

# Enhancing Abilities

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THE UNIVERSITY OF  
**MEMPHIS**

Mid-South Access Center  
for Technology

**Mid-South ACT, where we provide demonstrations, resources, and services for individuals with disabilities throughout the Mid-South area.**

## Success Story

### Striving Through Life In Spite Of . . .

by Ms. Tara Tate • Mid-South ACT Client



Story written and typed by Ms. Tara Tate,  
Mid-South ACT Client, using J-Say Pro  
enhanced voice recognition software

**I** am Tara Tate, a native of Memphis, Tennessee. I am the daughter of Alberta Tate Gore. When I was born I had **no** sight, but my mother never gave up on me. With the help of the Lord, I am still here striving to become a successful and productive individual in our society. The purpose of this article is to motivate, or encourage and to inspire those who feel they can't make it due to their situation or circumstances. Out of all the things I've been through in life, I had to finally realize that it was up to me to make a change in my life and get the help I needed to succeed in life. These changes have benefited me spiritually, physically and mentally.

Mentally, I had to find something positive to occupy my mind, so I wouldn't think of my disability so much. Vocational Rehabilitation Services have given me the opportunity to gain more knowledge through their program. The rehabilitation classes at Clovernook Center for the Blind have provided me with daily living training and cooking lessons that have helped me be more secure about living alone and independently. I have received Braille training, which has increased my reading and writing skills to better prepare me for the workforce. I am also learning how to access computer applications using the J-Say Pro program at Mid-South ACT. This program allows me to speak into the microphone, and then the computer processes the information and produces a typed document to be read by others. I am looking forward to completing this computer course because I know it will enable me to become more efficient with my computer skills.

Physically, being able to get out of the house has helped my body get the exercise I need. I also go to the Hope and Healing Center for exercise classes. To see all the people with the different disabilities coming together to work on their health and wellness makes me smile. One thing I have learned during this time is that ***you must take care of yourself before you can attempt to help others.***

Spiritually, I know if it wasn't for the Lord, I could not have made it thus far. I am so grateful for the strength, zeal, happiness, and courage to press my way to a better life in spite of my disability. For those who are reading this article, always remember to surround yourself with people who have good wisdom and knowledge. These types of people will encourage you to do better in life.

In conclusion, I needed a support team to motivate and encourage me to get up and out of the house in spite of my disability. I am thankful for my support team. They really pushed me back into society, and now I am functioning as a productive citizen. My support team consists of my church (Cross Temple), my sister (Carla Tate-Gipson), my family, Life Ministries, The Peculiar Place, Radio 1600 AM, Vocational Rehabilitation, Clovernook Center for the Blind, Mid-South Access Center for Technology (ACT) at The University of Memphis, Family Support, Joyous Connection, Peggie Rooks and friends. Individuals who are reading this article should begin to develop a support team who will encourage them to get out of the house and enjoy life.



Ms. Tate using J-Say Pro  
in the Mid-South ACT lab



**Remember: "I can do all things through Christ that strengthens me." Philippians 4:13**