

# Hawaii Association of the Blind Newsletter

**July 1, 2024**

## Upcoming Events

Image Description: Foodland Logo



**Hawaii Association of the Blind**

**Pearl City Holo Holo Shoppers July Event**

**When:**

**Friday, July 19, 2024, 4pm-7pm**

**Where:**

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

Join HAB's Certified Orientation & Mobility Specialists

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

Foodland 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 or death

**Please RSVP to Sherri Martinez, COMS**

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

**Phone: (808)561-5968**

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**Image Description: Farmer's Market with and more!**



**eggplant, onions**

**Hawaii Association of the Blind**

**Windward Holo Holo Shoppers July Event**

**When:**

**Sunday, July 28, 2024, 10am-1pm**

**Where:**

**Windward Mall, 46-056 Kamehameha Hwy**

**Handivan drop-off is in front of Big City Diner**

Get your shop on with HAB's Certified Orientation & Mobility Specialists. Windward Mall offers an indoor Farmer's Market, Target, Ross, Macy's and various small shops and eateries. Participants can enjoy social

interactions and opportunities to practice O&M Skills. Target gift cards are available 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 or death

**Please RSVP to Troy Kato, COMS**

**Email:** [kato.troy@gmail.com](mailto:kato.troy@gmail.com)

**Phone:** (310)612-3163

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**Hawaii Association of the Blind Events committee in collaboration with**

Parents and Youth Committee (PAY) presents an emergency preparedness workshop

Emergency Preparedness Workshop: The focus will be on emergency preparedness where we will learn what we as blind persons need to know and do in the event of a real natural disaster.

What: Emergency Preparedness Workshop

Where: Library for the Blind and Print Disabled:402 Kapahulu Ave. Honolulu, HI 96815

When: August 17th 2024

Time: 10:00a.m. till 12noon.

What to Bring: Wear comfortable clothes and bring a friend or family member. All is welcome.

Cost: Free

Don't miss out on getting in on this great educational event. Don't delay prepare today.

RSVP: by August 11th 2024 [habpay808@gmail.com](mailto:habpay808@gmail.com) or call Terri-lynn

Higashi (808)489-326

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## **Inspiration Begins with ACB**

**by Kenneth Semien Sr**

From the humble beginnings of the Mentorship, Access, and Peer Support Program, the ACB INSPIRE Mentoring Program will enter its second year during the fall of 2024. Online applications will be accepted from July 19th through August 17th. The 2025 cohort will be selected by September 5th, and the program year will begin on September 19th. The program is a nine-month exploration of learning and grasping new concepts. Activities will conclude on June 18, 2025. The program culminates with a virtual graduation ceremony during the virtual week of the ACB Conference and Convention.

INSPIRE refers to Imagine, Nurture, Support, Prepare, Influence, Reflect, and Evolve. The ACB INSPIRE mentoring program serves as a roadmap and places an emphasis on aiding and guiding potential leaders to expand their involvement at the local, state and/or national level. Members are urged to apply to become a Guide/Mentor or Explorer/Mentee.

The INSPIRE Experience includes an introductory Guide-Explorer meet and greet; informative orientation training; personalized Guide-Explorer team meetings; interactive quarterly check point meetings; empowerment segments with leaders of the blindness community, as well as other collaborative partnerships; optional office hours feedback sessions; support meetings with the ACB INSPIRE Mentoring Team; sharing of inspirational books, articles, poems, quotes, and other material from the INSPIRE Library; participant communication on the designated ACB INSPIRE email list; and end of program evaluation survey.

To serve as a Guide or mentor, applicants must be an ACB member for seven years or more; current on membership dues; have at least five years of confirmed leadership experience within ACB, one of its affiliates or chapters; submit name and contact information for a reference; have personal knowledge of ACB's history, mission, purpose, and core values; agree to meet with designated Explorer/Mentee at least twice a month; conduct effective goal-setting meetings with a designated explorer/mentee; agree to keep all communication with explorer/mentee private and confidential; agree to attend and participate in scheduled group empowerment sessions, including quarterly check point meetings and optional office hours feedback sessions; agree to submit a monthly report to the ACB Mentoring Team on Guide-Explorer progress; and agree to complete an end-of-program evaluation.

To qualify as an Explorer or mentee, applicants must be an ACB member for at least two years (membership in an ACB state or special-interest affiliate, or chapter is applicable); current on membership dues; demonstrate an eagerness to learn and grow; faithfully attend and participate in goal-setting sessions with a designated guide/mentor; agree to meet with Guide/Mentor at least twice a month; agree to attend and participate in group empowerment sessions, including quarterly check point meetings and optional office hours feedback sessions; agree to submit a monthly report to the ACB Mentoring Team on Guide-Explorer progress; and agree to complete an end of program evaluation.

Now is the time to strongly consider becoming a participant in the program as a Guide or Explorer! Just submit an application for consideration. The link to the application will be placed in the "Dots and Dashes" newsletter, on various email lists, and on [www.acb.org](http://www.acb.org) beginning on July 19th, with a deadline of 11:59 p.m. Eastern on August 17th. For additional information, send an email message to [acb.mentoring@gmail.com](mailto:acb.mentoring@gmail.com).

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## **7 Habits of Highly Effective People**

Although Stephen Covey's Seven Habits of Highly Effective People was published in 1989, it's still relevant today and most definitely holds value and enlightenment for your life. Read the summary below that will be a review for some and others will find that they can relate to it and adopt some of its concepts.

Here are the 7 Habits of Highly Effective People:

Habit 1 - be proactive

This is the ability to control one's environment, rather than have it control you, as is so often the case. Self determination, choice, and the power to decide response to stimulus, conditions and circumstances

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Habit 2 - begin with the end in mind

Covey calls this the habit of personal leadership - leading oneself that is, towards what you consider your aims. By developing the habit of concentrating on relevant activities you will build a platform to avoid distractions and become more productive and successful.

Habit 3 - put first things first

Covey calls this the habit of personal management. This is about organizing and implementing activities in line with the aims established in habit 2. Covey says that habit 2 is the first, or mental creation; habit 3 is the second, or physical creation. (Refer to the section on time management in the book.)

#### Habit 4 - think win-win

Covey calls this the habit of interpersonal leadership, necessary because achievements are largely dependent on co-operative efforts with others. He says that win-win is based on the assumption that there is plenty for everyone, and that success follows a co-operative approach more naturally than the confrontation of win-or-lose.

#### Habit 5 - seek first to understand and then to be understood

One of the great maxims of the modern age. This is Covey's habit of communication, and it's extremely powerful. Covey helps to explain this in his simple analogy 'diagnose before you prescribe'. Simple and effective, and essential for developing and maintaining positive relationships in all aspects of life. (Refer to the associated sections on Empathy, Transactional Analysis, and the Johari Window.)

#### Habit 6 - synergize

Covey says this is the habit of creative co-operation - the principle that the whole is greater than the sum of its parts, which implicitly lays down the challenge to see the good and potential in the other person's contribution.

#### Habit 7 - sharpen the saw

This is the habit of self renewal, says Covey, and it necessarily surrounds all the other habits, enabling and encouraging them to happen and grow. Covey interprets the self into four parts: the spiritual, mental, physical and the social/emotional, which all need feeding and developing.

#### Summary:

Stephen Covey's Seven Habits are a simple set of rules for life - inter-related and synergistic, and yet each one powerful and worthy of adopting and following in its own right. For many people, reading Covey's work, or listening to him speak, literally changes their lives. This is powerful stuff indeed and highly recommended.

This 7 Habits summary is just a brief overview - the full work is fascinating, comprehensive, and thoroughly uplifting. Read the book, or listen to the full audio series.

You may also want to read 'The 8th Habit', which deals with personal fulfillment and helping others to achieve fulfillment too, which aligns helpfully with Maslow's notions of 'Self-Actualization' and 'Transcendence' in the Hierarchy of Needs model, and also with the later life-stages in Erikson's Psychosocial Life-Stage Theory. The 8th Habit book also focuses on leadership, another distinct aspect of fulfillment through helping others. Time will tell whether the The 8th Habit achieves recognition and reputation close to Covey's classic original 7 Habits work.

Source: <https://blog.hubspot.com/sales/habits-of-highly-effective-people-summary>

N.B. Various phrases on this page are registered trade marks belonging to Stephen Covey. Stephen Covey's principles are protected intellectual property and feature strongly in the Franklin Covey organization's portfolio of products and services.

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## **Prevent Blindness Declares June as Cataract Awareness Month to Educate Public on Eye Disease that is the Leading Cause of Vision Loss in the United States**

**Posted on May 30, 2024**

Prevent Blindness provides free cataract resources to patients and professionals including fact sheets, social media graphics, a dedicated web page and expert video

Prevent Blindness has declared June as Cataract Awareness Month to provide patients and professionals with free educational resources on cataract, a clouding of the eye's lens. According to the Centers for Disease Control and Prevention (CDC)- New Window, cataract is the leading cause of blindness worldwide and the leading cause of vision loss in the United States. Additionally, an estimated 20.5 million Americans aged 40 years and older have cataract in one or both eyes.

By age 80, more than half of all Americans will have cataract.

Prevent Blindness offers a variety of free informational resources in English and Spanish including fact sheets, social media graphics, and a listing of

vision care financial assistance programs. The group also offers a dedicated web resource at

[PreventBlindness.org/cataract](http://PreventBlindness.org/cataract),

and the episode in the “Focus on Eye Health Expert Series,” featuring Albert Cheung, MD, Cataract, Cornea, Anterior Segment Specialist with Virginia Eye Consultants

and Assistant Professor at Eastern Virginia Medical School, Department of Ophthalmology.

More than half of all Americans have cataracts by the time they are 80 years old. However, cataract can also sometimes be found in young people or even newborn babies (congenital).

Risk factors for developing cataract include:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use- New Window  
(medicines used to treat some health problems, like arthritis or allergies)
- Eye injuries
- Eye diseases, such as glaucoma
- Smoking

states that cataract surgery is one of the most common procedures, with surgeons performing more than 3 million cataract surgeries in the United States,



and 20 million globally, improving vision for 97 percent of patients. For those who have had cataract surgery recommended by their eye doctors, Prevent

Blindness offers the dedicated webpage,

[PreventBlindness.org/cataract-surgery](https://preventblindness.org/cataract-surgery),

and the printable “

Guide to Cataract Surgery- This Link Will Open A PDF Document.”

“As we age, we are more likely to develop cataract. The good news is that surgery is highly effective,” said Jeff Todd, president and CEO of Prevent Blindness.

“Make sure to talk to your eye doctor about your risk for cataract and steps you can take to keep your eyes healthy and your vision clear.”

<https://preventblindness.org/2024-cataract-awareness-month/>

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### **Gene Editing Restores Some Sight in Pair of Children Treated for Blindness**

For the first time, gene editing was used to treat children for blindness, leading to improvements in vision

**May 06, 2024**

PHILADELPHIA—CRISPR-Cas9 gene editing was found to be safe and largely effective in addressing a form of inherited blindness in a group of patients that,

for the first time, included children. In a multi-site clinical trial called BRILLIANCE that included researchers from the Perelman School of Medicine

at the University of Pennsylvania and Children’s Hospital of Philadelphia (CHOP), 14 people—including two children under 17 years old—with Leber Congenital

Amaurosis (LCA), a form of blindness resulting from mutations in the CEP290 gene, received a single, surgical injection of a gene editing agent. Of those

14, nearly half reported measurable improvements in sight, including the two children according to the study, published today in the New England Journal

of Medicine (NEJM).

“Our patients are the first congenitally blind children to be treated with gene-editing, which significantly improved their ability to see things like

daylight. Our hope is that the study will pave the road for treatments of younger children with similar conditions and further improvements in vision,”

said Tomas S. Aleman, MD,

the Irene Heinz-Given and John LaPorte Research Professor in Ophthalmology at Penn Medicine with the Scheie Eye Institute and a pediatric ophthalmologist

at CHOP who served as a site principal investigator and study co-author. “This trial represents a landmark in the treatment of genetic diseases, in specific,

genetic blindness, by offering an important alternative treatment, when traditional forms of gene therapy, such as gene augmentation, are not an option.”

The researchers used a host of measures to test whether the procedure improved vision, including one that tests how bright a flash needs to be to be detected

(dark-adapted full-field stimulus testing), and another measured by participants moving through a physical maze (visual function navigation). In the end,

11 patients experienced improvement in at least one measure, while six showed improvement in two or more. Meaningful improvements were seen in six patients

in “cone-mediated vision,” referring to the cone photoreceptors in the retina that allow us to perceive color.

There were no events of side effects reported in the study or any “dose-limiting toxicities” that would have required the treatment level to be changed.

The treatment, EDIT-101, is manufactured by Editas Medicine Inc., which helped fund the study.

CHOP and Penn Medicine served as a study site for the pediatric portion of the study, while the main principal investigator was Eric Pierce, MD, PhD, of

Mass Eye and Ear, a member of the Mass General Brigham healthcare system. The other site that participated was the Casey Eye Institute at Oregon Health

& Science University, under the leadership of Mark Pennesi, MD, PhD.

In addition to the funding from Editas, the research was supported by supported by the National Institutes of Health (P30 EY014104, P30 EY010572), the

Malcolm M. Marquis MD Endowed Fund for Innovation, and unrestricted grants from Research to Prevent Blindness to Casey Eye Institute and the Scheie Eye

Institute. Additional support was provided by the Irene Heinz Given and John La Porte Given Endowment, and Hope for Vision.

<https://www.pennmedicine.org/news/news-releases/2024/may/gene-editing-improves-sight-in-children-treated-for-blindness>