

From The Dallas Lighthouse News Desk

By: Dallas Light House for the Blind

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**Dallas Lighthouse
for the Blind**
focus on opportunity



Employment Services
Offers a variety of high-quality employment services to the business community. We train and place highly-qualified, pre-screened employees for Customer Service, Telesales and other Call Center positions. The Dallas Lighthouse provides direct hire, contract placement and temporary placement personnel to meet a variety of needs. Training is also provided for employers on a number of topics, including Job Accommodations and Tax Incentives.



Happy New Year! Welcome to Our January Edition of Good News You Can Use from the Dallas Lighthouse for the Blind

I'm Blake Lindsay, Manager of Communications. As a longtime broadcaster with total blindness since infancy, it is truly my aspiration to deliver monthly motivation, education, and entertainment dedicated to inspiring and supporting those with any level of visual impairment. Hard for me to believe, it's already been nearly two years, since we began updating you on development of life improving assistive technology.

Part of DLB's excellent educational approach is to advance your proficiency with access to beneficial tools. The Dallas Lighthouse team believes it is equally valuable to inform the public on current accomplishments from those with visual impairment.

We will continue to share your success stories to help initiate additional employment and educational opportunities. The professional development stories through these newsletters frequently move us to achieve even more.

DLB's Good News You Can Use brings you updates on Dallas Lighthouse expansions, special activities to get you engaged, employment opportunities, and services for people with visual impairment within our enormous 11-county, 7,600 square mile North Texas territory. We're absolutely energized about the year ahead.

Thank you for subscribing to Good News You Can Use. Please share this valuable information with your family and friends!

(Click on the links below in the table of contents, or use your screen reader commands to guide you to specific sections in this Newsletter.)

If you are having trouble navigating the links, please let me know and I will send you the word file as an attachment in an email.

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Inspirational Story

Blind Triplets Make History with Eagle Scout Recognitions

As elementary school students, blind triplets Leo, Nick and Steven Cantos were bullied, had few friends and no role models. But that changed when, at the age of 10, blind attorney and Crystal City resident Ollie Cantos became their mentor after learning about them through a friend at church. He legally adopted them two years ago, and turned their lives around. "I didn't have friends, my brothers were the only people, that was it," Nick Cantos said. "I was essentially shut in for seven years, and I was a violent kid. I got into fights with people, because I was being bullied in school. It ended up getting so bad that I wanted to end [my life]. Dad really saved my life."

A ceremony on Wednesday night marked how far they have come, having also graduated from Wakefield High School earlier this year. At The Church of Jesus Christ of Latter-day Saints in Alexandria, the brothers became the first ever blind triplets to be honored as Eagle Scouts in the history of Boy Scouts of America.

To become Eagle Scouts, the highest honor in scouting, candidates must complete a slew of assignments, including tasks like first aid, knot-tying, leadership and orientation. It also requires community service, and six months or more spent in leadership positions at their troop.

Each also had to lead a community service project. Steven Cantos collected school supplies for low-income schoolchildren for nonprofit Aspire! Afterschool. He already volunteered with the organization, which helps children improve their reading, and had intended to collect enough supplies for 90 students.

When the supply drive was over, he had collected enough for 130 students.

“They go in and help kids read in a more advanced way, since they feel that reading is the first thing that kids need to learn, and then they learn other things if they can read better,” Steven Cantos said. “The project stemmed from the fact that I’d already volunteered a bit of time to them, so I wanted to give some more time... I decided that education is important, so let’s give them school supplies.”

Leo Cantos collected blood and blankets for INOVA Fairfax Hospital, a children’s hospital where he spent a month re-learning how to walk. He finished with 88 units of blood and 77 blankets, all donated by local people he had recruited.

“I wanted to give back to the kids, because I saw the kids there and I saw how they were not doing too well,” Leo Cantos said. “I wanted to give them a better experience, kind of like the one I had in the hospital but extended to them as well.”

And Nick Cantos collected donations of hygiene supplies for nonprofit Doorways for Women and Families, which helps people out of homelessness and away from domestic violence and sexual

assault. He collected about \$2,000 worth of supplies to donate to the organization.

"It took a lot of planning, it took a lot of work and papers," Nick Cantos said. "The craziest part was seeing all my scout friends and leaders and brothers helping me to do this, and me managing this thing."

And while they could have gotten extended time to complete their requirements to be Eagle Scouts due to their blindness, they chose not to. Ollie Cantos said that decision was made to show that being blind does not need to be a hindrance. "We were absolutely intent on not asking for any extensions," he said. "It wasn't what we wanted to do. I wanted the boys to learn a lesson, a positive lesson, that we keep saying blindness is just a disability and it's not really a big deal, so if it's not a big deal, why do we need to make an exception? That's just us."

One of the biggest challenges for the brothers was the swimming requirement, as none of them had spent much time in the water before.

But in the summer of 2014, they were all able to dive in, swim to a target with the aid of voice assistance and then swim back. All the while, they were cheered on by their fellow scouts and leaders at poolside.

"As I observed this moment, I thought to myself, 'There's no stopping them,'" said Scott Blakeslee, a former leader at the church and scout troop, in a speech. "More than that, I knew that you were going to continue to grow into wonderful, capable men of God. I hope you can take that experience as you go forward."

With the brothers now graduated from high school, they will go to Boston in about six months to learn further life skills so they can become more independent.

All three have ambitions to go to college. Steven wants to study political science, go to law school and study copyright law and intellectual property rights; Nick wants to study marketing and go into the real estate industry; and Leo wants to study political science also before specializing in cyber law and working to make technology accessible to all.

With all they have achieved already, U.S. Labor Secretary Alex Acosta, who worked with Ollie Cantos at the U.S. Department of Justice, said their futures look bright.

“There is no stopping you, and a large part of that is you but a greater part of that is your family,” said Acosta, who was among the crowd of around 100 family members, Scouts and well-wishers at the ceremony.

“It’s you and your brothers and your dad together that show each other what courage is and what hard work is, and I have to say there is no stopping you, because you have done everything and you continue to do everything.”

Article Link:

<https://www.arlnow.com/2017/10/26/blind-triplets-make-history-with-eagle-scout-recognitions/#more-187393>

Dallas Lighthouse for the Blind is Serving Our Seniors with Renewed Independence

By: Blake Lindsay

One of DLB's primary outreach programs is known as Serving Our Seniors. It is commonly called (SOS). Each year, SOS impacts hundreds of North Texans living in 11 counties. These people are losing their sight, but not their life. Each person's transformation is special. Our SOS team succeeds in assisting people ranging from age 50 to 100; by helping our consumers overcome those new obstacles regularly occurring from recent sight loss.

The majority of our clients are referred from the National Association for the Blind, state care givers, traveling nurses, family members, and others who are familiar with DLB's community service programs. Dallas Lighthouse's SOS platform enables our clients to gain and maintain greater independence while allowing people new to sight loss more freedom to exercise control over their lives.

Our SOS specialists initially perform an in-depth assessment of each individual's living environment to establish their personal needs. Our team can then focus on those specific assistive tools and resources which can produce significant impact toward our client's quality of life.

Following a thorough presentation from our SOS team in a Mesquite retirement community, Mr. and Mrs. Melvin Tapp took advantage of DLB's support. Melvin recently lost all sight in his left eye, as well as substantial limitation of sight in his right. This

was caused from detached retinas, and scar tissue. So the timing of this particular presentation was truly appropriate. In fact, there were several in this audience who had vision difficulties.

At that time, Mr. Tapp was experiencing the unique challenges which our SOS staff compassionately identifies with through familiarity. "SOS really covered a lot of practical and useful information for us that day, and we were encouraged," stated Mrs. Tapp. As soon as the seminar ended, the Tapps were inspired to schedule an assessment from two of our SOS team members. Claudia and Tom soon followed through with the evaluation. This enabled the Tapps and our SOS team to know the best solutions to restore some of Melvin's independence. "One of the biggest helps to me was the talking keychain SOS gave me. Being able to know what time it is, and set alarms for wake-up. Claudia also placed some big sticky dots on my microwave oven which I can gladly operate once again," Melvin declared.

Melvin had a more than 30 year career in law enforcement. "I was active outdoors. Everything from being a competition shooter, to a hunter and fisherman," Mr. Tapp shared. He misses all of that activity. There is a chance they may restore some sight to his right eye from a recent surgery to attempt to re-attach his retina. It will take time to know any improvement, but he currently sees images in his right eye.

Mr. Tapp remains grateful. "I enjoy my wife, home, and some return to independence through DLB's SOS program. I maintain the hope of some sight coming back in my right eye," Melvin said.

This year, Dallas Lighthouse for the Blind is eager to serve additional seniors who are losing sight. Your donations are needed and appreciated to help us expand. We want to express our gratitude to our generous donors for helping this community service to be possible for all these years.

Congratulations to All Recipients who Received Annual Awards with Bold Sales Solutions and Bold Digital Marketing Divisions of Dallas Lighthouse for the Blind

We are delighted to recognize these hard working people who are making the difference in our Richardson call center.

CLIENT AWARDS:

Strategic Innovator Award

Winner: Better Business Bureau Serving Central Indiana

Strategic Partner Award

Winner: Draeger Company

IMPACT Award

Winner: Bell Tower Technologies

STAFF AWARDS:

BBB VIP Award

WINNER: Jamie Sinclair

VPay VIP Award

Winner: Jay Tijerina

Draeger VIP Award

Winner: Carmen Almazan

Creative Leadership Award

Winner: Leslie Lee

Award for Best Customer Service

Winner: Angela Bowyer

Award for Most Scheduled Installs - Draeger Campaign

Winner: Ryan Estep

Award for Best Attendance

Winner: Gale Levitan

Top Lead Generator Award

Winner: Mary Glendinning

Award for Best Bold Spirit

Winner: Cornelius Young

Rookie of the Year Award

Winner: Zak Willi

Brand Ambassador Award

Winner: Al Rodriquez

Award for Largest Sale - BBB Campaign

Winner: Zak Willi

Award for Most Accreditation Units Sold - BBB Campaign

Winner: Courtney Singleton

Highest Revenue Producer Award - BBB Campaign

Winner: Dennis Monk

Job well done.

WBU statement for World Braille Day, happened January 4, 2018

Article By Kevin Carey, Chair of the WBU, World Braille Council

2018 is one of the most exciting years for braille since its invention by Louis Braille almost 200 years ago. The World Blind Union and International Council for Education of People with Visual Impairment (ICEVI) have recently released a piece of software, Easy Converter Express, which will enable teachers and others who work with blind children and adults to produce braille text from digital files with little or no training. The software is free of charge to all, but the very richest countries and it can be downloaded from

www.YourDolphin.com/easyconverter-express

The software was developed by the WBU Technology Committee at the request of ICEVI with funding from the Royal National Institute of the Blind of the United Kingdom through a grant from Google.com

At the same time, the Orbit 20 refreshable braille display, developed by a consortium of WBU Members, is beginning to

emerge in substantial quantities from the factory. This device, which was designed in consultation with the WBU, is a low cost refreshable braille device which acts as a book reader, a simple note taker and a terminal to tablets, phones and computers. For more information see:

<http://www.transformingbraille.org/> and www.YourDolphin.com

As we celebrate this year's World Braille Day, it is important that we agree how to give braille a new lease of life now that we have overcome many of the technical and financial factors which have made it expensive and hard to obtain. This is also the year when we will also try to secure the future of braille music by adopting a much more co-operative approach to its production and cataloguing.

Braille is still, in spite of a massive increase in audio resources through internet broadcasting, the primary literacy medium for blind people; and we know that the use of braille gives a massive boost to employment opportunities. But if we are to ensure its survival we now have to do two things: we must make sure that braille is available to far more children and adults; and we must ensure that braille producers, no longer limited by the need to make hard copy braille products, produce far more braille titles for use on braille displays. The temptation will be to see expanding access to braille through cheap displays as an add-on to traditional production but the only way we will be able to afford a rapid expansion of title availability is to cut hard copy production except in those areas, like mathematics and law, where it is essential.

We have the technology for a massive breakthrough; now we need to win the argument about how we maximize it.

World Braille Day is celebrated annually in honor of the birth of Louis Braille, inventor of the reading and writing system used by millions of blind and partially sighted people all over the globe. The World Braille Day provides an opportunity to raise awareness about issues facing the blind and the importance of continuing to produce works in braille, providing the blind with access to the same reading and learning opportunities as the sighted.

The World Blind Union believes that reading is a human right. For more information and resources about braille, please visit our resources section of our website at:

<http://www.worldblindunion.org/.../P.../Braille-Information.aspx>

Healthy Tips for Living:

Make Goals, Not Resolutions

It's that time of year – when people are energized and determined to change so they make resolutions for the new year. The thing about resolutions, though, is that they can have a negative connotation because you're resolving to do something instead of making a goal. Resolving to do something makes it sound like you've given up and this is the last resort. But when you make a goal it's a beginning – a new start. A goal indicates that you will make a plan. Make goals, not resolutions. Think About What You Want to Achieve and Why

Goals help provide direction, accountability, and motivation.

Think about what you want to achieve and why it's important to you so you can set attainable goals.

It's essential to set goals. You need something to drive you and help you focus. When thinking about goals, first, you need to determine what you want to achieve. Above all else, what is the most important thing you plan to achieve? Then, based on that outcome, determine the actions you can do daily and consistently to help move you closer to achieving your desired outcome.

Set a long-term, overall goal. But focus more on the daily, short-term action goals that will help you accomplish your long-term goal. If your only goal is to run a marathon in one year, you may grow bored or feel discouraged if you don't have short-term goals to accomplish along the way.

Short-term action goals allow you to stay engaged and feel accomplished on a regular basis.

One at a Time:

In general, when focusing on lifestyle related goals, set one small goal at a time. This allows for focused effort. Ultimately, action goals should be focused around those actions that can become part of your daily routine and result in achieving your long-term health vision.

Outcome and Action:

Goals can be classified as outcome or action. Outcome goals are related to what you want to happen. For example, "I will lose twenty-five pounds in the next year" is an outcome goal.

Outcome goals are harder to control. Action goals are specific actions you will take. An example of an action goal is, "I will walk sixty minutes on Mondays, Wednesdays, and Fridays." Action goals are more controllable. While you can't always control outcomes, you can often control the actions that influence outcomes.

Outcome Goal:

I will win the 5K race next month.

I will lower my cholesterol score by 20 points in the next three months.

Action Goal:

I will track my food intake every day.

I will pack lunches every night before I go to bed so I'm less tempted to eat out.

The Bottom Line:

Determining what you want to achieve and why it's important is the first step to making a goal. Once your goal is chosen, you will set yourself up better for success when you work on one goal at a time and set both action and outcome goals.

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Blind and Beyond Radio Show

Blind and Beyond Radio Show is a live, broadcast, on the air every Sunday evening from 7 to 9pm EST. The show is educational, informative, fun and most of all a support platform for the visually impaired and blind community throughout the country.

Blind and Beyond is a nonprofit 501 (c) (3). Four of the five board members are blind.

We have guests from all walks of life join us in the studio and as guest callers.

Lighthouse Central Florida and World Services for the Blind are just two of our sponsors.

As a matter of fact, Shaq's mom, Dr. Lucille O'Neal is the Ambassador of Lighthouse Central Florida and once a month, she joins us in the studio to interview a client of the Lighthouse.

On occasion, we have one of our co-hosts or a guest host sing and play the guitar on the air.

We give out ten dollar gift cards each week to listeners who call in and guess the music trivia.

There is always something going on!

I invite you to visit our website,

www.blindandbeyondradioshow.org

to read the testimonials and check out the photo gallery along with the archived show podcasts.

Tune in Sunday night at 7pm EST 6:00 PM Central!

The new Way Around Offers People with Visual Impairment Better Information, Faster

WayAround is an app for your iPhone or Android. It works with WayTag magnets, stickers, buttons, and clips to add helpful information to items around your home and office. Once you've attached the WayTag to an item, just use the WayAround app to add a custom description plus more details like washing instructions or expirations dates. Most WayAround products only cost between \$20 and \$40.

We are thrilled that our Dallas Lighthouse for the Blind team is doing the manufacturing, packaging, fulfillment and customer service for WayAround.

Here is an inspirational [video](#) from WayAround that I believe you will gain knowledge on WayAround. The first 30 seconds is instrumental music, with images showing Christmas presents being wrapped. Since our co-founder Armand lost his vision in his mid-50's, he hasn't been able to pass out Christmas gifts to his grandkids. Now more than a decade later, using our new technology, Armand can once again play Santa. His grandkids are in for a big surprise on Christmas morning! Here's the link to the video: <https://youtu.be/tKjm769uTKQ>

To learn more visit

WayAround.com

GM is Testing Fully Autonomous Cars

GM already has a car it believes meets some of the conditions for operation without a driver. GM's self-driving car efforts have been cited as a reason for recent rising stock price.

[General Motors](#)

Will begin testing driverless cars in a matter of "quarters not years," CEO Mary Barra said.

GM's efforts to jump-start research and development in self-driving cars seem to be paying off: The automaker's recent strides in the area have boosted its reputation among investors.

"GM and Cruise Automation recently deployed our latest generation self-driving electric test vehicle," Barra said on a

conference call. "We believe it will meet the redundancy and safety requirements necessary to operate without a driver."

She spoke after the automaker

[reported earnings that beat expectations on the top and bottom lines.](#)

Barra attributed Cruise's success in part to the fact that it is testing the cars in complex environments such as San Francisco, which she called one of the most complex urban environments anywhere.

"In this environment, we encounter almost 50 times more interactions with pedestrians and other vehicles in complex road intersections, compared to driving in a suburban environment," Barra said. "This testing is accelerating our deployment of self-driving technology and we believe it will put us on the path, the fastest path, to deploying self-driving cars safely and at scale."

GM's stock jumped last early October as buzz began to build over its position in autonomous vehicles and other trends in transportation that have captured investor attention. Share prices were up 32 percent last year.

In contrast, [Ford](#) stock has risen less than 1 percent.

And [Tesla's](#) shares have risen almost 60 percent.

"We think GM's proactive approach is allowing the company to move faster than most peers, with in-house [intellectual

property] related to electric drivetrains, shared vehicle platforms, and autonomous vehicle hardware/software," Piper Jaffray analyst Alexander Potter said in a note.

Article Link:

<https://www.cnbc.com/2017/10/24/gm-will-test-fully-autonomous-cars-in-quarters-not-years-ceo-barra.html>

Useful Tools in the DLB Store, Make Great Gifts

Our store staff regularly adds beneficial items for people who are legally or totally blind for purchase. Some of our merchandise includes a hand-held CCTV video magnifier, ladies and gentlemen's talking watches, unisex braille watches, talking clocks, signature guides, large print paper, large button phones, and TV remotes.

We also have oven mitts, 20/20 pens, and big sticky text dots to help you mark your appliances for convenience and accuracy.

There are also Uno playing cards, Dominoes, fit-over anti-glare shades (available in amber, gray, and yellow), and magnifiers with powers of 3, 3.5, and 4.

Find DLB's store video including audio, at

<https://tinyurl.com/y7rb8js3>

We're always adding more, so come visit the DLB store located at:

4306 Capitol Avenue

Dallas, TX 75204

If you have questions, call

(214) 420-6585

Or email,

store@dallaslighthouse.org

Valuable Free Offers

Bring your friends and meet new ones as you join our host Al Rodriguez for Dallas Lighthouse for the Blind's Bingo Night. Our get together is on the third Friday evening of each month. This time, it's Friday, January 19th from 7:00 PM to 9:00 PM. You can count on free prizes, free food, and the best part, friendly fellowship.

We look forward to hearing and seeing you in the DLB Auditorium at 4306 Capitol Avenue!

Our weekly yoga get-together takes place Fridays from 1:15 to 2:15 PM. Please join our thoughtful volunteer Bruce Boyd and others in the auditorium for some exercise and camaraderie. He

has participated in Blindfold Yoga, increasing his knowledge of coaching people with visual impairment. Bruce wants for us to be in good health and good shape.

Please RSVP with Blake if you are interested in joining us.

Call (214) 420-9411

Or email him at

blake.lindsay@dallaslighthouse.org

Follow Dallas Lighthouse on Social Media

Discover what's happening at the DLB through our [YouTube channel](#). We are adding interesting interviews and much more.

If you have not yet liked our [Facebook](#) page, we would appreciate you doing so. We are also on [Twitter](#) and [Instagram](#).

Follow DLB and share!

The Productive Impact of my Braille teacher

By: Blake Lindsay

January 4th 1809, my hero Louis Braille was born. We especially reflect on the life and invention of Louis Braille this month. I love to share a story about my first momentous learning milestone taking place in the first grade was learning Braille. I can still hear the assuring voice of my teacher, Mrs. Palmerlan, as she said, "Blake, let's learn some Braille today." For further encouragement, she told me the story *The Little Engine That Could*, a favorite among children and educators.

I recall my brand new mentor telling me the best and most exciting part of the story, "I think I can, I think I can", roared the engine as it successfully made its way up over the high mountains. It was the first time I ever heard this confidence-boosting anecdote, and it certainly convinced me to exert my effort, as I desired to resemble that positive powerful little engine. Somewhere deep inside, I knew that I could, too.

For the first several months, I was not a fan of Louie Braille, as Braille was difficult to learn and extremely challenging. The letter S resembled the letter P, but with one dot less, on the top left. The letter M felt like N, but with one less dot on the right middle side. I was still having difficulty when entering my second-grade year, but my main homeroom teacher, Mrs. Davidson, was a caring encourager who took sufficient time to find out which Braille letters were similar enough to frequently fool me.

She would put them side by side so that I could clearly feel and understand the difference between them. Finally, this out of the ordinary code called Braille made sense. Today, I often wonder how I could have survived in the world without knowing this remarkable system of communication. Braille has been a major contributor to my independence and I thank God for Louie Braille.

He was not just an ordinary man; he was a visionary and quite simply...a genius!

Do you have an upcoming event you want our readers to know about?

Email or call me with the details so we can support your good news. Would you like to share your personal story? Please email or call me to coordinate a 15-minute interview.

Feel free to contribute a significant article about access technology or inspiring news and stories related to the blind community.

Send us your comments, suggestions, and ideas by emailing:

blake.lindsay@dallaslighthouse.org

Or by calling:

(214) 420-9411.

Thank you for considering the Dallas Lighthouse for the Blind for your financial donations. Your generosity will help us continue to improve our services in the 11 counties we support through access technology training and much more. Also, please let us know if there's anyone you know with visual impairment who is wanting assistance.

We recommend that you take time this month to set focused productive goals for the rest of our new year ahead. As always, Dallas Lighthouse for the Blind encourages you to live your lives to the fullest. Stay tuned for more Good News You Can Use, serving people who are blind, visually impaired, and beyond.

Dallas Lighthouse for the Blind

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