Windows Computer (Virtual Event)](#Tech)**
  + **[Low Vision Town Hall - Accessible Voting (Virtual Event)](#Hall)**
  + **[Friendship Heights Vision Resource Group - Alternative Approaches and Resources for Low Vision](#Resource)**
  + [**Afro-Cuban Rhythms with Raíces Negras**](#Afro)
  + **[Registration Open for the AFBLC](#AFBLC)**
  + [**Hadley Discussion Group: Artificial Intelligence (AI) Wearables**](#Hadley)
  + [**Spotting Scams and Staying Safe**](#Scams)
  + **[Accessible Board Games Meet-up](#Games)**
  + **[6th Annual Janet Morrison Memorial Low Vision Symposium and Device Expo (Virtual Event)](#Expo)**
  + **[Cantaré, Mucha Música!](#Mucha)**
  + [**Kensington Park No Pressure Audio Book Club - Virtual**](#Audio)
  + [**Fairfax County Library All Access Book Club: The Thursday Murder Club by Richard Osman**](#Book)
  + [**Alexandria Low Vision Resource Group: Low Vision Technology Demo**](#Demo)

###

**MAGAZINES NOW COME FROM MARYLAND LBPD**

The National Library Service (NLS) recently shifted the distribution of audio magazines to its network libraries throughout the country. As Maryland’s network library, MD LBPD now delivers audio magazines to its patrons throughout the entire state.

If you have been a long-time audio magazine subscriber, MD LBPD hopes that this transition has been seamless. But if you have any issues with your magazine deliveries, they are here to help get things back on track. If you’ve never subscribed to audio magazines, then take a look at what they have to offer at [**Magazines**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3LmxvYy5nb3YvbmxzL25ldy1tYXRlcmlhbHMvbWFnYXppbmVzLz91dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkiLCJidWxsZXRpbl9pZCI6IjIwMjQwOTA5LjEzMDM4MSJ9.HeTsLpZPBkVa6U5vj1HArMykK1CxS9iynCgEzII9rSA/s/2575642210/br/248781817212-l). There are magazines to suit readers with all sorts of interests, from history and politics to housekeeping and health and from mystery and science fiction to finance and sports. There are even magazines especially for children.

MD LBPD patrons may have up to four magazine cartridges checked out at any given time. Each week, they will send another shipment to patrons who have fewer than four cartridges and who have new magazine editions ready for distribution. Please do not forget to return your cartridges after you finish reading them as that is the only way they can continue to send you more magazines.

###

**VIRGINIA POLLS OPEN NEXT WEEK**

Early Voting for [**the Nov. 5 Presidential Election**](https://links-2.govdelivery.com/CL0/https:%2F%2Fvote.arlingtonva.gov%2FElections/1/01010191e7f09c05-2696c329-23af-4e9f-b050-52784db674e6-000000/hoDnPhRVkoqDzUZVAdwgqUDPvi96v7EGTjNUCEDiJQw=370) begins next week in Virginia. Check out full details for the state of Virginia at [**Virginia Dept. of Elections: Home**](https://www.elections.virginia.gov/)**.**

Early voting hours and locations for **Arlington voters** are at[**Early Voting – Arlington County VA Voting and Elections (arlingtonva.gov)**](https://vote.arlingtonva.gov/Early-Voting)**.** Arlington residents can also check to see if they are registered to vote at [**Check your registration status online**.](https://links-2.govdelivery.com/CL0/https:%2F%2Fvote.elections.virginia.gov%2FVoterInformation/1/01010191e7f09c05-2696c329-23af-4e9f-b050-52784db674e6-000000/rV7i_k0Kz2nk9-XxF7o2LtwurN4y-zN2ApC_izlMjeU=370)

###

**MID-ATLANTIC ADA IS SEEKING PARTICIPANTS FOR STUDY ON EMPLOYMENT OF OLDER WORKERS WITH DISABILITIES**

The Mid-Atlantic ADA Center is seeking individuals to interview in order to gain insights on understanding of the Americans with Disabilities Act and workplace accommodations. You must be age 55 or older and identify as having a disability to participate; you do not need to live in the Mid-Atlantic region.

Each interview is expected to last between 30 and 45 minutes, and information shared will remain confidential. As a token of appreciation, participants will receive a $25 Amazon gift card upon completion of the interview. **If you are interested in participating, please contact the Mid-Atlantic ADA Center at 301-217-0124**.

###

**SEEKING PARTICIPANTS WITH LOW VISION FOR A RESEARCH STUDY**

From Sandy Neuzil

Do you have some sight to help you see crosswalks?  Are you a person who gets around competently and independently?  Would you like to help critique crosswalks markings in the DC area for the UNC Highways Safety Research Center and Accessible Design for the Blind?

Read details below and contact Marybeth Cleveland if you would like to volunteer and think you meet the criteria for participants.

Sandy

From Marybeth Cleveland  
Certified Orientation and Mobility Specialist  
  
Hi everyone,  
I’m recruiting people to participate in a crosswalk research study. Please call me or email me if you’re interested. I have details below:  
  
Subject: Seeking participants with low vision for a research study   
You can help us evaluate how different crosswalk markings affect street crossing by pedestrians with low vision. The crosswalks we are evaluating may be marked with typical white crosswalk markings, or they may have different colors.

The UNC Highway Safety Research Center, in conjunction with Accessible Design for the Blind, is looking for volunteers who are low vision to participate in a study on the effect of crosswalk markings on the accessibility of crossing in the Washington, D. C. area in early November. The study will take about two hours, and the compensation is $75 and travel to the study area will be reimbursed.  There will be day and evening appointments.

We are looking for experienced travelers who don’t have full vision and who regularly travel independently outdoors including crossing streets. This study is limited to travelers with reduced acuity, restricted fields, sensitivity to glare, or loss of contrast sensitivity but who can see crosswalks. Travelers who typically travel with a cane, use a telescope, or just use their remaining vision may qualify. Guide Dog users with low vision and who own and use a cane will be asked to use their cane rather than their Guide Dog.

If you decide to take part in the study, you will be asked to find crosswalks, align to cross, and cross when it is safe. An orientation and mobility specialist will be with you while you travel all routes.   
If you are interested in participating in this study, please call me at 301-412-4224 or email me at [**mbcleveland@fastmail.net**](mailto:mbcleveland@fastmail.net) to find out if you are eligible for the study.  
  
Marybeth Cleveland  
A to B and Back,  
Orientation and Mobility Services, LLC  
301-412-4224

###

**EMERGENCY PREPAREDNESS WEBSITES**

This information was sent to us by Sandy Neuzil in follow-up to last week’s Reston VIP Personal Emergency Preparedness meeting with Moriah Kitaeff.

**Emergency Health Profile:**[**Emergency Health Profile | Public Safety Communications (fairfaxcounty.gov)**](https://www.fairfaxcounty.gov/911/emergency-health-profile)

How to establish a health profile that is associated with your phone number.  In an emergency, when you dial 911 the dispatcher will see your health information and it can be shared with a first responder sent to help you.  The information will only be visible to these two groups and only for a short time.

**Community Connect:**[**Fairfax County Community Connect**](https://www.communityconnect.io/info/va-fairfax-county)

This site is primarily for the fire department.  Use this to enter important information about your residence, any disability and special needs of the people who live there, and your pets.

**Community Emergency Response Guide:**[**Community Emergency Response Guide | Emergency Management (fairfaxcounty.gov)**](https://www.fairfaxcounty.gov/emergencymanagement/cerg)

Video and printable guide (available in six languages) how to be prepared and what to do before, during, and after a disaster.

**More Fillable Templates:**[**Community Emergency Response Guide - Plan Templates | Emergency (fairfaxcounty.gov)**](https://www.fairfaxcounty.gov/emergency/readyfairfax/cergplantemplates)

See Appendix B for a Family Preparedness Plan.

See Appendix G for an Emergency Kit Checklist.

Near the end, suggestions on how to prepare for your pets.

###

**WHOLE EYEBALL TRANSPLANT WEBINAR FROM THE GLAUCOMA FOUNDATION (TGF)**

Sent by Farah Rassi and forwarded by Sandy Neuzil

[**https://glaucomafoundation.org/events-3/**](https://glaucomafoundation.org/events-3/)

The video is by Dr. Calvin Roberts and Dr. Johnson from Wilmer Institute at John Hopkins regarding stem cell therapies capable of regenerating the optic nerve and restoring vision for patients suffering from glaucoma. Aug 28, 2024

[**https://glaucomafoundation.org/event/building-connections-research-progress-in-vision-restoring-therapy-for-glaucoma/**](https://glaucomafoundation.org/event/building-connections-research-progress-in-vision-restoring-therapy-for-glaucoma/)

###

**UNIVERSITY OF NEBRASKA RESEARCHERS SHOW ROLE OF CYTOKINES IN RETINAL CELLS**

Iqbal Ahmad and a team of researchers at the University of Nebraska demonstrated for the first time that cytokines – the cell-signaling proteins known to regulate inflammation in response to disease or injury – play an important role in the development and regeneration of the retinal cells that degenerate in glaucoma. [**U. Nebraska news story**](https://www.unmc.edu/newsroom/2024/09/04/unmc-research-shows-role-of-cytokines-in-retinal-cells/)**.**

[**More research news**](https://www.nei.nih.gov/about/news-and-events/news)**.**

###

**WEIGH IN ON THE SHIRLINGTON BUS STATION PLAN**

Arlington is preparing to design an expansion plan for [**the Shirlington Bus Station.**](https://links-2.govdelivery.com/CL0/https:%2F%2Fpublicinput.com%2Fw8556/1/01010191e7f09c05-2696c329-23af-4e9f-b050-52784db674e6-000000/WoMVIeQmiFtPGM5FrGwonRjFQYtPLSJKWt4-SzZFV3o=370) Weigh in and help identify user priorities.

This project will perform a facility assessment to identify the condition, functionality, accessibility, safety and security, and performance of the Shirlington Bus Station facility. It will also explore design concepts to address the need to expand the Station’s bus bay area to increase capacity to meet future service demand. Full details are at

[**Shirlington Bus Station Expansion Study - PublicInput**](https://publicinput.com/w8556)**.**

###

**THEATER UPDATE**

The following performances will be described by a MWE volunteer. Note that recorded program notes will be available at the theater just prior to the actual performance and on Dial-In before and after the performance at Publication 8, Category 12, Branch 11.

**Sojourners**

Round House Theatre Bethesda - 240-644-1100

Described Saturday, September 21st matinee

**Jaja’s African Hair Braiding**

Arena Stage Kreeger at the Mead Center - 202-488-3300

Described Saturday, September 28th at 2:00 pm

**Comedy of Errors**

Shakespeare: Klein Theatre: 202-547-1122

Described Saturday, September 28th matinee

**Eisenhower: This Piece of Ground**

Olney Theatre Center – Mulitz-Gudelsky Theatre Lab 301-924-3400

Described Wednesday, October 9th at 7:30 pm

###

**CALENDAR**

**Replay POB Events**

**Listen and watch replays of recent webinars and other POB events at**[**www.youreyes.org/replays**](https://youreyes.us14.list-manage.com/track/click?u=939b8acf4b5eb247b7120bcd9&id=21719989f4&e=59825d4dc8)**.**

###

**eBook Clinic**

All Day Friday, September 13th through Friday, September 30th

John Marshall Library, 6209 Rose Hill Drive, Alexandria

Learn about library eBooks and eAudiobooks, as well as how to access them on your compatible device! Call for an appointment; please bring your charged device and associated password(s).

###

**Rockville Town Square Free Summer Concert with the Latin Sound of the ‘Joe Falero Band’**

Friday, September 13th from 6:00 to 9:00 pm

Joe Falero is a percussionist, vocalist, DJ and radio host of the “Soy Boricua” show on WSER.

###

**Maryland LBPD Technology User Group (TUG) Meeting: BISN**

Saturday, September 14th from 10:00 to 11:00 am

The Technology User Group (TUG) welcomes Blind Industries and Services of Maryland (BISM).  Blind Industries and Services of Maryland is a 501 c3 nonprofit organization that supports the blind community by providing stable and rewarding career opportunities, innovative rehabilitation, economic and personal independence, and appropriate resources for training and education.  In a typical year, BISM serves 136 youth, 932 adults and 1,006 seniors.  Come and learn about BISM’s programming and how you can live a productive life with blindness.

Who should attend this meeting?

* Individuals who are newly blind or low vision.
* Seniors looking for a place to meet and learn about programs and technology.
* People who need assistance with mobility, cooking, braille, and other useful skills.

|  |  |  |
| --- | --- | --- |
| |  | | --- | | **Call in Number: 1-301-715-8592**  **Meeting ID: 656 203 7293​#**  **One Tap Mobile:**[**+13017158592,,6562037293#**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHA6Ly9nby5taWNyb3NvZnQuY29tL2Z3bGluay9wLz9MaW5rSWQ9MjU1MTQxJnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSIsImJ1bGxldGluX2lkIjoiMjAyNDA5MDYuNDMxNDEifQ.pqoHaXmnMIC7B8_srv6zP0CJ1REYQX5OjAlizvb7uDY/s/2575642210/br/248699674911-l) | | **Webcast:**  [**https://marylandlibraries.zoom.us/j/6562037293?omn=94648805523**](https://lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vbWFyeWxhbmRsaWJyYXJpZXMuem9vbS51cy9qLzY1NjIwMzcyOTM_b21uPTk0NjQ4ODA1NTIzJnV0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSIsImJ1bGxldGluX2lkIjoiMjAyNDA5MDYuNDMxNDEifQ.lz6BZrQGsREEQ8rJRVt3cbJyC2_7Om1E8OTIv9fOHCs/s/2575642210/br/248699674911-l)  ### | |

**Medicare 101 Educational Workshop**

Saturday, September 14th from 11:00am to 12:00 pm

Oakton Library

10304 Lynnhaven Place, Oakton, Meeting Room 1, Oakton Meeting Room 2

Are you confused about Medicare? Do you have questions about how Medicare works?

You don't have to be! Just attend the Medicare educational workshop put on by VaMedicare101 at the Oakton public library and get all of your questions answered. The topics discussed will range from when and how to enroll in Medicare, differences between a Medigap plan and a Medicare Advantage plan, Part D drug plans, and much more. Your host will be Paul Massey, a Medicare Advisor based in Vienna VA with VaMedicare101.

###

**Learn the Basics of Braille**

Monday, September 16th from 4:30 to 5:30 pm

Centreville Regional Library

14200 St. Germain Drive, Centreville, Virginia, Meeting Room 1, Meeting Room 2

Learn about the history of braille from a staff member of the Access Services branch of Fairfax County Public Library (FCPL), which provides greater access to library resources for patrons with disabilities. Attendees will learn the braille alphabet and work on a braille craft.

#####

**Tech Talk Tuesdays - How to Speak and Listen to Your Windows Computer (Virtual Event)**  
**Tuesday, September 17th from 1:00 to 2:00 pm  
Speaker: Ayana Rollins, Support Engineer, Microsoft**Learn from the experts how to dictate our emails and Microsoft Word documents and listen to them using our Windows computers. Bring your questions!

To register, call **(301) 951-4444** at least 24 hours before the event.

###

**Low Vision Town Hall - Accessible Voting (Virtual Event)**  
**Wednesday, September 18th from 11:00 am to 12:00 pm  
Speaker: Claire Stanley, J.D., Director of Advocacy and Governmental Affairs, American Council of the Blind**Learn about accessible in-person and absentee voting in our area. Call **(301) 951-4444** to register.

###

**Friendship Heights Vision Resource Group - Alternative Approaches and Resources for Low Vision**  
**Thursday, September 19th from 11:00 am to 12:00 pm  
Friendship Heights Village Center**  
4433 South Park Avenue, Chevy Chase, MD  
Join to find alternative ways to deal with your vision issue or to help POB with your expertise in navigating the daily challenges of vision impairment.  
To RSVP, call **(301) 656-2797.**  
###

**Afro-Cuban Rhythms with Raíces Negras**

Sunday, September 22nd from 1:00 to 2:00 pm and 3:00 to 4:00 pm

National Gallery of Art West Building, Mall Steps

6th Street and Constitution Avenue, NW

Rain site: East Building Auditorium

4th Street and Constitution Avenue, NW

Join modern Cuban charanga ensemble Raíces Negras in a program dedicated to the beloved Cuban music group Orquesta Aragón. To showcase this fusion of Afro-Cuban rhythms and European classical instruments, Raíces Negras features popular songs from the danzón and cha-cha-cha craze of the 1940s and 1950s, including hits like “Almendra” and “Pare Cochero” by songwriter Richard “La Flauta Mágica” Egües.

**Registration Open for the 2024 AFBLC**

The 2024 American Foundation for the Blind Leadership Conference (AFBLC) will be held at the Hyatt Regency in Minneapolis, Minnesota, from September 23rd - 25th!

Learn more at [**2024 AFB Leadership Conference | American Foundation for the Blind**](https://afb.org/about-afb/events/2024afblc)

###at

**Hadley Discussion Group: Artificial Intelligence (AI) Wearables**

Tuesday, September 24th at 2:00 pm

Artificial intelligence and smart glasses are the latest buzzwords, but how can they fit into your daily life? Join the discussion to explore how wearables with AI can give information about the world around you, plus get tips on what to watch out for when using these new tools.

Sign up to join at [**Tech It Out | Hadley Discussion Group for the Visually Impaired (hadleyhelps.org)**](https://hadleyhelps.org/discussion-groups/tech-it-out).

###

**Spotting Scams and Staying Safe**

Thursday, September 26th from 11:30 am to 1:00 pm

[**Glenarden**](https://www.pgcmls.info/event/11010295#branch) Library

8724 Glenarden Parkway, Glenarden, *Small Meeting Room*

Presented by AARP

Have you ever been approached with a fraudulent offer or been a victim of identity theft? These days, scammers are sophisticated. And separating the real from the phony can be tough—especially when emotions are running high. Join a free event to take a look into the latest scams, how to avoid them, and what to do if you’ve been targeted.

They will explore:

* Common scams, and how to spot and avoid them
* Tactics scammers use to target individuals
* What to do if you’re asked for personal information
* Resources to help protect yourself and your family

###

**Accessible Board Games Meet-up**

Thursday, September 26th from 5:00 to 7:00 pm

Martin Luther King Jr. Memorial Library

901 G Street, NW, Center for Accessibility, 2nd Floor

Accessible Board Game Afternoons occur on the 4th Thursday of every month and is for all Adults!

Enjoy playing games such as Scrabble, Monopoly, Uno, Chess, and more!

Boards and cards are tactile and include braille labelling. Everyone is welcome to join.

###

**6th Annual Janet Morrison Memorial Low Vision Symposium and Device Expo (Virtual Event)**  
**Saturday, September 28th from 12:00 pm to 1:00 pm**

Tune in to a virtual conference and hear from different low-vision aid and device vendors who will demonstrate their products and applications. Each person's vision is different, so this is a great chance to learn about the various aids that may be useful for you! POB's Low Vision Resource Center will also attend to demonstrate what we can do to help. This program is presented in partnership with Washington National Eye Center.  
To RSVP, call Tara at **(202) 234-1010, ext. 233**, or email [**taziz@youreyes.org**](https://youreyes.us14.list-manage.com/track/click?u=939b8acf4b5eb247b7120bcd9&id=c5c2551a1d&e=59825d4dc8).  
###

**Cantaré, Mucha Música!**

**Saturday, September 28th from 2:30 to 3:30 pm**

[**Damascus Library**](https://mcpl.libnet.info/event/11009021#branch)

9701 Main Street, Damascus

In honor of Hispanic Heritage Month, join an exciting musical performance by dynamic duo Cantaré! All ages, no registration required.

Cantaré introduces audiences to the beautiful songs and rhythms of Latin America in an exciting interactive performance. Drawing from the musical heritage of the Caribbean, Central and South America, Cantaré performs songs in Spanish and Portuguese, while sharing the music’s cultural and historical background.

You'll learn about the history of Latin America and the different cultures that shaped their music – Native American, European and African - while becoming familiar with the languages, rhythms and musical instruments from the different countries.

**Questions about this program?**Contact the Damascus branch at 240-773-9444.

###

**Kensington Park No Pressure Audio Book Club - Virtual**

**Monday, September 30 from 6:30 to 7:30pm**

[**Virtual Branch**](https://mcpl.libnet.info/event/10781897#branch)

Audiobook lovers, drop in for an informal and wide-ranging discussion without the pressure of reading an assigned title. All readers are welcome whether you read with ears or eyes.

Audiobook lovers, drop in for an informal and wide-ranging discussion without the pressure of reading an assigned title. All readers are welcome whether you read with your ears or eyes.  Tell us about a book title that you really enjoyed.

Join Zoom [**https://us06web.zoom.us/j/85480395484**](https://us06web.zoom.us/j/85480395484)

**Or Dial In**: 301 715 8592; **Meeting ID: 854 8039 5484**

**For security reasons, this program session may be locked 10 minutes after it begins. Please log in promptly.**

###

**Fairfax County Library All Access Book Club:** [**The Thursday Murder Club**](https://fcplcat.fairfaxcounty.gov/search/searchresults.aspx?ctx=1.1033.0.0.1&type=Browse&term=The%20Thursday%20Murder%20Club&by=TI&sort=RELEVANCE&limit=TOM=*&query=MTE=%27374036%27&page=0&searchid=0) **by Richard Osman**

Thursday, October 3rd at 11:00 am

The All Access Book Club meets on the first Thursday of each month at 11:00 a.m. via free conference call.

To join the event:

* Call **703-324-1800**or toll-free number **1-877-862-8112**
* At the prompt, enter the code **389887**

For more information, contact Access Services Library at 703-324-8380 or [**email**](mailto:libas@fairfaxcounty.gov).

###

**Alexandria Low Vision Resource Group: Low Vision Technology Demo**

Friday, October 11th from 1:00 to 2:30 pm

[**Charles E. Beatley Jr. Central Library**](https://alexlibraryva.org/event/8886638#branch)

5005 Duke Street, Alexandria, Large Meeting Room

Join to experience a demonstration of low vision technology.

###