

# Outlook

A QUARTERLY NEWSLETTER FROM NEW HORIZONS UN-LIMITED INC.



## AI OFFERS ACCESS AND EQUITY

2024 is around the corner and with the New Year, comes a total eclipse of the sun, a new presidential election and the omnipresence of Artificial Intelligence.

### What Is AI?

AI is more than machine learning. It is the simulation of human intelligence with the computational power of computers. Soon, most of our computer applications will be embedded with new AI capabilities. You can think of this new technology as having your own computerized assistant. This "assistant" can help doctors write patient notes, summarize case law for lawyers, and help creators generate literature, music and videos.

For our disabled friends and family, AI looks like A Great Equalizer. Communication, learning opportunities, independence and inclusion regardless of ability is a reality, right now.

***With your financial support or in-kind donation of a laptop, we can prepare our disabled friends and family for the upcoming changes that AI will bring.***

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- Home Alone, for the Holidays?

## A CALL FOR SUPPORT

- We Need Laptops!
- Join our Annual Fund Drive
- What Can YOU Do?

## 2022-23 NHU ANNUAL APPEAL

- Watch your mail, OR scan our NEW, secure QR code on the inserted flyer

## DONOR APPRECIATION

- Thank YOU to Our 2022-2023 Sustaining and In-kind Donors, Awesome Golfers and Corporate Sponsors!

## AI OFFERS ACCESS AND EQUITY

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It is our goal to educate and provide resources on Generative artificial intelligence tools like ChatGPT, an AI-powered language tool, and Midjourney, an AI-powered image generator that can potentially assist people with various disabilities.

### As Always, Our Goal Never Changes

We envision a world in which every individual with a disability is given the opportunity to find purpose and fulfillment as contributing members of society through employment, service to others and activism.



## HAVE YOU READ OUR BLOG LATELY?

We've added a lot of great content from disabled writers and caregivers. Our Blog has become a place to share, learn and grow together.

Here are just a few topics we've published lately:

- Adult Drivers with ADHD
- News Literacy
- Shortage of Caregivers
- Petting Service Dogs
- Teachers Who Bully
- Mental Health & Social Anxiety
- Legislative News that Affects The Disabled Community

Our blog can be found on our home page:

[new-horizons.org](https://new-horizons.org)



## HOME ALONE, FOR THE HOLIDAYS?

The holidays are fast approaching and most of us are now turning our thoughts to relatives we usually see at family dinners. We can already hear the predictable PC conversations about the weather until the wine starts to flow! Sports, politics and cultural differences are guaranteed to be hot topics and there is sure to be a lot of eye-rolling when we all start to talk about our medical problems.

There is one subject though that most of us don't think about and that is how accessible our homes are for our disabled friends and family who may



want to visit us, this time of year. We all have friends and family that can't come to these fun or sometimes tricky family gatherings, because we don't have ramps or doorways wide enough for mobility devices.

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## HOME ALONE, FOR THE HOLIDAYS?

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Most of us don't have experience packing a motorized mobility scooter or wheelchair in a vehicle either. So, the easy thing to do is to call or zoom with our disabled friends and family, who are staying home for the holidays.

Have you ever wondered though, what your disabled Uncle Henry or Cousin Valerie does after their 20 minute conversation with you on Thanksgiving or New Year's Day? What do they do for the rest of the day? It's an interesting thought, especially if you find yourself, for whatever reason, being home alone for the holidays this year.

### **A few thoughts for those who will be alone this year.**

First and foremost, if you're spending the holidays alone and not by choice, it doesn't mean you're unloved or failing at life. Being alone is simply a statement about your environment, not your ability or your worth.



"One of the best things about being home alone, is being in control of the whole day. There's no need to choke down Aunt Bernice's cranberry sauce or pretend that the turkey is not dry, right?! You can order Thai food or eat half a pie without any raised eyebrows nearby. You can also wear stretchy pants, camp out on the couch and have total control of the remote!"

Other things you can do, are hobbies without any interruptions - all you artists out there will understand that one! Draw and paint away, or get on the internet and read about your favorite subjects or watch free documentaries on YouTube. This is your day to be the boss of you! Like Kevin in the Home Alone Movies, he "understood the assignment." Amuse yourself and take care of yourself too, like he did.

If all this sounds boring or lonely (and that's valid), acknowledge those feelings. It's perfectly understandable and normal. Try to start the day by giving thanks for what you do have, but if it's too silent, too lonely, then pick up the phone and call a friend, who gets it.

**If you're feeling particularly overwhelmed, you can also text **CONNECT** to the Crisis Text Line at 741741, or call the National Helpline at 1-800-662-HELP (4357).**

For more tips, especially if you are living in a retirement community or assisted living residence, visit our blog: [newhorizonsunlimited.wordpress.com](https://newhorizonsunlimited.wordpress.com)

Happy Holidays Everyone! If you would like to add your own tips or perks for spending the holidays alone, feel free to let us know. We will update our blog with your suggestions! You can write us at [horizons@new-horizons.org](mailto:horizons@new-horizons.org) or leave a comment on our blog.

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“The countries with the highest robot density, have among the lowest employment rates. Technology and humans combined in the right way, will drive prosperity.”

-Ulrich Spiesshofer, CEO, ABB, LTD