



NextGen Insight

**Volume 2, Issue 1
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Publications Committee Chair: Greg Lindberg

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Title Page Image Description: Background - Black night sky with dim stars in a horizontal rectangle. Foreground - All text is in white font. NextGen spans the width of the image with the N and G capitalized. ACB is in capital letters above the word Next. A yellow star is shooting out of the top right corner of the letter x and hovering over the word Gen. Underneath and spanning the width of the word NextGen are the words Develop Lead Elevate (1/3 of the font size of ACB NextGen) with a dot between each word.

“With an open mind, we gain insight into ideas and expressions that we may have overlooked or not noticed at all.” – James Van Praagh

President’s Message

Dear ACB Next Generation Family,

I hope that each of you had an amazing holiday season and a bright beginning to 2022. I am so excited to begin a brand-new year with our affiliate.

Thank you to all our members who participated in our election. We had a total of 47% of our membership participate in voting for this election, which was phenomenal. Thank you to our awesome 2021 Nominating Committee--Matt Selm, Maria Kestic, and Anthony Akamine--for hosting our Candidates’ Forums and working extremely hard to make this election run as smoothly as possible.

Please join me in welcoming the newly elected directors to our board: Kaila Allen, MOe Carpenter, Kristen Kelling, Courtney Nuestro, and Melanie Sinohui. I would also like to thank Aaron Espinoza, Byron Lee, Nicholas

McNeil, and Onkar Nerurkar for their service to the board of directors. It has been a privilege to serve with each of you on the board and getting to know all four of you. This isn't the end for you as some of you are returning to serve our affiliate in different areas and capacities.

Happy birthday, ACB Next Generation. I can't believe our affiliate is about to turn two. Did you know that ACB Next Generation was officially chartered as an affiliate of the American Council of the Blind on February 22, 2020, also known as 02/22/20? A huge shoutout to our members for us achieving this milestone of two wonderful years going strong.

Do you have a new year's resolution? I know it's now the middle of January, but I would like to share my new year's resolution for our affiliate. The American Council of the Blind has 20 very strong special interest affiliates, and over 40 expanding state affiliates. My new year's resolution for 2022 is to help our members get connected and involved with their state affiliate. State affiliates offer a strong foundation on the local level. State affiliates are constantly looking to engage younger members, and who better to teach them than us. If you are not sure how to get connected with your state affiliate, please reach out to us. Our contact information is included at the end of our newsletter.

In closing, I want to wish all our readers a blessed new year. My hope is always that you make friends, build connections, and get involved where and when you can. “A single act of kindness throws out roots in all directions, and the roots spring up to make trees.” Amelia Earhart

Warmest regards,
Amanda Selm
President, ACB Next Generation

December 2021 Election: New Directors

In December 2021, ACB Next Generation held elections for the five Director positions on the ACB Next Generation Board. Thank you to everyone who ran for election, participated in the Candidate Forums, and voted. We’d like to congratulate, welcome, and introduce our four new Directors for the 2022-2024 term: Kaila Allen, Kristen Kelling, Courtney Nuestro, and Melanie Sinohui.

Kaila Allen is from Mesa, Arizona where she lives with her husband, 2 children, and 2 dogs. She is instrumental in the development and management of ACB Crafters. She has served on committees at both the State and National

levels, as well as on ACB Next Generation's Programs Committee. She received the 2021 DKM First-Timers Award representing the West. Kaila is an Assistive Technology/Activities Facilitator at Future in Sight and is a dedicated volunteer and advocate for the blind and visually impaired. Aside from crafting and volunteering, Kaila enjoys spending time outdoors with her family riding bicycles and having picnics at the park.

Kristen Kelling is from Grand Rapids, Michigan and holds a bachelor's degree in Social Work. She is a contracted employee with the Kent County Health Department. She is currently the Secretary of the Michigan Council of the Blind and Visually Impaired, as well as the Chair of the Membership Committee. Kristen also serves on the Convention, Membership, and Programs Committees in ACB Next Generation.

Courtney Nuestro resides in Southern California. She received her A.A. in Psychology during Spring 2020 and is currently pursuing a B.A. in Human Development with an emphasis in Counseling Services and has a goal to become an Assistive Technology Instructor. Furthermore, Courtney currently serves as a member of the ACB Next Generation Publications Committee. Additionally, Courtney has utilized her personal experiences and strong written and verbal communication skills to promote organ

transplantation and education services for blind students. In addition, Courtney enjoys spending her time reading, writing, painting, drawing, knitting, and crocheting.

Melanie Sinohui has been involved in ACB since the mid-1990s in Texas, West Virginia, and California, elected as a Director for ACB Texas at 19, and was the 2005 DKM First-Timer – West. She resides in Phoenix, chairs our Convention Committee, is 1st Vice President of Arizona’s Central Chapter, and a Director on the AZCB board. Melanie holds a B.A. in Journalism – PR and an M.S. in Project Management. She has worked for a telecommunications company for the last 13 years and is a Customer Experience project manager. Melanie and her husband enjoy cooking, traveling, wine tasting in California, and spending time with “family.”

December 2021 Election: Amendments

The following amendments were voted on and passed by the ACB Next Generation Membership.

Amendment 2021-06: Allowing support members to chair committees.

Amended Language:

ARTICLE IV: MEMBERSHIP; REQUIREMENTS; RIGHTS;
RECORD DATE:

C. Rights of Voting Members: The rights accompanying each type of membership are as follows:

3. Supporting members: Supporting members shall have the same rights as at-large members except that they may not serve in elected office.

Proviso: If this amendment is passed, the board of directors will draft a policy that gives priority to members at-large and affiliate members when appropriate.

Amendment 2021-07: Presidential appointment of committee members for advisory committees

Amended Language:

ARTICLE IX: COMMITTEES:

D. Advisory Committees:

2. The President shall appoint the chair of advisory committees. The President shall appoint the members of each Advisory committee in consultation with the chair.

Chairpersons must be at-large or affiliate members between the ages of eighteen (18) and forty (40) years.

The chairpersons of the Advisory committees shall have the right to appoint such sub-committees as they may deem necessary. A majority of the members of an

Advisory committee shall constitute a quorum for the transaction of business. Advisory committees may conduct meetings by teleconference or via the use of similar

communications technology in accordance with the provisions of Article VII, Section D. of this Constitution.

Also impacting:

BYLAW II: STANDING COMMITTEES' DUTIES AND RESPONSIBILITIES:

Amended Language:

The following committees, consisting of at least three members each, a majority of whom are blind or visually impaired, shall be established to function as needed. The President shall appoint the chair and members of each Board committee and the chair and members of each Advisory committee

Amendment 2021-08: Removal of committee chairs and committee members.

BYLAW II: STANDING COMMITTEES' DUTIES AND RESPONSIBILITIES:

C. A committee chair or committee member may be removed during their one-year term by a simple majority vote of the board of directors.

Affiliate News: Kentucky Council of the Blind Next Generation

ACB Next Generation, What's Up?

Well folks, it's that time again, it's the start of a new year! Let's just hope this year is a whole lot better than last year. I know it will be because in April, my wife McKinnley and I will be welcoming our little daughter into the world, but enough about that.

Since I wrote the last article, our affiliate has been rather busy. At our October meeting, we decided to launch a spirited membership drive. We realized that our chapter was sparse when it came to membership, so we decided to start recruiting, and fast. To help us with this project, we held a Halloween trivia night the Thursday before Halloween. We invited lots of folks and had a lot of new prospects. A good time was had by all.

A few weeks after that, KCB held its state convention. It was our second virtual convention, and the theme was Turn Your Radio On. Kentucky Council of the Blind Next Generation sponsored an exciting session about the

Health app and the My Chart app on the iPhone. At our business meeting, we elected Brianna White to serve as a director on our board. So, all in all, Convention was a big hit and KCB Next Generation gained several new members.

Finally, a few weeks ago, the KCB Next Generation hosted a virtual program called Who Wants to be a Millionaire Christmas Edition. Amanda Selm was the host, and the spirited Byron Lee supplied the sound effects; they were so realistic, you would think we were really on the show. We had several contestants come on to play and one lucky winner took home a \$25 Texas Roadhouse gift card.

Well folks, that's all for now. I hope everyone has a lovely new year!!! Until next time, take care.

Benjamin Wright
President, KCB Next Generation

Gift Card Giveaway Winners

Contributing to or joining the ACB Next Generation All-Stars team for the ACB Brenda Dillon Memorial Walk
Annie Davis from Cincinnati OH

Submitting a Committee Interest Form
Mike Capelle from Wausau WI

Attending ACB Next Generation's Annual Business Meeting
Joey Couch from Louisville KY

Become a Member September through December
Tasha Welsh from Atlantic IA

Check Out the ACB Next Generation Blog

By Greg Lindberg
Publications Committee Chair

Craving more content from ACB Next Generation? We're excited to now feature a blog on our website. Check out our blog at <http://www.acbnextgeneration.org/blog> where we will be featuring regular content starting this month.

We're also looking for blog post ideas geared toward our demographic of blind and visually impaired individuals under or around age 40, so feel free to contact us with your ideas for consideration at acbngnews@gmail.com.

4th Quarter Fundraising Wrap-Up

By MOe Carpenter

Fundraising Committee Chair

Hello Wonderful ACB NextGen "Framily". This is MOe Carpenter once again, here with a recap of ACB Next Generation's 2021 fundraising efforts. We have done so well over this past year.

At the time of our last newsletter, we had the Mary Kay event going on in which we raised \$263.80. We also had a See's Candies fundraiser in November where we raised \$221.5. Finally, we had someone generously donate \$500 during Giving Tuesday. With all the great dreams the ACB NextGen board has, all this new income will help us grow and start some amazing programs in 2022.

I would like to thank all our supporters from the bottom of my heart. Running this committee for the past 10 or so months has been my first committee appointment and my

first experience with fundraising in any aspect. Stay tuned for more announcements about the great things coming up in 2022!

2022 ACB Next Generation Fundraising Line-Up

By MOe Carpenter
Fundraising Committee Chair

Hello again ACB Next Generation “Family”. This is your Fundraising Committee Chair, MOe here, to share some of the wonderful plans our committee has for the upcoming year. We are so excited to branch out into new territory for ACB NextGen.

In 2022, the ACB NextGen Fundraising Committee plans to bring you two new events. In the Spring, we will be holding the first-ever ACB NextGen Auction. Right now, the auction date is not set; however, we are almost certain it will be in April. We also would like to compile and publish the first ACB NextGen Cookbook. We are hoping to have this ready to start pre-sales in September with a release date in October 2022.

Both the ACB NextGen Auction and the ACB NextGen Cookbook will need participation from our membership. We will need items donated for the auction and recipes from our membership for the cookbook. For more information about either of these projects, please email us at fundraising@acbnextgeneration.org and keep your ears open for more information as we get details worked out for both projects.

2022 Membership Renewal

By Matt Selm

Membership Committee Chair

This is just a friendly reminder to renew your membership dues with us if you have not already done so. Dues are \$15 per year – the equivalent of just a few cups of coffee at Starbucks.

We hold many exciting activities and events, including several members-only perks like the members-only Lounge Messenger group and other enjoyable events exclusive to members. We hope that you will renew as a member of our organization.

We are asking all renewing members to complete the membership application located at <https://forms.gle/tjtZJwQoXmhoid5Q9> so we can capture some additional information that was not collected when you completed the form the first time.

Follow this link to pay your 2022 calendar dues and please be careful to make only one payment:

<https://checkout.square.site/pay/2c25a2ac-64f0-4d44-9c21-ffeec411a04b>

Thank you for your continued support of ACB Next Generation!

Announcing the ACB Next Generation Technology Grant

By Matt Selm

ACB Next Generation is proud to announce a great opportunity for its members. We are offering a partial grant to assist members with purchasing assistive technology devices or services. The goal behind this new initiative is to enrich the lives of our members and to provide some financial assistance for often expensive products that

would otherwise be too costly for many people. So, if it is a notetaker, computer, electronic device, software, or subscription service, ACB NextGen may be able to help you through this unique grant program.

You can view the guidelines and obtain the application either by completing the Google Form located at <https://forms.gle/7gn9sG9yN7d9beTYA>. For a Word version of the application, please download it from <http://acbnextgeneration.org>.

Please note all applications are due by April 1, 2022, at 11:59 p.m. EST. If you have any questions, please contact me at acbnextgen@gmail.com.

ACB Get Up and Get Moving

By Moe Carpenter

A new year brings in the hopes and dreams of improving ourselves, so that we leave this year better than we entered it. I sat down with Thomas Tobin and Terry Suarez of the ACB Get Up and Get Moving campaign to learn all about this committee.

So, what is the Get Up and Get Moving Campaign? Beyond the obvious to try and add more exercise into our lives, this initiative was born out of what is now the Brenda Dillon Memorial Walk and is also about getting the blind and low vision of our communities out and visible among the general public. During the first ACB-sponsored walk, it was noticed that many had trouble completing the two-mile track they had set, so the Get Up and Get Moving Campaign was launched last June with the hopes of inspiring members of our community to work on their exercise and fitness! This 3-year initiative is made-up of six committee members: Thomas Tobin (chair), Dan Dillon, Koni Sims, Leslie Spoone, Sheila Styron, and Terry Suarez (ACB Next Generation member). The committee has three sub-committees: Partnerships (fundraising), Advocacy, and Publicity. They work very closely with ACB staff. Likewise, they are also very eager and willing to work with other affiliates and are motivating more members to get involved. In addition, they have what they call, Health Heros. These Health Heroes are some of the outside ACB partnerships that have already been created such as: Walmart, Vanda Pharmaceuticals, The American Printing House for the Blind, and with more to come.

The Get Up and Get Moving Campaign has adopted the tagline of, "WOOHOO!" This energetic word not only encourages us to get out of our heads, but it also makes

one just want to get active. The first event was the kickoff at the ACB National Convention. It was followed by a dance party on October 15th and “White Cane Safety Day”, which was organized and aired on ACB Media and on the Zoom platform.

Putting movement to music-related activities is one of their favorite ways to incorporate moving into this virtual world we find ourselves in. Most recently in November, they went a step past the physical movement and added in some brain exercises with an ACB Community Call game show event called “My Three Songs”, a play on the 70’s TV show “My Three Sons” in which participants had to identify what each segment of three songs had in-common. For two hours, the host and contestants had a lot of fun exercising their brains! In addition, Leslie Spooone’s weekly fitness classes are sponsored by the Get Up and Get Moving campaign.

Shifting the focus into 2022, the first event beyond the weekday fitness classes will occur at the DC Leadership Conference in March. Their plan for those that attend is to have a walk that will go past the U.S. Treasury to also celebrate our victory of having U.S. currency made more accessible. In May, there will be another event in the San Francisco Bay area. At the ACB National Convention in July, other Get Up and Get Moving events are planned

which will be inclusive of supporting the Brenda Dillon Memorial Walk, for which ACB Next Gen will definitely have a team. Finally, the last big event that is planned will be another event on White Cane Safety Day in October.

How can we as ACB NextGen “family” get involved? For starters, you can begin with little things as simple as walking to your mailbox or just moving more around your home. For those of us on Facebook, we can join the ACB Get Up and Get Moving group. In addition, those of us using social media of any kind, can use the hashtag, #ACBGetMoving. Finally, we can just participate and spread the word as events and things are mentioned. WOOHOO!

Reach Higher, Pursue and Succeed: Apply to Become a 2022 Recipient of the Durward K. McDaniel First-Timers Award

Apply to Become a 2022 DKM First-Timer

Prepare to experience an array of opportunities to learn and grow personally as you connect with other like-minded individuals. We'll join together in Omaha, Neb. for the 61st

annual ACB convention from July 1-8, 2022, and become better familiar with ACB's wealth of inclusive convention activities.

To be a qualified applicant, you are required to meet specific criteria, including but not limited to the following:

- 18 years of age or older
- Blind or visually impaired
- An ACB member in good standing (current on membership dues)
- Never attended a previous in-person ACB national conference and convention

If you meet the above criteria, we invite you to learn more about and participate in ACB's primary leadership development program. Read the [complete article here](#) to confirm your eligibility and necessary commitment to become a member of the 2022 Class of DKM First-Timers!

Applicants will submit a Letter of Application, have a Letter of Recommendation submitted on their behalf by the president of their State or Special Interest Affiliate, no later than April 5, 2022, and complete an interview with the DKM Committee in early April. If you have questions, contact Kenneth Semien Sr. at semien.k@att.net, or dial (409) 866-5838.

ACB Next Generation was proud to have two members receive the DKM First-Timers Award in 2021; Kaila Allen and Belinda Collins. 6 other ACB NextGen members have won since 1996.

Get on the Fast Track to Advanced Leadership!

Apply to Become a 2022 ACB/JPMorgan Chase Leadership Fellow

Are you an ACB member who has been active in the organization on the local and/or state level and have a desire to learn more and explore opportunities at the national level?

Are you an ACB member who has served previously, attended a previous ACB convention, and wishes to re-energize, learn more, expand your horizons with greater involvement in the organization, while strengthening ACB with your skills and abilities? Answering “yes” to either of the above questions makes you a candidate for this award.

To be a qualified applicant, you are required to meet specific criteria, including but not limited to the following:

- 18 years of age or older
- Blind or visually impaired
- An ACB member in good standing (current on membership dues)

If you meet the above criteria, we invite you to learn more about the program. Look for more information in the February 2022 issue of the Braille Forum to confirm your eligibility and necessary commitment to become a member of the 2022 Class of ACB/JPMorgan Chase Leadership Fellows!

Applicants will submit a Letter of Application, have a Letter of Recommendation submitted on their behalf by the president of their State or Special Interest Affiliate, no later than April 5, 2022, and complete an interview with the DKM Committee in early April. If you have questions, contact Kenneth Semien Sr. at semien.k@att.net, or dial (409) 866-5838.

ACB Next Generation was proud to have three members become Leadership Fellows in 2021: Natalie Couch, Greg Lindberg, and Winter Renfrow. 4 other ACB NextGen members have won since 2016.

2022 D.C. Leadership Conference

By Greg Lindberg

The 2022 D.C. Leadership Conference is tentatively scheduled to be held from Friday, March 11 through Tuesday, March 15, 2022, at the Hilton Old Town located in Alexandria, VA. However, due to the ongoing COVID-19 pandemic, the event could transition from a hybrid event to a fully virtual model. Be on the lookout for updates regarding this possible change.

If you've never had the opportunity to experience the leadership meetings, they are a jam-packed few days of leadership workshops, education, guest speakers, a deep dive into the latest advocacy topics and issues within the blind community, as well as a chance to connect with the members of Congress who represent us. I like to view the event as a "mini convention."

I highly encourage all our members to participate in this event if you can. I've never considered myself to be a stereotypical outspoken advocate who holds up signs on the side of the road with a megaphone in hand. However, I attended this event in 2019 and felt incredibly empowered walking the halls of the Capitol building and getting to

speak and shake hands with my Congressional representatives who are on the front lines of making important decisions within my state and local community. I also got to rub elbows with many of the leaders in ACB at the state and national levels. It is a fantastic opportunity to learn and grow as a visually impaired person.

Regardless of how the event is facilitated this year, I hope you will consider participating in any way you possibly can. Be on the lookout for more details on the ACB Next Generation email list and social media channels, including information regarding potential scholarship opportunities.

Surviving Valentine's Day While Single

By Courtney Nuestro

In light of the challenges imposed by the COVID-19 pandemic, please keep your region's local guidelines and your physician's medical advice in mind as you read this article.

1. Go on a night out with friends. Find a few fellow singletons and go see a movie and eat a fancy dinner. Valentine's Day does not need to just be a day to

celebrate romantic love; you can celebrate non-romantic love with friends too.

2. Buy your own flowers and chocolate. Treat yourself because you don't need to wait for someone else to give yourself a nice treat.
3. Take yourself out on a date. Put on your favorite outfit and go out to eat at your favorite restaurant. You don't need a significant other to enjoy a delicious dinner.
4. Enjoy some quiet time. If going out isn't your preference, take some time to relax at home. Read a book, watch a movie, knit a hat, or take a nap. Utilize this peaceful time to rejuvenate yourself.
5. Call or make plans with someone who may be feeling lonely during this holiday. Whether we are struggling with dating or are grieving the loss of a significant other, the experience of not currently being in a relationship during Valentine's Day can create feelings of isolation, and a kind friend can brighten the day.
6. Learn something new. Take this time to enrich your knowledge. Cook a dish that you never attempted before, teach yourself how to crochet a scarf, or learn how to play a new instrument. The possibilities are endless.
7. Write a letter to someone that you love and care about in a non-romantic way. Valentines aren't just for those whom we have romantic feelings toward after all.

8. Take a technology break. Social media and various online advertisements featuring content can magnify feelings of isolation regarding not being a part of a romantic relationship.
9. Get creative through self-expression. If you are experiencing unpleasant emotions during this holiday, you might find expressing your feelings through writing poetry, creating a drawing, or other means helpful.
10. Volunteer in your community. A helping hand is still needed even on Valentine's Day.

10 Tips for Organizing Your Home for the New Year

By Courtney Nuestro

I utilized information described in *The Clutter Connection* by Cassandra Aarssen and *The Life-Changing Magic of Tidying Up* by Marie Kondo as well as my personal experiences to compile these tips.

1. Label the homes of your belongings. Out of sight, out of mind still applies to the blind and visually impaired, so utilize labels that are easy to see and feel. Place Braille labels on places that your fingers will come in contact with when opening a cabinet or drawer. Create easy to

see labels with high contrast or standout colors and big letters by hand or write using bold letters and large print font on your computer.

2. Organize in alignment with your natural tendencies through detailed or broad categories and hidden or visual organization. While an alphabetized set of cosmetics hidden behind a cabinet door may seem Pinterest worthy, you may find it easier to keep all of your makeup sitting in a basket in no particular order to be easier to manage.
3. Find compromises when you and those you live with have different organizing preferences. A happy medium can go a long way to maintaining organization even if it doesn't match each person's perfect image.
4. Declutter your belongings. Keep what adds value to your life. The fewer items you own, the less stuff you will have to maintain and organize.
5. Declutter before organizing. It will be easier to sort and find homes for fewer items.
6. Don't rush to purchase organization accessories or furniture. Try utilizing what you already own. For example, Tupperware and recycled jars can be used to sort office supplies
7. Declutter regularly. It is easy to forget how easily and quickly we accumulate items in our homes ranging from the holidays to late-night online purchases.

8. Think twice before purchasing a product. The best way to organize items is to stop them from entering our homes if we didn't value or need the items in the first place.
9. Give yourself grace and patience. Getting organized is a time-consuming process that can be physically, mentally, and emotionally exhausting.
10. Don't think about the dollar amount when getting rid of an item. The item served its purpose while in your possession, and it can continue to be used and appreciated if donated to others.

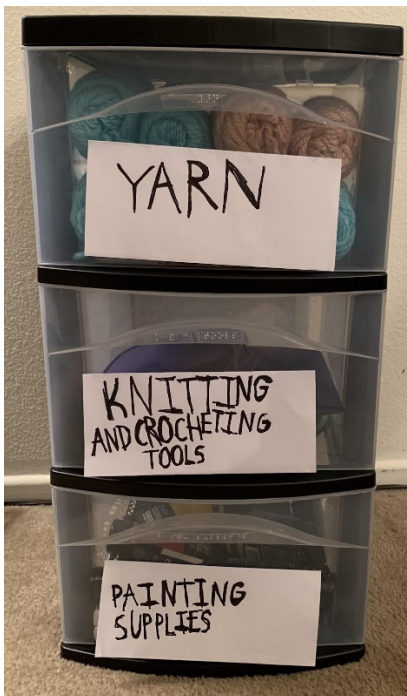


Image Description: This is a photo of a plastic dresser featuring Braille labels along the dresser handles and hand-written large print labels along the front side of the drawers. The top drawer is labeled Yarn, the middle

drawer is labeled Knitting and Crocheting Tools, and the bottom drawer is labeled Painting Supplies.

From Cane to Canine: Finding My Footing with My New Partner in Crime

By Greg Lindberg

For the first time in my life, I am lucky to say that I am now a guide dog handler. I was matched with Uker (pronounced “you-ker”), in October when I completed my in-home training through Freedom Guide Dogs. I waited nearly two and a half years to finally get the phone call with this life-changing news. Uker, just about three years old, is a Barbet, a French water dog. Below are some excerpts from my daily training journal.

On the first day, Eric showed up at my door around 1 p.m. As I stood there nervously, he handed me the leash and said, “Here’s your dog!” Uker came right up to me, licked my hand, and rubbed up against my leg. Phewf...a good first impression! Eric said he was happy to meet his new owner. We worked on “sit” and “down” commands, feeding, and using the leash. He slept pretty well that first night, but I did not because I was so anxious about every little sound he made.

On our second day, I learned how to put the harness – his “work outfit” – on. We took a walk to the neighborhood gate and back, roughly a mile roundtrip. He had some stomach and bladder issues, most likely due to nerves. This is not an uncommon reaction during this maiden voyage. We repeated the same route the next day. I felt more at ease walking with him, and he walked noticeably slower. Eric said it meant he was more comfortable with me.

As we progressed, we went to a few downtown areas to work on street crossings and navigating through obstacles and people. I was a tad nervous at first, but Uker did a respectable job of safely guiding me. However, he overshot a few curbs and didn't quite get to them square, so we had to correct him. I tapped my foot and said “curb”, so he would know what I was referring to, and that he needed to stop at them. He did seem to improve on this with repetition.

Plus, we worked on stairs, elevators, and escalators. It's usually best to drop the harness handle and use the leash going up or down. He will stop before a staircase begins, and he should walk up or down on my left side. When tackling escalators, I tell him to “find the escalator” and he should stop at the handrail. I then get on, and he should

follow. I step up or down with my right foot, depending on which direction I'm going, and I lay my arm on the handrail to feel when we are approaching the end. I start walking when we're only a few steps from this point, and Uker should follow suit.

Furthermore, table manners are critical for guide dogs, especially out in public. I learned about the best positions for him while I'm eating and how to tell him to "sit" and "lay down" – and to give a leash correction if he doesn't comply with these commands. Speaking of restaurants, we took Uker into a restaurant for lunch. I sat him beside our small booth. He got up twice while Eric and I were eating but laid back down almost immediately after I corrected him.

Caring for my dog is imperative to ensure he is happy and healthy. The trainer taught me about how he will walk in circles and then settle on a spot to do his business. Once I'm aware of this, I trail the leash toward his body and then identify the type of business he's doing. Eric also taught me how to clean his ears and brush his curly and thick coat.

When Eric dropped us off on the final day, it hit me that this canine valued at \$25,000 is mine. We've made so much progress, but it can take a solid year to fully bond

with a guide dog. Since getting Uker, I have noticed I'm walking faster. So many more people say "hello" to me who probably were afraid to utter a word in the past as I strolled by with my white cane. I've also been approached in public by inquiring minds. I enjoy having a companion in Uker, and it's refreshing to be able to say "us" instead of just "me" or "I." While there have been bumps in the road, I am very happy that I took the plunge into becoming a guide dog handler. I look forward to our many adventures navigating the world.



Image Description: Greg is wearing a t-shirt and shorts and kneeling to the right of Uker, a black Barbet, holding his leash.

Avoid Getting Scammed: Advice from a Professional Scam Baiter

Part 1: Phone Scams

By Steven Salas

It seems like there is a new scam making its rounds every day from taking money to stealing personal information. Scams can come from emails, text messages, Facebook messages, phone calls, and even fake profiles on social media. Continue reading and I will show you some signs to look for and ways to avoid getting scammed via phone call.

Chances are you have received a scam call while reading this article. If so, follow these tips. For instance, listen for a bubble popping noise as soon as the caller starts to speak. Further, if they ask you to pronounce your name without asking what your name is first, quickly hang up. In addition, do not purchase anything from someone who is calling you. Always remember the rule: if it sounds too good to be true, it probably is. Moreover, if you get a call claiming that you won an award or gift card, and they need you to pay for the shipping which can range as low as \$.99, just hang up.

Always remember that the Internal Revenue Service, Social Security Administration, Medicaid, Medicare, or any government entity will never call you and ask you to provide any personal information. If you get a call from any government entity, you can call your local HHS, SSA, or IRS Department, and they can provide you with information on if it was a legitimate call. Similarly, if you haven't committed any serious crime, chances are the warrant out for your arrest is not real, a quick google search or a call to the non-emergency authorities can clear that up.

Likewise, avoid giving any information out to callers if you are unsure. In addition, avoid answering any calls that look almost exactly like your phone number. Spoofers will use your number and change the last 2 numbers to get you to answer a familiar number. Further, if you happen to answer a scam call, and you are placed on hold, most scammers use the same on-hold message and music, which is a sped-up version of someone asking politely to hold followed by piano music. Additionally, if you get a person that sounds suspiciously clear, then it may be a robot. Ask it a random question to see if you get a legit answer. Some questions you can ask may include: what is your favorite color, what is today's date, or who is the current president? Bots will avoid answering specific questions.

Thankfully, there are some proactive steps that you can take to prevent receiving scam calls. You can call your cell phone provider to assist you with enabling scam identifiers on your phone. There are plenty of apps that can block likely scam calls from even getting through. One of my favorites is called Robo Killer. This app has an annual subscription fee of \$35, but it's the best one I have used. After setting it up, I quickly realized that not many people call me at all; I would probably get 1 or 2 phone calls a day from friends, family, or doctor's appointment reminders. Occasionally, a scam call will get through, but for the most part, it was very accurate at blocking. RoboKiller will allow calls that you may not recognize but that are legitimate businesses not looking to harm you in any way. Lastly, if you have been scammed out of money or personal information, you can visit reportfraud.ftc.gov to report any scam calls.

In conclusion, while numerous phone scams may exist, there are several proactive steps you can take to protect yourself, your private information, and your finances.

“Your Greatest Dream”

By Kenneth Semien, Sr.

Your greatest dream can be achieved with a goal, vision, and determination.

Small steps in the right direction will get you to your destination.

You can begin by identifying sources of inspiration and gathering the necessary tools.

Then create some guidelines and activate effective monitoring rules.

Be sure to include an "I Can" attitude, commitment, and perseverance.

Then add a hefty dose of energy, enthusiasm, and adherence.

Be careful not to dwell on the presence of fear, doubt, or procrastination.

Involve the experience and expertise of others with similar aspirations.

One key to always remember is that great achievers never do it alone.

Therefore, surround yourself with people of character, integrity, and solidity like stone.

In the midst of adversity, there are opportunities for you to shine.

Just continue to tackle challenges with an open mind. Naysayers and times of uncertainty are sure to come. Nevertheless, you must believe that you have already won.

All of the above elements are essential to your success. Know that you have what it takes and be encouraged to give it your best.

Calendar of Events

Everyone is welcome to attend these events by accessing the Zoom mobile app, visiting the Zoom website at <https://zoom.us> or calling (312) 626-6799, and entering the appropriate meeting ID and passcode.

You may sign-up to receive reminders and Zoom details by subscribing to the ACB Next Generation email list.

Please send a blank email to

main+subscribe@acbnextgeneration.groups.io

In addition, many ACB NextGen events are listed on the ACB Community Call schedule.

January

22 - Saturday Night Live Hangout - 7:00 PM Eastern

February

3 - Fireside Chat - 9:00 PM Eastern

14 - ACB Next Generation Board Meeting - 8:00 PM Eastern

22 - ACB Next Generation's 2nd Birthday

26 - Saturday Night Live Hangout - 7:00 PM Eastern

March

3 - Fireside Chat - 9:00 PM Eastern

14 - ACB Next Generation Board Meeting - 8:00 PM Eastern

11-15 - ACB 2022 D.C. Leadership Conference

26 - Saturday Night Live Hangout - 7:00 PM Eastern

April

7 - Fireside Chat - 9:00 PM Eastern

11 - ACB Next Generation Board Meeting - 8:00 PM Eastern

ACB Next Generation Board of Directors

President – Amanda Selm

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2nd Vice President - Steven Salas

Secretary - Greg Lindberg

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Director - Kaila Allen

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Director - Kristen Kelling

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Director - Melanie Sinohui

How to Reach Us

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Phone Number: (202) 524-0909

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Social Media:

<http://www.acbnextgeneration.org/contact-us>

ACB NextGen Blog:

<http://www.acbnextgeneration.org/blog>

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