

12061 Tech Road, Silver Spring, Maryland 20904 – 301-681-6636

[**https://washear.org/listener-newsletters**](https://washear.org/listener-newsletters)

May 8, 2025

Dear Listeners,

Happy Mothers’ Day to all the mothers and their families. May is also Mental Health Awareness Month and there are several related items below, including the new FFB Mental Health Resource Center [**here**](#FFBCenter).

Cheers,

Sylvia

Here are the links to all the items below:

* [**Accessibility Tips for Travelers with Vision Loss**](#Tips)
* [**FFB Introduces Their Mental Health Resource Center**](#FFBCenter)
* [**The Americans with Disabilities Act (ADA) Impact Survey: 2025**](#Survey)
* [**Beginner Braille is Back at DC Library**](#Braille)
* **[Theater Update](#Theater)**
* **[Calendar](#Calendar)**
  + **[Replay POB Events](#Replay)**
  + **[TUG Meeting: Resources for Tech News, Live Assistance](#TUG)**
  + [**iBUG Café**](#iBUG)
  + **[ACBVA's May Virtual Meeting - Discover Remarkable Blind Individuals from the Past](#ACBVA)**
  + [**Low Vision Support Group - Healthy Vision Month (Virtual Event)**](#Vision)
  + **[Hadley Writers’ Circle – Writing Prompts](#Writers)**
  + [**ACBVA Virtual Zoom Meeting**](#ACBVA2)
  + **[Stargardt's Network - What is Your Story? (Virtual Event)](#Star)**
  + [**ACBVA Online School for the Blind First Meeting**](#School)
  + [**Hands-On Workshop with Blind Industries and Services of Maryland (BISM)**](#BISM)
  + **[Hadley Crafting Circle - Springtime Projects](#Craft)**
  + [**Vision Resource Group - Ray-Ban Meta Smart Glasses Demonstration**](#Meta)
  + **[FFB Mental Health Webinar](#FFBWeb)**
  + **[FFB DC Metro Vision Walk](#Walk)**
  + [**Tech Talk Tuesdays - Vision-Friendly Lighting (Virtual Event)**](#Talk)
  + **[Hadley Resource Roundtable - Tools for Reading and Writing After Vision Loss](#Tools)**
  + [**Low Vision Town Hall (Virtual Event) - Emotional Health with Low Vision**](#Hall)
  + **[FCC Older Americans Month Webinar](#FCC)**
  + **[Accessible Board and Card Game Night](#Game)**
  + [**ACBVA's Virtual Book Group Meeting**](#ACBVABook)
  + **[Jazz In The Garden: Lao Tizer Band](#Jazz)**
  + [**Section 508 Best Practices Webinar: The NPS.gov Media Player: An Accessible Option for All Government**](#NPS)
  + **[NFB CENA Access Boutique Series: Indoor Navigation Software Boutique](#NFB)**
  + **[Hadley Tech It Out Discussion Group - Tech for Tracking Your Health](#Tech)**
  + **[Hadley What's Cooking? Discussion Group - Cooking from Scratch vs. Prepared Ingredients](#Cook)**
  + [**iPhone Vision Accessibility Demonstration**](#iPhone)
  + **[The Fairfax County All Access Book Club – Dial A for Aunties](#Aunt)**

###

**ACCESSIBILITY TIPS FOR TRAVELERS WITH VISION LOSS**

From Ophthalmic Edge

Embarking on a trip with vision loss is a challenge. Awareness and planning will serve to elevate your confidence, comfort and safety. Start at the link below with a review of some of the travel advice and accommodations shared by Ophthalmic Edge**.**

[**Accessibility Tips for Travelers with Vision Loss - OE Patients**](https://oepatients.org/accessibility-tips-for-travelers-with-vision-loss/?utm_source=Newsletter&utm_medium=email&utm_content=Monthly%20Roundup&utm_campaign=Monthly%20Roundup%20%7C%20April%202024)**.**

###

**FFB INTRODUCES THEIR MENTAL HEALTH RESOURCE CENTER**

In honor of Mental Health Awareness Month this May, the Foundation Fighting Blindness introduced their new [**Mental Health Resource Center**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh77U-2B1sMyWfQPoEWmxnerFYKA6aQdG3abzSyrcmbj2pMfiUVFOhOx4dxuio-2BknA1XZhG8Lo4xwUao5vC8lEsUSzBKH2E-2Fb6PH-2Ffx9AASMKFdM-3DLLp__Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BLOLiapIu933qzRQyesMOrzwNkKOgUhCaAc7wEaLHPRs-2F1uPjaQUDyKTmHm7HlRoYzjq0Y72qPKAMMcpBSj6sSBY3FlSrIOyA9mziMEr1cC37ONXMhmnbopEc4f9LDm3k4-3D), now available on their website. This center offers tools, resources, and connections to help individuals and families manage the unique emotional complexities associated with vision loss. It was developed in [**partnership with Alma**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6DSh0m5ejVFlHKa2RQzxkepisyS3-2FwxowSdrAHafP7tBEPNh5K6UQQzdDt6Q-2BLMsgXHnws8eMhtXzldwsrOwchrhU-2FFZPbb1ATPX0ADt9GIjPbP77Rh8Y09qBOVsl4rqclMPCmupgIRN8eSAR0esilENoCJ1HQNYCb5dUZrCCq3A-3D-3DnmQJ_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BLffrfXCCV891wL3K0h8FGPHkDlHhe0hd9UuwcFggSHict1pDitgQfIHhPOKJwJh49QrrXN-2Fzi2vSXthpoHSKSdTHd7A8jxr2f5pqOTiMoj-2FnkCo6aSN2e-2BlnReZah79lk-3D), a network of 25,000 mental health professionals dedicated to simplifying access to high-quality, affordable mental healthcare.

Key features include:

* A [**curated directory of Alma therapists**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh74cGaTOURDQl-2BYAI9NnfaUVcHqSnwTUFbR-2BSbyBgAZcZ3s0lplq1MRqiECUBPEqmpG9AP9QDU5D1zt3O704RpnyszKP0l440-2BaMAsrJuuaoGYyFfygWgjrNMLSpgtcJqbkUlP_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BKIaaaFQr-2BnR4iIuCL-2BfQ9HJVbAoaKtI6S-2FPGa-2FmPbr0AZ0y-2FZLl-2FHPjdumvPv5cNYW4MPfkc80JlQFj0YWELjsyixBUTNhEp64ofBbf7ayGbQpvCr9JG0WdOlHgHunNH4-3D) who have completed the specialized blind and low vision training.
* [**Personal stories**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh7GOzYPfd3EtwDylayoSSQ9OnBV40YjADuVFYlgrz4KqCtmxutv0m0FWzCHCjORh90sXTVHmaXmSFcXZtH-2FG-2Bg15gQGSAvAMJw7eVOimbTe1A-3Dtb7b_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BLmabQzk4tFPxMUiDZJOgrn9kLBoDxPy-2BVGjA8KUVaZzXqy1ZgchGBi9wKlqIoPe-2B1hNJjq7PVXGKmcmZFnu-2FhILogMIW0l8NEI-2BbDmHGhV9tOs8kHVeSzwUolTmgoZfF4-3D) from community members navigating their own mental health journeys.
* [**Information for caregivers, family members, and clinicians**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh7fbAodXLuHGLOG3GQCtdA-2FLg2gOQ7xFr7iF9k1Yjhk6Pw9WlIEtwDMOiyYX9dZSebjUrRSdSW39yzq8gc1nZFW4vIWHVyZE4joHvGrsguvjXEhFA27THe3xi-2BgJlNy8myx4g5_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BLGgWcw0QXKpAlx0n5RtpfZtzq4cWFROiH8kIfiF04rZ8Pma4h9zdKJb1vDZshzqg3P9YXGkU2RAz4jOC0xWrNOdyRCQteSU1Pd7ChDVl-2BnEY8xBXorw56U-2BwUXo8qzU6s-3D) supporting someone with vision loss.
* [**Trusted organizations and programs**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh7glLHGGGMca50IrByQBQP1pRTGekgxlC2ou4MxTGJjU32js8aMK3SPDD38597yg2yrTH8fWfBS2GfAmpfxVrvnTUYtFoK92wyZWWIKa6pdyU-3DrsFY_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BINJSo-2BCSb-2FO1Hj9eaqj2Ekg51Ecjz8ptu0CQHmQXs1qdXqIpdCbHMjfTioVXaTw-2BRVbb7orev6BIsVq8TBAaSkRWi-2FUmuSMjo8cOboVQTXfgnZwghRSi-2FLD6cxa8DPmKM-3D) aligned with their mission to provide comprehensive emotional and mental health support.
* [**Downloadable tools and resources**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh7tiSJpsw14-2Bgm0mO4WyskP72I0SUknvFU3mrZd4vaOgCJP8eH0mLzbGwyL-2B-2BUtDwUmU2kELDNaQjkHoaZje0hwG0uqSpGSFtg25sm4Z-2BWQsYr3lKj73qlo1UpQvpmpWpQtyGq_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BLTnT6zy2oxkIR63JeW9NYRVO6mxLKE3tbl5OqnE0-2FjR80EOi5cxh7jMLs5qpOJklNODU-2FxvToEa7Mc8kfo-2B4cbYsnJWTi8haEoMYXxg3RGZMYH5-2FwOuLBQwQtsGQWXrSA-3D) for managing vision-related emotional health.

Additionally, guidance from the [**Mental Health Advisory Council**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM6gFwRmI1BPb8UBQ26ZrLh7xISFKciqdbb5oabSk0C2ksLLfSexaj6sYlXaHR9LKaOg8ooMAhjT2fU-2FEqD-2B0EDRHEk225GIorHLp4TreOhXWrvuXRL5oaGszXqUewOmYpAgPbVHgTK0aiGEnubHSSpso6if_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPg2yh3LijL-2Bu7NRGRsz9Md51I8Fr-2BFyaiAJ5Fbcp3FFALTptcNxP86yuS2wOZ8tDbXZ2UpBdJhaj0OKpDbAeQP7iGWwwRLukWaPsxwZG9b-2BLVw8oXhEiAEm-2FChb2e6kiGuKG7S-2FALuxxDHBnriuOJvLu3xfY9fyz56t98I-2F-2B5JqqgjjCej3YryAUoE8cCghQLC2C-2B-2BCRwwfGuQHw6k98xshPd-2BPNg4V1gQzM2d08of8E-3D), including profiles of council members who are dedicated to supporting our community, will be available to further enhance the resources provided.

###

**THE AMERICANS WITH DISABILITIES ACT (ADA) IMPACT SURVEY:2025**

Did you know that this July 26th marks the 35th anniversary of the Americans with Disabilities Act (ADA) of 1990—a landmark civil rights law that continues to shape access and equity in everyday life?

While progress has been made, the need to understand the ADA's ongoing impact—and the barriers that still exist— is more urgent than ever.

The Mid-Atlantic ADA Center invites you to take part in a brief, anonymous survey, a product of the [**Southwest ADA Center**](https://7azbrycab.cc.rs6.net/tn.jsp?f=001fVWk_fTorvmV1dEqwxIO71nA1GB-o1OSlkapdOwlBh9qPf_322NK9be_khn7wguXzaKv8bJmHvpTMON62-AtL3TCJoINELSsf3aU4YyzJam_HBWG2BmPlPRH3x2SzIlSvkiaXLLP7TvJ1qxHCg_bluSTB-_k78IT&c=dAgtf7JM7QJunDU8_Hw8VejWrWmokHrrd4f6qi4N4H8a5rNF-E1IGA==&ch=vJWy5xf8pOoXfHRa18aC7jL7pEyfpKf-uyzNWg9wsiBzUfUoGyKFkQ==), to help assess how far we've come and how far we still need to go. The survey results will be used to inform and guide technical assistance and policy recommendations related to the ADA.

Participate in the survey at [**The Americans with Disabilities Act (ADA) Impact Survey: 2025**](https://survey.alchemer.com/s3/8264936/ADA-Impact-Survey-2025).

**﻿Survey closes on May 31, 2025.**

###

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| **BEGINNER BRAILLE IS BACK AT DC LIBRARY** Saturdays from 10:00 am to 12:00 pm  MLK Library Center for Accessibility, 901 G Street, NW, Room 205-B  Whether you're brand new to classes, or picking up from April's lessons, join instructor Denise Hamilton every Saturday through August.    This is a beginner level braille class that will take you through knowing all of the braille alphabet. You will learn to work with a slate and stylus and how to use a Perkins brailler. New students can call 202-727-2142 or email [**DCPLaccess@dc.gov**](mailto:DCPLaccess@dc.gov) to register.  ### |

**THEATER UPDATE**

The following performances will be described by an 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 10, Branch 11.

**Kimberly Akimbo**

National Theater – 1-800-514-3849

Described Saturday, May 24th at 2:00 pm and Sunday, May 25th at 7:30 pm

**We Are Gathered**

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

Described Saturday, May 31st at 2:00 pm

**Senior Class**

Olney Theatre Center – Roberts Mainstage 301-924-3400

Described Wednesday, June 4th at 7:30 pm

**King James**

Round House Theatre Bethesda - 240-644-1100

**Described Saturday, June 7th at 2:00 pm**

**Frankenstein**

Shakespeare: Klein Theatre: 202-547-1122

Described Saturday, June 14th at 2:00 pm

###

**CALENDAR**

**Replay POB Events**

**Listen and watch replays of recent webinars and other POB events at**[**www.youreyes.org/replays**](http://www.youreyes.org/replays)

###

**TUG Meeting: Resources for Tech News, Live Assistance**

Saturday, May 10th from 10:00 to 11:00 am

The Technology User Group (TUG) will highlight resources for technology news and information and where to find live, human assistance.  They will focus on all aspects of tech: getting assistance for the newly blind, technical assistance for products, resources for finding assistive technology tools, as well as examples of what assistive technology products can do and updates on what's happening in the world of assistive technology.  In addition, TUG turns 18!  Come and learn the history of the group and hear about some of their milestones along the way.

Who should attend?

* Assistive technology enthusiasts.
* Caregivers and service providers for the blind in Maryland.
* Individuals with print disabilities.
* Newly blind patrons.

Call in Number:

1-301-715-8592

Meeting ID: 656 203 7293​#

One tap mobile  
[**+13017158592,,6562037293#**](https://links-1.govdelivery.com/CL0/tel:%2B13017158592,,6562037293%23/1/0100019658b94d44-54461b87-c344-4dd7-b603-fdb7db8172fc-000000/aU2seSF2x9b-m0fHLGx918x4o98XbLLWx5bb1Xz6FKo=401)

Webcast:

[**https://marylandlibraries.zoom.us/j/6562037293?omn=94648805523**](https://links-1.govdelivery.com/CL0/https:%2F%2Fmarylandlibraries.zoom.us%2Fj%2F6562037293%3Fomn=94648805523%26utm_medium=email%26utm_source=govdelivery/1/0100019658b94d44-54461b87-c344-4dd7-b603-fdb7db8172fc-000000/eSW02-kgj2O8CKRhWSUcCCW7lKJGjWyLdKQWMPzT-m4=401)

###

**iBUG Café**

Saturday, May 10th from 5:00 to 6:30 pm

(meeting on Saturday due to Mother's Day on Sunday)

IBug Cafe facilitator, Sree Roy

The iBugCafe will present on the Apple Watch. If you are considering purchasing one or seeking a deeper understanding of this widely popular device, this presentation is for you.

The presentation will cover these and other topics:

\* Explanation of the watch

\* Types of watches

\* Setup

\* Day-to-day usage

\* Charging

Join the Zoom meeting:  
[**https://zoom.us/j/7428486329?pwd=M003RmZaa3pTbWRlZ00xbSs4YTlmUT09**](https://zoom.us/j/7428486329?pwd=M003RmZaa3pTbWRlZ00xbSs4YTlmUT09)

One tap mobile from a smartphone: +13462487799,,7428486329#,,,,\*369978# US  
  
Dial from a phone: +1 346 248 7799 US  
Meeting ID: 742 848 6329, Password: 369978

###

**ACBVA's May Virtual Meeting - Discover Remarkable Blind Individuals from the Past**  
Monday, May 12th from 7:00 to 8:30 pm

Have you ever wondered what life was like for blind individuals living in the U.S. more than 90 years ago? Join a special presentation by Peggy Chong, also known as *The Blind History Lady*, at the ACB of Virginia's May program meeting.

Peggy has uncovered a rich collection of stories while researching the

Harmon Foundation Award records housed at the Library of Congress since 1932. Through her discoveries, she brings to light the inspiring lives of blind Americans from decades past.

Come hear about figures like Dan Mahoney—a man who successfully hid his blindness for nearly 10 years—and many others whose stories of resilience and achievement will leave you inspired.

**Join Zoom Meeting:**

[**Click here to join**](https://us02web.zoom.us/j/86481244260?pwd=ekgxYldXMnlqYk16MFlua0lIQnozZz09)

**Meeting ID:** 864 8124 4260  
**Passcode:** 111222

**One-Tap Mobile:**+13017158592,,86481244260#,,,,\*111222# US (Washington, DC)

**Dial-In Option:**+1 301 715 8592 US (Washington, DC)

###

**Low Vision Support Group - Healthy Vision Month (Virtual Event)**  
Tuesday, May 13th from 11:30 am to 12:30 pm  
Join Gwen Jeong, M.D., Washington National Eye Center Ophthalmology Resident, to learn how macular degeneration, cataracts, diabetic retinopathy, and glaucoma impact millions in the U.S. Healthy habits and regular eye exams help protect your vision.  
Hosted by Washington National Eye Center.

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

###

**Hadley Writers’ Circle – Writing Prompts**

Tuesday, May 13th at 2:00 pm

Stuck? Writer’s block? A prompt can pull you out of the weeds and spark your creativity. Join the discussion group to learn how different types of prompts can inspire us to get into the flow. Writers of all abilities are encouraged to participate in discussion of all genres of writing, including journaling, storytelling, memoirs, and much more.

Sign up to join at [**Writers' Circle | Hadley Discussion Group for the Visually Impaired**](https://hadleyhelps.org/discussion-groups/writers-circle)**.**

###

**ACBVA Virtual Zoom Meeting**

Tuesday, May 13th at 3:00 pm

Looking for a place to share experiences, learn new tips, and connect with others who understand the journey of vision loss? Join the America Council of the Blind of Virginia for a casual and engaging virtual Zoom meeting where they will discuss:

* Tips & Tricks for navigating daily life with vision loss
* Shared Experiences from others who are blind or visually impaired
* Resources & Advice to make life easier
* Friendship & Connection—get to know others in a relaxed, welcoming space

Whether you're newly experiencing vision loss or have been part of the community for years, they welcome you to join an insightful and friendly conversation. Bring your stories, your questions, and an open heart!

Hosted by: Theresa Breeden

Join Zoom Meeting

[**https://us02web.zoom.us/j/86525947851?pwd=KMihMWxk5KQjFaE9n72u1PoC1alN5N.1**](https://us02web.zoom.us/j/86525947851?pwd=KMihMWxk5KQjFaE9n72u1PoC1alN5N.1)

Meeting ID: 865 2594 7851

Passcode: 248996

###

**Stargardt's Network - What is Your Story? (Virtual Event)**  
Tuesday, May 13th from 6:00 to 7:00 pm  
Join to share and learn from each other's stories and experiences - let's connect and grow together! **To register,** call (301) 951-4444**.** Hosted by Prevention of Blindness Society.

###

**ACBVA Online School for the Blind First Meeting**

Tuesday, May 13th at 8:00 pm

From Theresa Breeden

This is the first step in making the school a possibility with the hope that many take advantage of others’ experience as they worked and are working toward independence.

The meeting is for both those who want to volunteer their time to help train. It will also be open to those who want to take advantage of the training that will be made possible.  
  
They are planning to talk about schedules and training topics. There will also be a question and answer session and they encourage everyone to participate.  
  
DISCLOSURE: The online school for the blind is not an accredited school for the blind and has not been registered as a school. This is a group of individuals willing to volunteer their time based on their personal experience and they are doing it with the hope to help other visually-impaired persons gain their independence through training on blind technology and other services.  
  
Join Zoom Meeting  
  
[**https://us06web.zoom.us/j/88360752636**](https://us06web.zoom.us/j/88360752636)  
  
Meeting ID: 883 6075 2636  
  
Find your local number: [**https://us06web.zoom.us/u/kRQUZXMJz**](https://us06web.zoom.us/u/kRQUZXMJz)    
###

**Hands-On Workshop with Blind Industries and Services of Maryland (BISM)**  
Wednesday, May 14th from 1:00 to 3:30 pm  
Leisure World Lions Group  
Leisure World Clubhouse I Maryland Room  
3300 N Leisure World Blvd., Silver Spring  
Join BISM for a hands-on workshop featuring interactive stations on labeling, braille, money identification, phone use, kitchen skills, and safe travel for people with low vision or blindness.  
**To RSVP**, call Larry at(908) 770-9111.###

**Hadley Crafting Circle - Springtime Projects**

Wednesday, May 14th at 5:00 pm

May is a time for blossoms and birdhouses, planting and prepping. What crafts and decorative items do you like to create or build to brighten up the home and garden for spring?

Sign up to join at [**Crafting Circle | Hadley Discussion Group for the Visually Impaired**](https://hadleyhelps.org/discussion-groups/crafting-circle).

###

**Vision Resource Group - Ray-Ban Meta Smart Glasses Demonstration**  
Thursday, May 15th from 11:00 am to 12:00 pm  
Friendship Heights Village Center  
4433 South Park Avenue, Chevy Chase  
Join Sandy Neuzilas she moderates a dynamic demonstration of Ray-Ban Meta smart glasses, showcased by low-vision community members Ann Koch and Janice Samuel. Discover how this innovative technology can assist with reading signs, navigating spaces, shopping, and more. Come and see how smart glasses are enhancing everyday independence!   
**To RSVP**, call (301) 656-2797.###

**FFB Mental Health Webinar**

Saturday, May 17th at 12:00 Noon

Join the Foundation Fighting Blindness (FFB) quarterly vision webinar focused on mental health, coinciding with Mental Health Awareness Month this May. Navigating vision loss can deeply affect mental health, but finding tailored resources is often difficult, so they're here to support you.

They will cover:

* The emotional impact of vision loss
* Coping strategies and resilience
* Mental health resources
* Building community support

This is a valuable opportunity to connect, learn, and find support.

**Registration Page:**

[[**Quarterly Vision Webinar-Mental Health**](https://u35158275.ct.sendgrid.net/ls/click?upn=u001.TwpWPek5144WRusuAV3MCTdZC3CLpGZUbwF8eVUqbM5kJ0p3uSBqBAikYDlVywGXK3-2F-2B-2FyqFmVKwtOi1PEASoMtAnWy1TyED4KCtIPSKnJQ5QJdeqc54wnSli0ktZz2xobtu3-2FnbTxkATSjIWM8K5Jmzafh6onvozStnaQpJWxJn-2B7Y9ZgWIhI0kxT1G-2FV2trh01oTEC8TPY3IyLyxT5CPpoTpuXkqNDpC3ALq0NnxU-3DE2Jq_Gm0wzphATd0uQbd-2FHpE-2Bv2F-2Bbf-2FGTiacR0j91njw5-2FjfRZxe-2BoZli-2FhmBhdBrzrPopBbkowQ2JxxZVrvxYo-2FOLkgeNNESkQ4z9uHwY9XcqziyBD3BQ0zP7BNrLAV-2B5ZisD9UhcYe4xKsBHigzevJ657-2FOpKuNtxjsradsuMDXf8-2BXApFZg-2BNCn-2BZsbYSYUK746Qxp-2FO63JT4Q1B8A9YNMzHUDoBaJzOkEtQglYEdiWlTaLDkC3R4KWBjrETbXIX-2F4O2j3j71fizQrCztRJMGPJdTY1J8ptt8Hv7jPEN43z4-3D)]

For more information, please reach out to Bailey Bostelman at[**BBostelman@FightingBlindness.org.**](mailto:BBostelman@FightingBlindness.org)

###

**FFB DC Metro Vision Walk**

Saturday, May 18th at 10:00 am

Yards Park Washington, D.C.

Join your Vision Walk community! Together, we step closer to fighting blinding diseases.

For more information, contact Lauren Meltzer at 443-539-8547 or [**LMeltzer@FightingBlindness.org**](mailto:LMeltzer@FightingBlindness.org)

###

**Tech Talk Tuesdays - Vision-Friendly Lighting (Virtual Event)**  
Tuesday, May 20th from 1:00 to 2:00 pm  
Join the Prevention of Blindness Society of Metropolitan Washington to explore lighting solutions for low vision, focusing on types of lights, brightness levels, and features that support comfort, clarity, and eye health.  
**To register**, call (301) 951-4444.  
###

**Hadley Resource Roundtable - Tools for Reading and Writing After Vision Loss**

Tuesday, May 20th at 2:00 pm

A vision change can make reading and writing more challenging. Join this Hadley discussion group and share tips and ideas to help you continue to read and write with vision loss.

Sign up to join at [**Resource Roundtable | Hadley Discussion Group for the Visually Impaired**](https://hadleyhelps.org/discussion-groups/resource-roundtable).

###

**Low Vision Town Hall (Virtual Event) - Emotional Health with Low Vision**  
Wednesday, May 21st from 11:00 am to 12:00 pm  
Join the Prevention of Blindness Society of Metropolitan Washington for a conversation with Nina Glasner, LCSW-C, a low-vision mental health therapist, on the importance of caring for your mental health when living with vision impairment. They will explore common emotional challenges, practical coping strategies, and how to navigate everyday situations. Bring your questions and be part of the discussion. **To register**, call (301) 951-4444**.**   
###

**FCC Older Americans Month Webinar**

Thursday, May 22nd from 2:00 to 3:00 pm

In recognition of Older Americans Month, the Federal Communications Commission’s Consumer and Governmental Affairs Bureau (CGB) will host a webinar highlighting how staying connected can empower Older Americans to flip the script on aging.

Each year during the month of May, the Administration for Community Living announces the theme for Older Americans Month. The theme for 2025 is **“Flip the Script on Aging”** which focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

During the webinar, attendees will be provided with information about:

* Connectivity as a tool to prevent social isolation
* Telehealth resources

To register, use this link:  [**https://fccgov.webex.com/weblink/register/re2fefa77ba52760fc1d3e250bfa99245**](https://urldefense.proofpoint.com/v2/url?u=https-3A__fccgov.webex.com_weblink_register_re2fefa77ba52760fc1d3e250bfa99245&d=DwMFAg&c=y0h0omCe0jAUGr4gAQ02Fw&r=DmvsvO94LTTX-Yqr4e8BJq9kq8pUA8ZrNrYQLwHRakg&m=GB5YWquOPpM5kIxQEBH0Zwa-MUS8Ujmi0AbJCuPeYsNBq5wNuhVNkHKL_zes33Eu&s=2GlbMJqGZz_2t2UKhgcd95IlrICScBr_BzyOs5qDwvY&e=)**.**

After registering, you will receive a confirmation email containing information about joining the webinar. The presentation slide deck will be shared with attendees after the webinar.

ASL interpreters and captioning will be provided.  Other reasonable accommodations for people with disabilities are available upon request. Requesters of such accommodations may contact the Consumer and Governmental Affairs Bureau at [**fcc504@fcc.gov**](mailto:fcc504@fcc.gov) or (202) 418-0530. Such requests should include a detailed description of the accommodation needed and how the requester can be contacted. Requests should be made as early as possible.

Questions about the webinar or to schedule a meeting to discuss how to collaborate with the FCC on providing information to your community can be emailed to [**outreach@fcc.gov**](mailto:outreach@fcc.gov).

###

**Accessible Board and Card Game Night**

|  |
| --- |
| Thursday, May 22nd at 4:00 pm MLK Library Center for Accessibility 901 G Street, NW, Room 205-H  Play accessible Scrabble, Monopoly, Bingo, Uno, and more! Boards and cards are tactile and include braille and large print labeling. All are welcome! |

###

**ACBVA's Virtual Book Group Meeting**

Thursday, May 22nd at 7:00 pm

Share the books you've been reading and learn what others are reading.

All are welcome.

You do not need to be a member to attend.

You do not need to have a book on which to report.

As always, rather than asking everyone to read the same book, attendees are asked to report on a book or books they have read.

ACBVA's book group meetings are not only a great way to learn about books you may not be aware of, but you may also learn about sources of audio books and technology others use to read.

And, they realize the time and date are not convenient for everyone, so, following the meeting, they plan to distribute information about

 the books attendees review.

Join Zoom Meeting

[**https://us02web.zoom.us/j/83807277786?pwd=NHhqckpZRHB0dTRsSEoyNzM5Z3B5dz09**](https://us02web.zoom.us/j/83807277786?pwd=NHhqckpZRHB0dTRsSEoyNzM5Z3B5dz09)

Meeting ID: 838 0727 7786

Passcode: 669550

One tap mobile

+13017158592,,83807277786#,,,,\*669550# US (Washington DC)

+13052241968,,83807277786#,,,,\*669550# US

or Dial by your location

        +1 301 715 8592 US (Washington DC)

        +1 305 224 1968 US

        +1 309 205 3325 US

Meeting ID: 838 0727 7786

Passcode: 669550

Find your local number: [**https://us02web.zoom.us/u/**](https://us02web.zoom.us/u/)

###

**Jazz In The Garden: Lao Tizer Band**

Friday, May 23rd from 6:00 to 8:30 pm

National Gallery of Art Sculpture Garden

7th Street and Constitution Ave., NW

Jazz R&B fusion

Kick off the season with the Lao Tizer Band, an Oasis Jazz Award nominee for Jazz Group of the Year.

Registration Required at [**Jazz in the Garden**](https://www.nga.gov/calendar/concerts/jazz-in-the-garden.html) beginning May 12th at 10:00 am.

They have a free lottery system so that anyone interested in attending Jazz in the Garden has an equal chance to participate.

**Lottery Dates**

*Lottery opens: Monday, May 12, 10:00 a.m.  
Lottery closes: Friday, May 16, noon  
Results announced: Monday, May 19, 10:00 a.m.*

###

**Section 508 Best Practices Webinar: The NPS.gov Media Player: An Accessible Option for All Government**

Tuesday, May 27th from 1:00 – 2:30 pm

The National Park Service (NPS) within the Department of the Interior (DOI) has developed an open-source media player which conforms with the Revised Section 508 Standard for user controls by ensuring that the caption control (CC) and audio description control (AD) buttons are visible alongside the other user controls. Over several years, the National Park Service has customized a media player which aims to be as accessible as possible.

For more details or to register, visit the [**Great Lakes ADA Center's webinar webpage**](https://links-1.govdelivery.com/CL0/https:%2F%2Fwww.accessibilityonline.org%2Fcioc-508%2Fsession%3Fid=111169/1/01000196aaf1c72f-0a187edc-1e9a-4d0d-964b-9d0c07955398-000000/QtfPaB2VXivV5N2J2GJOp3ndFGZwT4lplXDQS8g15Co=404). Questions for the presenters can be submitted during the registration process.

Learn more at [**The NPS.gov Media Player: An Accessible Option for All Government**](https://www.accessibilityonline.org/cioc-508/session?id=111169).

###

**NFB CENA Access Boutique Series: Indoor Navigation Software Boutique**

Tuesday, May 27th from 2:00 to 3:30 pm

The indoor Navigation technology field has expanded greatly in recent years. With the advancement of beacon, laser mapping, and smart phone technology, finding your way around a large and complex indoor space like an airport or office building as a blind person has become much easier. They will cover:

* Smart phone applications
* The future of indoor navigation

Register at [**https://nfb.org/programs-services/center-excellence-nonvisual-access/events/accessibility-boutique-reg**](https://nfb.org/programs-services/center-excellence-nonvisual-access/events/accessibility-boutique-reg).

###

**Hadley Tech It Out Discussion Group - Tech for Tracking Your Health**

Tuesday, May 27th at 2:00 pm

Join as they discuss talking products and smartphone apps that can help you access important information about your health.

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

###

**Hadley What's Cooking? Discussion Group - Cooking from Scratch vs. Prepared Ingredients**

Wednesday, May 28th at 5:00 pm

Do you prefer to cook with fresh ingredients or prepared? Join the chat and share experiences, tips, favorite recipes.

Sign up to join at [**What's Cooking? | Hadley Discussion Group for the Visually Impaired**](https://hadleyhelps.org/discussion-groups/whats-cooking).

###

**iPhone Vision Accessibility Demonstration**  
Wednesday, June 4th from 10:00 to 11:00 am  
Apple Store - Fairfax Corner  
4221 Fairfax Corner East Avenue Fairfax  
Apple experts, known as Geniuses, will guide everyone through the iPhone's vision accessibility and assistive features, including magnification, and text-to-speech. They recommend bringing your iPhone for hands-on training. Space is limited

**To reserve a spot,** call (301) 951-4444.

Sponsored by the Prevention of Blindness Society of Metropolitan Washington.

###

**The Fairfax County All Access Book Club – Dial A For Aunties**

Thursday, June 5th at 11:00 am

For June, they are reading [**Dial A for Aunties**](https://fcplcat.fairfaxcounty.gov/search/title.aspx?ctx=1.1033.0.0.1&pos=3&cn=466895)  by Jesse Q. Sutanto. Join to share your love of books with others in the county! To join the discussion:

* Call 703-324-1800 or 1-877-862-8112 (toll-free)
* Enter the code 389887# when prompted

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

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