

# Vision & Hearing Are Critical to Your Independent Lifestyle

» BY JULIE ROSE

If maintaining an independent lifestyle is important to you, it's essential to maintain your vision and hearing.

If you are over 50, having routine vision and hearing exams is imperative. It's recommended to get a baseline eye exam with an ophthalmologist at age 40. Seniors 65 and older should see an ophthalmologist every one to two years.

Adults between age 40 and 60 should get a hearing test with an audiologist every one to three years. Adults 60 and older should get a hearing test annually with an audiologist even if you don't have symptoms. If you notice hearing changes, you should get tested more frequently.

## VISION

Glaucoma and cataracts are the leading vision diseases that affect older adults. Age-related macular degeneration, diabetic retinopathy and eye cancer can also develop in seniors. The American Academy of Ophthalmology provides the following common signs of aging eyes:

- Trouble reading fine print
- Difficulty seeing at night
- Dry eyes
- Objects blending into backgrounds
- Red, swollen eyelids
- Spots or floaters in your vision
- Flashes of light
- Glare sensitivity
- Falls that cause eye injuries
- Poor sleep

If you experience any of the signs above, see your ophthalmologist promptly.

## HEARING

Hearing loss is one of the most common health issues that older adults ignore. Hearing loss can make it difficult to understand conversations and can lead to social isolation.

If you are turning up the volume on your television or radio, asking friends and family members to repeat what they said, or not hearing the doorbell or phone, it's time for a hearing test.



Julie Rose

Hearing aids have come a long way in recent years. If you have moderate to severe hearing loss, they can help you hear sounds you may not have heard before. Hearing aids can:

- Help improve clarity so you communicate more effectively with friends and family
- Enable you to communicate in noisy environments or large groups
- Relieve the strain of hearing
- Reduce tinnitus or ringing in your ears
- Increase your independence

Make sure you are staying on top of your vision and hearing to ensure your independent lifestyle.

*Julie Rose, M.Ed., CDP, CHC, CAPS is CEO of Paladin Life Care providing exceptional care and advocacy for senior clients and those with disabilities in Virginia, Maryland and the District of Columbia.*

# NVSO Elects New Chair, Schedules 2025 Events

The Northern Virginia Senior Olympics (NVSO) committee recently elected Rod Hupp of Falls Church as its 2025 chairman.

Hupp, 72, is a retired IT project manager and an active NVSO participant, having entered 22 events in 2024 and winning many gold and silver medals. He is also a member of the Elks and does Civil War reenactments.

The committee has set 2025 dates for the Olympics as Saturday, Sept. 13, through Sunday, Sept. 30. The ending date could change to accommodate possible new events and the growing participation, Hupp said.

"We set a new record for participation last year at 1,040 and expect to set a new record again," he added.

To participate in NVSO events, adults

must be 50 years old by Dec. 31 and live in one of the sponsoring Northern Virginia jurisdictions. Registration is \$20, is online only and will open July 7. Over 70 indoor and outdoor events will be held, most by gender, some co-ed and in five- and 10-year age groups. Gold, silver and bronze medals are awarded after each event.

The Thomas Jefferson Community Center in Arlington will host opening festivities Sept. 13, followed by track and rowing events. Remaining events will take place during the following two weeks at venues throughout the sponsoring jurisdictions.

## LEARN MORE

» Email [nvso1982@gmail.com](mailto:nvso1982@gmail.com)



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