Hadley

“Paying it forward”

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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.

Hi, this is Judy Davis, and I live in Western North Carolina. With the eye disease I have where my vision stays stable for a while and then I lose some more, and then it stays stable, and I lose some more. So, it's been a constant adjustment. And I think one of the most important things for me in learning to cope with my vision loss is just finding others with vision loss to me is so very important. And also, that goes into me turning around and paying it forward to helping others with vision loss, and finding ways to help people who are struggling to say, you can get through this. It's just so important to share the message that there's ways to get through it. Even sharing those bad times with each other is just as important as sharing resources that can help.

With the Hadley program, the Peer-to-Peer program, it just, it brings me joy to help somebody else. Paying it forward is just such a good feeling 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](mailto:podcast@HadleyHelps.org).