



LIVING THE IMPOSSIBLE EVERY DAY: MITCHELL VASSAR VISION AWARENESS DAY

November 3, 2022 ■ 11 a.m. - 2 p.m.
Grand Marquis ■ 1550 Route 9 South ■ Old Bridge

Ever wonder what it is like to hurdle down a mountain on two skis at speeds up to 70 MPH virtually blind, relying on verbal cues from your guide a few feet in front of you? This is what **Danelle Umstead** does every day.

At the age of 13, Danelle was diagnosed with Retinitis Pigmentosa, a genetic eye condition where the retina progressively degenerates and eventually causes blindness.

At twenty-nine, nearly blind, her father took her skiing for the first time and she found her passion. A few years later met her husband, Rob Umstead, and with him as her guide they became the Paralympic ski racing Team Vision4Gold.

Then she was diagnosed with multiple sclerosis, a nerve disease that paralyzed half her body. She had to relearn how to walk, and then how to ski again. In spite of this, she and Rob continued competing in Alpine Skiing World Cup races... and winning! Also, Danelle was the first ever blind contestant on Dancing with the Stars.

Join Danelle Umstead, as she shares her story, reveals the insights to lead and empower yourself to overcome obstacles and go for the gold, and offers encouragement through her motto, “living the impossible everyday.”

In addition, **Donald J. Parker**, President, Behavioral Health Care Transformation Services, Hackensack Meridian Health will discuss Resiliency. Together both speakers will help others be resilient, overcome challenges, and help them to have the courage to pursue dreams.

There will be a resource fair and a collection of unwanted glasses for the **Lions Club Recycle for Sight Program.**

Lunch will be served.

Registration is required, visit Events.HackensackMeridianHealth.org/vad2022, click [here](#) or call 800-560-9990.

This program is made possible by the Mitchell-Vassar Bright Future Legacy.



**Hackensack
Meridian Health**

KEEP GETTING BETTER