

# **Hawaii Association of the Blind Newsletter**

**April 1, 2024**

**The Hawaii Association of the Blind mourns the passing of the following:**

Rolly Abarca

Helga Cabanilla

Joe Cordova

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## **Upcoming Events**

### **Holo Holo Shoppers Event**

When: Friday, April 5, 2024

Time: 4:00-7:00pm

Where: Pearl City Foodland Farms: 1150 Kuala Street, Pearl City

Join Certified Orientation & Mobility Specialists

Jeannie Camacho, Sherri Martinez, and Troy Kato

for a supported shopping adventure within a local favorite gathering spot.

Foodland Farms Gift cards are available for shoppers to use during the supported event.

WHY:

To provide a supported social gathering in a community setting to strengthen shopping, communication, and O&M skills

Liability Disclaimer: All participants are responsible for their own safety throughout the event.  
Hawaii Association of the Blind shall not assume any liability resulting in injury.

Please RSVP to Sherri Martinez, COMS

Email: [sherrimartinez46@gmail.com](mailto:sherrimartinez46@gmail.com).

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### **Holo Holo Shoppers Event**

When: April 29, 2024

Time: 4:00 - 7:00 p.m.

Where: Ross & Makai Market Food Court at Ala Moana Shopping Center

Handi-Van Drop-off/Pick-Up/Meeting Location: Makai Market.

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**Hawaii Association of the Blind**

Parents and Youth - STEAM Event #10

Rock Climbing!

Where: HiClimb: Honolulu's Rock Climbing Gym

825 Ilaniwai St, Honolulu, HI 96815

Leah: (619) 770-8856 Chloe: (801) 556-7021

When: April 27, 2024 from 8:30 am to 11:30 am. Climbing will start at 8:30.

What to bring: Gym outfit, long pants, and note the earlier time. HAB will be covering the cost for the climbers.

Please be sure to fill out the Adaptive Climbing sign-up and waiver form prior to arrival.

<https://forms.gle/C897G7xx3zXuCEX67>

Please share with families that have a child that is blind or visually impaired.

We are learning from the Adaptive Climbing group! It will be an immersive experience with and hands-on tactile exploration included. Come join us for climbing fun!

RSVP: habpay808@gmail.com or by Google Form.

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**Let's Say Hello To Rayden Geronimo**

My name is Rayden Geronimo and I am ten years old. I attend Waikoloa elementary & middle school.

Some things I like to do are creating figures with clay and playing with my brother Haezen and my sister shaylynn. I also love transforming clay into Godzilla and sharks.

My family is special because they love me so much. My mom is my hero because she helps me all the time with everything.

In school my favorite subject is math. Now that I have the Brailnote it has made a big difference with schoolwork. The reason is because the BrailleNote helps me increase speed in doing my work. I also use brailleNote for all my homework and school work. When I started using my BrailleNote in school, everyone was amazed what I can do on it.

When I grow up I want to help other blind children learn Braille. I also look forward to traveling.

An animal I would like to be is a penguin because they are so cute and cuddly.

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### **HAB Honolulu Holo Holo Kahala Mall Recap**

Submitted by Amy Downard, COMS and Jeannie Camacho, COMS

March 26, 2024

What goes well with a midweek state holiday? A morning HAB Holo Holo to Kahala Mall! We had a great time on Prince Kuhio Day meeting up

inside of the hallway at the mall that has the Handivan stop at Taco Bell - Pizza Hut. We greeted each arrival with an Aloha, hopped into shopping groups and headed out to shop for our needs. We even had the Easter Bunny hop by with a Shaka to our group before giving out laughs and eggs to the little ones.

One group headed to Whole Foods with healthy baskets of fruits, veggies and baked goods.

Another group checked out the tech accessories for phone chargers and portable phone batteries for those extended trips into the community. The walk to Ross's had some extra twists and turns since it is outside of the mall, but close enough to walk. Apple Store is always a good stop to see what is new or for some assistance from their kind staff.

A quick map was shared to show the main points of Kahala Mall. Entering the hallway at Taco Bell - Pizza Hut from the Handivan stop, walk forward past Panda's, Subway, Cookie Corner, (oh they smelled so good!), hair salon and jewelry stores, then you enter the main hallway, where right is Longs and See's Candy Store outside, sorta straight or more like a zig zag forward is the hallway with Macy's, T-Mobile and CPK, and left is the main hallway of the mall toward the fountain with Apple Store, Sephora, Candy Carousel, Starbucks and Whole Foods just outside of Starbucks. Left at the fountain turns you toward the movie theatre hallway, just follow the popcorn smell or the sounds of the Fun Factory arcade.

KuruKuru Sushi and Goma Tei Ramen are near the movie theatre entrance. A short elevator ride upstairs and through a dark hallway will lead you to Ross's Store or exit near the movie theater restrooms to go outside, turn left and trail an LRoute back to the the Taco Bell-Pizza Hut entrance. The more we travel, the more we learn!

After all the walking, lunch was a delicious highlight with food from Taco Bell, Panda's, Goma Tei Ramen and fresh soups and salads from Aloha Salads to fill our bellies. The apple pie egg roll from Panda's was a tasty treat, thanks Russell!

The nice surprise at the end of the event was that the last Handivan had seven people from our group of 21, all heading out together toward their homes in our community. It is always a fun time to socialize, shop, learn more O&M skills and get out and about more often with our Holo Holo friends.

See you next month!

5 Pictures below

Picture 1 Image Description:

Jolene and Terrilyn are smiling at the camera in this close up inside of the Taco Bell, saying Aloha before we leave.

Picture 2 Image Description:

Outside of Whole Foods from left to right Pat, Sandra, Haruka, Ann, Daisy and Emerald all smiling at the camera before shopping time.

Picture 3 Below Image Description:

The crew are learning the outside L-route along the side walk between the movie theatre area restrooms and Taco Bell-Pizza Hut entrance. Smiling at the camera and showing some Shakas are Russell, COMS Amy, Kelly and Henry outside of Core Power Yoga. Namaste!

Picture 4 Image Description:

Lots of Alohas as we end our Holo Holo and wait for Handivan Pickups with all laughing and giggling. From left to right: Henry, Jolene, Intern Haruka, Crata, Natalie and chihuahua Emi, COMS Amy, Lisa, Ernie and Breanna, Roberta, COMS Troy, Emerald, Intern Angie, COMS Sherri and COMS Jeannie. That's one happy family!  
COMS = Certified Mobility Instructor.

Picture 4 Image Description

Seven, YES SEVEN, Holo Holo on the same van heading home. I wonder how that driver concentrated on the road! Pictured seated inside the van are Henry, Roberta, Ernie and Breanna, Crata, Emerald, Lisa and Jolene, Go Team!

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**HAB Honolulu Walking Club-Magic Island Recap**

**Submitted by Amy Downard, COMS and Jeannie Camacho, COMS**

**March 27, 2024**

What a fun walking club we had last Wednesday afternoon at Magic Island in Ala Moana Beach Park. We had our usual meeting place and Handivan drop off spot at the Diamond Head Side of the park, in front of L&L's. Right across the two lane road is the beginning of the walking route.

After crossing the crosswalk, there will be a short, concrete wall that you can sit on to wait for others or take a break. Facing this short wall, turn right to trail the wall then left at the first opening at the starting point of the walking route.

For orientation, think of the route as a wavy square:

Beginning of walk is along the west side, beach side

The path turns left to walk along the south side, lagoon side The path turns left to walk along the east side, harbor side The path turns left to walk along north side, parking lot side Then path returns to beginning.

When finished, walk north back to L & Ls. with 3 picnic tables.

For this walk, we practiced using the Voice Vista and Compass apps. Using the Compass app on your phone, it is easy to check if you are going North toward the parking lot, or South toward the lagoon.

Using the Voice Vista app, I choose the Marker icon at the bottom of the app screen, then created and typed new audio markers at every painted line on the walking path of the route with mile markings (0.0, 0.1, 0.2, etc.,). After creating all the marker labels on the first lap, whenever I walked past the audio marker I created, the app announced it. I was pretty accurate, within 15 feet and let me know my approximate location along the route. The general announcements on the Voice Vista did give interesting input, such as drinking fountains, toilets and showers in the correct compass direction.

The more you walk the route, the more you become familiar with it and learn what sounds and ground textures feel correct to be "on route". It is good to supplement these body awareness movements with the use of checking your Compass app on your phone or creating markers or pins on Voice Vista app or other map apps.

Having a small group of four last week, allowed us to dabble in some GPS tech and take note of improving independent travel and keeping those daily step counts high. I had over 14,000 steps that day! There are also many areas for fun selfies with incredible background views. Thanks HAB Honolulu Walking Club for keeping people moving toward healthy habits through these walking adventures!

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Alexandria, Va., March 18, 2024 – Scott Thornhill took office today as the new Executive Director of the American Council of the Blind (ACB). Thornhill was voted in by the ACB Board to lead the 62-year-old organization.

“It is an honor and a privilege to be able to lead an organization with such a rich history,” said Thornhill. “The strength of ACB is a combination of our members, our supporters, and the larger blindness community that we serve. I look forward to us achieving even more impactful results in the years to come.”

For the past five years, Thornhill served as the Director of Public Policy for Alphapointe, a non-profit organization with the mission to empower people who are blind through opportunities for employment and personal development. In that role, he was responsible for issues such as government relations, successful employment, innovation, event fundraising in New York and more.

Thornhill also has a background in real estate brokerage. Despite a flourishing career in that field, he felt compelled to join the effort to help make the playing field level for people who are blind and visually impaired.

Thornhill is blind himself, losing his vision due to Retinitis Pigmentosa (RP) after being diagnosed at the age of eight and told at 15 he would be blind by 40.

“Scott brings a wealth of experience along with his infectious enthusiasm and energy which has already been well received by our members, staff, and colleagues,” said ACB Board President Deb Cook Lewis. “ACB is a vibrant organization and under Scott’s thoughtful leadership will continue forward as a chief influencer in the blindness consumer arena.”

Thornhill brings experience from the non-profit world as well as corporate management to his new position. In addition to his business ownership and employment, Thornhill has served on multiple non-profit boards, including Industries of the Blind in Greensboro, NC. He has been active with the National Association for the Employment of People who are Blind, as well as VisionServe Alliance.

Thornhill holds a Master of Public Administration from the University of North Carolina Wilmington, as well as a Post Baccalaureate Certificate in Non-Profit Management from the University of North Carolina Greensboro.

Thornhill will be working remotely until May 2024, when he will make the move to join other ACB staff members at the Alexandria, VA office.

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The Social Security Administration published a final rule, "Omitting Food from In-Kind Support and Maintenance (ISM) Calculations. Under the final rule, beginning September 30, 2024, the agency will no longer include food in ISM calculations. The new policy removes a critical barrier for SSI eligibility due to an applicant's or recipient's receipt of informal food assistance from friends, family, and community networks of support.

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Glaucoma Research Foundation (GRF), a national nonprofit organization dedicated to finding a cure for glaucoma, today announced the release of a 48-minute audiobook version of their flagship 40-page educational booklet "Understanding and Living with Glaucoma."

Narrated by Orange County actress, advocate, and glaucoma patient Bianca Beach, the audiobook project is a collaboration with Braille Institute of America, a nonprofit organization that provides free programs, seminars, and one-on-one instruction for the visually impaired community. "It's so important to have this type of resource available to patients with glaucoma," Beach said, "because if you're not able to read the booklet, you need to be able to hear it."

The free glaucoma audiobook narrated by Bianca Beach is available for patients to listen, download, and share.

<https://c212.net/c/link/?t=0&l=en&o=4118790-1&h=2397509774&u=https%3A%2F%2Fon.soundcloud.com%2F4cc9S&a=Glaucoma+Research+Foundati on%27s+SoundCloud+page>

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**9to5Mac - Wednesday, March 20, 2024 at 5:51 PM**

New page on Apple's website helps users find product manuals and guides

With the help of the Apple Support website, users can find a lot of information about the Apple devices they own. This includes things like technical specifications, guides, and support articles. However, all this information used to be spread across multiple pages – but Apple is changing that with a new “Documentation” page.

Apple makes it easier to download manuals and guides for its products

The new page was first noticed by the Japanese blog MacOtakara. There, users will find all the documentation they need on Apple products in one place, instead of having to search through different webpages.

Apple describes new “Documentation” webpage as a place to find and download manuals, specs, and downloads. It organizes all available information by product category, such as Mac, iPhone, iPad, AirPods, HomePod, Displays, and even iPod. “Choose a product or search below to view related documents and available downloads,” the webpage reads.

The website also has a search field for users looking for specific information. When you click on a product, it shows everything available about it on the Apple Support website, as well as manuals and guides.

Users can find the new Documentation webpage on Apple's website by visiting [support.apple.com/docs](https://support.apple.com/docs). It's worth noting that Apple also has an Apple Support app available for iOS, and you can download it on the App Store.

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**OE Patients - Wednesday, March 20, 2024 at 11:12 AM**

**GE Appliances Improves Access for Visually Impaired Consumers**

For quite some time now, people with vision loss have gained increasing audible access to digital displays and touch screens on electronic devices. Such advances in accessibility have not yet materialized in most major and household appliances. Meanwhile, we figure out what we need from the appliance and how to get the job done. Depending on the appliance and personal preference, the solution may be simple or complex. The best approach often comes down to focusing on frequently used functions. Cooking, on a stove top or in the oven, generally requires familiarity with a few temperature settings. Similar strategies are implemented for the use of washer, dryer and dishwasher, Food gets cooked, laundry and dishes get washed, often on the same settings, day after day.

In lieu of innovation, GE Appliances is offering a DIY kit as a workaround. The Access Kit was created in partnership with the American Printing House for the Blind (APH). In a press release, dated Feb. 27, 2024, the appliance maker described the kit as the “most comprehensive set of tactile stickers for appliances.” With over 400 stickers, representing the 80 most commonly used settings, the kit is designed to “make thousands of GE Appliances more accessible for everyone,” and it can be used on non-GE appliances, as well.

The clear adhesive stickers are placed over the appliance label, allowing the label to show through. They include both tactile symbols and braille. The announcement noted, “While braille is the standard, fewer than 10 percent of the 1.3 million people who are legally blind in the United States are braille readers.”

“Our number one goal with this offering is to make appliances more accessible for everyone,” said Chris Bissig, director of experience brand language at GE Appliances. “Our research showed that a lot of blind and low-vision consumers are devising their own complex systems just to navigate the settings on their appliances, making simple household tasks incredibly difficult. This kit ensures everyone can feel confident using their GE Appliances.

We are so grateful to our partners at American Printing House for the Blind, a true authority in this space, for helping us bring this product to life and make everyday living easier for those who are blind or low vision.”

The Access Kit can be purchased at [www.geappliancesparts.com](http://www.geappliancesparts.com) for \$19.99. However, the published link does not connect to an Access Kit purchase page. We have reached out to GE Appliances for a corrected link and will update upon their reply.

<https://ophthalmicedge.org/patient/ge-appliances-improves-access-for-visually-impaired-consumers/>

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Hello,

We have great news! Be My Eyes is thrilled to announce a new service available in beta today in the Be My Eyes app: Service Directory.

Beginning today, you will have access to hundreds of hard-to-find customer service numbers and connections to companies and organizations worldwide in the Be My Eyes' Service Directory, a new section in our app where you can easily connect directly with them for free.

Our new Service Directory allows you to reach out smoothly to companies and organizations for customer service. This new service is available worldwide for free, and you will be able to get in contact with all companies and organizations that are available in your location. There are already over 600 companies and organizations available worldwide, and we are adding new ones every day!

How it works

To get in contact with a company or organization in our new Service Directory, simply open the Be My Eyes app and tap on "Service Directory" (previously Specialized Help), in the tab bar. From here, simply select a company or organization profile to reach out and get assistance whenever you need it.

Now, for example, you can reach out to an Apple representative directly in the Be My Eyes app to get real time assistance in many different situations, like setting up Voice Over on your iOS product, getting more information about Apple's products accessibility features or setting up your Apple TV.

Use Be My Eyes' Service Directory to get real time assistance from many companies and organizations like Apple, IKEA, PayPal, Nintendo and hundreds more.

Availability of company numbers depends on your location. If there are companies or organizations that you cannot find and you'd like to see included in the Service Directory, please let us know by using the link in our app or writing to [info@bemyeyes.com](mailto:info@bemyeyes.com)

We truly hope you enjoy easy access to what we're sure will become the central hub for blind and low vision users looking for customer service and assistance using products and services globally. To learn more about this new service, check out the official announcement in our blog post. If you have any questions about this new service, you can reach us at [support@bemyeyes.com](mailto:support@bemyeyes.com).

With appreciation,

The Be My Eyes Team

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### **Let's begin by exploring the definition of mindset and leadership!**

What is a Mindset?

A mindset is an established set of attitudes of a person or group concerning culture, values, philosophy, frame of mind, outlook, and disposition.

What is leadership?

Leadership is about guiding a group of people to meet certain goals. It's about using the skills and abilities of your team, as well as motivating them to do the best they can.

A leader has to oversee their team and take responsibility for the actions of all their team members, and it means that you can truly guide change and progress.

What is a leadership mindset?

Those with a leadership mindset are able to analyze their abilities as well as those of the people around them to make proactive and efficient decisions.

Having a reflective approach that allows for continuous change and improvement is also an essential attribute of an effective leader.

Other leadership qualities include being focused on growth, having a positive approach to resolving challenges, and consistency in overcoming difficulties – all of these are key and instrumental in building a team that is motivated toward a common goal.

The importance of a leadership mindset:

A leader's mindset influences their decision-making, problem-solving, and their ability to inspire and guide their team. Having the right mindset can help foster positive organizational cultures, drive change, and ensure long-term viability and growth.

Growth mindset

What is a growth mindset?

A growth mindset is a belief system and attitude that centers on the belief that abilities, intelligence, and talents can be developed and improved through effort, learning, and perseverance. Individuals with a growth mindset embrace challenges, view failures as opportunities for growth, and remain resilient in the face of setbacks.

They are more inclined to take risks, seek out opportunities for self-improvement, and continuously strive for personal and professional development. This mindset fosters a culture of innovation, resilience, and adaptability, making it a valuable asset in both personal and professional endeavors.

How to develop a growth mindset:

If you want to develop a growth mindset, it's worth learning about examples of great leadership and thinking about how and why these people have been able to see setbacks as opportunities.

It's also worth considering what motivates them to keep going. How do they reframe challenges in a positive way? Learning the theory will give you the foundation from which you can develop the key skills you will need and form the mindset for success.

#### Benefits of having a growth mindset

A growth mindset can help you in a lot of ways during your leadership career. For example, this mindset can give you:

- A healthier attitude towards failure, viewing it as part of the journey towards success.
- More resilience, even when things get tough
- More ability to encourage growth in your team members
- Extra motivation to improve your abilities and learn new skills

#### What is a performance mindset?

A performance mindset is all about being focused on the end result.

#### How to develop performance mindsets in others:

Developing a performance mindset in your team is vital to ensure success. You can help those around you work on their performance with tips such as:

- Ensure members have the ability to develop and improve their skills
- Encourage a sense of freedom and ownership

- Inspire members to reach their full potential
- Implement feedback loops to get input
- Celebrate successes both big and small to motivate others.

One of the primary leadership skills is communication, which includes verbal and non-verbal communication, as well as listening to your team members. Self-confidence is also vital in leaders, as is the ability to make difficult decisions, but also recognize when they get it wrong.

Are you ready to embrace leadership?

Refine your skills, learn from industry experts and benefit from exclusive placements in prestigious venues that enhance your abilities to lead a team, strategize and manage resources

Different types of leaders:

There are many different types of leaders and many have different management styles. Some of the main leadership types are:

- Autocratic leaders, who make decisions independently, often with limited input from their team, promoting efficiency but potentially stifling creativity.
- Democratic leaders, who encourage collaboration and seek input from team members, fostering a sense of ownership and innovation.
- Transformational leaders, who inspire and motivate their teams to achieve extraordinary outcomes through a shared vision and charisma.
- Transactional leaders, who focus on structured exchanges, rewarding or punishing based on performance.

- Laissez-faire leaders, who provide autonomy to their team, allowing them to make decisions independently.

Effective leadership often involves a combination of these styles, tailored to the specific context and goals of the organization.

As you become better at leadership, you will find what leadership style works best for you, as well as your team.

### Building leadership skills and abilities

Embracing this mindset involves a commitment to continuous learning, adaptability, and a deep understanding of the responsibility to guide and inspire others. This means that even once you have reached a leadership role, you should keep working on your skills and honing your leadership mindset.

What qualities are essential for a successful leadership mindset?

If you want to become a successful leader, you will need to work on skills, such as:

- Confidence to take charge
- A creative mind
- A clear vision
- Communication skills
- Ability to adapt to change

Source:

<https://lesroches.edu/blog/leadership-mindset/#content>