



## Healthy Aging Month

September is recognized as Healthy Aging Month by the National Institutes of Health. As you age, it is normal to notice changes in your vision. Vision changes can make walking, taking medications, performing household tasks, and driving more difficult.

Some changes are normal, such as needing more light to see well. Many of these changes are often easily corrected. Glasses, contact lenses, and improved lighting may help and enable you to maintain your lifestyle and independence.

But, as you get older, you are at higher risk of developing serious age-related eye diseases and conditions that can lead to vision loss or blindness, such as age-related macular degeneration and glaucoma.

Keep your eyes as healthy as possible by getting regular eye exams so any problems can be spotted early. Early detection and treatment can help save your sight.

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**Prevention of Blindness Society of Metropolitan Washington®**  
**415 2nd Street NE, Suite 200, Washington, DC 20002**

**(202) 234-1010 | [youreyes.org](http://youreyes.org) | Facebook & Instagram: @youreyesdc**

# News & Updates

## Healthy Aging Month

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Asking questions is key to good communication with your eye doctor. Don't wait for the eye doctor to raise a specific question or subject; they may not know it's important to you. Be proactive - here are some questions to ask:

- Am I at higher risk for serious eye diseases?
- What changes can I expect in my vision?
- Will the changes in my vision get worse over time?
- Can the changes in my vision be corrected? If so, how?
- What changes in my vision should I alert you about?
- What can I do to protect my vision?
- Will diet, exercise, or other lifestyle changes help me?
- How often should I have an eye exam?

If you better understand your medical condition, you can help make better treatment, management, and follow-up decisions. If you know what to expect, it may be easier for you to deal with the condition.

For more information, speak to your doctor, or visit the National Eye Institute's website at [www.nei.nih.gov](http://www.nei.nih.gov).

# Resource of the Month

## Smartphone Apps to "See"

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Smartphones have excellent accessibility features pre-installed in their operating systems, such as VoiceOver (Apple iOS) and TalkBack (Android).

However, dozens of great applications are available to enhance how you use your smartphone to interact with the world around you. Some apps use artificial intelligence (AI), and others connect you with a live person. (The [\$] symbol indicates purchase or subscription required.)

- **AIRA [\$]** (Android and iOS) connects you with a trained agent who can visually interpret your surroundings.
- **Be My Eyes** (Android and iOS) connects you with a sighted volunteer who can help you find things and read.
- **OneStep Reader [\$]** (Android and iOS) takes a photo of any text and it will read the text out loud or turn it into Braille that can be read on a refreshable Braille display.
- **Seeing AI** (Android and iOS) uses AI to help you read short text, scan documents, detect light, and more.
- **TapTapSee** (Android and iOS) uses AI to take a picture or video of anything and identify it out loud for you.

To learn more, call the POB Low Vision Resource and Information Hotline at **(301) 951-4444**.

# Calendar of Events

## SEPTEMBER 2022

**TUE  
13**

### **Healthy Aging and Your Eyes**

**11:30 a.m. – 12:30 p.m. • Low Vision Support Group**  
**Join Felix Kung, M.D., Washington National Eye Center Ophthalmology Resident, to about the various aging eye conditions and what you can do. Eye disease risk increases with age - take action! Hosted by Washington National Eye Center.**

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**TUE  
13**

### **Lighting and Magnifier Refresher**

**6 p.m. – 7 p.m. • Stargardt's Network Happy Hour**  
**All are welcome, regardless of eye condition! Hosted by Prevention of Blindness Society**

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**WED  
14**

### **Low Vision Update with Dr. Alibhai**

**1 p.m. - 2 p.m. • Lions Low Vision Support Group**  
**Leisure World Lions are honored to have Dr. Alibhai join the group as he provides an update on vision rehabilitation and low vision in the community. To RSVP, call Larry at (908) 770-9111. Hosted by Leisure World Lions Club. Leisure World of Maryland (Clubhouse II) 3300 N. Leisure World Blvd., Silver Spring, MD**

To register for an event, call (301) 951-4444 at least 24 hours prior to the event.

**TUE  
20**

### **Low Tech, High Impact**

**1 p.m. - 2 p.m. • Tech Talk Tuesdays**

There are thousands of products specifically designed for people with visual impairments, including products that "speak" to you, tactile aids, and large print products. Learn how these "low-tech" products can enhance your ability to live independently, safely, and comfortably.

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**WED  
21**

### **Falls Prevention – Stay Up, Stay Healthy Low Vision Town Hall Meeting**

**11:00 a.m. - 12:30 p.m. • Special Event**

Join **Sara Pappa** from the Northern Virginia Fall Prevention Alliance and **Melanie Hughes** from the Virginia Department for the Blind and Vision Impaired to learn about fall prevention and how you can keep your balance strong. Falls can create many health problems and hazards.

Call (301) 951-4444 to receive Zoom joining information – via computer or phone!

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## **SEPTEMBER 2022** (continued)

**THU  
22**

### **Learn About POB**

**12 p.m. - 1 p.m. • Vision Resource Group**

We are excited to see everyone again! Learn about POB and the community services available!

To RSVP, call (301) 656-2797.

**Friendship Heights Village Center**

**4433 South Park Avenue, Chevy Chase, MD**

## **SAVE THE DATE - OCTOBER 2022**

**SAT  
8**

### **Vision Research and Resources**

**10:30 a.m. • Special Event**

**The Prevention of Blindness Society of Metropolitan Washington (POB) and the Foundation Fighting Blindness DC Metro Chapter** invite you to a unique collaborative event! Learn about vision rehabilitation, area resources, the latest research on retinal diseases, and how both organizations can help you along your vision journey.

To RSVP, call (301) 951-4444.

**Arlington Central Library**

**Barbara Donnellan Auditorium**

**1015 North Quincy Street, Arlington, VA**

# Vision Loss Heroes

## Dame Judi Dench

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By Erika York

Dame Judi Dench is a British actor best known for her roles in Skyfall, Notes on a Scandal, and Shakespeare in Love. In addition to her acting career, she was appointed an Officer of the Order of the British Empire (DBE) in 1988 and a Member of the Order of Companions of Honor (CH) in 1970.

Despite her success in show business, she has not had a life without challenges. Dench has Age-Related Macular Degeneration (AMD) and has been very public about how the diagnosis has affected her life.

Judi has both forms of AMD - wet and dry - one in each eye. In an interview, she said, "I just want to go on being mobile, really, and being able to do things. I'm not going to be beaten by my eyes." The loss of sight can be devastating. However, it's a challenge that can be overcome. Dench adjusted her work style to continue living as normally as possible. Her story is an inspiration to all facing adversity.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to speak with a Low Vision Resource Navigator today!

# Low Vision Resource Center

The Prevention of Blindness Society of Metropolitan Washington Low Vision Resource Center's Bethesda location is open for in-person appointments on Mondays from 11 a.m. – 5 p.m.! Appointments are also available on Thursdays and Fridays 11 a.m. – 5 p.m.

Meet with our Resource Navigators in person to receive expert advice, learn about available resources, and try out different visual aid technologies.

The POB Low Vision Resource and Information Hotline (301- 951-4444) is open Monday through Friday, 11 a.m. – 5 p.m. Call us today!

To also start receiving the digital edition of this newsletter, please send an email to [communications@youreyes.org](mailto:communications@youreyes.org).

FREE MATTER  
For the Blind or  
Handicapped

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