

Hadley Thrive



Thank You
for Helping Hadley Learners Find
New Inspiration After Vision Loss ■

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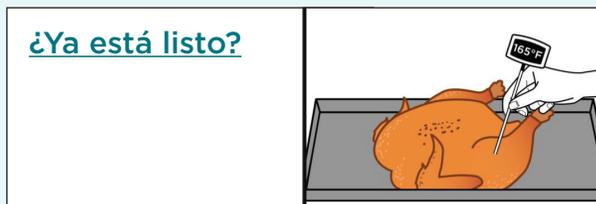
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ON THE COVER: Clockwise from top left: Hadley Learning Expert and Hadley Presents Podcast Host Ricky Enger; Hadley Learners Sandra Browne, Zenobia Silas-Carson, Henry Staub, and Mark Andrews

Expanding Hadley to Wider Audiences: Spanish Workshops Available Now

Hadley has partnered with the National Eye Institute (NEI), part of the National Institutes of Health, to offer our content in Spanish. We're starting with our popular cooking workshops.



This is an important first step in making Hadley programming accessible to a wider audience. Hadley and NEI together will monitor usage of these workshops and expand offerings as appropriate.

The launch series of Spanish language workshops includes Kitchen Safety Basics, Using Sharp Knives, How to Check If Something Is Fully Cooked, Using a Stovetop and Oven, and Pouring Hot and Cold Liquids. When participants register for this Spanish-speaking series, they also gain full access to all of Hadley's existing resources in English. In addition, they will be alerted as more Hadley content or other resources become available in Spanish in the future.

To access these Spanish-speaking workshops, go to <https://hadley.edu/vision-resources/serie-sobre-cocinar> or scan this code.





How to Explain Hadley to Others

haven't already. We encourage you to be an ambassador for Hadley and help educate others about the many ways we are here to help.

However, Hadley is a one-of-a-kind resource. **So, how do you explain Hadley when literally nothing else like it exists?**

Let's talk about what we do and how we help:

Discover: With Hadley, people discover new ways to do things in their daily lives; things that vision loss has made more difficult. This might be learning how to safely pour coffee without getting burned, getting comfortable using a smart phone to read email, or learning braille to label items at home.

Connection: Through Hadley, learners connect with experts and with one another. Vision loss can be scary and isolating, and it can make a world of difference for someone to understand they are not alone. When learners have questions, they can reach out to our learning experts. In our discussion groups they can interact with others to share their interests, challenges and victories.

Control: With Hadley, people have full control of their experience—including what, where and how they learn.

Everyone's journey with vision loss is unique. Hadley meets folks where they are, both physically and emotionally. Learners have convenient access to useful information and resources across a broad range of subjects. Everything is delivered directly in the format they choose; online, on the phone, or through the mail.

Free: There is no cost to learn with Hadley. Thanks to your generosity, Hadley is available to anyone who needs our help.

There is something for everyone at Hadley, so let others know. We are grateful for your shared commitment. With your support Hadley is helping adults with vision loss continue to live life to the fullest.

Sincerely,

Julie S. Tye
Hadley President

Adults who are adjusting to life with low or no vision need to relearn skills, find support and rebuild confidence. That is why—thanks to your generous support—Hadley 2.0 was launched two years ago.

We built this together, and the learners have come.

To date, more than 32,000 people have registered as Hadley 2.0 learners. They have participated in over 120,000 workshops, and their feedback has been overwhelmingly positive. We are thrilled to be helping so many people and prepared to help even more.

It is estimated that one in three older adults will experience visual impairment, so it is very likely that someone in your life will benefit from Hadley, if they

our mission Hadley creates personalized learning opportunities that empower adults with vision loss or blindness to thrive—at home, at work and in their communities.





Hadley Learner Sandra Browne lives in Northern California

“What a Gift!”

Hadley Learner Sandra Browne Shares Her Story

“Through my experience with Hadley, I learned to see blindness as an opportunity to do things differently, not another disability in my life.”

“In March of 2021, I started learning with Hadley. I have learned skills to assist me with my activities of daily life, keep me safe, and help me retain a sense of normalcy and independence. By participating in discussions, I am meeting people living with all stages of vision loss, doing the things I had given up on. This has inspired me to let go of my fear, step out of my comfort zone, and try new things.

“I consider Hadley a valuable resource as I learn to navigate through life as a blind individual. The workshops, discussions, information, and people of Hadley have helped increase my knowledge of the tools available to assist me with my journey into darkness.

“When I was diagnosed with an incurable eye disease four years ago, I gave up many goals and dreams. I believed my life and independence were over, and all the things I put off would never be accomplished.

“Through my experience with Hadley, I learned to see blindness as an opportunity

to do things differently, not another disability in my life. I truly believe the best thing for my mental/emotional wellbeing is to challenge my mind with continued learning opportunities. Hadley provides this, and it’s FREE. What a gift!

“With Hadley as a 24/7 resource available to me I can continue to learn new creative ways to manage all areas of my life both inside and outside of my home.

“I appreciate the staff and volunteers at Hadley, and all the learners out there who join in on the discussion groups weekly. I feel the love and support from everyone each time I join a discussion group, listen to a podcast episode, or complete a workshop. I walk away with helpful information and am inspired by stories shared by individuals who understand the daily challenges I face. This once lonely and isolated road that I found myself on is now populated with thousands of faces from many different places. I don’t have to have 20/20 vision to know they are there.” ■

THANKS TO YOU, PEOPLE FACING VISION LOSS CAN LEARN WITHOUT BARRIERS OR BOUNDARIES.

You Helped Mark Andrews Find New Inspiration

“There should be no hesitation about this. It improves your life. There’s a lot more to having vision impairment than just being vision impaired. There’s a huge emotional impact in this. You don’t need to be feeling like you’ve been sidelined.”

As Mark Andrews’ vision deteriorated, simple tasks like navigating stairs and reading his mail turned into a puzzle. He learned about Hadley through a State of Connecticut case-worker. “I needed help with simple things like tying my shoes, navigating in public, and getting around my kitchen. Hadley offered these practical workshops. It was like learning to walk all over again.”

When Mark started with Hadley he joined a group of advisors who provided input in the development of Hadley 2.0. “Hadley gave me my independence back. If my input helps others like me, then I feel like I made a real difference,” he says.

Mark’s vision issues are due to autoimmune retinopathy (AIR), thought to be a rare side effect of chemotherapy, which he underwent to successfully fight cancer in 2017. A few months after treatment, he began noticing issues with his eyesight while driving. “Cars seemed to

be coming at me from out of nowhere. I had no peripheral vision,” Mark explained.

Losing sight was especially difficult because Mark worked as a photographer and visual artist. “My eyesight was my livelihood” he says. “I built my life around my gift to see the intricacies of the world and capture those moments through photography. I no longer knew where I belonged or what I would do.”

He struggled with despair and depression during the first few months of his vision loss, crediting his family and his sense of humor to get by. “I guess someone ‘pictured things’ differently for me,” he shares.

Today, things are better. He explains, “I’m not fully dark. I have low vision. I am unable to drive. However, I am able to navigate. I can walk into town and do grocery shopping.” Technology has helped. “I use my earbuds and Seeing AI and it reads me the prices of things



Mark is a valued member of Hadley’s Advisory Panel

and I can get home,” he says. “I am using low vision features on my cell phone and computer that I never knew existed.”

Mark was also one of the first learners to pilot Hadley’s Braille for Everyday Use workshop series. He recognized the practical applications it could have for him. “I am not stationary. I’m not stuck in the house. I go to doctor’s offices, I go to various places, and frequently I can’t read the signs. But there is braille there, and (knowing) braille would be a big help for that.”

“I can’t thank you enough for what you’ve done.”

Talking about his experience learning braille, Mark shares, “It was amazing. It’s accessible. I can’t say enough good about it.” A new tool for his toolbox, braille “lines up with the assistive technology that I have. It’s just one more thing to help me get through my life.” ■

Hadley Podcast Helps Learners Live Life to the Fullest



Learning Expert Ricky Enger records an episode of the Hadley Presents podcast in her home studio

Twice a month, the Hadley Presents podcast explores topics relevant to people with low vision or blindness. The range of subjects is as vast and diverse as Hadley’s programming, including information on practical, medical, emotional, and inspirational subjects. Yet, the goal across all episodes is the same: to help people with vision loss live life to the fullest.

The voice and much of the brains behind the podcast is Ricky Enger. Hadley Presents is just part of her job; Ricky also leads Hadley’s Assistive Technology team that develops Hadley’s workshops on a variety

of technology-related topics, and she hosts the monthly Tech It Out and Book Nook discussion groups. However, the podcast holds a special place in her heart. She explains, “I really like the unpredictability and diversity of it. One week I’m talking about technology, and another about mindfulness. I also get the opportunity to meet all sorts of new people.”

Each episode lasts approximately 20 minutes and is formatted as a “conversation with the experts.” Ricky sets the tone, creating a safe, informal, and personal space for guests to share their stories. Some of her favorite episodes have

featured “people who share what they have been through and how they came through to the other side.” For example, Ricky was starstruck when interviewing Judge David Tatel, from the Washington, DC Court of Appeals. “He talked not only about his successes, but also his struggles. His story is relatable.” As someone who is visually impaired herself, Ricky knows it is important for listeners to understand, “other people are doing it—you can too!”

Ricky and the Hadley team are always thinking about potential guests and subjects. Sometimes, the topics are right under their noses, such as having a panel of Hadley experts share their favorite technology devices or kitchen tools. It turns out these have been some of the most popular episodes. Ricky believes this is because they feature a diverse group of people and backgrounds.

Audience feedback is also critical. Last year’s episode on “The Impact of Vision Loss on a Marriage” was extremely well received. Listeners found it very helpful and asked to hear from more couples so additional episodes are in the works. ■



To subscribe to the Hadley Presents podcast or access past episodes, go to hadley.edu/podcasts or scan the code here. Hadley Presents is also available on podcast streaming platforms including Apple and Spotify.



Learners Find Value Across a Wide Range of Podcast Subjects

Episode: Tips for Hosting with Vision Loss

“I enjoyed the podcast Tips for Hosting. I already have the basics about food and equipment down. The part I found most useful was how to manage those guests who want to take charge of you and your kitchen. I realize that, so often, it’s the social part of a task that’s most difficult rather than the task itself.” — *Lizzie K.*

Episode: Considering a White Cane? Who? When? Why?

“I want to thank you so much for this podcast. This was so meaningful to me. I am days away from my 82nd birthday

and I am struggling with my vision. I have age-related macular degeneration and it’s in the advanced stages. For the past couple of years, I have had to mourn the loss of my driving, and my Segway, and my bicycle. Now, due to falls because of my inability to always see what lies ahead of me, I am resigned to learning to use the white cane.

“It was this podcast that motivated me to get the white cane training. I attended blind rehab in Chicago last November and December. It was a wonderful experience and bolstered my independence and confidence.” — *Henry Staub*

Episode: Emotional Adjustment to Vision Loss

“Great podcast! It is great to find other people going through the same thing.

“It is not said often enough that is vital to grieve a loss. Losing vision suddenly or slowly is a loss. I also have retinitis pigmentosa and at every stage that my brain figures out I have lost more of my remaining vision I have to go through the grieving process.

“Sometimes it is a few minutes or hours. Other times it may take a couple of days. That is hard to explain to friends, family and loved ones.” — *Susan K.*



“ This podcast was so insightful and encouraging to me. Thanks so much.”

— *Henry Staub*

Catch up on past Hadley Presents episodes:		
Practical Help	Emotional Assistance	Activities and Hobbies
Nuts and Bolts of Home Repair	Finding the Funny After Vision Loss	Gardening and Vision Loss
Back in the Kitchen After Vision Loss	Vision Loss and Self Discovery	Traveling with Vision Loss
Voting with a Visual Impairment	Becoming Socially Confident after Vision Loss	Painting Blind
Peer Support for Vision Loss	The Impact of Vision Loss on a Marriage	Golfing after Vision Loss
13 Favorite Kitchen Gadgets	Emotional Adjustment to Vision Loss	Exploring the Five Senses
Braille for Everyday Use		Fashion and Style Tips



Thanks to You, Zenobia Is Writing Again and Sharing Hadley with Others

“I have always been a writer, and a writer has to write. Hadley gave that gift back to me.”

A few years ago, Zenobia Silas-Carson of Brooklyn Park, Minnesota, began noticing that her vision was becoming increasingly blurred. She started using reading glasses and worked her way up to the most powerful magnification levels, but nothing helped. “I was panicked and started thinking that I wouldn’t be able to read, write, or work anymore as my vision worsened,” she recalls.

Diagnosed with cataracts in both eyes, she began treatment. However, her condition had progressed to the point where there was no guarantee that her sight would improve. “I battled with depression briefly, but immediately knew that this would be yet another journey in my life, so I began preparing for ways I could still accomplish what I wanted to do, but with less vision.”

During the COVID-19 quarantine Zenobia, age 74, researched resources to help with her low vision challenges and found Hadley’s website. “I am amazed how much Hadley offers for people like me, those who aren’t completely blind but trying to navigate life with limited vision,” she says. So far, she has taken more than 40 Hadley workshops

—such as how to access special low-vision features on electronic devices and how to adjust the fonts, colors and contrast on her computer so she could resume reading and writing.

“I have always been a writer, and a writer has to write. Hadley gave that gift back to me,” Zenobia explains. An active member of the Writer’s Circle discussion group, she is currently working on a memoir. In the past, she has written plays, poetry and books. For her work, Zenobia draws on her own experiences—which include marriage, abuse, divorce, prison, raising six children as a single mother, earning her GED, obtaining her minister’s license, and teaching tai chi. She is also inspired by the stories of the many people she has befriended over the years.

Zenobia has also become an ambassador for Hadley. She recommends Hadley to others with low vision in the retirement community where she lives.

“I guess you can say my real passion is showing compassion,” she explains. “I moved to Minnesota to start a new life. I received a lot of help from others during my transition. I was even homeless for a while



Zenobia received a HEROES award for recommending Hadley to others

and lived in community shelters. Once I got back on my feet, I made a promise to myself that I would do everything I could to give back to others.”

So, what does Zenobia say to encourage others who are new to vision loss? “Don’t panic, there are many others going through what you are. There are wonderful community programs and people in those programs who are there to help. Reach out to Hadley, it’s a great place to start, and never give up on life.” ■

BECAUSE YOU CARE,
HADLEY LEARNERS ARE
THRIVING AFTER VISION
LOSS.

Your Support Helps Medical Professionals Get a Clearer Picture of Visual Impairment

Research confirms that early intervention is most effective to mitigate the negative outcomes that can accompany vision loss—such as loss of mobility, depression and a lower quality of life. However, when someone receives news that medical options have been exhausted, they seldom know where to turn.

Hadley is striving to make sure that medical professionals know about our services so they can refer patients upon diagnosis.

In the Chicago area, this includes a partnership with Illinois Retina Associates, the Midwest's leading practice devoted to treating diseases of the retina, macula and vitreous. As Hadley President Julie Tye explains, "It is clear Illinois Retina is committed to innovation, excellence, and providing the best overall patient care possible. Together we can get Hadley's help right into the hands of those who will most benefit."

For Illinois Retina, this is an opportunity to provide even more comprehensive care to their patients living with low vision. Over recent months, the clinical and administrative teams from many of Illinois Retina's 12 locations in the greater Chicago area have taken the time to visit Hadley's headquarters.

These sessions include spending time in Hadley's virtual reality room where visitors get a small glimpse of what their patients with low vision face on a daily basis. This has been a valuable experience. As one staff member remarked, "Wow! I had no idea. I would really need to learn a few things before I'd feel confident going about on my own if I had this eye condition." ■

Eye care professionals experience aspects of vision loss in Hadley's virtual reality room



It's Easy for Everyone to Join Hadley Discussion Groups

In Hadley's discussion groups, learners gather to talk, learn, and share on a range of topics. There are groups on travel, crafting, cooking, gardening, resources, books, technology, braille, and more. These are wonderful opportunities for learners to be part of a community that shares their interests and understands their challenges.

The groups meet by Zoom, so they are accessible to anyone who has a computer or phone. However, not everyone has access to or feels comfortable

with a computer. And, as anyone who has ever called into a Zoom meeting knows, dialing the long code on a phone can be extremely frustrating.

To overcome these hurdles, **Hadley provides a call out option for discussion group participants.** When learners request this service, a Hadley representative will call them directly a few minutes prior to the scheduled time to loop them in. Many learners depend upon this; Hadley reaches out to an average of 35 people before each group to make



sure they are connected and able to participate.

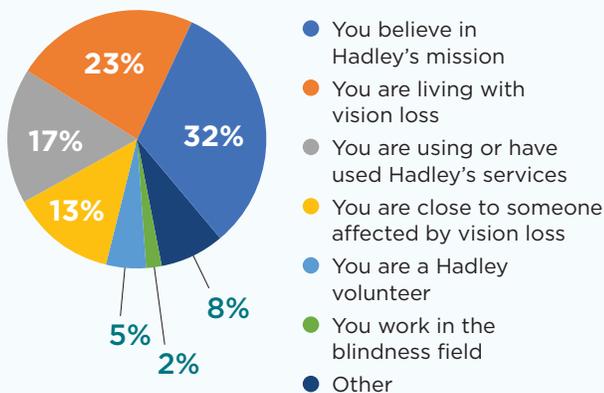
Learn more about Hadley discussion groups by visiting hadley.edu/discussion-groups. ■

HADLEY 2022 DONOR SURVEY

Thank You for Sharing Your Thoughts!

Many of you completed Hadley's recent donor survey. Here are some highlights:

The primary reason you support Hadley:



Thrive articles that are most meaningful to you:



Your feedback is very helpful. Thank you for sharing your insights!

Hadley Events and Volunteers

Hadley Teen Board Memorial Day Dog Wash

This May, the Hadley Teen Board brought back a pre-pandemic tradition—its Memorial Day Dog Wash and Bake Sale. With Hadley’s headquarters in Winnetka, Illinois, located close to the town’s Memorial Day celebration, it was a convenient stop for dogs to get spruced up for summer. This wet, but fun, work raised more than \$800 to support Hadley programs.



Hadley Young Visionaries Summer Golf Event



Hadley’s Young Visionaries Board is comprised of rising professionals who are interested in supporting Hadley’s mission. They are focused on extending Hadley’s reach and impact through a range of fundraising activities including special events, networking opportunities and social media engagement.

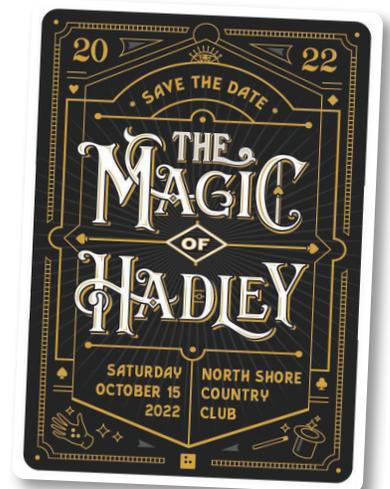
This summer, the Young Visionaries will hold a golf outing on Saturday, August 13, at Canal Shores in Evanston, Illinois. Tickets are \$60 per person or two for \$100. All are welcome to attend and play.

For more information about Hadley’s Young Visionaries or this event, visit hadley.edu/youngvisionaries.

SAVE THE DATE: Hadley Woman’s Board 2022 Benefit

On October 15, 2022, the Hadley Woman’s Board will host The Magic of Hadley at North Shore Country Club in Glenview, Illinois. The evening will include a sit-down dinner, magic performance, live auction, and program. Those not able to attend in person can be part of the fun by participating in the silent auction and raffle.

To learn more, purchase tickets, become a sponsor, bid in the silent auction (opening October 1), or purchase a raffle ticket, visit hadley.edu/magic.





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**YOU MAKE IT POSSIBLE FOR HADLEY LEARNERS
TO THRIVE AT HOME, AT WORK AND IN THE COMMUNITY.**

2022 Braille Holiday Card

The Hadley Woman's Board is pleased to present the 2022 Braille Holiday Card, created by artist Nancy Iida.

This year's design features a joyful winter scene with two children tossing snowballs while a cheerful snowman looks on. It is set against a blue background and snowy sky. For tactile effect, the snowman and snowflakes have been embossed. In the Hadley tradition, the Braille Holiday Card carries the interior greeting, "Wishing you peace, happiness and the spirit of the season" in both print and embossed braille.

Inspired by nature and her surroundings, Nancy has always created art to brighten the lives of those around her. Following her son Henry's health challenges, she began focusing her artistic talents to help others and donates all proceeds from sales of her art to charity. She lives in Winnetka, Illinois, where Hadley is headquartered.



Holiday Cards may also be customized with corporate or personal imprints. Sales begin September 12, 2022. Order online at brailleholidaycard.hadley.edu or call 800.323.4238.