

Hawaii Association of the Blind Newsletter

May 1, 2024

Upcoming Events

Hawaii Association of the Blind

Holo Holo Shoppers Event

When: Friday, May 3, 2024, 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 or death.

Please RSVP to Sherri Martinez, COMS

Email: sherrimartinez46@gmail.com

Phone: (808)561-5968

* * *

Image Description1: A green banner with Farmers Market printed on it. A large yellow sunflower sits atop

the banner along with carrots, watermelon, tomatoes, and corn

What: Hawaii Association of the Blind
Holoholo Shopping Adventure

Where: Windward Mall, 46-480 Kaneohe Bay Dr.
Handivan dropoff is in front of Big City Diner

When: Sunday, May 19, 2024 11am-2 pm

Get your shop on with COMS Nancy Parker, Troy Kato and O&M specialist Hazelle Magaoay-Baniaga. Windward Mall offers an indoor farmers market, Target department/grocery store, Ross, Macy's and various small shops and eateries. Participants can enjoy social interaction and opportunities to practice O&M skills. Target gift cards are available to use during the supported event.

RSVP: Troy Kato Phone (310) 612-3163

Email: kato.troy@gmail.com

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.

* * *

Climbing New Heights

By Leah Neumann

Saturday, April 27th marked an exhilarating adventure as Hawaii Association of the Blind Parent and Youth committee descended upon HiClimb rock climbing gym for an unforgettable day of scaling new heights and embracing the spirit of adventure. With the guidance of Adaptive Climbing Group, we embarked on a journey to conquer walls and push our limits in the world of rock climbing. From novices to more experienced climbers, everyone was welcomed with open arms as we delved into the fundamentals of climbing. The energy and enthusiasm were up as we conquered vertical mobility techniques and overcame challenges, pushing ourselves beyond our comfort zones. It was a great event for both the parents and their children

Join PAY on Saturday May 25, 2024 from 10:00am to 1:00pm at Kakaako Waterfront Park for Zumba and outdoor activities!

* * *

HAB Honolulu Holo Holo Kahala Mall

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 L-Route 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!

Five picture descriptions

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 Image Description:

The crew below 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 Emmie, COMS Amy, Lisa, Ernie and Breanna, Roberta, OMS Troy, Emerald, Intern Angie, COMS Sherri and COMS Jeannie. That's one happy family!

Picture 5 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!

* * *

Fun Times Playing 3 on 3 Basketball

By Terri-Lynn Higashi and Lorenzo

It was an exciting day on April 13th for one of our PAY participants Lorenzo. He got to play 3 on 3 basketball at the 5th annual Special Olympics Basketball Tournament in partnership with Kamaaina Kids after school program. It was held at Honouliuli Middle School. Excitement filled the air and sounds of basketballs dribbling and loud cheers can be heard from families and friends. He was representing Kanoelani Elementary School. While playing at the tournament Lorenzo said, "he felt happy that he could play basketball with his friends and was excited for the game." It was quite a memorable day for him as he shared " I was able to play 3 basketball games, tic-tac-toe, shooting balls at the hoops with friends, get a trophy, and have pizza after the game."

It was great that we got to go and show a bit of support to Lorenzo by watching him play and giving him a card of well wishes and snacks. Lorenzo says thank you HAB for the well wishes. Lorenzo's mom shared that his coach was very supportive and encouraging to him. He even came into my workplace happily holding his trophy to show me. It was quite a trophy as there was a basketball in the middle that you could spin. HAB is so proud of you Lorenzo. Keep on working hard in the classroom and on the court. Keep on reaching for the stars in all you do.

* * *

How do you describe the view to someone who can't see? I couldn't even do justice to a canal towpath

Adrian Chiles

Wed 1 May 2024 10.52 EDT

A day with some blind and partially sighted walkers has shown me how much I barely notice – and how hard it is to find the right words

Share

01/how-do-you-describe-the-view-to-someone-who-cant-see-i-couldnt-even-do-justice-to-a-canal-towpath#comments

How many shades of green are there? Whatever the answer may be, I soon ran out of words to describe them. I was walking north along the Grand Union canal, trying and failing to adequately describe what I could see, to a friend who couldn't. This was

Dave Heeley,

ultra-runner, who in 2008 became the first blind person to run seven marathons on seven continents in seven days. Today we were walking rather than running

– which, with me guiding him, was just as well.

I had guided a blind adventurer once before when I took part in the television series Pilgrimage. One of my fellow pilgrims was the remarkable

Amar Latif.

We were high up on the side of a deep, lush valley in eastern Serbia. I was focused on the trickiness of the path itself, but Amar kept asking me to describe

the vista. I looked down that valley at the mountains in the distance and simply didn't know how or where to start. I had a bash, as there was plainly

plenty of material to work with, but didn't feel I had done justice to the richness of that scene.

On the face of it, a canal towpath just south of Leighton Buzzard wasn't of the same order of magnificence. Yet, when you looked – really looked, as you

obviously must if you're being someone else's eyes – you saw things with a different kind of intensity. Under what felt like the first blue skies of spring,

the greens were simply extraordinary. The RAL colour standard, used to maintain consistency in plastics, varnishes and the like, lists 40 shades of green.

I think RAL might need to go back to the drawing board and identify a few more. Dave, as big an enthusiast for life and the world as you're ever likely

to meet, listened to me wax lyrical, and appeared to mind not a jot when I showed signs of forgetting my main task, which nearly allowed him an insight

into the taste as well as the sight of a canal in the spring.

We were here because we support the same football team and our club's charitable arm, the Albion Foundation,

is paying tribute to Dave and all his fundraising work by walking from Wembley to West Bromwich. Among the group are people who are blind, partially sighted

and sighted, some of whom are walking blindfolded, not least Rob Lake, the foundation's inestimable director. I walked a stretch blindfolded too, guided

by Mike, a retired insurance company executive. Such was Mike's expertise that I'm not so sure I gained much appreciation into what it is to be blind.

Boggy and lumpy though the path was in parts, he had such a gift for guiding that we barely broke step. The sounds of nature were more enchanting than

ever; human-made noises of boat engines and the odd car were more discordant than usual. Other than that, I was free to be absorbed in the conversation.

I felt as if I had rather missed the point of the exercise, in that I had learned more about what I hadn't been seeing properly than about what Dave isn't able to see at all. I asked him if he was aware of any charity organisation that paired blind people with those who would like to walk with them. He said he didn't, and we agreed that neither of us knew what to Google to find out. Try "taking a blind bloke for a walk", he suggested. I tried something less

blunt than that and came up with not very much. There are plenty of groups doing vital work assisting with doing the shopping and so on, and at the other

end of the spectrum there are opportunities to take part in sport and even extreme adventuring. I hope no blind person is missing out on the simple joys

of a good walk for the want of guides who may themselves be missing out on the chance to see the world better.

Adrian Chiles is a broadcaster, writer and Guardian columnist

Source: <https://www.theguardian.com/commentisfree/2024/may/01/how-do-you-describe-the-view-to-someone-who-cant-see-i-couldnt-even-do-justice-to-a-canal-towpath>

● * *

"How to set and maintain healthy boundaries as a Leader"

A leader is anyone who takes responsibility for developing the potential in people and processes.

For both leaders and colleagues/employees, the workplace (physical and virtual) is rife with emotional complexities, making it essential for all stakeholders to learn key communication and interpersonal skills. Arguably, one of the most important skills in any relationship is the ability to create and maintain healthy boundaries. Without boundaries, misunderstandings and resentments can go unchecked. That said, this is a new and murky area for many of us to explore.

To begin with, we need to define boundaries and why they are so important. One simple definition is that boundaries in relationship terms are about naming and making clear to others what's okay and what's not okay...and why. Failure to set boundaries can quickly lead to resentment, frustration and sometimes deep hurt.

With this in mind, why are we reluctant to set boundaries – and why does it feel so hard? Setting boundaries is vulnerable and brave work. For most of us, asking for what you want and don't want can feel risky – plus holding others to account for their behaviors is equally gutsy (and daunting)!

Notably, when people are asked why they hesitate to set boundaries, the number one answer that emerged from research conducted by the Brené Brown Education & Research Group was: “I don't want to make people angry, disappoint others, or make them stop liking me.”

The number two reason, related to the first, was the following: “I don't know how to set boundaries without sounding selfish or unlikeable.”

Yet when people are asked to describe or explain the consequence of not setting boundaries, the overwhelming response is resentment, followed by anger, followed by frustration...and the responses sometimes go so far as to include deep emotional and psychological pain. These emotions eat away at our individual and collective confidence, and trust. They lead to people talking behind each other's backs, to blame and to people not feeling seen and heard. Now, these are all behaviors known to erode healthy cultures and to break down productive working relationships – and even businesses.

Understanding the leader's role:

If a leader is anyone who takes responsibility for developing the potential in people and processes – and is courageous enough to do so – then all of us are leaders. So, as leaders we need to:

- Model appropriate behaviors.

We often feel like we need to apologize or justify when setting a boundary. We don't. And, likewise, as a leader, it's not your team's job to make you feel better or more comfortable setting a boundary. Just be clear, respectful, and open for questions. Most of the time, people will be thankful for the clarity and appreciate the rarity of seeing someone else ask for what they need (rather than be passive aggressive or annoyed).

- Respect the boundaries set by others.

If we want people to respect our boundaries, we must respect theirs as well. Hearing and saying “No” is often hard. But if, you respect people who are brave enough to say No, they will in turn respect your No. When we accept that others have the right to set boundaries with us, we feel better about (or more able to) set our own.

Boundaries are a core component of honesty and trust building, and this starts with oneself. How committed and able are you to identify, voice and hold your own boundaries? What's the intention sitting behind your boundary? How sure are you it's not a barrier or an excuse? Be honest with yourself: how do you typically respond to others' requests? Do you have a tendency to say Yes or No too often? How often do you renegotiate?

- Watch out for secret, invisible boundaries. Because of the fears described above, people may set "secret" boundaries. We withdraw, get resentful, or experience annoyance with someone's irresponsibility instead of being honest about how they affect us. Boundaries need to be made visible to others and communicated clearly and kindly. If they're not communicated directly, they will be communicated indirectly (passive-aggressiveness) or through manipulation.

- Sidebar: Examples of boundaries.

In relationships, both personal and professional, we need to understand that there are several areas where boundaries might need to be articulated, requested and respected.

5 key boundary domains/areas:

- Emotional: these are boundaries around inappropriate topics, emotional dumping, and dismissing emotions

E.g. "This isn't a topic I'm okay with or willing to discuss further."

- Material: Boundaries around possessions, when they can be used, and how they are treated.

E.g. "My car cannot be used on weekends; material from this workshop can't be copied and reproduced."

- Time/energy: Boundaries around time, punctuality, when to contact, favors and free labor.

E.g. "If you're going to be late, please message me in advance of the meeting start time to let me know; let's agree to take short breaks every 45-60 mins."

- Mental/spiritual: Freedom to have your own thoughts, beliefs, values and opinions.

E.g. "I respect that you may disagree with my opinion, and please don't force your own."

- Physical: Proximity, touch, PDA (personal displays of affection), unwanted comments regarding appearance, gender, orientation or sexuality.

E.g. "I don't find comments like that funny or appropriate."

Julia Kerr-Henkel is the founder of Lumminos.

Source:

<https://www.hrfuture.net/strategy/leadership/how-to-set-and-maintain-healthy-boundaries-as-a-leader/#content>

* * *

Learn more about how Honda has developed an innovative web application utilizing AI technology to help expand the joy of the journey to the blind and visually

impaired. See how Honda Scenic Audio achieves this by creating and narrating nuanced real-time scenic audio descriptions of the world outside the car window.

Developed in partnership with the Perkins School for the Blind's Howe Innovation Center, Scenic Audio is the first AI-powered accessibility app built to

enhance journeys in cars and other modes of transportation for the visually impaired.

Original Source

<https://www.youtube.com/watch?v=5prUMZXC0Dc>