



I'm starting a new chapter in my life thanks to VCB!

Dear friend:

Excuse me if I get a little emotional. I'm the type of person who wears her heart on her sleeve.

A little over a year ago, I learned I had macular degeneration. I couldn't believe it. I'm in my mid-60s; I eat right, and I take care of myself. In fact, I've spent the past 35 years as a personal trainer coaching other people on how to get healthier.

Well, needless to say, I was frightened; no one wants to lose their vision. I'd noticed a change in my depth perception and my ability to distinguish the colors of some cars on the road. I stopped driving at night because it was too scary, and I didn't want to hurt anyone. As a personal trainer, I drive all over Fresno and Clovis visiting my clients in their homes. If my vision got worse, I didn't know what I was going to do. I found myself getting depressed and discouraged.

And then I remembered something. A while back, I was watching TV when an ad came on encouraging viewers to donate to the Valley Center for the Blind. Some little voice inside me told me to take down the number and put it on my refrigerator for safe keeping, and I did. And there it stayed, undisturbed, for months.

I found the number, but I was afraid to call. What was this fear all about? I've taken risks my whole life with people and in business, and I've never been afraid. Finally, one day, I said to myself, "Do it! Pick up the phone and make that call!" I did, and just making the appointment made me feel elated. I'd taken the first step to come to grips with my situation and take charge, and it felt right.



Your gift to the 2019 Valley Center for the Blind Holiday Campaign of \$20, \$35, or whatever you can comfortably afford, brings hope and help to someone right here in the Central Valley who is losing their vision.

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YES, I want to help someone from my community who is losing their vision. Here's my gift to the 2019 Valley Center for the Blind Holiday Campaign.

\$20 \$35 \$50 Other \$ _____

I prefer to make a **monthly** donation to Valley Center for the Blind. Please charge my credit card (see reverse side).

\$20 \$35 \$50 Other \$ _____

Bob Wiginton, Derek Feramisco, & John Shamsioan
RC Commercial Ltd.
575 E Alluvial Ave.
Fresno, CA 93720-2822



My check is enclosed (please make payable to Valley Center for the Blind).

• To pay by **credit card**, please see reverse side.

• To donate online visit our website at valleycenterfortheblind.org

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OPTIONAL CONTACT INFORMATION

Phone Number: _____

E-mail: _____

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To be very honest with you, in just my first two sessions at the Valley Center for the Blind I have learned so much. I've met such wonderful, wonderful people. And now I feel hope. I really haven't had that feeling for quite some time.

Already, I have new tools to help me do the things I want and need to do. I am brimming with ideas about what I want to do next in my life. It's so exciting when you meet caring people who lift you up! I feel so grateful to be around people who can guide me on this journey with vision loss.

You know, I actually knew about VCB before I made that call. A very dear friend of mine who was totally blind passed away last year at the age of 85. I met Ward at my church, and we became close friends; he was like a father to me. Being around him, I learned a lot about what it was like to be blind. I'd accompany him to VCB-sponsored activities, and I knew he really valued how much VCB added to his quality of life.

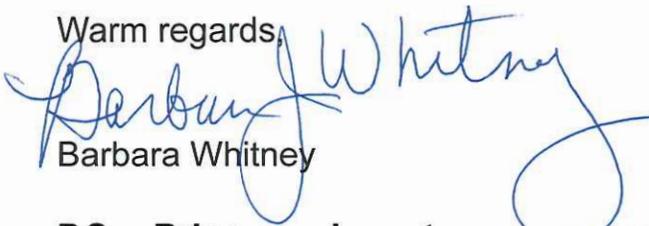
Somehow, it never occurred to me that VCB would have services for someone like me, who was just beginning to lose their vision. But VCB knows that it takes time to adjust. I have been grieving my vision loss and missing my friend Ward. VCB is helping me deal with those emotions.

Suddenly, I feel I can move my life forward. I've already learned about changing the lighting in my home, and about other devices that can help me. I'm planning on going to the weekly support group sessions at VCB. And I made an appointment to learn more about all the apps and accessibility features on computers and smart phones that can make my life easier.

When the folks at VCB asked if I'd be willing to share my story, I said, "Absolutely! It's an honor! If my story can help another person, I'll gladly tell it." But the fact is, it won't help another person unless it inspires you to give from your heart to VCB. I'm asking you to please give generously, because it means so much to people with vision loss.

The thing is, we never know what the next chapter of our life will bring. Sight loss can happen to anyone. It's important that we make sure wonderful community organizations like VCB are going to be there when we need them.

Warm regards,



Barbara Whitney

P.S. Bring new hope to someone who is losing their vision! Your gift to the 2019 VCB Holiday Campaign means someone can receive the tools, training and support they need to adjust to vision loss.

OUR VISION:

Valley Center for the Blind will continue to be the leading non-profit organization in the Central Valley by pursuing outstanding training and necessary education for persons who are blind and visually impaired. It is our plan to grow to give our clients a place to connect, communicate and receive support to better their opportunities. We intend to reach out to our local community to develop awareness and provide education regarding blindness and related health issues.

Valley Center for the Blind is a 501(c)(3) non-profit organization that focuses on improving and enhancing the lives of people with vision loss in California's Central Valley.

Please charge my gift to:

MasterCard VISA American Express Discover

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CREDIT CARD #

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