Hadley

These stories help tremendously

Presented by Douglas Walker

**Douglas:** Hello, and welcome to the Insights and Sound Bites podcast, where people facing vision loss share insights about what has helped them cope and adjust.

**Cynthia:** I have been losing my sight and it gets a little bit worse. But these stories have helped me tremendously.

My name is Cynthia Ceeyu and I live in Phoenix, Arizona, and losing my eyesight has been something that has traveled with me since day one when I was born. And it's my mother had called toxoplasmosis. And then as I got older and I'm 81, the macular degeneration set in, and so I have been losing my sight gradually and it gets a little bit worse all the time.

But my main focus today is I want everyone to know that has called in and left their story, that these stories have helped me tremendously. And I thank Hadley, for having the program and someone has been emailing me these good podcasts and they have helped tremendously to hear each story. There's something that I can pick up, whether it be how to get to a meeting or whether it be how to relate to some of your friends that it's a little bit more hard to be as close to them maybe as you used to be.

But my main focus today is so important to me that Hadley know how much these help people. Thank you.

**Douglas**: Was there something that someone said to you or something that happened along the way that made all the difference in world in helping you adjust to living with vision loss? We’d love to hear from you. If you’d like to share with us, just leave us a message on our Insights & Sound Bites voicemail. By calling, 847-512-4867. Or, you can use your smartphone or computer and email us a recording to podcast@HadleyHelps.org.