

Keeping you "in THE" know.



1/22/21

Educating the Community:

-Members of the Children & Young Adult Services (CYAS) team including Barb Williams, Keith Filip and Monica Owen presented the first of monthly Zoom educational session on Cortical Visual Impairment (CVI) on Thursday, January 21st. The first session was titled "CVI: An Overview" and was attended by 35 interested teachers, therapists, parents, grandparents, a nurse and some CSC employees. It was very successful and the audience had thoughtful questions during the Q&A and seemed to appreciate the information.

Upcoming sessions are listed below and are open to CYAS staff, CYAS families, outside therapists and teachers. For more information, contact Monica Owen (mowen@clevelandsightcenter.org or x8776).

February 18th: Featured Family: A Guided Interview with a Family of a Child with CVI

March 18th: CVI Range Report: "I have this report, now what do I do?"

April 15th: DIY: Adapting Toys, Activities and Spaces for CVI Needs

May 20th: CVI & Communication Needs (May 20th).

-The Outreach team continues to promote CSC's brand and OOD's Independent Living Older Blind Program by connecting with some west side organizations including the Lorain County Office on Aging, The Senior Years Newspaper, Avon Lake Community Television and the Seniors Helping Seniors organization. They are also working to develop a 2-1-1 profile of CSC services. 2-1-1 Lorain is a bridge between people who need services and the agencies that can help, connecting over 15,000 callers a year to services through their database. Their online database is also searched over 45,000 times a year.

-Outreach also distributed an eblast featuring the Eyedea Shop to over 100 recipients - which resulted in requests for the write-up and CSC contact information to be published in the next Broadview Heights Newsletter and City of Brecksville bi-monthly magazine.

What's Happening at CSC:

-Clients and staff of Cleveland Sight Center, in conjunction with Poet Katie Daley and students from the Cleveland Clinic Lerner School of Medicine, held their first poetry session on 'Identity' on Wednesday. Each participant had the opportunity to create a stanza about themselves and who they are. Here is one of those stanzas:

"In the 60s, we wanted to change everything. I was an activist,
I chanted in the streets, and I convinced people to vote.
Now I'm older, and I'm a witness to history and a mentor.
Instead of leading picket lines, I've grown to be a better listener."

-The Recreation Schedule for the last week of January includes:

Monday, January 25th:

10am Stretching & Meditation

1:30pm Poetry with Shayna Sharpe

6pm Happy Hour

Tuesday, January 26th:

11:30am Meditation

5:30pm Yoga

Wednesday, January 27th:

10am Coffee Chat

Thursday, January 28th:

10am Activities Vary

Friday, January 29th:

10am Fun Friday

2pm Trivia

For information on how to log-on or call-in to these programs, please contact Recreation Specialist Bobbie Szabo at bszabo@clevelandsightcenter.org or 216 658 4597, or call the Recreation Information Line at 216-658-4600.

-Is one of your 2021 resolutions to live a healthier, more well-balanced lifestyle? The Leisure and Lifestyle Services Department (LLS) has the program for you! Join us and Case Western Reserve School of Medicine student Michael Foster for presentations and discussions about how we can all live our best lives! From tips and tricks for proper nutrition, to how to integrate exercise you actually enjoy into your life, to conversations about mental health and coping with stress, we hope to give you the tools you need to enhance your overall well-being. These Health & Wellness chats will be held over Zoom on the first and third Mondays of the month at 6:00 p.m. For information on how to log-on, please contact Recreation Specialist Bobbie Szabo at bszabo@clevelandsightcenter.org or 216-658-4597 or call the Recreation Information Line at 216-658-4600.

-Last Chance for Gratitude Notes! Don't miss your chance to write on CSC's Virtual Gratitude Wall. CSC's gratitude wall will be open for gratitude reflections from staff, volunteers and clients through the end of January. Submissions via email are also welcome.

Congratulations, You're Awesome!

-Congratulations to Alicia Howerton, Brenda Lammers, Melissa Kraus and Melissa Mauk for winning the Random Acts of Awesome Award presented at this week's All Staff Meeting. Alicia was nominated by Dorota Tomaszewska, Brenda was nominated by Laurie Schlickman, and Melissa and Melissa were nominated by Dorota Tomaszewska.

Items of Note:

-Microsoft Edge now allows typing using your voice with help of the native Dictation feature of Windows 10. Microsoft has updated the Edge browser with the ability to enter text with voice. The new feature is integrated with the system Dictation feature of Windows 10, so it is a native option. To read more, click here: <http://bit.ly/3iDC7fF>

-Cleveland Sight Center will continue the Friday main building closure through the end of March. This means that on Fridays, the main building will not be open to staff, clients or walk-ins. Remember, masks on and six feet everyone!

Did You Know:

-Did you know yesterday's date and today's date, when written in number form, are palindromes (the same front ways and back ways)...1/21/21 and 1/22/21.

-Did you know every ear of corn has an even number of rows? According to the Torrey Botanical Society, the even number is due to the fact that "the spikelets in all parts of the maize plant are borne in pairs." And when you're counting by twos, you'll always land on an even number.