Hadley

Cafeterias, Salad Bars and Buffets Sample

All of your closest friends and family all together at your favorite all you can eat restaurant. What more could you ask for? How about some tips to take the stress out of sharing a meal at these types of restaurants? Yep, thought you'd like that.

One of the first things you can do is call ahead. Find out if the lines are full service or self-serve. This way, you'll know ahead of time how much help you'll need. You see, full service lines like a cafeterias often have food service workers who put food on your tray. Self-service lines mean you'll need to serve the food onto your own plate or tray. Then, when you get there, have someone describe the space to you. Find out if there's a single line or multiple serving stations.

Are there drink stations? What about stairs? Where's the bathroom? Is it bar seating, tables or booths? The more you know ahead of time, the better.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you, your name, email address, how you heard about Hadley and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you, and don't worry, everything you share with us online will be kept safe and secure. Of course, if you'd prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and help sustain our funding to keep Hadley free of charge, and last but not least, it gives you direct access to experts like me. Now, where were we?