

#1 IDEAS FOR CHANGE FOR PEOPLE WITH DISABILITIES

Thread 1: Expanding our conversation --- Join ME!

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Thu Jan 12, 2006 10:52 pm Post subject: Expanding our conversation --- Join ME!

Hello to everyone...

I am quite excited to report that I have a new blog at the Global Dialogue Center to help us expand the dialogue we started here at 24seven. I hope you come visit:

<http://globaldialoguecenter.blogs.com/disabilities>

Invite your friends. Let's help one another!

Bill Tipton

Contributing Author, Global Dialogue Center

Thread 2: Disabilities and Future Cities

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Dec 04, 2005 7:12 pm Post subject: Disabilities and Future Cities

Hi all --- My name is Bill Tipton and I went completely blind instantly in 1999 do to a serious illness. Like what happened to me, anyone can become disabled instantly. At best, our future cities will factor in the disabled into any community at the ground level when ever possible. Do not know if you all had read the information at the Jam or are reading all the great communication at the Global Dialog Center have a disability or a relative or friend with a disability. If you do, you know for sure we need special considerations sometimes that other non-disabled people might not even think of. Not that they do not care. They do. Most of the time, people are just not aware of our special needs and obstacles we have to face daily just to do the simple things. I know for sure about these obstacles. Just a couple of things that may be overlooked and may spark other thoughts from others reading with disabilities.

- When designing streets and side walks, where countries and cities have, need to take into consideration the blind cannot see where they are walking and do not want to create hazardous obstacles and complicated routes if possible. Need to think about wheel chairs, can they get around obstacles, get up and down curbs?
- When creating new infrastructures, incorporate closed caption for the deaf and audio description for the blind into any television system up front so do not have to go back and add later.
- Create all new buildings so all can get into and out safely, this means incorporate accessibility into public buildings.
- Need to make sure all materials, either printed or electronic are available in a accessible format so all can benefit.

Hope you'll share other ideas from your experience. Perhaps you have an innovation, I've not thought about. For this I am grateful. Hope to hear from some of you!

Bill Tipton

Thread 3: MORE JAMMING: Ideas for change for people with disabilities

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Dec 04, 2005 6:49 pm Post subject: MORE JAMMING: Ideas for change for people with disabilities

Hi all,

I hope you are all doing well. I am not sure if you had a chance to participate in the Habitat Jam www.habitatjam.com

In case you did not we had some great ideas being exchanged from all over the world. You can still read some of the great communication at URL above. I was really impressed on the amount of interest, energy and enthusiasm from all involved. Was also impressed on some of the positive work that is already going on. I do not think we should let this momentum stop. If you did not attend this is your chance to get your voice heard and get advice from others. I would like to hear from anyone about topics that can help the disabled. As we talked about things that can help the disabled they can also help others as well, like the aging or anyone with special needs.

Some of the topics were:

- Compassion and humanity
- Access for all
- Communities that are disabled friendly or ideas to create

Does anyone have any ideas to create positives change for the disabled? Would like to hear from you.

Have a great day.

Bill Tipton

#2 WITH A HUMAN TOUCH --- LIFE AND WORK WITH A DISABILITY

Thread 1: Uncomfortable Feelings – Lights Out

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Feb 06, 2006 5:52 pm Post subject: Uncomfortable Feelings - Lights Out

Hi everyone,

If you sometimes have disconcerting or uncomfortable feelings about your disability read the following at my blog.

Uncomfortable Feelings - Lights Out

http://globaldialoguecenter.blogs.com/disabilities/2006/02/uncomfortable_f.html

With your help we will help each other in our personal and professional lives. Do not want anyone to feel so down they never get a chance to try to succeed and be happy. We all deserve that chance.

Look forward to hearing from you.

Bill Tipton

Thread 2: Take a Chance, Help Someone

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Fri Jan 27, 2006 8:19 pm Post subject: Take a Chance, Help Someone

Hi everyone,

Thought you would like to get in on the conversation about taking chances and helping others. Read more and give your thoughts at my BLOG topic called Take a Chance, Help Someone. URL to discussion is

http://globaldialoguecenter.blogs.com/disabilities/2006/01/take_a_chance_h.html

Hope you visit and give us your thoughts.

Bill Tipton

Thread 3: Holiday Challenges

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Hi everyone,

Hope you've are doing well, enjoying life and accomplishing all your goals.

While experiencing life's many pleasures I do have stressful times around the holidays at times. I want to know if others did and how they cope. We all want to learn, including myself.

During holidays my family tends to celebrate together a lot. I enjoy being around family and friends, but when it comes to serving and eating the food I am a bit uncomfortable. We sometimes serve food buffet style and everyone serves themselves out of many bowls, plates and other containers. Since I am completely blind I cannot just reach out, maneuvering my arm through a maze of glasses of drinks, vases of flowers or other obstacles and expect to put my spoon directly into a bowl of mashed potatoes. I cannot reach across the table, find the gravy and expect to pour it over my mashed potatoes successfully. Maybe I am not good at being blind yet and need more practice at the art at eating and serving myself at buffets. So far I just accept help in these situations. I usually do not get exactly what I might want , not knowing what is being served or seconds fearing I would burden the one who helps me.

There are many other stressful times during the holidays for me, like the following.

- Trying to get others attention in a loud environment so you can hold a conversation. I cannot tell when others are looking at me to signal it is my turn to talk so I get left out at times unless I just jump in and talk over others.
- Trying to walk around in a very crowded environment with lots of little children playing on the floor and other obstacles around. I cannot see anything and would not want to step on any children.
- Trying to buy gifts for holidays which might require such a gesture is difficult for me. I cannot see to pick out the gift or drive to store to purchase.

Could list more, but wanted to highlight a couple.

Even with this stress and obstacles I am very happy to have the chance to experience the challenges. Some of us do not even get the chance to try anything. I used to be in that situation and know for sure what that is like and after I think a bit about my struggles, I am very happy to experience life with all of its extra challenges. I am grateful to have family, friends and food as well.

Others with disabilities who cannot serve themselves or have other challenges might experience the same kind of uncomfortable feelings and we would all like to learn from you. Please share advice.

Thanks for any help or suggestions you can provide to help us through stressful times during the holidays.

Have a great day and Happy Holidays.

Bill Tipton

Thread 4: Successful Deaf Professionals

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Nov 07, 2005 4:21 pm Post subject: Successful Deaf Professionals

Hi all,

Hope you're well. Some of you might be deaf yourself, have family members who are deaf, have friends who are deaf and already know deafness is not an obstacle that cannot be overcome. Others might not be familiar how the deaf population is able to be successful inside or outside the workplace. If you are not familiar of how successful the deaf can be or what tools they use to assist this will be of interests to you as well. Below are just a couple of captions from a great story I received from a co-worker friend of mine, Kathleen; you will see her noted in the complete story in the URL below.

- As accessibility technology advances, people with hearing loss are making great strides in education and in the workplace.
- Today, deaf professionals in IT and engineering are doing work that makes life better for everyone, while helping their colleagues learn appropriate ways to interact with the deaf.
- Hearing people "don't realize that deaf people drive cars, travel all over the country and worldwide, and are able to enjoy leisure and recreation," Hurwitz says. "People who can't hear or walk or see can bring the same skills and creativity to the workplace as people without disabilities."
- That's certainly true of the deaf tech pros we interviewed for this article. All are doing important work; many are reaching beyond their day jobs to help others learn to live and cope with disabilities.

Read the complete story below.

Deaf techs make their voices heard

By Tara Swords

http://www.diversitycareers.com/articles/pro/05-octnov/fod_deafTechs.htm

Please share any comments.

Bill Tipton

Thread 5: Hope, Confidence and Trust – Michael Hingson

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Oct 23, 2005 2:41 pm Post subject: Hope, Confidence and Trust - Michael Hingson

Hi all,

I hope all has been going well for you.

Recently I was at a very inspiring and valuable conference called Employee Access 2005.

<http://www.employmentaccess.org/schedule.html>

The goal of this conference is to help incorporate the disabled into the workplace. Was able to listen to a very inspiring keynote speech by Michael Hingson. You may or may not have heard of him. For those whom have not I thought I would share. Michael Hingson was on the 78th floor of the World Trade Center in New York on that fateful Tuesday morning when the building was struck by a plane under the control of terrorist. His yellow Lab guide dog, "Roselle," was sleeping peacefully under his desk, and the two had been going about their daily routines. "I heard a loud noise like a bump and then a lot of shaking. It was worse than any earthquake I've ever experienced," he said. Michael grew up in Palmdale, Calif., and had experienced the Northridge earthquake that struck the state in '94, among others. He now lives with his wife Karen in Westfield, NJ.

"The building started swaying, and the air was filled with smoke, fire, paper and the smell of kerosene," he said. You can read more about his experience at

<http://www.guidedogs.com/news-Hingson.html>

Besides talking about that frightening experience and how he escaped with the help of his guide dog he talked to the audience about how you can accomplish anything you want to in life. You do not need to let your disability stop you from pursuing whatever goals and dreams you might have.

He talked about as a child how he rode his bicycle around in his neighborhood just like anyone who had full use of his or her eyes. He lived in an unpopulated area when growing up. Even so when Michael would ride his bicycle around the neighbors would call his parents up with shock in their voice and say, "your child is riding his bike down the street". His parents would ask what child, since they had a couple of children. The neighbor would say "the blind one: with a worried sound in their voice. His parents said that is fine, no problem, and that all children ride bicycles. He said when growing up he was not treated any differently and therefore never thought he could not accomplish anything if he tried.

He also talked about trust. He had complete trust and faith in his guide dog that day when the airplane hit the building he was in. Even when he smelt fire and heard everyone around

become agitated, he felt the calmness in his guide dog and he had trust that everything was going to be fine.

Hope this and Michael's other stories at the following URL will give you hope and confidence to try anything you feel like. Nothing should stop you from succeeding in what ever your passion is.

www.guidedogs.com/bios-hingson.html

Have a very good day.

Bill Tipton

Thread 6: Handling Change in Uncertain Times

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Oct 09, 2005 12:47 pm Post subject: Handling Change In Uncertain Times

Hi everyone,

It seems like these days it feels unstable in most careers. You might be forced to change positions or companies more often that you would like. I am wondering if it feels more uncertain for you? I am wondering how you cope with this added stress. I also wonder if you think the disabled worker has more stress because of this instability?

Just from my prospective I think the first thing to tackle is how to handle change and take calculated risks.

Change is inevitable. Change is also a good thing if you sit back and think about it. I know change is not easy and it is far easier to go about your normal daily routine. I have learned that when I am forced to make a change it is usably for the better. I am usually stressed, a bit unsure of myself at first and wonder how I will ever succeed, or even like this new task or position. Once I get through the difficult times of relearning the new skills needed to succeed things settle down.

After I start succeeding in this new position or task I feel like I have just climbed up one more step on a ladder. I think if I did not want, or was forced to make changes I might not take that next step up. I can picture this ladder with its steps representing steps in your career. The further you go up the ladder the more you grow and learn. That is probably why the further you go up the ladder it gets harder and more risky to take that next step up. At times you may need to rethink your strategy and take one step back down to move up without taking too much unplanned risk. The higher you go on your career ladder each step up needs to be more and more calculated because the risk of falling is much grater at three

feet above the ground compared to twelve feet above the ground.

Now picture others in your work place climbing this ladder with a disability. It is much harder to climb up the career ladder if our hands do not work too well, our legs or feet do not work too well, our ears do not hear too well or our eyes do not see too well. It is even possible we cannot even climb a physical ladder at all do to our disability. By no means this should be a limitation. I for one plan to climb up the ladder as high as I can possibly climb. My legs are weak and I cannot see a thing. I will hold on tight and take each step with calculated risk, but will move forward.

I will list just a few ideas I have that might help you to climb the career ladder, in my opinion.

- Do take calculated risk. You cannot move forward without doing so normally. You cannot step up to the next step on the ladder without some risk.
- Always be learning new skills so you are ready when the opportunity presents it self to take that next step up. Sometimes that chance is not there for long. You need to be ready to move fast when there is an opportunity.
- Have a positive attitude while climbing the ladder. It gets stressful the higher you go up. You need to stay focused so you do not get overwhelmed and get too stressed and possibly fall back down a few runs on the ladder.
- Do not let your disability stand in your way. I know disabled people who are further up the career ladder than non-disabled people.

I am wondering how you might handle change and risk? Please share so we can all learn.

Bill Tipton

Thread 7: Extra job-hunting boost

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue Sep 27, 2005 6:02 pm Post subject: Extra job-hunting boost

Hi everyone,

Thought this story would be of interest to some. Have you ever read the want ads with your eyes closed? The foundation they talk about in in the article located in Santa Rosa California is also in Sunnyvale California.

After reading the story would like to hear any thoughts.

Bill Tipton

Extra job-hunting boost
Foundation helps visually impaired people master employment process

By RAYNE WOLFE
THE PRESS DEMOCRAT

<http://northbay.pressdemocrat.com/apps/pbcs.dll/article?AID=/20050925/NEWS/509250351/1227/NORTHBAY06>

Finding a job is easy. Update the old resume. Read the want ads. Make a few networking calls. Schedule interviews. Visit companies that need to increase their ranks, and wow potential bosses with a strong interview.

Now try to do all that with your eyes closed.

For blind or visually impaired job seekers, finding a job can be overwhelming. Just consider something as simple as checking a resume for typos.

"There is an old saying, 'To move a mountain, first move a few stones.' We approach job hunting the same way. We don't let our clients get overwhelmed considering everything at once," said Peggy Dombeck, a job developer at Sensory Access Foundation, a nonprofit with an office on the Earle Baum Center of the Blind campus in Santa Rosa.

It is Dombeck's job to teach job preparation skills to visually impaired people in the North Bay and assist them with their job searches.

"So often, our clients have great job skills. They just need a little help finding work," Dombeck said.

The Sensory Access Foundation is funded primarily by the California Department of Rehabilitation. Among the jobs Dombeck has helped clients land are paralegal, program coordinator, computer specialist, instructor, blood donor recruiter, receptionist and home care provider.

Visually impaired clients who have gone through life skills training at the Earle Baum Center often participate in the Sensory Access Foundation's bimonthly job club. They practice mock interviews and get help in preparing for a job search if they are looking for work.

"Peggy helped me do my resume, then put it online," said Lisa Greenfield, who has been a paralegal at the Council on Aging for nearly a year. "She also helped me with my cover letter and we scanned ads. We practiced mock interviews." Greenfield lost some of her vision 10 years ago to eye disease.

The use of mock interviews helps blind clients navigate the process more confidently, according to Allan Brenner, executive director of the Earle Baum Center of the Blind.

"In an interview, visual cues are crucial. It's quite challenging for non-sighted people to pick up on nonverbal cues. Practice helps. We do the training, Peggy does the job development and job placement. We all work together ... to benefit the clients," Brenner said.

Work accommodations, including larger computer screens and software that reads text and offers aural translations, help visually impaired people do their jobs.

For Greenfield, who is legally blind, working as a paralegal requires large icons on her computer screen, the ability to zoom in with magnification and other visual enhancers.

"I would still be looking for a job if not for the support I got at the Earle Baum Center and from Peggy. I still go to the job club even though I have a job. I figure people will meet me and know that they can do it too," Greenfield said.

A big part of Dombeck's strategy for gaining employment for the visually impaired is educating potential employers.

Potential employers can put on paper eyeglasses that mimic visual impairments, including loss of central vision, loss of parts of the visual field, tunnel vision and loss of contrast caused by developing cataracts.

"We have had wonderful success in Sonoma County. The biggest challenge is overcoming barriers. All we ask is that employers put aside preconceived ideas and allow job seekers to talk about their qualifications," Dombeck said.

The Sensory Access Foundation is searching for information about job openings. It is also preparing to create a Business Advisory Council to assist with occasional mock interviews and to speak at job club gatherings.

The foundation is located in Santa Rosa. For information, contact Dombeck at 636-0577 or visit www.sensoryaccess.com.

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Thread 8: Asking for and accepting help, it's OK

Author

bill.tipton116

Joined: 03 Nov 2004
Posts: 61
Location: San Jose

Message

Posted: Sat Aug 27, 2005 8:13 pm Post subject: Asking for and accepting help, it's OK

Hi everyone,

I hope you're doing well.

I was just thinking of something, and was wondering how others felt about accepting or asking for help?

Do you often feel like you might be a burden if you ask for help?

If someone asks to help you, do you feel like you are putting them out, if you accept the help they offer?

Do you sometimes sit at home because you do not want to ask for help to get out of the house and go someplace? Do you think it will be too hard on the person you ask?

If you work, do you just try to resolve every problem on your own even though it might take many extra hours?

I do all of the above at times. Sometimes it is just easier to try to do things on your own and not ask for help when needed.

I have found that if you ask for help it actually helps both people. The one who is asking for help and the person giving the help.

Personally, I think if we turn down help when offered it makes the person doing the asking feel like they might not be wanted or valued. I actually need help at times, and even though it might be hard to give in and accept help because I may think I can do everything, it is good for everyone if I accept or ask for help at times.

Here are a few examples of what I am talking about.

If a person offers to hold open a door for you might first think to tell them, "I can get it, but thanks anyway". Not everyone knows the proper technique to hold open a door for the disabled so they can get through the door safely, depending on what type of disability they have. If you are blind you use certain techniques and if you are in a wheel chair those techniques might be different. Instead of just telling the person no, "I can do it", it may be better for everyone if you took some extra time and educated the person who is trying to help. Take the time to explain how they can hold the door open in a way that is safe and also comfortable for you.. This will educate that person in the proper techniques so they will know how to assist in the future if you or anyone else needs it. In the future if this person holds the door open correctly, you will not run your face into the door jam trying to go through a door in which you do not have any idea of where it is, because you cannot see anything. This is because you took the time to teach them and accepted help.

Just think if you are at your desk one day at work. You use a screen reader and you have just encountered an application error. This makes your screen reader stop responding and you are stuck. You know there is some dialog box asking you to do something on the computer screen, but you cannot read what to do or find the OK button to close the dialog box. You search and search using the special keystrokes that are part of the screen reading software, looking all over the screen without luck. You think about turning off your PC just to get out of this error. However, you do not want to chance damaging files or your PC. As you are trying to get your PC working again there is another employee just sitting to the left of you in another cubicle. They could be watching you just waiting to be asked for help, but they do not want to come out and ask, thinking it might offend you. They might think if they asked if you needed any help, you might think they think you are helpless and therefore might not make the first move. This is one reason you might be the one who needs to ask first. If you ask that employee for help, it will make them feel better about themselves and relieve their stress because they did not have to worry about what to do while watching you struggle. After accepting help, you are not stuck any more, and now both of you are happy and satisfied can get on with your work. .

Last example is a simple one, but critical. Ask if you need special accommodations. If you cannot read a particular file because it is not compatible with your screen reading software let the person know. If they do not know they think all is well. If they ever found out you could not read the file, they would be hurt that you did not care enough for that person if it

was a friend to let them know you could not read the file. If it is a co-worker they need to know what file types are not compatible with your special software so they do not give you that file type in the future so you can work together in a productive way. If you need help getting into a building because you cannot go up stairs let the person know. It would be very uncomfortable to all if you did not ask for help and someone got hurt.

As these examples point out, I think asking and receiving help helps everyone involved, not only yourself. So do not worry, go ahead and ask for and accept help if you feel you need to do so. It's OK!

Does anyone else have any thoughts or other examples that will help others?

Have a great day.

Bill Tipton

Thread 9: Are you pursuing your passion?

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sat Jul 30, 2005 7:11 pm Post subject: Are you pursuing your passion?

Are you pursuing your passion? If not, or want to, listen to the following stories for some extra motivation.

A View From the Bridge

Produced by: Joe Richman & John Hockenberry

Thecla Mitchell is a triple amputee. For her, running in a marathon means finding complete physical existence within one wrist, one elbow and one set of fingers. Henry Butler is a blind jazz pianist, but through photography, Henry has found a meeting ground for the sighted and the sightless. Producer John Hockenberry, who is himself mobile in a wheelchair, has been a war correspondent, reporting from the field. He and associate producer Joe Richman show us what the disabled learn from living in a fundamentally different way -- where daily adventure is a part of life.

A View from the Bridge can be listened at the following URL.

http://soundprint.org/radio/display_show/ID/510/name/A+View+From+the+Bridge

While listening to the blind skier being led down the hill by his guide reminded me of driving a bumper car recently. This was my first timed driving a bumper car since completely

loosing my vision. All the cars were going in an oval and my wife was next to me giving verbal instructions, just like the skiers guide. She said go straight, turn right turn left, or watch out we are going to hit someone as I drove! Once I had going around the oval a couple of times I had the timing down roughly so it got much easier to time when to make the turns on my own. I loved it and had tons of fun.

I hope you liked the stories. Hope they gave you incentive to pursue your passions. Having the attitude these people have will help you in personal as well as your professional life.

Hope you do not loose the passion. Let us help if you need an extra boost.

Bill Tipton

Program Credits

A View from the Bridge is a Soundprint Classic, written by John Hockenberry. It was produced by Joe Richman and recorded by Manoli Weatherall. The studio engineer was Dave Patchkey, with music composed and performed by Henry Butler.

Thread 10: First Public Course

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Jul 24, 2005 4:42 pm Post subject: First Public Course

Had an experience you might be interested in and might find valuable lessons learned.

Had my first public course since becoming completely blind. Course was three days in length. This class was local so I could take paratransit to the class each day. In preparation I converted a mixture of Power Point, MS Word and PDF files to plain text. Had to do this to over 100 files. Transferred these to a Braille note taker so I would have the materials in class like other students. Would pack a lunch each day since I was going to an unfamiliar location and could not rely on finding food on my own. I am diabetic and could not chance not finding food.

The class was held in a hotel. When arriving someone at the front desk helped me find the room where the class was going to be held. The first thing the instructor said when he saw me, "is anyone coming to help you"? I answered no, not sure what his expression was after I said that or what reaction the other students had. I did try to talk to the instructor before class, but we never got to talk. I like to talk with the instructor before I go to live classes to make sure I can fully participate and to make the instructor more comfortable with me attending the course. If we think there might be some difficult areas we could talk those over ahead of time and come up with ideas to over come obstacles.

Once I sat down and people became comfortable with me attending the course the tension started to ease. I read the materials on my braille note taker as the other students looked in their binders and at the overhead. Kept notes the best I could. I knew I was missing things as the instructor described the charts, network diagrams and other things I could not see on my braille note taker since my assistive software cannot read graphical images.

When it was time to break up into groups to do our first group exercise I panicked. I had to quickly find the assignment out of the hundreds of files on my note taker. A student helped me by telling me some clues to what to look for. I found the file after taking a breath and calming down a bit. I was very relieved. I almost gave up at that point. When my group did the exercise I contributed to the conversation, which made me feel much better. I felt like I fit in somewhat at this point. After that assignment was over I knew I made it through that one, but had two and two and one half more days left. Later assignments were much more difficult as we had to review charts, graphs and network diagrams in some of the assignments. I could not see any of this and had no chance to participate. I felt very funny during this time. Everyone knew I could not see what was going on. I felt like I had a blank look on my face while everyone was talking. I could not wait until those assignments were over.

We worked in teams. Each team was at a table. Everyone at my table was great to work with and knew my challenges. One person named Lisa went to great lengths to help. After the second day she noticed I could not tell what was going on when the instructor talked about the network diagram and what was represented in it. She was an excellent seamstress and said she would make me something I could feel to understand what he was describing. I could not believe this. She asked me what letters were with in braille so she could label her 3D Network diagram. The very next day she brought in two 3D network diagrams. One was on styrofoam with all the lines connecting all the circles. It had brailled graph marks to represent the value so I could see what was on the X and Y coordinates. Besides that she even made me a portable one that was completely sewed on fabric so I could fold it up and put the network diagram into my pocket. She and her husband worked on the 3D accessible network diagrams the night before. I thought this was very, very thoughtful. With this new diagram I could feel what all the other students were looking at. I did not feel so out of place then.

Over all I think things went well. I am ready for some more courses for sure. I know I may do some things differently next time. But I will learn from my mistakes, and try not to make them again.

I will list what I learned below in hope they might help you. Ask if you have questions.

Please give any more tips you may have to help others and myself. We can all use help; at least I know I can use and value help.

- Talk with instructor ahead of time to see how you can get the most out of the class.
- If you do not understand anything do not hesitate to ask.
- Accept help. If someone is willing to help, do not always turn him or her down. They are putting out just as much effort as you are and you would not want to discourage this.
- If you cannot do something, do not be afraid to say so.
- If you are relying on others for rides, schedule enough time in case you run into delays.
- If you have medical conditions, which require you to need certain things, bring the items in anticipation you will be delayed.

Thread 11: Are You Sad Today?

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Fri Jul 08, 2005 8:01 pm Post subject: Are You Sad Today?

Hi all,

I hope you've been well.

I was wondering how everyone has been doing? Is anyone running into any difficulties we may be able to give some guidance with?

Every day seems to bring up a challenge of some sort for me. Every day can have very happy times in which I laugh out loud. Other times I think I may have a sad face on. I do not like it when I have this sad face on. I know just by having this sad face on affects my mood. Even if I was not actually sad at the time, if I let myself get into this frame of mind I might be brought down and become sad. If I think positive, try to smile and laugh, even if I was sad at the time, I become less so.

Being in this down or sad mood affects me in many ways. I am blind and cannot see anything. On normal days things are a dark grey and I can pretend to see images in front of me. These are actually just random and indiscernible images, but at least it is not pitch black. On the days I feel down everything is pitch black. Darker than when you cover both eyes with both hands. This extreme darkness affects me. I cannot navigate as well when walking with my white canes. I think I lose confidence when walking around without seeing. It is fine when it is just very dark grey, but the extreme darkness gets to me. I do not have the same energy and creativity when I am in this frame of mind.

I also wonder about the very high levels of happiness and the very low feelings of sadness and wonder why things cannot go on in a more even keel sort of way? My thought is that when things are just sailing on smoothly I tend to not notice these feelings. I may only zero in on the more drastic feelings.

When the really good times happen I may not appreciate them in the way I should. I should hold onto those precious times and thoughts.

This is just some thoughts I had.

How do you cope with sadness or not feeling your best?

If you get in a sad frame of mind do you have techniques that work to bring you back to a positive frame of mind?

Any other ideas?

Some ideas and what sometimes works for me are the following.

- Listening to music increases my energy and picks up my mood.
- Going on a walk or just sitting outside in the fresh air revives me when I feel down. Listening to the birds and the wind blow through the trees gets me back on track when I may be not feeling my best. Even just letting the sun light hit my body helps me.
- Remember the good and happy times and how these thoughts that may be causing you to feel down, most likely are coming from external sources or perceived external sources. All the positive traits which created the successes in the past still exist within you. The positive energy might just be stifled because of these negative thoughts that got in some how.
- Remember you can do anything you put your mind to. I can always relate this to riding a stationary bike. I cannot ride a standard bike, so I use this analogy. You may feel very, very tired and think to yourself there is no way I can ride the bike. I am way too tired. If you force yourself to go to the bike and ride it for sometime you actually get less tired. If you ride it long enough you actually become more alert and feel very good.
- Care for yourself. We can get rapped up in pleasing others. This is great and I like to do this. I just need to every now and then take time out for myself. When I return to my other work I can take it on with even more vigor, pleasure and quality than before.

Any other thoughts that might help us with difficult times?

Look forward to hearing from you. I hope you all have a very good and positive day.

Bill Tipton

Thread 12: 'Bionic' arm brings back sense of touch

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue Jun 28, 2005 6:10 pm Post subject: `Bionic' arm brings back sense of touch

Hi everyone,

I hope you've been doing well. Below is a story I read and thought you would like. I personally think this is really exciting news!

Best wishes, and take care.

Bill Tipton

'Bionic' arm brings back sense of touch
Technology links computer, nerves

By Kelly Kennedy

Tribune staff reporter

Published June 23, 2005

Jesse Sullivan lost both of his arms at the shoulders, but with the help of a prosthetic hand and a set of rewired nerves, he can now feel--and sense hot and cold--almost as if he had real fingers.

Two years ago, experts thought this advance in technology was at least a decade away. Now they see it as a leap forward in treating victims of stroke, lost limbs and paralysis.

Sullivan, 58, sees it as a step toward his fishing pole.

"That's where I'm going with it," Sullivan said at a news conference in downtown Chicago announcing the new technology. "And I think I'll be able to tie my own shoes."

Sullivan grinned as his doctor, Todd Kuiken, director of amputee programs at the Rehabilitation Institute of Chicago, showed a video of Sullivan using his prosthetic left hand to pick up eggs without breaking them. He could feel how tightly he held the eggs.

Of course, his setup is different from a typical person's. A lineman for a Tennessee power company, Sullivan in 2001 grabbed a high-tension wire carrying 7,400 volts of electricity, which incinerated his arms.

After the accident, Kuiken pulled out the four main nerves that used to connect to Sullivan's arms and fastened them just beneath the skin on his chest.

Sullivan's prosthesis has a computer in the forearm that is wired to a mechanical hand and to a "plunger" device on his chest. The hand sends signals up the wires to the plunger, which pushes the skin. That stimulates the nerves in his chest to transmit sensations to the brain as if the nerves were still connected to his real hand.

On Wednesday, when Kuiken touched a spot on Sullivan's chest, Sullivan said: "Oh, that's right between the finger and thumb on the back side of the hand."

If Kuiken touches one of Sullivan's prosthetic fingers, Sullivan can feel it and say which finger it is.

His brain doesn't register that the sensation comes from his chest. His brain interprets the signal as coming from the prosthetic hand.

"The first time I put this on, it was a feeling that's hard to explain," Sullivan said. "It lifts you up and gives you hope."

Kevin Englehart, associate director of the Institute of Biomedical Engineering in Fredericton, New Brunswick, said he invited Kuiken to be the keynote speaker at the Myoelectric Controls Symposium this summer because the research community sees his work as a breakthrough.

"When I realized what it could do, I thought, 'This changes everything,'" Englehart said. "Todd's getting at the nerves that still contain information--information that normally would have been lost. He's really cheating, but in a good way."

Myoelectric refers to using electricity created in muscles to control outside electronic devices. In working with people who have lost whole limbs, doctors have been trying to figure out a way to control an elaborate prosthetic device with few remaining nerves and muscles.

"We hit a wall years ago, and Todd redefines the rules," Englehart said.

Sullivan made the news two years ago when Kuiken succeeded in transmitting brain signals to the prosthetic arm through the same nerves. Sullivan had only to think about moving his arm, and it moved.

However, to raise his arm straight in front of him, he had to either bend over and let gravity move it, or push it against a table, then hold it still for two seconds until it locked into place. That made simple tasks such as eating tedious, he said.

In the model introduced Wednesday, six motors, including humerus and wrist rotators, allow him to move his elbow, shoulder and hand at once: He can put his hat on in one movement just by thinking about it.

To demonstrate, Sullivan tried to pick up a water glass from a table. The first time, he dropped it. The second time, he wrapped his prosthetic fingers around it and picked it up, then set it back down.

"I just do it like you do," he said. "I have to concentrate on that glass, but I can do it."

The new prosthetic arm is still in the experimental stage, so Sullivan normally wears the device he must lock into place while eating, and that doesn't allow him to "feel." Kuiken hopes to have him using the new arm full time by the end of the year. So far, parts have cost about \$100,000, but research and time have cost much more.

The institute recently received a grant from the National Institutes of Health to fit a female veteran from Arkansas with an arm system she can wear all the time, Kuiken said. He has already performed similar nerve-rewiring surgeries for three other people. Two succeeded, and one failed because the damage to the patient's nerves was too severe.

Wayne Lerner, president of the Rehabilitation Institute, announced at Wednesday's news conference a \$5 million gift from the Searle Funds at the Chicago Community Trust to establish the Searle Program for Neurological Restoration. Institute researchers will use the funds to continue Kuiken's work.

They also hope to help patients control wheelchairs through brain/machine interface and to communicate by typing messages with thought. Kuiken said he wants to work on a prosthetic leg with motors and sensors that would allow amputees to "feel" when they take steps--something he sees as particularly timely

for injured soldiers returning from Afghanistan and Iraq.

Sullivan sees it as timely for everyone in his situation.

"Nobody wants to be an amputee," he said. "The future is out there, and I'm looking forward to it."

Thread 13: To Bill, Advertise and Social Program

Author

hogswin

Joined: 30 May 2005

Posts: 3

Message

Posted: Sat Jun 18, 2005 3:30 pm Post subject: To Bill, Advertise and Social Program

Hello Bill,

I am interested to know if anyone has considered reaching out to the community? Reach

out to others who may not know about this site or are looking for one like it? I looked long

and hard to find a site like this that was free and would be a place that I come back to often.

(I am still looking for this site,_) (If you know of other sites that offer mentoring or other self

help services please drop me a line. free or otherwise)

I think you need to advertise. Contact to a state run facility where people with severe

disabilities work putting parts on small items to earn a pay check, might be a excellent place

to spread the word and drive traffic to this site. They assist many other less disabled

individuals too. I know, this is where I went to be documented with a learning disability in

Kansas City, MO. and they actually payed for my first associates degree in college!! Well

the state picks up where the Pale Grant leaves off included are books and supplies,

transportation cost and in rare cases lunch may be provided.

I attended a program in college in Lee's Summit, MO. called Project A.B.L.E. at Longview

Community College, which catered to people with Disabilities of all forms. If you had a documented disability you were in the program, but it was a little expensive. This program is still active and the main contact for this program is Mary Ellen Jennision. At the time it was only one of 34 college's in the USA that offered such services to disabled students. I guess my point might be that there are plenty of places by word of mouth where we could use to drive visitors, but this will take dedication of the mentors. I will volunteer my time. drive others for support.

Well this is my rant for the day, Let me hear back from alot of people on this site.
Thank You,
Wm.

Author

bill.tipton116

Joined: 03 Nov 2004
Posts: 61
Location: San Jose

Message

Posted: Mon Jun 20, 2005 8:17 pm Post subject: Re: To Bill, Advertise and Social Program

Hi Wm,

Thanks for the great advice! You are very correct, we need to spread the word. I have tried a few places I know of, but can use all the help I can get. Do you still have contact with Mary Ellen Jennision at Project A.B.L.E.? If you give me her email address or phone number I can contact her to let her know about this resource. My email address is billtipton@earthlink.net if you want to send that information to me privately. If you still talk with them you can also let them know. As I said any help in spreading the word would be greatly appreciated.

I hope you have a great week. I hope to as well.

Thanks a lot for visiting and sharing and your offer for help.

Bill Tipton

Thread 14: The Biology of Belief

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue May 31, 2005 6:48 pm Post subject: The Biology of Belief

Hi everyone,

Hope you are well.

Have you ever felt like you knew what someone was thinking, even if they weren't around?

Have you ever been in a room with other people that you connected with so much, you could almost feel the energy in the room?

I think sensing these feelings, and learning how to harness them when needed could help in your professional career and at home.

A few nights ago on Coast to Coast radio with Art Bell <http://www.coasttocoastam.com/>. I listened to Dr. Bruce Lipton a guest on his show. Bruce was very interesting and some of the things he talked about, as well as the callers who called in, reminded me of something one of my friends always told me. Keep positive, do not have doubt, and if you are trying too hard, back off for a bit and let things happen and the best will work out.

I could not stop listening to the radio show , all the callers were so amazed of how true some of the things were that were being discussed.

<http://beliefbook.com/index.php>

You can also read a interview with Bruce Lipton at <http://beliefbook.com/page.php?id=31>

Bruce talked about how our cells react to sources outside of our bodies, including the energetic messages emanating from our positive and negative thoughts. Below are just a couple more highlights.

- How science is now recognizing that we are an integral part of a giant living community, collectively referred to as Gaia.
- How our thoughts and mind create both our internal (biological) and external (social) life experiences.
- How life was controlled by signals from the "environment."
- Our preoccupation with competition and consumerism is compromising our species and our environment.
- Self-empowerment is not in the interest of those whose focus is to "control" civilization.

Those are just a few of the topics that were discussed that night. People called in all over the world. When they all talked, all the stories were the same. It raised the hair on my neck it was so chilling. I think it even effected Art Bell as he talked to his host and the callers. People called in describing how just by thinking differently, and believing in your thoughts, changes happened. One person called with Lupus . She also had multiple personalities. After therapy, and had the ability to stay in one personality they noticed their Lupus went away. The thought was her Lupus was in the cells associated with one of their personalities that went away with therapy.

Other people called in with stories of sensing things that occurred in distant places.

That happens to me a lot. I have friends that I think I can sense what they are thinking at times, without words.

One person called in after a organ transplant. They talked about the ability to sense things that the original organ donor could only know.

I have to agree on allot of what was discuss that night.

When I go into a meeting and have to lead the presentation is when this always comes up. If I am well prepared, keep my eyes open wide, stay alert, think positive and talk clearly my energy shows through on the conference call or live event where I am speaking. As I talk I can sense others in the audience if everything is going well. I think this has to do with the positive energy being emanated by everyone in the audience as well as myself.

If I feel down and have doubts, I sabotage myself and do poorly.

When I am trying to learn a new application with my screen reader this comes up often. At first it seems impossible. I first think it is impossible. If I Step back, think clearly and strive forward. With time I find it is not only not impossible, it could even be easy, after I learn how to use that application with my screen reader.

Do you see how keeping a positive thought will help you to be a happier person and succeed Besides this, your positive energy will filter to others around you. Everyone around will be content and succeed more easily.

I would love to hear your thoughts.

Bill Tipton

Thread 15: How Disabled Give Presentations – Tools & Techniques

Author

bill.tipton116

Joined: 03 Nov 2004
Posts: 61
Location: San Jose

Message

Posted: Sun May 29, 2005 6:06 pm Post subject: How Disabled Give Presentations - Tools & Techniques

Hi everyone. I hope you've been doing well.

I had the opportunity to give a presentation in a conference call the other day. afterwards I was wondering how others might handle this and if any difficulties come up. Always looking for new techniques.

To prepare for my talk I write the materials on a PC, study them multiple times. Practice my talk while reading my notes.

I then create bullet point items which only hit the main talking points. I use this version as queues in case I forget anything as I am giving my presentation. I am using a screen reader like Jaws, www.freedomscientific.com or Window Eyes, www.gwmicro.com and I am hearing computer generated voice output from my PC as I read my bullet points as I talk. If I had a Braille display attached to my PC and I was really fast and proficient at Braille I could read the Braille display as I gave my presentation. You read a Braille display with your fingers. This device usually sits just in front of your standard keyboard so you can get to both your standard keyboard and Braille display easily. I do not have a Braille display attached to my home system, too expensive, and I am still a bit slow at Braille since I only learned it a bit ago. Should practice more.

Giving a verbal presentation, reading notes with a screen reader that talks to you, listening to the audience for feedback and questions keeps you very busy. You have to constantly think about all of these external sounds coming at you so your presentation sounds smooth and natural. I do not have the luxury of using my eyes to read my notes as I talk so I rely on technology and any techniques to compensate.

I talk to a point, or as far as I can go until I need to refer to my notes to make sure I am talking about my points in the correct order and do not miss any items. I push my down arrow key so my screen reader reads the next line of text in my file which I have my main bullet point items in, with any details I want to include. If I have passed a certain point in my presentation , I may push the down arrow key a few times until I am caught up. I may even go back if I think I missed something with the up arrow key. I use this technique until I am done with my presentation.

I use this same technique in live events when I am in front of the audience. The only difference is I use a Braille note taker like a BrailleNote BT

<http://www.humanware.com/Products/Notetakers/BrailleNoteBT.asp> to read my notes instead of a Pc and screen reader.

I am anxious to hear how others give presentations who might have challenges like myself, or even non-challenged individuals from who I can learn better techniques. Do you use different adaptive equipment? Have to prepare differently, maybe mentally get yourself ready? Anything else that can help others?

Hope to hear from you.

Bill Tipton

Author

WesleyT

Joined: 30 May 2005

Posts: 3

Message

Posted: Mon May 30, 2005 6:55 pm Post subject:

hi bill,
i happened to see your post. personally i struggle giving presentations. i have one coming up at work. your description is very helpful to me and i am not disabled. i got a few tips. it must take lots of focus to do so many things at once. thank you. i will remember this as i get prepared
- wesleyT

Thread 16: Reaching Out

Author

GB

Joined: 02 Apr 2005

Posts: 1

Message

Posted: Sat Apr 02, 2005 8:34 pm Post subject: Reaching Out

Recently, a relative, who has increasingly had less contact with me and less driving me places, remarked that a friend of his, who had become my friend, remarked that I was "using this friend only in order to catch a ride places." It frustrates me that this friend said that. It seems, having a disability, I must rely on others to get around. I am shy in the first place and would think that a friend spending time with me solely would be rather boring;

therefore I seek to go out. Sure, you say, I could get paratransit, but that has to be scheduled realistically two days in advance and many a friend would rather go out spontaneously or take their vehicle (rather than ride in paratransit (I assume)). I only wish for better friendships, more sensitive to my disability needs, and would like feedback on how I can create and nurture them.

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Apr 04, 2005 12:03 am Post subject: Re: Reaching Out

Hi GB,

Nice to hear from you and you came to a great place for help and advice. I do have some suggestions. I feel the same way and get really frustrated because I cannot just get up and go to a location I would really like to go to, like up to the mountains. It takes so long to plan to go most places. Most places I would not even know how to get around since I would not even know the orientation of the area if I had not been there before many times to practice getting around.

I also like people and like talking with them. Sometimes I sit in a location, just wishing someone would feel courageous enough to come over and talk to me. Sometimes on my walks if I hear a person I may pass, I say quietly "hello" and try to stir up a conversation, if the person seems nice.

I have found a fool proof method to meet new friends is joining some groups. I am a member in a couple of organizations that have other blind or visually impaired people in them. In these groups I could be as busy as I felt like being. I have also been to counseling. This was a great source of someone to talk to, plus I had the added benefit because it helped in other areas.

Today I still feel lonely often, but I also try to keep way too busy to think of it. I think that some day that might catch up to me, but along the way of keeping really busy I meet other friends and I am able to do more things. With these new friends I can still not go places when and where I want, but I sure expand my friends and do get to go to places because these new friends want my company. They do not feel burdened to be with me or take me along to places. They actually feel in their hearts that they truly want to be with me and I am no burden. Maybe that friend of yours does not really think you're a burden. I know when people are around me they might feel a bit uneasy and tense at times and it is hard for me and others to judge them correctly.

Coming to places like this forum is a great way to meet others, get advice and suggestions as well.

I hope this helps and have the chance to hear from you again.

Bill Tipton

Author

bill.tipton116

Joined: 03 Nov 2004
Posts: 61
Location: San Jose

Message

Posted: Wed Apr 13, 2005 6:12 pm Post subject: Re: Reaching Out

Hi GB,

Hope you've been well.

I forgot to tell you in my last message I am also very shy, so I understand about some of the things you might be feeling.

I also think friends spending time with me solely would be rather boring, even when I am holding a conversation. I am not a talker, I think I get right to the point and that usually cuts off the conversation. This sometimes leaves quite a lag in the conversation. This makes my shyness really stand out. I cannot see the other person's expression to get any feedback during this exchange, and that adds to the pressure.

When the conversation is over and we part we are still friends. However, if this is a new acquaintance we can usually connect on some level. Some of the people I talk to like the fact that I am doing my best, and they appreciate it. These people you will meet will understand and accept you no matter what. They might even feel special that you took the time to talk and meet them.

Look forward to seeing how things have been going.

Have a great day.

Bill Tipton

Author

hogswin

Joined: 30 May 2005
Posts: 3

Message

Posted: Mon May 30, 2005 7:23 pm Post subject: The New Guy Makes His Introduction:

Hello:

I am new to the 24/7 conversations so I thought I might reach out and make a friend and a mentor. I really enjoy helping people myself, but I am a slow typer. I am from a small town in Arkansas, U.S.A.

I am a 33 year old guy and "very-very single". I have a documented Learning Disability, Anxiety Disorder, Panic Attacks for 7 years now and I have a college degree and I am one class away from another associates degree in Environmental Technology. I am a poor speller and need serious help in this area.

I am looking for a mentor in in the following areas:

Career Development, Web Sales (EBAY) and a web page and general Internet and PC knowledge. Just today, I learned how to up-load pictures to MY BRIEFCASE on YAHOO and learned how to work on documents from outside computers, but I have still yet to actually try it. I am willing to help anybody with an Anxiety Disorder understand the disorder or family members cope.

I am a shy guy and I try to be funny. I have an amazing ability to Tick people off.

I will be around and of coarse here too, to Mentor and receive mentoring in the future.

Thank You, for caring.

Wm.

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue May 31, 2005 6:17 pm Post subject: Re: The New Guy Makes His Introduction:

Hi Wm,

Welcome! I am glad you stopped by. From the looks of it you type well. By the way I am a slow typist also and have spelling errors at times. I usually use MS Word, type my messages, do spell checking on it and then paste in my message.

From the sounds of it you'll be a great resource for others with anxiety disorders. I am sure there are plenty of people out there who need this kind of help.

Thanks for stopping by.

Bill Tipton

Thread 17: Welcome Everyone!

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61
Location: San Jose

Message

Posted: Mon Jan 03, 2005 9:31 am Post subject: Welcome Everyone!

Hi everyone,

I wish the best for everyone in this new year. I hope we can all help each other and share valuable resources that will make each of our lives, or the life of our loved ones, or someone we know, a bit more pleasant.

Thank you for visiting. I hope you feel comfortable posting your questions and sharing knowledge or information that might benefit the members of this group.

If you don't mind, tell us a little about yourself. It will help me and others get to know you.

Have a great day and I look forward to meeting you.

Bill Tipton

Author

bill.tipton116

Joined: 03 Nov 2004
Posts: 61
Location: San Jose

Message

Posted: Tue Jan 11, 2005 3:50 pm Post subject: Re: Welcome Everyone!

Hi everyone,

Since I asked you to post something about yourself so others could get to know you, I thought I would post a little something about myself.

I am completely blind and have mobility issues caused by neuropathy in both legs and diabetes. I can walk with two canes now after rehabilitation and training. All of this happened suddenly in 1999 due to an unexpected critical illness. Since I lost my vision and the ability to walk for about a year I definitely had to learn a lot of new skills quickly to become as self-sufficient as possible, retain employment and become an employee who could contribute successfully.

I use screen reading software, voice recognition devices, braille note takers and braille displays primarily to do my job. I focus in the areas of accessibility with web pages, web based on-line training and applications, both web based and stand alone. I do not do the actual programming even though I have programming experience. I give guidance and training to the developers to help them to make the tools accessible and the benefits to everyone, not just the disabled. I also work on procedures to better incorporate the disabled in the work place including accommodations. I work on a variety of diversity projects as well.

Some of my challenges are the following.

Finding my way around in the office in unfamiliar areas or when visiting new buildings. When you cannot see anything it can be hard to find your way around.

Traveling by air, have not done this yet. I do not want my disability to restrict my travels.

Numbness in my legs and the strange sensations caused by neuropathy. Both legs are numb and I do not like the feeling. It is hard to get to sleep at night as well.

Interactions with others in large groups when multiple people are talking. I cannot make eye contact to tell when it is my turn to jump into the conversation or know when someone might be looking at me to acknowledge it might be my turn to speak so it is hard to jump into conversations.

I look forward to talking with you so we can all help each other be successful. Have a great day!

Bill Tipton

Author

stateofmind_77

Joined: 30 Jan 2005
Posts: 20
Location: California

Message

ed: Sun Feb 06, 2005 2:38 am Post subject: Intro

Hi Jenny,

I am so happy you stopped by. I am looking forward to getting to know you as well.

Your military experience seemed very difficult. I can imagine you out there without much support, but I may be wrong. If that was me I would feel very lonely and be happy I was back home, not that you wanted to go through that in the first place.

I am glad you are back now safe and sound and have a loving husband. I think it is perfectly fine to do a non-stressful job. I'll bet you will be the best librarian around! In 2003 I worked with some people in a research library. If you do not work in a physical library they have all kinds of databases to do research in, as you are probably finding out in school. What ever kind of library you work in you will do great because you know how to ask for help from others, yourself, your husband and God. Plus you know how to listen to yourself just a little bit better. I still have not mastered that, by the way. Maybe you can help me with that.

I hope you have a wonderful day, and thanks so much for visiting and posting so I can get to know you. Look forward to hearing from you again.

Bill

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Feb 07, 2005 10:03 pm Post subject:

Hi Guy,

Thanks so much for visiting. I also liked those Tandem bike rides. I can remember when I was taking the bird song course from the Hadley School for the Blind and would listen to the birds as we rode through the trees near the hills and I tried to figure out what the bird was, I never really got that good, but it was fun, like the riding. I also liked when we would go down the S curve just past the horse stables really fast as the wind blew by us.

All of our riding really got me in shape to go back to work. It helped with my stamina, strength and peace of mind.

I hope you find this forum useful and thanks for finding me on it.

Take care,

Bill

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Feb 20, 2005 9:08 am Post subject: Re: Intro

Hi Jenny and all,

Hope you are doing well today. Jenny, I was thinking of you this morning and was wondering how things are going at school for you, I hope well. Hope you have been able to avoid getting too stressed, even though with home work that might be hard at times, unless you always stay on top of it and try to avoid high stress cramming at the last minute.

I started yoga class a few weeks ago and that has helped my stress some. It is a good way for me to get my mind off some stressful situations or any deadlines. It helps me to regain

focus on the important things in life and re-prioritize tasks that have built up during the week. Does anyone else have any good suggestions for reducing stress that is working?

Have a great day and I look forward to hearing from you and others.

Bill

Author

stateofmind_77

Joined: 30 Jan 2005

Posts: 20

Location: California

Message

Posted: Sun Feb 20, 2005 12:56 pm Post subject: Hi Bill

So sweet of you to think of me. Yoga classes sound like a great idea! Not too stressed out. I am really enjoying learning about Psychology!
Though I tend to procrastinate too much.

I reduce stress by going outside, and admiring all of Gods creation. Of course having nice friends to chat with online helps too.

Thank you again! Take good care.

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Feb 28, 2005 1:29 pm Post subject: Re: Hi Bill-reducing stress

Hi Jenny and all,

I also like to go outside to reduce stress. This is one of the things I procrastinate about, even though I know it helps me. I usually work too much and tend to put off taking a break for a walk or just to go outside. When ever I just take the time to go outside, breathe the fresh air, listen to the birds, listen to the water running in the creek near my house and air blowing through the trees really helps me to regain focus.

Just writing this note makes me want to go outside. I think I will go on a walk soon!

Take care and best wishes,

Bill Tipton

Author

hogswin

Joined: 30 May 2005

Posts: 3

Message

Posted: Mon May 30, 2005 7:37 pm Post subject: The New Guy Makes His Introduction:

Hello:

I am new to the 24/7 conversations so I thought I might reach out and make a friend and a mentor. I really enjoy helping people myself, but I am a slow typer. I am from a small town in Arkansas, U.S.A.

I am a 33 year old guy and "very-very single". I have a documented Learning Disability, Anxiety Disorder, Panic Attacks for 7 years now and I have a college degree and I am one class away from another associates degree in Environmental Technology. I am a poor speller and need serious help in this area.

I am looking for a mentor in in the following areas:

Career Development, Web Sales (EBAY) and a web page and general Internet and PC knowledge. Just today, I learned how to up-load pictures to MY BRIEFCASE on YAHOO and learned how to work on documents from outside computers, but I have still yet to actually try it. I am willing to help anybody with an Anxiety Disorder understand the disorder or family members cope.

I am a shy guy and I try to be funny. I have an amazing ability to Tick people off.

I will be around and of coarse here too, to Mentor and receive mentoring in the future.

Thank You, for caring.

Wm.

Thread 18: Living with Paralysis

Author

professirx

Joined: 13 May 2005

Posts: 1

Message

Posted: Fri May 13, 2005 4:20 am Post subject: Living with Paralysis

Hello everyone, I am Richard or what my friends call me Professir X. My story is I was once a DJ before I got shot with many positive chances of making it in the industry. Well, on the day someone shot me in my neck, all that was over. It's been 18 years paralyzed but I continued to keep on trying. Knowing the industry shy away from individuals with disabilities, I started to reach out to others that related to my situation. I found showing my work to others challenged physically was more rewarding. I recently had the opportunity to rap for Christopher Reeve in his name at a rally in Washington, DC. Although I'm still trying to get a record deal to promote more uplifting songs to the world, I want to share my message with you, stay strong my friends

windows

<http://www.professirx.com/movies/superman.wmv>

quicklime 7

<http://www.professirx.com/movies/superman.mov>

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sat May 14, 2005 7:56 pm Post subject: Re: Living with Paralysis

Hi Professir X, hope I can call you that.

Thanks so much for posting and sharing a little about yourself. I really enjoyed your song. I also liked the message in it. I can imagine that you gave a lot of people hope and inspiration watching you up on stage at the rap for Christopher Reeve in his name at the rally in Washington, DC.

I really admire your courage to pursue ahead, even when the going can be difficult at times.

I am not sure if you had the chance to read anything about me. If not, you can read a story from a book, POSITIVELY M.A.D. Making a Difference in Your Organizations, Communities and the World, Berrett-Koehler Publishers 2005. The story is entitled The Will to Make a Difference. Read the story (PDF version)

http://www.globaldialoguecenter.com/DK_PMAD.pdf

The complete book is available online at The Gallery Store at the Global Dialogue Center.

Hope to hear more from you. Best of luck in your career goals and keep up your positive attitude. I am sure you are helping others to look at the bright side of things and making a difference.

Bill Tipton

Thread 19: The Importance of Resilience

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sat May 07, 2005 6:21 pm Post subject: The Importance of Resilience

Hi Everyone, hope you're doing well.

I read a inspiring and enlightening article I would like to share with you and get your comments.

The Importance of Resilience

"How Resilience Works." Diane L. Coutu. Harvard Business Review, May, 2002. By: Daniel Daughtry-Weiss, NRC Senior Research Analyst

<http://www.industrymailout.net/Industry/LandingPage.aspx?id=17089&lm=2936967&q=3906355&qz=8bbe19ee5184a8eb0076d913534995b1>

I really enjoyed this article. Will list a few quotes from the article with my comments. Hope to hear yours.

After researching many theories, Coutu concludes that resilient individuals share three unique traits:

List of 3 items

- a resolute acceptance of reality;
- a sense that life is meaningful;
- an exceptional ability to improvise.

For an executive, the first key to building resilience is asking, "Do I truly understand-and accept-the reality of my situation? Does my organization?"

On trait number one I think I often accept the reality of my situation. I tend to not think I am disabled the majority of every day. I am so busy being productive and having fun that my disability never comes into my mind. It only comes into my mind when I actually stop and think about it or at night when I am laying there.

The second key to making it through difficulty is to find meaning in one's circumstance.

On trait number two I think this relates to my circumstance . I am disabled now, I will try to help others and at the same time help myself. some of the things I am doing at my place of employment aid with this goal. This includes helping to make computer applications, web pages and training more accessible to the disabled employees. I also do some mentoring. Outside of the work area I help visually impaired or blind in my community by serving on two boards of organizations that help this audience. By doing this also helps me in the process. If I can some how make things easier for these groups of people it makes things easier for me at the same time. Actually around the accessibility of computer applications, it

makes things easier for everyone, not just the disabled, because they are more usable.

Coutu's third component of resilience is having "the ability to make do...to improvise a solution to a problem without proper or obvious tools or materials."

On trait three. This really hits home for me. I have to learn new ways to do almost everything again since going blind. I even have to remember the littlest of details. Like if I was drinking a glass of water. I have to pay attention where I set that glass down. I could just reach out put it on the table just in front of me. If I do not remember where I had placed the glass, when I reach out for it I may knock it over if I am not careful. It is even possible I might not find it for a while.

When I go to use a computer application for the first time it is always very challenging. I have never seen the layout of the application or have used it before so I cannot imagine how it looks. To compound that difficulty, when using the application all I get is synthesized speech output. I can only use my keyboard to control and use the application, no mouse. To compound that challenge not all programs are written with accessibility in mind and therefore, not all of the program you can get to or use easily with a screen reader like the one I use Jaws, www.freedomscientific.com or Window Eyes, www.gwmicro.com. Between all of these hurdles I truly have to improvise to use a computer application effectively.

Does anyone else have any comments about resilience ?

Hope to hear from you, and hope you read the article. I think you will enjoy it.

Bill Tipton

Thread 20: Never Be Afraid of Dreaming Big Dreams

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue Mar 08, 2005 3:23 pm Post subject: Never Be Afraid Of Dreaming Big Dreams

Hi everyone,

Hope you're doing well. Since I have been experiencing some exciting firsts in my life lately, I have also been looking for other stories that highlight the courage, determination, creativity and successes in others' lives. It has led me to some exciting and interesting stories about a person I met a couple of times and talked to on the telephone. Thought it might inspire you to never think too high when establishing your goals because anything is possible.

I first contacted Mike May when I was looking into a GPS system for my braille note taker so

I could navigate more effectively in unfamiliar areas. I could really use this kind of help myself. If you read some of my other posts, you'll understand more about why this was so important and I'm sure you will agree. Mike's company sells one of these GPS systems for the blind. <http://www.senderogroup.com/>. I don't have one yet, but hope to some day.

Mike May's Inspiring Story

Mike May was totally blind from age 3 through 46. He then had a number of surgeries that restored some vision. Mike has done some very exciting things while totally blind. Here are a few of his achievement:

Mike May holds the world speed record for downhill skiing by a blind person. He has worked for the Central Intelligence Agency as a political risk analyst and other companies while totally blind. His start-up ventures have included establishing two companies in adaptive technology for the blind. Mike founded the Sendero Group to make location information accessible to blind and visually impaired people. If you look at the URL below you will see a longer list of other companies he has worked for and other accomplishments.

Mike also met and was personally congratulated by the former President Ronald Reagan for winning a medal in the Winter Olympics for skiing. During this acknowledgment Ronald Reagan stated "never be afraid of dreaming big dreams and never hesitate to make those dreams a reality". <http://www.senderogroup.com/reagan.m3u>

Recently I met Mike at a conference and had the chance to talk with him. With all that he has accomplished, I found him to be down to earth and very friendly. I felt totally relaxed while I had my morning coffee, as we waited for the conference to start in a little room they had set up with breakfast items at the event. When the conference started, Mike gave the opening keynote speech and dazzled the audience!

I think you will enjoy reading some of Mike's stories at, <http://www.senderogroup.com/mike.htm>

I hope Mike's story of courage and many FIRST will inspire you to go for the big dreams --- try anything you want. Anything is possible for everyone, even if you have a disability, or what others sometimes consider is a disability. **As you consider what Mike May and others accomplish every day, you soon realize that the only disability is the limitations set in your mind.** I know some limitations are very limiting, but we can all be happy and succeed!

Hope to hear from you.

Have a wonderful day!!

Bill Tipton

Thread 21: Preparing for Blindness

Author

timbuktu

Joined: 07 Apr 2005
Posts: 3

Message

Posted: Sat Apr 09, 2005 9:48 am Post subject: preparing for blindness

This is where I think I can learn what I need.

I want some advice because I am going blind, but won't post my story here, because on this forum I do not have the right to edit or delete my posts. At some later stage I would want to delete my story.

So, I will post this story on my blog and on another forum where they do allow deletion or editing, and when I have enough quality responses, I will take it down.

Please click on the link below, see the post titled "preparing for blindness", and offer advice as comments on that blog, or in email, if you can. I don't know if there is a word limit on comments.

<http://timbuktu58.blogspot.com/>

email:

timbuktu@islamonline.net

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sat Apr 09, 2005 10:28 pm Post subject: Re: preparing for blindness

Hi timbuktu,

We welcome you and will be happy to help wherever possible.

I read your message on your blog. Was just going to post a response since going else where takes extra time with my screen reader Jaws, www.freedomscientific.com, since you only use keystrokes with screen readers and no mouse. I am glad I visited your blog. It answered some of the questions I was going to ask you.

I am not sure what country you live in from your blog. Besides that I am wondering what type of work have you done in your employment? What kind of thing would you like to do? I am asking so others can see and respond with helpful advice and suggestions.

I went completely blind all at once due to a serious illness and had to go through a steep learning curve recently, May 1999, so it is still fresh in my mind. I had to reinvent myself, learn some new technologies and try to think positive to stay employed. I know quite a lot

of blind or visually impaired people where I live and can give suggestions once I know a little more about what you would like to do.

Hope to hear from you. We have a lot of great people here at GDC, viewing, posting and adding content from all over the world. Hope you'll be one of them. We would like to help.

Have a great day and I look forward to hearing more about you.

Bill Tipton

Author

timbuktu

Joined: 07 Apr 2005

Posts: 3

Message

Posted: Sun Apr 10, 2005 3:28 am Post subject: Thank you Bill

..., for your prompt response, and may peace and Allah's blessings be upon you all.

Your story, and those of others, gives me hope that life is liveable with disabilities. What I had seen in my childhood was to the contrary. I think there are some people here too who have accomplished something despite being blind or otherwise handicapped, and I am going to try some links.

Bill, I don't want to write more about myself here, because as I said, I will delete or edit my topic at a later stage. I really do not want to leave a permanent public record.

Yet I can see your problem. What do we do? Why should I put those like you, who help me, to this extra trouble, especially when they have problems worse than mine?

Writing here has already given me new ideas and the impetus to search for solutions within the country, and I have found some leads to follow through.

My apologies to the 24seven forum. This thread was not an advertisement for my blog, but I have good reasons for wanting this under my control.

Bill, I am just going to post my answers to your questions on my blog, where I have control over the contents. If I have feedback there, it will be good for me. If not, I understand. At a later date, I will edit out my "indiscretions", and let the 24seven members have the benefit of this topic on my blog without any pointing towards me.

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Wed Apr 13, 2005 4:54 pm Post subject: Re: Thank you Bill

Hi timbuku,

Thanks for getting back to me. I hope your day is going better.

I also hope you do not give up. Life is worth living with a disability, for sure! Things are very hard, take longer to do and .., but the alternative is much worse as you know.

I hope you keep in touch and keep checking in. Others might reply with other recommendations.

Bill Tipton

Author

Message

Thread 22: A Personal Story: My First Convention on my Own

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Feb 07, 2005 10:23 pm Post subject: A PERSONAL STORY: My First Convention on My Own

Hi Everyone...

As I mentioned, I've only been blind a few years, so I've had to learn how to do many new things. Each experience has strengthened me. I recently wrote a story about my first experience attending a conference. It was just published in Winter 2005 Quarterly Online Magazine, The Blind Californian.

There are a lot of great stories and other information in the magazine. If you would like to read mine, it is entitled MY FIRST CCB CONFERENCE by Bill Tipton. If you scroll down the page, it is the 14th article. The story describes his adventure attending a conference for this first time after losing his vision. I think you will find this story humorous and interesting. It

will give you the prospective of how it might be to walk around in a conference without seeing anything.

<http://www.ccbnet.org/bc0501.htm>

Take care,

Bill

Author

debbekennedy

Joined: 27 Oct 2004

Posts: 96

Location: global dialogue center

Message

Posted: Sun Feb 13, 2005 6:00 pm Post subject:

Hi Bill,

I read your story...my favorite part of it demonstrates how much we need each other when we are forging new pathways... Here is the excerpt that spoke to me...

"...Regardless of my luck in finding this new group to follow, we all walked down wrong hallways and into dead ends; however, we eventually found our way by helping each other and by talking loud enough to hear one another as we walked. I found it interesting how we followed each other even though we didn't know if our leader was going the right way. I pictured us looking like a school of fish switching directions all at once and in an instant as we made our way along the halls."

You were very brave to take that trip and teach us all a valuable set of lessons about helping one another.

Thank you!!!

Debbe

Thread 23: Sometimes I wonder about technology

Author

tiphane

Joined: 03 Feb 2005

Posts: 3

Location: Menlo Park, CA

Message

Posted: Sat Feb 05, 2005 10:10 pm Post subject: sometimes I wonder about technology

Sometimes I get creative for no reason at all. It's just that I start thinking about an issue and then most of what I think doesn't make any sense.

So when I think of being blind and having to find one's way in a building, I think about how Bill could find his way to his hotel room when he went to that conference. I think that ADA made it possible to find Braille tags here and there at standard positions in hotels and public places. But how does one get to where the Braille is?

There are lots of technological advances that will help in the not so far future. Someone made a Voice Notes computer with GPS so that one could find where he was and hopefully where he is. But I often think about what a cane could do? Could it be equipped with some camera and recognition software that would help direct the person holding it? How would it tell? Would it have little vibrators like those that are put in gaming devices? Or would it have a voice? Maybe it could tell things like where the door is, and how many stairs there are ahead? I don't know. I just think that the devices, sensors, and processors that are needed to give out significant information will become accessible soon.

There are people in Japan who develop robots, and I think it will be possible to have little gadgets that can find their way around a house. So in principle, it will be possible to have guiding devices. For what we know, this could be useful for sighted people too. What if the hotel registration could give Bill a little pocket device that would give out directions? Say, one button gives out instructions on how to get to his room, another to the reception, and another to the conference rooms? The device could even act as the room key. That would be useful to anybody!

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Feb 07, 2005 8:51 am Post subject: Re: Interesting

HI,

I do not live alone. I live with my wife, Kathy. We have been married for 17 years. She helps me find a lot of things in the house, especially the small things, and I am lucky for that. I also label things with plastic Braille labels, like my CD's, PC software and .. The problem is when you have a lot of these items spending the time to read each label, it could take some time, but at least I can find it if I have the time.

More on the technical end Have you seen the Miniguide from Sendero Group? I tried one at a conference. You can hold it and it will either vibrate or make a buzzing sound when you are near objects. You can see that at <http://www.senderogroup.com/shopminiguide.htm>.

I thought this was pretty good. I just held it and could tell if a person was next to me.

The Sendero Group also makes the GPS system for the Braille Note.

Have a great day and it is nice to talk with you. Look forward to talking some more.

Bill

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Mon Mar 28, 2005 11:40 am Post subject: Re: sometimes I wonder about technology

Hi Ann,

Welcome and nice meeting you.

I think virtual communities would work well. I know a lot of people who cannot leave the house much because of illness or other issues. Some of the only communication these people have would be in such communities and I think it is highly valuable. I can still remember while I was recovering from my illness and could not get around. The only way of talking to others was on-line. I did this often and met friends I still talk to every now and then. Even now I cannot travel to meet others without planning such an event at least one day in advance, unless it is in walking distance and I know how to find the location.

Have a great day, thanks for visiting and I look forward to getting to know you.

Bill Tipton

Thread 24: Visually impaired get a life from yoga

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Fri Mar 25, 2005 1:36 pm Post subject: Visually impaired get a lift from yoga

Hi everyone, I hope you've been doing well.

In a prior post I mentioned a way to reduce stress and told you I was taking a yoga class for the blind and visually impaired. Below you can read about that class. This story was in the San Jose Mercury News on March 10, 2005.

Have a wonderful day and I hope to hear from you.

Bill Tipton

Direct URL

<http://www.mercurynews.com/mld/mercurynews/news/local/11098367.htm>

Visually impaired get a lift from yoga

PALO ALTO INNER SIGHT WORKSHOP OFFERS RECREATION, EMOTIONAL HELP

By Kimra McPherson

Mercury News

The first time Bill Rupel tried yoga blindfolded, he felt disoriented and ill at ease. Though he'd been doing yoga for several years, he'd always been able to focus on an object to steady his balance, check his position in the mirror or shoot a glance at the instructor if he missed a movement.

With his eyes covered, he had to listen harder to the directions. He had to feel for the edges of the mat with his feet to know where he was standing. He had to struggle to find his balance.

And he got a small taste of what life might be like for his wife of 15 years, Bonnie, who is visually impaired. "All you have to do is put a blindfold on and understand what people who are visually impaired have to do," he said.

Through the Inner Sight yoga workshop at the Avalon Art and Yoga Studio in Palo Alto, blind, visually impaired and fully sighted people practiced yoga side-by-side. The class, sponsored by the Peninsula Center for the Blind and Visually Impaired, drew more than a dozen people to six weekly sessions.

After driving past the Peninsula Center for the Blind and Visually Impaired last fall, assistant yoga instructor Antonia Kao started wondering if yoga could help people with little or no sight. She got in touch with Bonnie Rupel, the community relations coordinator for the center, who is visually impaired and had been practicing yoga for three years. Rupel then contacted Krassi Davis, a teacher whose clear descriptions of movement had made yoga accessible to her.

The idea of bringing yoga to the visually impaired community made sense, Rupel said: Not only were her clients looking for recreational activities, but many also needed a way to deal with the emotional fallout from vision loss.

"Being visually impaired, there's a lot going on mentally and emotionally as well as physically," Rupel said. "With yoga, it's very focused. It's very mental, it can be very emotional and it's physical. It was addressing all the issues that blind people have."

The Peninsula Center for the Blind and Visually Impaired had some money set aside for recreational programs, and Rupel used \$950 of that to set up the class, which was offered free to the public. She is seeking funding for another session.

Blind and visually impaired students said the class was a safe environment to focus on what their bodies can do. Sighted participants, who had the option of wearing blindfolds, experienced the feeling of moving in a world without vision. "We wanted to use this as kind of a tool to educate sighted people who haven't been around those who are visually impaired," Rupel said. "If you have the visually impaired and the blind people next to sighted individuals with the sleep shades on, everybody was on the same page."

Davis' Inner Sight class is slower-paced than other yoga classes might be, she said, to give students time to find the correct positions. The exercises are similar to those in other classes, with some small differences. For example, when Davis has her students relax their facial muscles, she asks them to place the palms of their hands over their closed eyes and feel their eyes move up, then down, then side to side.

At a recent session, sighted participants helped those who were visually impaired get settled in class. Davis tried to keep her eyes closed while calling out instructions, which she said helped her describe poses for those who could not see to mimic her. An assistant wandered around the room, correcting participants when they missed an instruction or moved out of position.

Guy Tiphane, a sighted participant who wore a blindfold during class, said balancing and pivoting were the toughest parts of the exercise. But Tiphane, who has been practicing yoga for about a year, said that wearing a blindfold helped him focus on his movements. ``It helped me first to listen better," said Tiphane, who also volunteers at the Peninsula Center for the Blind and Visually Impaired. ``At the same time, it helped me to feel more in contact with my own body."

Many of the visually impaired participants could see shapes or shadows. Some who had lost their sight recently said they could still imagine how different movements should look.

``They would tell you to put your left leg out and turn your ankle right so you could actually visualize what you were supposed to do," said Bill Tipton, who lost his sight suddenly after an illness five years ago. ``You can picture the person's body moving."When Bonnie Rupel first tried yoga three years ago, she needed a few classes to remember the feeling of being in different poses. But now, she believes she experiences yoga the same way as someone with perfect sight.

``Once you know the poses, you're not focused outward anyway," Bonnie Rupel said. ``You're focused inward. You don't need vision for that." IF YOU'RE INTERESTED

To find out about the next Inner Sight class, contact Bonnie Rupel at (650) 858-0202, extension 30

Contact Kimra McPherson at kmcpherson@mercurynews.com or (650) 688-7557.

Thread 25: First plane trip, navigation and other tips

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Sun Feb 27, 2005 9:48 pm Post subject: First plane trip, navigation and other tips

Hi everyone,

Hope you've been doing well. It has been a rainy day over where I live today. I do not mind. I enjoy the sound of the rain. I even put a rain jacket on and went for a leisurely walk as I listened to the rain hitting my hood and the streets around me.

I took a big step in my independence the week before last. I took my first airplane trip since losing my vision. It was in a small airport and in a very small plane. I thought this was perfect for my first plane trip. I attended an all day class for work, left the house at 5:00 AM and got back home at 9:30 PM. I was very tired when I got home, but things went very well. I had been nervous for nothing it seemed when the day had ended.

In the class I was the only one who could not see. When I walked into the room for the first time I could imagine the faces on the others, if I could only see. I sat in my chair, listened to the lectures, took notes on my braille note taker which I previously downloaded the slide set to, the instructor covered on the projection system.

I did not even get nervous when I had to leave the crowded room to use the restroom. I usually get nervous wondering how I will find my way and how I might be able to grab my two white canes and not look too conspicuous. I think because I was so busy I did not have time to think about it. I just stood up, turned around and faced what I thought was the exit and started walking. If I was off course I adjusted by the other students telling me, "Go left" or "go right" or by a gentle hand on my arm or shoulder guiding me towards the exit. At times I just made it through the door by listening to the sounds outside of the classroom when there were sounds or these sounds did not get blocked by the noises from inside of the classroom. Once I was outside of the classroom I could usually find the restroom because of some preplanning. I arrived early at the class so I could find the restrooms and drinking faucet. Once I found it with help I traced my steps back and counted door jams, cut outs in walls, right and left turns until I reached my classroom. I would then turn around and try it again until I memorized the route.

Next I will have to take a longer trip. I have another business trip coming up. I will then have to master carrying luggage with no extra hands, I carry two canes when I walk.

I hope everyone has been doing well and I get the chance to hear from you.

Take care,

Bill Tipton

Author

HammsWife

Joined: 02 Mar 2005

Posts: 1

Message

Posted: Wed Mar 02, 2005 2:13 pm Post subject:

Hello there nephew! I'm here checking out your new boards and thought I would respond to your message. I was going to put something really smart but realized that this will be read by others so I promise to be good! As always, you amaze me with your bravery. You absolutely are one of my heroes. I'm glad you had such a good outing and are looking forward to more trips in the future. Remember though Sunshine, even sighted people ask for help occasionally! LOL!

Talk with you soon,

Aunt Sharon

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Thu Mar 03, 2005 7:54 pm Post subject: Re: First plane trip, navigation and other tips

Hi Aunt Sharon,

Thanks for visiting and posting. It takes as much courage to post something to a message board like this. For some it could be as stressful as traveling without seeing. We all welcome you here at the Global Dialog Center and I am glad you like the message boards and topics.

Don't worry, asking for help is one of the first hard things I learned, still not too good at it though at times. The hardest time for me to ask for help is in a crowd with lots of people and a lot of noise. It is hard to get the attention of others because you cannot tell who is looking your way to direct your questions to. The bold people, just shout out. I am learning to be a bit louder when asking for help if nobody hears me.

Keep visiting and I will see you soon.

Bill Tipton

Thread 26: It's FEBRUARY --- Let the Sun Come In and Shine

Author

bill.tipton116

Joined: 03 Nov 2004

Posts: 61

Location: San Jose

Message

Posted: Tue Feb 01, 2005 3:46 pm Post subject: It's FEBRUARY --- Let the Sun Come In and Shine

It's FEBRUARY --- Let the SUN Come IN and SHINE

Hi to everyone that stops by!!!

I was thrilled to have so many visitors stop by to help me get this dialogue started. Even though there were no messages posted, I felt really good inside as more and more came by during the month.

This month, I thought I would share more with you my own personal journey ---- then maybe you'll share with me too.

As I mentioned in earlier posts, I've only been blind a few years. Below is a poem I wrote during my recovery. I have come a long, long way. I am so grateful for having a positive attitude about things. Probably even more now than before I was blind. When I read this poem, it brings back a long, tiring, sometimes lonely time in my life...one that has also brought with growth, new friends and a bunch of miracles.

What do you think and feel when you read it? I welcome you feedback and comments.

LET THE SUN COME IN AND SHINE

Let the sun come in and shine.
I know it is hard, but do not whine.

Life is not supposed to be a stroll in the park.
Especially when you stroll in the dark.

But darkness is not all bad.
It is possible even in the dark not to be sad.

Let your heart look at the bright side.
Rejoice for all those you meet.

People are the most important thing in life.
No possession is greater.

Take a trip to the hospital.
Stay there a few months.

Listen to the sounds of sadness.
It is all around.

Now you have no reason to whine.
Just remember the cries in the darkness.

Take a ride in Para transit.
Listen to someone else's story.

Now just think of this and do not whine.
Things could always be worse.

Let the sun come in and shine while you can
and enjoy it.

Bill

Author

tiphane

Joined: 03 Feb 2005

Posts: 3

Location: Menlo Park, CA

Message

Posted: Sat Feb 05, 2005 9:39 pm Post subject: Looking at the bright side

I just turned 49 and I thought "this is the last year before the big 5-0!" Of course, I ache everywhere. But then I figured that having practiced yoga for a while allowed me to be more flexible, and while my body gets older, it can do more than it did before!

I am lucky to live here in the Bay Area where the weather is already nice, better than Spring in other places. So in this early Spring, I can start looking at life instead of thinking how horrible death can be. I surprise myself thinking about that, the loss of consciousness one way or another, sometimes one is struck by a car or a tsunami, other times it's a slow illness.

There's the present: that's our most precious asset! Forget about the past (except of course for learning). When we say we want to preserve the forests and the clean air, that's because we appreciate it so much that we would like to save it for the pleasure of future generations! When I read a good book, my enjoyment comes from the work of the author who may not have realized that ultimately he or she would cause the enjoyment. So perhaps I have to look at life this way too: can I do something today that ultimately could cause some kind of enjoyment to someone, somewhere, some time?

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Message

Posted: Sun Feb 06, 2005 2:32 am Post subject: Moving

I am very moved by your poem and your story. I recently become considered a disabled veteran. Personally I do not feel disabled. The reason I am labeled as such is due to a severe depression I experienced last summer. I am feeling much better these days. I will try to share with you what your moving poem means to me.

LET THE SUN COME IN AND SHINE

Let the sun come in and shine.
I know it is hard, but do not whine.

This reminds me of the earlier stages of my depression, the sunshine became annoying to me. The sun was like a reminder that I would have to drag myself through another meaningless day. I did a lot of whining, but it was very unemotional and no one seemed to listen.

Life is not supposed to be a stroll in the park.
Especially when you stroll in the dark.

I took that stroll in the dark, not the kind that you experience, but dark nonetheless. No life is no stroll in the park sometimes.

But darkness is not all bad.
It is possible even in the dark not to be sad.

True, sometimes I believe you can see things in the dark that you are incapable of seeing in the light.

Let your heart look at the bright side.
Rejoice for all those you meet.

My heart is looking on the brighter side these days, and I am so very thankful for the new people that I have been meeting.

People are the most important thing in life.
No possession is greater.

True, I also think maybe love for people may be greater though.

Take a trip to the hospital.
Stay there a few months.

I spent 49 days in the hospital myself.

Listen to the sounds of sadness.
It is all around.

Yes there is a lot of sadness there.

Now you have no reason to whine.
Just remember the cries in the darkness.

Take a ride in Para transit.
Listen to someone else's story.

Now just think of this and do not whine.
Things could always be worse.

True.

Let the sun come in and shine while you can
and enjoy it.

I am trying to enjoy the sun, I imagine you can enjoy its warmth?