

# A Message from CEO Kate Grathwol



Our mission at Vision Loss Resources is to create a community of services, skills, and support for people with vision loss. That community looked different in 2020 and 2021; most of our programming happened virtually. But our dedicated staff remained flexible and creative to ensure continuing support and services. We reached over 440 working age adults and elderly people living with low vision or blindness.

Our DeafBlind Services Minnesota program also had unique challenges serving the needs of deafblind adults, youth, and children. Through adapting to a continuously changing context, we reached over 100 people in the deafblind community.

As we continue to adapt your support is more important than ever. We are looking forward to holding in-person support groups, community events, and reaching even more people in low vision, blind, and deafblind communities. On behalf of everyone at Vision Loss Resources and DeafBlind Services Minnesota I send my heartfelt thanks for your partnership.

With gratitude,

*Kate*

*BELOW: Kate leads a volunteer, outfitted with goggles that simulate vision loss, through sighted-guide training at our recent Volunteer Summit. Volunteers help VLR clients be active in their community and independent at home.*

“ DBSM helps me connect with friends and participate in activities. —Dane, DBSM teen client

## Community Services

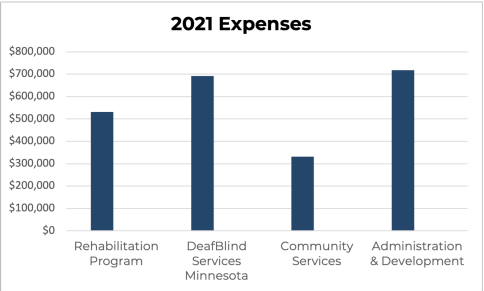
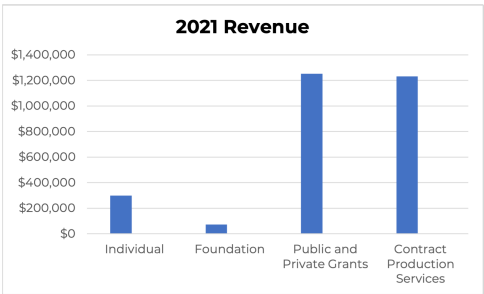
We are thrilled to be re-starting classes and activities that were shuttered over the past two years. Recent offerings include:

- Bingo
- Book Club
- Caregiver Support
- Fantasy Football
- Intermediate Technology
- Low Vision Support
- Women’s Group
- Under 35 Social Support

For details, go to [visionlossresources.org](https://visionlossresources.org).



# 2021 By the Numbers



70 support groups held

1,562 volunteer hours

455 individuals reached through Community Services

7,295 hours of instruction in the Rehabilitation Center

112 DeafBlind adults served

844 individuals attended 43 presentations about the services VLR offers

33 new students enrolled in our Rehabilitation Center

## Student Spotlight: Tara Anderson

VLR’s Rehabilitation Center helps working-age adults adjust to blindness and learn to live independently. Tara Anderson, a recent Rehab Center graduate, first came to Vision Loss Resources in 2004. She enjoyed her time here but wasn’t ready to throw herself into orientation and mobility.



But Tara loves to travel, so in April 2022 she tackled Adjustment to Blindness training one more time – and crushed it. As Tara worked with her Orientation & Mobility instructor, she conquered her fear of cars which lead to greater confidence and independence. She also honed her kitchen skills as a model student that went home and practiced – with great results! Technology class opened her world further as she mastered using accessible tools. Tara isn’t sure where her next steps will take her, but she is looking forward to giving back.

Your support directly impacts the lives of young women like Tara, giving them the tools and resources to adapt, connect, and thrive.



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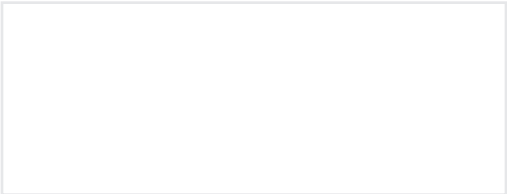
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(612) 871-2222



Supporter Spotlight

We are so grateful to our corporate and community partners for their support! These organizations contributed \$2,000 or more in 2021.

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2021 Impact Report