

Living well and finding happiness after vision loss (Pagkabulag, hindi naging hadlang sa isang Pinay para mamuhay nang masaya)

TOTAL DURATION: 00:10:38:21

Time in	Time out	Transcription	Translation
00:03:08	00:27:10	Maridel: Kayo'y nakikinig sa SBS Filipino. Pakinggan ang iba pang kwento sa sbs.com.au/filipino. Kasama natin ngayon si Lucy Lopez Rivera, ang kababayan nating taga-Adelaide, South Australia. Magandang araw sa inyo!	Maridel: You're listening to SBS Filipino. Hear more stories at sbs.com.au/filipino. With us today is Lucy Lopez Rivera, our compatriot from Adelaide, South Australia. Good day to you!
00:27:14	00:29:14	Lucy: Magandang araw naman po!	Lucy: Good day to you, too!
00:29:21	00:41:17	Maridel: Lucy, nabanggit mo na na-diagnose ka ng Retinitis Pigmentosa noong taong 2007. Bago nito, nabanggit mo na medyo lumalabo na ang paningin mo?	Maridel: Lucy, you mentioned that you were diagnosed with Retinitis Pigmentosa in 2007. Before this, you mentioned that your vision was getting a little blurry?
00:41:19	00:42:12	Lucy: Yes.	Lucy: Yes.
00:42:14	00:44:08	Maridel: Maaarin mo bang isalaysay sa amin?	Maridel: Can you tell us about it?
00:44:10	01:30:08	Lucy: Noong ako'y maliit, na ako'y 6 years old, malabo ang mata ko na nababangga ako, bulag ako sa dilim, pero sa liwanag okay na okay naman ang mata ko noong ako'y 6 years old. Ngayon nang ako ay lumaki at napunta 'ko rito sa Australia, nalalaman ko, nararamdaman ko na lumalabo-labo ang mata ko, nagsasalamin ako. Ngayon 2007, ako'y na-diagnose ng Retinitis Pigmentosa. Sa ilalim ng mata ko, sunog na, wala na, hindi na ako makakita sa dilim. Tapos ngayon, vision impaired, nakakakita ako sa araw pero hindi na masyado. Pero nakakakita pa rin ako.	Lucy: When I was young, when I was 6 years old, my eyes were so blurry that I was bumping into things, I was blind in the dark, but in the light my eyes were fine when I was 6 years old. Now that I've grown up and I've come here to Australia, I know, I feel that my eyes are blurring, I wear glasses. Now, in 2007, I was diagnosed with Retinitis Pigmentosa. Inside my eyes, it's burnt, it's gone, I can't see in the dark anymore. Then now, vision-impaired, I can see during the day but not much anymore. But I can still see.
01:30:10	01:43:04	Maridel: Ano pung naramdaman ninyo noong na-diagnose kayo? Dahil sabi nga po ninyo noong lumalaki kayo, malabo na ang mata ninyo. Pero nung nalaman po ninyo kung ano ang tunay ninyong kalagayan, ano ang una ninyong naging reaction?	Maridel: How did you feel when you were diagnosed? Because you said that when you were growing up, your eyes were already blurry. But when you found out what your true condition was, what was your first reaction?

01:43:06	01:54:11	Lucy: Syempre nalungkot, umiyak dahil ayokong mabulag dahil ang Retinitis Pigmentosa either na mabulag ka o hindi. Makakakita ka lang ng mga ani-anino.	Lucy: Of course I was sad, I cried because I didn't want to go blind, because with Retinitis Pigmentosa, you either go blind or you don't. You will only see shadows.
01:54:13	01:57:13	Maridel: So, ngayon po nakakakita pa po kayo sa liwanag.	Maridel: So, now you can still see in the light.
01:57:16	02:07:22	Lucy: Nakakakita pa rin. Pero hindi na masyado, pag ang araw lumiwanag nang matagal at matindi ang araw, malabong-malabo na ang tingin ko.	Lucy: I can still see. But not so much anymore, when the sun shines for a long time and it's intense, my vision gets really blurry.
02:08:04	02:12:06	Maridel: So hindi rin po pwede 'yung sobrang sikat ng araw, sobrang liwanag.	Maridel: So, it's also not possible to have too much sunlight, too much brightness.
02:12:08	02:13:01	Lucy: Hindi.	Lucy: No.
02:13:03	02:18:12	Maridel: Paano po kayo tumitingin sa orasan? Paano po kayong nakakatawag sa cellphone o sa mobile phone?	Maridel: How do you look at the clock? How do you use a cell phone or a mobile phone?
02:18:14	02:19:12	Lucy: Siri.	Lucy: Siri.
02:19:14	02:21:01	Maridel: Best friend po ninyo si Siri?	Maridel: Is Siri your best friend?
02:21:03	02:32:13	Lucy: Oo, best friend. Pag sinabi mong Siri, tawagan mo si gano'n. Oh, Siri ganito, gano'n. Oh, Siri dalahin mo ako sa ganito, sa gano'n. Siri lang.	Lucy: Yes, best friend. When you say Siri, call that person. Oh, Siri this, that. Oh, Siri, take me here, to there. Just Siri.
02:33:03	02:47:00	Maridel: Paano po ang ginawa ninyo para mapanatili ninyong aktibo ang buhay ninyo no'ng na-diagnose kayo? Dahil... ngayon po parang mas active pa po kayo sa akin, eh. Kaliwa't-kanan ng inyong mga activities?	Maridel: After you were diagnosed, what did you do to keep your life active? Because... right now you seem to be more active than me. You have activities left and right?
02:47:08	04:27:10	Lucy: Sinabi mo pa, syempre, kailangan nating mag-move on. Syempre noon ako'y demystified, depressed, stressed. Sa tulong ng mga tao rito, ng mga therapies. Ayan, natanggap ko na rin, mabulag or hindi, bahala na ang Panginoon sa akin. Dahil ako, nasa Beyond Blindness ng grupo. Yan ang tumutulong sa aming lahat. Lahat kami doon ay mga bulag. Vision impaired tapos bulag na talaga. Katulad ngayon, kakauwi ko lang galing doon. Ang ginagawa namin doon ay nagka-crafting, tapos niyan bingo. Katuwaan	Lucy: As you said, of course, we have to move on. Of course then I was demystified, depressed, stressed. With the help of the people here, the therapies. There, I have accepted it now, whether I go blind or not, the Lord will take care of me. Because I'm in the Beyond Blindness group. That helps us all. All of us there are blind. Vision-impaired, then, really blind. Like today, I just came home from there. We do crafts there, then bingo. Just for fun. The prize is chocolate. Then,... this Wednesday, crafting and bingo. Next Wednesday, go

		<p>lang. Ang panalo ay tsokolate. Tapos,... itong Wednesday, crafting and bingo. Next Wednesday, lakad-lakad. Maglalakad-lakad. Tapos Monday, nandoon ako sa theater, sa True Ability. Yan ang aking libangan, yan ang aking ginagawa. Lahat kami doon ay mga artista na. Kasi ginagawa sa True Ability, filming, dancing, singing, entertainment, commercial, comedy...</p>	<p>out for a walk. Will just walk around. Then Monday, I'll be at the theater, at True Ability. That's my hobby, that's what I do. All of us there are artists now. Because it's done at True Ability, filming, dancing, singing, entertainment, commercial, comedy...</p>
04:27:14	04:34:01	<p>Maridel: Ayan. So sa True Ability po lahat-lahat po kayo may vision impaired? O may iba't-ibang mga...</p>	<p>Maridel: There. So at True Ability, are you all vision-impaired? Or are there different...</p>
04:34:03	04:46:21	<p>Lucy: Iba-iba. Ako lang ang vision impaired doon. Ang iba may sakit sa utak, ang iba nasa wheelchair. Ang iba... Iba-iba ang kundisyon namin.</p>	<p>Lucy: Different. I'm the only vision-impaired there. Some have brain disease, others are in wheelchairs. The others... Our conditions are all different.</p>
04:46:23	04:56:04	<p>Maridel: Paano po ninyo... Nabanggit po ninyo kanina na meron po kayong guide dog ng sampung taon, si Hazel, pero nagretiro na siya ngayong taong ito?</p>	<p>Maridel: How do you... You mentioned earlier that you had a guide dog for ten years, Hazel, but she retired this year?</p>
04:56:06	05:28:19	<p>Lucy: Oo. Well... Nakuha ko si Hazel sa RSB Guide Dog na nagtulong sa akin. Mababait din silang lahat. Katulad ng Beyond Blindness, katulad ng True Ability, ayan ang mga ginagawa nila rito, Centralink, lahat ng mga... Ako'y talagang tuwang-tuwa dahil ako ay in-adopt ng Australia pati mga anak ko, so yes...</p>	<p>Lucy: Yes. Well... I got Hazel from RSB Guide Dog who helped me. They are all kind, too. Like Beyond Blindness, like True Ability, that's what they're doing here, Centrelink, all the... I'm really happy because I was adopted by Australia along with my children, so yes...</p>
05:29:13	05:36:08	<p>Maridel: So ngayong pong retirado na si Hazel, sino po ang pinakasumosuporta sa inyo pag lumalabas kayo ng bahay?</p>	<p>Maridel: So, now that Hazel is retired, who supports you the most when you leave the house?</p>
05:37:11	06:09:21	<p>Lucy: Ang True Ability rin at saka ang Beyond Blindness. Maridel: So gaano po kahalaga ang mga suportang ganito para mapanatili ninyong aktibo ang inyong buhay? Lucy: Sa aming lahat talagang napakahalaga. Without them, we are only inside the house, nasa bahay lang kami. Syempre mabo-bored, mai-stress.</p>	<p>Lucy: True Ability and also Beyond Blindness. Maridel: So, how important are supports like these for you to keep your life active? Lucy: It's really important to all of us. Without them, we are only inside the house, we just stay inside the house. Of course, one gets bored, stressed.</p>

		Ang Australia ay napakaganda. Mayroon kayong pension, mayroon kayong lahat. Mayroon lahat dito, okay lang kami dito. Kaya I'm blessed by God. I'm blessed by Australia.	Australia is very beautiful. You have a pension, you have everything. It's all here, we're okay here. So, I'm blessed by God. I'm blessed by Australia.
06:10:00	06:13:18	Maridel: Paano po ninyo napapanatili ang masaya ninyong disposition?	Maridel: How do you maintain your happy disposition?
06:13:20	06:34:08	Lucy: Masayang disposition. Kailangang alagaan mo ang sarili mo nang mabuti. Tapos yung may nag-aalaga sa'yo, dahil meron na akong nag-aalaga sa'king...carer. May carer ako Monday, Wednesday, Friday, Saturday, and Sunday.	Lucy: Happy disposition. You have to take good care of yourself. Then there's one who takes care of you, because I already have a carer who takes care of me. I have a carer on Monday, Wednesday, Friday, Saturday, and Sunday.
06:34:23	06:37:02	Maridel: So, dinadalaw po kayo sa bahay?	Maridel: So, do they visit you at home?
06:37:20	06:50:02	Lucy: Oo. Dito sila nagpupunta, dinadala nila ako kung saan-saan. Kunwari, punta ako ng doctor, punta ako ng shopping, tapos tulungan ako maglinis ng bahay, labas at loob ng bahay ko.	Lucy: Yes. They come here, they take me everywhere. Let's say, I go to the doctor, I go shopping, then they help me clean the house, outside and inside my house.
06:50:04	06:54:15	Maridel: Hindi po ba kayo natatakot na mag-isa lamang kayo, kayo lang ni Hazel sa bahay?	Maridel: Aren't you afraid of being alone, with just you and Hazel at home?
06:54:17	07:06:08	Lucy: Saka ng aking pusa, hindi naman. Mabait naman sila rito sa akin, okay naman sila rito. Protektado naman kaming lahat basta pag tumawag kami, straight away ang mga police nandito agad."	Lucy: And my cat, not really. They are nice to me here, they are okay here. We are all protected as long as when we call, the police will be here straight away."
07:06:10	07:08:19	Maridel: Hindi po ba nag-aaway yung aso't pusa ninyo?	Maridel: Don't your dog and cat fight?
07:08:21	07:13:04	Lucy: Ay, hindi naman. Magkaibigang-magkaibigan, parang magkapatid.	Lucy: Oh, not really. Very good friends, like siblings.
07:13:06	07:17:15	Maridel: So sa tatlo po ninyong anak, may siyam na kayong apo?	Maridel: So out of your three children, you now have nine grandchildren?
07:17:17	07:21:11	Lucy: Ay, sinabi mo pa. Ako'y pinatanda nilang mabuti.	Lucy: Oh, as you said. They aged me well.
07:23:11	07:24:23	Maridel: So, nag-aapo-sina din po kayo?	Maridel: So, do you look after grandchildren, too?
07:25:01	07:34:16	Lucy: Malalaki na ang mga apo ko. Ang panganay ay 23, ang pinakabunso... isang taon sa Sunday.	Lucy: My grandchildren are now grown up. The eldest is 23, the youngest... a year old on Sunday.

07:34:18	07:47:06	<p>Maridel: Ano po ang maipapayo ninyo sa mga katulad ninyo na nakatanggap ng diagnosis na mababago ang pang-araw-araw na buhay? Ano po ang dapat nilang isaalang-alang?</p>	<p>Maridel: What advice would you give to people like you who have received a diagnosis that will change their daily lives? What should they consider?</p>
07:48:12	08:49:03	<p>Lucy: Ang dapat nilang isaalang-alang ay continue lang ang buhay, 'wag mag-stress, kailangang mag-move-on, tanggapin kung ano ang ibigay ng panginoon. Gaya ng sa akin. Tapos kung halimbawang kayo ay na-stress, na-depress, magpunta lang kayo ng doctor o psychiatrist o anuman kung sino man ang makakatulong sa inyo. Tapos mas malaki ang tulong kung around kayo ng pamilya. Ganyan. Wala na tayong magagawa kung halimbawang ang ating mata ay humihina, sa katandaan, sa sakit. Wala na tayong magagawa. Talagang ganoon na. Kaya ang gawin na lang natin ay unti-unti nating tanggapin ang ating diagnosis. Kasi Diyos lang naman ang nakakaalam kung papaano ang mangyayari sa buhay natin. Kung ano ang mangyayari sa atin, ipagpasa-Diyos na lang natin.</p>	<p>Lucy: What they should consider is to just continue with life, don't stress, need to move on, accept what the Lord gives. Like mine. Then, if you are stressed, depressed, just go to a doctor or psychiatrist or whoever can help you. Then the help is greater if you are surrounded by family. That's it. There is nothing we can do if our eyes weaken, because of old age, of disease. There is nothing we can do. That's what it is. So, all we have to do is accept our diagnosis little by little. Because only God knows how things will happen in our lives. Whatever happens to us, let's just leave it to God.</p>
08:49:09	08:57:04	<p>Maridel: Gaano naman po kahalaga na patuloy kayong nakaka-perform sa entablado at nagagawa ninyo ang inyong mga crafting.</p>	<p>Maridel: How important is it that you continue to perform on stage and do your crafting.</p>
08:57:06	09:38:20	<p>Lucy: Siyempre tulong din ng sarili, tulong din ng mga tao na nasa around mo. Kailangan talaga para sa atin na may mga sakit, kailangan nating mag-move-on. Kailangan nating gumawa ng talagang dapat gawin, kailangan natin nito, kailangan natin noon, tumayo sa sariling paa, maging independent. Dahil kung hindi, kung wala kayong pamilya around ninyo, katulad ko ang mga pamilya ko, ay masyado silang busy, may mga anak silang maliliit, may mga anak silang inaalagaan, may trabaho sila. Ako naman, okay naman ako.</p>	<p>Lucy: Of course, helping yourself, also help from the people around you. It's really necessary for those of us who have diseases, we need to move on. We need to do something that really needs to be done, we need this, we need that, stand on our own two feet, be independent. Because otherwise, if you don't have family around you, like me, my family, they are too busy, they have small children, they have children to take care of, they have work. As for me, I'm fine.</p>

09:38:22	09:53:20	Maridel: Maraming salamat, Lucy Lopez Rivera, sa pagbahagi mo ng iyong karanasan at kwento. At sana'y patuloy na maging aktibo ka at maging inspirasyon sa mga iba.	Maridel: Thank you very much, Lucy Lopez Rivera, for sharing your experience and story. And I hope you continue to be active and be an inspiration to others.
09:53:22	10:08:18	Lucy: Walang problema, darling. Thank you so much for giving me an opportunity to be interviewed in the radio. I wish that everybody who's sick in this world, they get better. And God bless all.	Lucy: No problem, darling. Thank you so much for giving me an opportunity to be interviewed on radio. I wish that everybody who's sick in this world, they get better. And God bless all.
10:12:13	10:38:01	Maridel: Ang Speak My Language program ay pinondohan ng Commonwealth Department of Social Services at inihatid sa inyo ng SBS sa pakikipagtulungan sa ECC NSW at lahat ng State and Territory Ethnic and Multicultural Communities Councils sa buong Australia. Nais ninyo bang makinig ng iba pang kwento na tulad nito? Makinig sa Apple Podcast, Google Podcast, Spotify o sa iba pang podcast apps.	Maridel: The Speak My Language program is funded by the Commonwealth Department of Social Services and brought to you by SBS in partnership with ECC NSW and all State and Territory Ethnic and Multicultural Communities Councils across Australia. Would you like to hear more stories like this? Listen to Apple Podcasts, Google Podcasts, Spotify or other podcast apps.