Hadley

That was the turning point for me

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**Marc:** This is Hadley’s Insights and Sound Bites, where people facing vision loss share what has helped them cope and adjust.

**Ruth Alhilali:** My name is Ruth Alhilali. I live in Farmer's Branch, which is a suburb of Dallas, Texas. I developed glaucoma last year, my glaucoma came on suddenly. I was at a doctor's appointment, had a good exam in March of last year, and then in April my pressure was high and I'd already lost quite a bit of vision. So, it's all in my left eye, which was the eye I was using most of the time. I have a lazy right eye, which has now been forced to do some work.

The first thing that I guess it was both emotional and visual is trying to find things, trying to put them in one place and then not seeing them. And I just wasn't seeing, even though it was there and I was looking at it, I wasn't seeing. And that took me a while to get used to. But the worst is just the emotional, not being able to read, and not being able to do all the volunteer activities that I filled my time up with, because they either involve driving, and while I can drive, I've limited my driving a lot or if it's where you're packing something or moving around in a kitchen with limited peripheral vision, I sort of felt I was a danger, that I would bump into somebody. So, it was just losing all the things that I had filled my retirement up with.

Somehow, I discovered Hadley and I was listening to Doug's Adjusting to Vision Loss, and he was saying, "You know, it just takes time. Be a little patient." Well, that's not me. And so after listening to that, I was feeling a little unhappy about what I heard, so I wrote a comment that was on the negative side I guess, and showed how frustrated I felt. And low and behold, Debbie Worman called me back. I never thought anybody would ever read my comment, and that was just fantastic. We later on had a long conversation and just to know that there was somebody else on the other end and who was there in the position to show me where things were and to tell me "Try this," or "try that, it will work out."

I think that was the turning point for me.

**Marc**: You never know who might need to hear your story. 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.