



Thrive

Thanks
to You,
Hadley Learners Are:

- Having Life Changing Adventures
- Making a New Game Plan
- Finding Real World Solutions



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Hadley Woman's Board 2022 Braille Holiday Card



This year's design features a joyful winter scene with two children tossing snowballs while a cheerful snowman looks on. For tactile effect, the snowman and snowflakes have been embossed. The 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, artist Nancy Iida creates art to brighten the lives of those around her and donates all proceeds from sales of her art to charity.

Order your holiday cards today at brailleholidaycard.hadley.edu or call 800.323.4238. Last day to order cards for guaranteed delivery before Christmas is December 9.

Holiday Photo Cards and Gifts to Support Hadley

For photo cards this holiday season, visit Minted.com. When you use the code **FUNDRAISEHADLEY**, you will save 20% on your order and Minted will donate 15% of your total purchase to Hadley. This offer also applies to Minted's selection of personalized stationery, gifts and home décor items—and can be applied any time of the year.

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Getting Back on the Court with Hadley



Robert Walker supports Hadley by donating and telling others about it

Robert Walker learned a lot about visual impairment when his older brother was diagnosed with macular degeneration. Watching and helping him through this transition, Robert came to understand that living with low vision requires both physical and emotional adjustments.

A few years later, when he was in his mid-70s, Robert received the same diagnosis. An avid tennis player, he had difficulty tracking the tennis ball. His vision continued to decline until he also had to give up the books, newspapers and magazines he loved.

He refused to feel sorry for himself. “I pulled myself up by my bootstraps and got to work finding resources,” he shares. “It’s me who is going to help me. It’s my responsibility to take

care of myself. It’s not a selfish endeavor, but so I can be of benefit to other people.”

Helping others has always been a priority for Robert. It was the reason he traded in his career in finance and consulting to go back to school to become a psychologist. He spent the rest of his career working as a counselor in educational, business and mental health settings.

When searching online for helpful resources, Robert learned about Hadley. “It was a gold mine to find Hadley,” he remembers. “There are so many things that are useful. It’s kind of like Hadley is an encyclopedia available to me anytime.”

Hadley’s technology workshops have been among the highlights. Robert also has hearing loss so getting comfortable with accessible devices has been a great confidence booster. He shares, “Hadley is giving me these opportunities to get out in the world and do things.” For example, he walks independently using an iPhone app that tells him when he gets to the corner. Robert also finds it helpful to learn from experts and hear others’ experiences through the Hadley Presents podcast.

“Hadley has something for everybody. It’s amazing.” He’s grateful to Hadley for offering



Robert shares his love of tennis with his granddaughter

these services and has been a donor for the past three years as well. “It’s really exciting what Hadley has done. You don’t need to reinvent the wheel. You just need to grab it, be of help and support to it.”

Robert also helps Hadley by sharing it with others, including his low vision group that meets at the local library in Prescott, Arizona. He tells them, “You can’t mess it up. It’s just a matter of going to Hadley and sitting down at your leisure to explore the menu and see all the goodies that are available to you. Then you are on your way.

“Hadley gives you the feeling that there’s still things you can do.” This includes playing tennis with his wife. While his eyes can’t follow the tennis ball, his vision has stabilized, and he can estimate where the ball will land based upon the angle of the tennis racquet. “That’s what Hadley is doing with all these educational programs and opportunities. Getting people back on the court.” ■



Hadley Adventures are Life Changing for Lauren Layne



Lauren at home in Chico, California

“Hadley has been life changing. It is positive and encouraging and something I will use the rest of my life. I’m always looking forward to what I’m doing next.”

Lauren’s first Hadley experience, in 2021, was learning braille. She confides that she had good days and bad days with braille because it is challenging. She likes being able to learn at her own pace—which is fast. Before long, she was reading children’s and young adult books.

“I am so thankful for braille,” Lauren shares. While she enjoys reading, braille has been most helpful at home, where she lives independently. By labeling the contents of her first aid kit with braille, she can now tell medicines apart with “just a little touch.” She also uses it in the kitchen to label food items and jokes that she no longer opens cans of tuna fish by mistake.

Lauren labels clothing hangers with braille to coordinate her outfits and stays organized by making lists and updating her calendar. After Lauren used braille to label the boxes stored in her garage, “I felt accomplished. If I want to get one thing, I can find it. It is fun getting organized.” Now, she is excited to be writing her recipes in braille. “I will have a designer cookbook. That’s important to me,” she says.

Hadley has also been a great resource beyond braille. “The information that I get from Hadley is so helpful,” she shares. “It saves so much wear and tear.” When Hadley helped her find tools so she could continue her love of sewing, she realized, “This is so doable. That’s Hadley!”

Living in California under the threat of wildfires, Lauren was inspired by a Resource Roundtable discussion to assemble an emergency “go bag.” Today, she keeps a collection of essential items handy and updates it with fresh supplies and seasonal clothing. She also customized this list to include her own necessities—like coffee.

Lauren’s vision loss is the result of Steven-Johnson syndrome, which she contracted at the age of eight. This serious but rare skin condition can lead to eye inflammation, dry-eye and light sensitivity. In severe cases, like Lauren’s, it can cause visual impairment and blindness.

Vision loss progressed over time. When she was 24, Lauren could read a book when held close to her nose. At 35, she was ready for her first guide dog. In the past couple of years, her vision has declined more rapidly. Now 74, she can

distinguish light from dark and, on a good day, she can make out the blurry outline of the lemon tree in her yard.

With a guide dog, Lauren can get around swiftly and independently. She's had several wonderful dogs over the years and was devastated when her most recent dog passed away. She is currently on the list for another. In the meantime, the guide dog agency recommended mobility training to learn to walk independently with a white cane. While looking for a local agency to come to her house to assist with this, she also discovered Hadley's distance learning programming and signed up to learn braille.

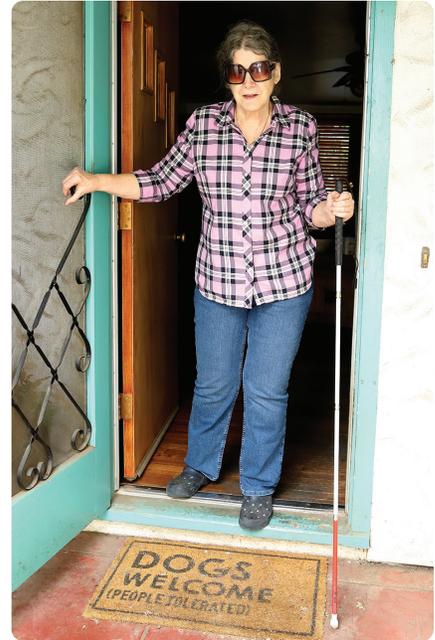
Lauren has become proficient with the cane, but admits it is more challenging and takes longer to go places than with a guide dog, so she is apt to stay home more often than before. Because she is someone who likes to be active, Hadley has been a wonderful way to learn and explore during this time.

"You people keep me productively busy," she remarks. "It's like having little adventures. Hadley is just so much fun. I wish people at Hadley could see my heart. It has been a life changer, and a fun one." For Lauren, this includes trying new recipes from the What's Cooking discussion group, taking a workshop on bird-

songs, and reading a book recommended in the Book Nook discussion group. Next, she is looking forward to tapping into Hadley's technology resources to help set up her Android phone.

Grateful for this experience, Lauren has also become a Hadley donor. She recognizes the impact that Hadley has made in her life and in the lives of others. "Hadley people are adventuresome. People sound so cheerful. You never hear them saying, 'I can't' but sharing what they can do. They are regular people who are finding new ways to overcome a challenge. They are out there doing things. Hadley is helping them to have a better quality of happy adventure in life." ■

"If you want to learn something—whether it be braille, the phone or birdsongs—Hadley does it in such a way that you can be successful."



Lauren describes Hadley as "a life changer, and a fun one"



Lauren uses a slate and stylus when she writes braille

With Your Support, Hadley is Helping Learners Keep Their Job After Vision Loss

People often think they need to quit their job when their sight diminishes. A new Hadley workshop series, *Keeping Your Job After Vision Loss*, provides reassurance and guidance to help them continue their career, should they wish to do so.

As Ed Haines, Hadley chief program officer, explains, “For a lot of people, work is really important on so many levels, not just because of the income, but because it helps us be a contributing member of society. It gives meaning to our lives. It provides socialization. There are a million reasons why people want to stay on the job. When you receive a diagnosis of vision loss, a lot of folks just assume that their work life is going to be over at that point, and that is just not the case.”

Keeping Your Job After Vision Loss is comprised of two workshops. The first, *Staying on the*

Job, begins with the important advice: don’t make a sudden decision to quit after receiving a diagnosis. Then, it outlines useful steps to help people stay in the workplace. These include researching workplace modifications and adaptations across three main areas: changing the work environment, acquiring new skills and employing adaptive devices.

The second workshop, *Talking to Your Employer*, was developed to help people have constructive conversations with managers and peers, move forward with confidence, and get what they need to succeed. It emphasizes the importance of preparation and research on subjects including specifics about their eye condition, the Americans with Disabilities Act (ADA), vocational rehabilitation resources, and helpful workplace accommodations.

Keeping Your Job After Vision Loss is also the topic of a Hadley Presents podcast episode. Ed and Steve Kelley, a Hadley learning expert, joined podcast host, Ricky Enger, to discuss the series and share some of their expertise on vocational rehabilitation. Their advice to listeners: “Don’t limit yourself. People with visual impairments are in all sorts of occupations. The days are over when people with vision impairment were slotted into very specific areas. What is it you want to do? There are experts in vocational rehabilitation to help you figure that out and then help you figure out how to get there.”

Hadley learners are finding significant value in this workshop series. There has been tremendous positive feedback.

- “I learned that with communication with the employer, proper technology and accommodations, I can still work.”
- “After watching this I realized I could have kept my job, with a couple of adaptive aids.”
- “All of the recommendations were practical and can be easily applied. I found it very useful.”
- “Very interesting and helpful. You’ve changed my life with these workshops.” ■



Randall Tibbett Makes a New Game Plan

A proud lifelong resident of Oklahoma, Randall Tibbett, 60, studied electronics in trade school before landing his dream job with a refinery in nearby Tulsa. He spent the next 28 years overseeing special projects and assignments across the state. "I truly loved my job and never dreamt about doing anything else or leaving Oklahoma," Randall reflects.

In 2017, Randall was working on a training program for new employees, when he noticed his vision was becoming blurry. As part of his job with the refinery, Randall was required to take an annual physical, where he was eventually diagnosed with glaucoma. "After that, my vision loss went pretty quick," said Randall. "My employer did a lot to accommodate my condition, but I made the decision to retire as my ability to do even the simple daily aspects of my job got nearly impossible."

In hindsight, Randall suspected the early signs of glaucoma were present all along. For most of his life, he wore glasses, never seeming to find the right prescription. "I went through every phase of emotions following my decision to retire. I was in denial, went through a period of anger, and then finally acceptance." Randall also had to give up his passion for landscaping, which he said was more than a weekend hobby, it

became a form of expression for him, an outlet for his creative side.

Randall went on disability, after more than 30 years of working. "I always thought that I would keep working if I wanted to, but my vision loss changed my whole game plan. What bothered me most was the uncertainty of everything. I had my life all planned out and felt I lost my options."

Over the next year, Randall experienced a revelation, realizing that the past was the past. "You got to keep moving forward and focus on what you can do, not what you can't," said Randall, who found

"Don't give up, focus on what lies ahead and your abilities, not your disabilities. Your game plan may change. Make a new one and follow it."

support through his church and later enrolled in a vision and mobility rehab program through the Oklahoma Department of Health. He learned about Hadley through his state caseworker.

"There are so many categories to choose from at Hadley, I didn't know where to start. I began with the technology classes for my iPad and learned what a valuable tool it could be for someone like me." Randall has since taken over 70 workshops and participates



When vision loss caused Randall to retire, he set a new course

in Hadley's call-in discussion groups on cooking, technology and gardening. "And I am not done yet," Randall states.

For others who are experiencing vision loss, Randall is quick to tell them, "Don't give up, focus on what lies ahead and your abilities, not your disabilities. Your game plan may change. Make a new one and follow it." ■

YOU ARE HELPING PEOPLE WITH VISION LOSS TO DISCOVER NEW WAYS OF DOING THINGS.



Insights and Soundbites: Introducing Hadley's New Podcast

Hadley's new podcast, *Insights and Soundbites*, is a forum where people can share about their journey through vision loss—and learn from and be inspired by others.

The idea for the podcast was sparked by the comments that flooded in from learners who took Hadley's *Adjusting to Vision Loss* workshops. As Douglas Walker, Hadley chief innovation officer, explains, "People were extremely emotional about the series. It was really powerful. They

shared about the stages of grief you go through, denial, anger, bargaining, and depression. Then, hopefully, you get to that acceptance in the end."

The new podcast features people telling their experiences in their own voice. To share a story, learners can call a special number that's been set up for recording, or they can email a recording they've made using a smartphone or computer.

"This really taps into the power of our community," explains Ricky Enger, Hadley assistive

technology practice leader. "There's nothing more powerful than people sharing with each other. We've seen it work in our discussion groups where people come together to share knowledge and experiences." Like these, the *Insights and Soundbites* podcast gives people an opportunity to express themselves and to help one another.

Podcast episodes are short, lasting three to five minutes. New episodes will be available every two weeks. ■



To listen, visit <https://hadley.edu/podcasts/insights-and-sound-bites> or scan this code.



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Real World Solutions Help Kansas Learner

“Hadley should be the prescription that comes with the diagnosis.”

When Pat Lyons found out she had macular degeneration, she was determined not to lose her independence or joy in life.

However, when her husband became ill, she was faced with a whole new set of challenges as both a caregiver and a person with vision loss. “We all know our sight is valuable but when someone else’s life is at stake, it’s even more valuable,” she shares.



Laundry was difficult with limited vision, until Pat learned about labeling with bump dots

Fortunately, her very first workshop with Hadley was on how to use the accessibility features on an iPhone. She recalls, “It probably saved my husband’s life. If something went wrong during dialysis, I could use Siri to call for help so much faster.”

Learning to use a smartphone was just one of many ways Hadley helped Pat cope with her deteriorating vision. “We aren’t born with this knowledge,” she remarks. “The adaptations I have learned with Hadley have made life so much more ‘normal.’” Things like putting bump dots on her washing machine and dryer make doing laundry easier. Tips from the Guided Walking workshops help her feel more confident in public places. “Before that series, I was becoming more fearful and insecure about getting out,” Pat recalls.

“I tell everyone about Hadley because for me that was the breakthrough. It’s specific and educational, a real time practical application.” In fact, Pat has been such a wonderful ambassador for Hadley that she received Hadley’s HEROES award.



Pat has completed more than 100 online workshops through Hadley

There is no vision rehabilitation center in the small rural town where Pat lives, so Hadley’s distance learning approach is ideal. She has taken more than 100 Hadley workshops on topics related to technology, daily living and adjusting to vision loss. When she has a question, she doesn’t hesitate to reach out to a Hadley learning expert and is grateful for their help. “Hadley educators embrace every aspect of vision loss. They not only offer tech classes, discussion groups, workshops, and adaptive solutions for a productive life, they also reach out to offer their helping hand for personal assistance along the way.” ■

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



Hadley Hosts Vision Professionals During American Academy of Ophthalmology's Annual Conference

Ophthalmologists and their staff are usually the first point of referral for people who are new to vision loss. Because Hadley provides immediate, practical, free help to those with visual impairments, we always aim to be at the top of medical professionals' resource list.

So, when the 2022 American Academy of Ophthalmologists conference was held in Chicago in September, it was an ideal opportunity to host them at Hadley's Winnetka, Illinois, headquarters and show them what we do.

Hadley welcomed several groups over a three-day span. This included members of the International Joint Commission on Allied Health Personnel in

Ophthalmology (IJAHPPO), an organization that includes technicians and office staff. This key audience often spends the most time with patients because they perform critical tasks such as eye exams and tests. At Hadley, they learned how we can help their patients discover new ways of doing things and connect them to a community of peers for support and encouragement.

Using tech tools and artificial intelligence (AI) was a central topic for visiting ophthalmologists. Hadley staff demonstrated how devices such as Alexa can provide practical help and emotional support for visually impaired adults—and showcased Hadley workshops about AI tools and capabilities. We also showed them how their



patients can get assistance from Hadley on Alexa. To access this yourself, simply ask your Echo device: "Alexa, how does Hadley help?"

Another highlight was Hadley's virtual reality room, where visitors got a small glimpse of what individuals with low vision face daily, thereby building awareness and empathy towards their patients.

The impact of these sessions was immediate and powerful. Engaged and excited about what they learned, these professionals are telling others about Hadley. As Dr. Marie A. Di Nome, Mayo Clinic Department of Ophthalmology, told us following the visit, "Thank you for continuing William Hadley's passion. I cannot wait to share your valuable resources and tools with my staff and, more importantly, my patients." ■



Vision professionals tour Hadley's video production studio with Kirby Lindgren, Hadley director of professional outreach

Hadley Events

Hadley Woman's Board Hosts a Magical Evening

The Hadley Woman's Board is an important partner to Hadley. For nearly 70 years, its volunteers have generously donated their time and resources to advance Hadley's mission.

The annual Woman's Board benefit is a cornerstone of its fundraising activities. This year's event, The Magic of Hadley, was held on Saturday, October 15th at North Shore Country Club in Glenview, Illinois.

This magical evening included more than 100 guests who enjoyed a strolling magician, cocktails, dinner, auction, and program. The event raised more than \$150,000. All of these proceeds will go directly to support Hadley programs.

To see more photos of the event, visit Hadley.edu/magic.

To learn more about the Hadley Woman's Board visit Hadley.edu/hadley-womans-board.



Benefit chairs, Jill Shortal (left) and Priscilla Swenson (right), with Hadley president, Julie Tye



Peggy Colley and Margaret Stephan



Emily Berlinghoff and Brad Rendell



Members of the Young Visionaries board

Hadley Young Visionaries Golf Event

On Saturday, August 13th, Hadley's Young Visionaries hosted a golf outing at Canal Shores in Evanston, Illinois. The event attracted 36 golfers and raised more than \$2,500 for Hadley.

Comprised of rising professionals, the Young Visionaries support Hadley's mission and raise funds through special events, social media engagements and networking opportunities.

To learn more about Hadley's Young Visionaries, visit Hadley.edu/youngvisionaries.



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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.

Now We're Cooking...in Spanish!

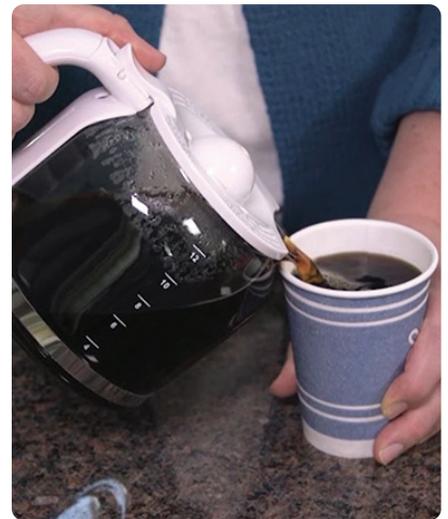
The incidence of some eye diseases is higher in the Hispanic community and there are fewer resources available in Spanish. So, Hadley is excited to be partnering with the National Eye Institute (NEI), part of the National Institutes of Health, to pilot workshops in Spanish.

As Julie Tye, Hadley president, explains, "Hadley was founded more than a century ago with the goal of making our learning resources accessible to those who need them most. Breaking down language barriers so even more people with visual

impairments have access to everyday help and emotional support is a priority for Hadley."

The first series launched in Spanish is Hadley's popular cooking series, which 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.

It is anticipated that additional Spanish language workshops will be offered in the future. In the meantime, all registrants gain full access to all of Hadley's existing resources in English. ■



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



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