



**California Council of the Blind (CCB)  
Seniors with Vision Loss Committee  
Announces the Release of a  
Free e-Book for Seniors, their Families  
and Friends**

**“How to Have a Happy Life:  
as a Senior Losing or Without Vision”**

- **This e-Book, designed to be read and discussed by seniors, their families and friends, offers hope and encouragement to those who have depended on their eyesight for most of their lives and must now deal with loss and change.**
- **The positive message is that useful help is available; seniors with vision loss can live fulfilling lives.**
- **A fictional, active grandmother describes her own vision loss journey, taking readers through such issues as her adjustment process, initial shock and bereavement, the loss's effects on relationships, and wisdom of seeking prompt help from a professional center serving those with vision loss.**
- **From a peer’s perspective, addressed are: some barriers that folks can have in seeking and effectively using adjustment services, positive and negative attitudes, choices, and benefits of peer encouragement.**

**Read online or print free of charge from the CCB website  
[www.ccbnet.org](http://www.ccbnet.org) on the Resources or Publications page.**