



Blindness and Low Vision Support Group: January 21, 2026 Recap

What we Covered:

We began with a focus on support and shared discussion around some of our concerns. A central theme was balance and fall prevention. Participants talked about changes in balance related to macular degeneration, and Annemarie guided the discussion by inviting others to share similar concerns, experiences, and insights.

Participants shared strategies such as yoga, simple ankle mobility exercises, and physical therapy focused on strengthening leg muscles. We also discussed a few fall prevention and balance programs, including those at Age Well Centers.

We spoke about the role of technology and how it is rarely a one-size-fits-all solution. For more information on adaptive technology options, participants were encouraged to refer to the December 2025 support group meeting recap, which includes details about Sterling Adaptives and the technologies they offer.

The conversation then expanded to the importance of connection and wellness, introducing the concept of “forest bathing.” Forest bathing refers to spending mindful time in nature and engaging the senses as a way to support overall wellbeing. Outdoor and

recreation programs such as Environmental Traveling Companions (ETC) and the Bay Area Outreach and Recreation Program (BORP) were mentioned.

Next, our guest speakers Candy and Will presented on ETC, sharing how the program was developed, who it serves, and how to sign up for trips. We also noted that BORP offers a tandem biking program, and SF Achilles provides tandem walking and running opportunities. These programs help create accessible opportunities to engage in outdoor activities that support happiness and wellness.

The meeting concluded with thoughtful reflections from newer members about confidence, resilience, and continuing to live fulfilling and healthy lives while navigating residual vision and adapting strategies along the way.

More information about ETC:

[ETC Website](#)

[Email Address](#)

Next Meeting Information:

Topic: Smartphones and Accessibility Tools (Hybrid) Part 2

Date: Wednesday, February 18th, 2026

Time: 3:30 PM - 5:00 PM PST

Format: In-person meeting with an optional Zoom link to join virtually

[Support Group Website](#)



Smith-Kettlewell Eye Research Insti | Smith-Kettlewell Institute 2318 Fillmore Street | San Francisco, CA
94115 US

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