

Keeping you
"in THE"
know.



2/12/21

February is Low Vision Awareness Month:

-Low vision can make it hard to do things like reading, shopping, cooking or writing. Vision rehabilitation can help people with low vision stay independent and maximize remaining vision. During February, which is Low Vision Awareness Month, help raise awareness about low vision and spread the word about Cleveland Sight Center and vision rehabilitation services. Follow CSC messaging via "In The Know," social media channels and the agency's website throughout the month for tips, tools and techniques about vision health, contrast, lighting, minimizing your risk for vision loss and more.

-Proper use of lighting makes a big difference on what and how you see. CSC staff often advise clients to keep task lighting below their eyes or behind their back in order to prevent glare.

Proper use
of lighting
for low vision

#LowVisionAwarenessMonth



Graphic with the statement "Proper use of lighting for low vision"

Client Success: Jordan's Story

-Jordan is 27 years old. He has lost all of his vision, is in a wheelchair due to progressive neurological issues and he expects to lose his hearing as well. Jordan is taking Braille classes and he learned to type using the computers in the Storer Center (computer lab at CSC) and the TypeAbility program. He is now learning the JAWS (Job Access with Speech) screen reading software program. He shows great motivation and persistence and as he gains confidence he is beginning to open up and talk and think more about his future...possibly even returning to school. He states that he is very pleased with his progress and excited to move forward.

Jordan catches on to the concepts quickly and states that he is glad that he will be able to use the computer again like he could when he had vision. He also plans to learn to use a refreshable braille display to help him as his hearing decreases.

Educating the Community:

-Dr. Lidija Balciunas, Optometrist/Low Vision Specialist and Clinical Manager of the Low Vision Clinic at Cleveland Sight Center, presented to the Cleveland Ophthalmological Society meeting on Tuesday, February 9th. The presentation covered topics including the comprehensive vision rehabilitation services available at Cleveland Sight Center, what doctors' patients can expect to experience at the agency via various case studies, who might be a good candidate for Vocational Rehabilitation services and how to refer to the agency. The presentation was attended by 86 members of the Cleveland Ophthalmological Society.

-The Outreach team continues to promote CSC's brand and OOD's Independent Living Older Blind Program (ILOB) by connecting with some west side organizations including the Lorain County Office on Aging and their "The Senior Years" newspaper, which published an article this month about CSC and ILOB. The newspaper's distribution is about 6,000 copies each month. The article is scheduled to appear again in the March issue of the newspaper. Image of the article in "The Senior Years" newspaper



-The Outreach team connected with several Home Care service providers in Lake, Medina and Summit counties about providing them with an awareness information toolkit about blindness and low vision for their in-home caregiver staff and received positive feedback. The Medina/Summit Home Care Service also invited CSC into their inner circle network. The team responded to the invitation by providing a link to a recent video interview on cable as their introduction to the group and provided support materials that included the Independent Living Older Blind (ILOB) Program Fact Sheet, CSC Agency Overview and Referral Post Card.

What's Happening at CSC:

-Bright Futures Preschool celebrated Valentine's Day this week. Manager of Preschool Services Dorota Tomaszewska and her daughter made heart-shaped cookies that had frosting and hard candies placed on top that spelled the word "love" in Braille. The cookies were delivered to each student by Preschool Teacher Melissa Kraus. The students were able to count using the cookies, learn about Braille and enjoy the tactile treats! The preschoolers continued learning about pets this week including how pets make us feel. The students learned how to spell "love", played and sang "Peek-a-Boo I Love You" with each other and with pets - including the real pets some students have at home and their stuffed animal pets.

Heart-shaped cookies with "love" in Braille dots on them on a tray

A heart-shaped cookie on a plate with a "Happy Valentine's Day" card next to it



-Please join the Visionaries, CSC's Young Professional Group, for a fun night of virtual trivia on Thursday, February 25th at 7:30 p.m.

A \$10 donation is suggested to join this virtual fundraiser with all proceeds benefiting the Employment Services department to empower clients by providing them necessary attire and transportation options during the job seeking and interview process.

If you are planning to attend, please register here: <http://bit.ly/CSCtrivia>. You can sign up as a team or on your own. Please register by February 22nd and if you have questions, please contact Haley Marblestone at hmarblestone@clevelandsightcenter.org.

-Cleveland Sight Center is recruiting for volunteer projects! Is someone in your circle crafty or handy? If so, consider sharing more with them about volunteer projects available at CSC. Currently, opportunities are available to make stackable stairs for Orientation & Mobility lessons or to craft seat cushions for benches at Highbrook Lodge. To learn more about these projects or how to get involved, individuals can visit CSC's Volunteer Page, or contact Melissa Mauk (x4581) for details.

-The Eyedea Shop is very excited to introduce one of the store's newer items: the LED Headband Magnifier. It is an adjustable head-mounted device that can be worn in lieu of using a handheld magnifier to enable you to be hands-free while you read, craft, repair or do whatever close-detailed work you need to see magnified. It has an LED light which can be detached from the device and used separately if need be. The single magnifying plates come in the following sizes: 1.0X, 1.5X, 2.0X, 2.5X and 3.5X. The plates can be doubled up to reach magnification of 3.0X, 4.0X, 4.5X, 5.0X, 5.5X and 6.0X! The LED light shines right where it's needed and has a long life. No additional bulb change is necessary. The device runs on two AAA batteries, which are included and the magnification plates can be stored in a carrying case provided. The price is \$50.00.

Image of the LED magnifier headset along with magnification plates in the carrying case



-In case you missed it last week, check out the Mobile Phone Screen Amplifier/Magnifier! There is a new photo of the magnifier and smartphone below. It is a collapsible device that when opened will enlarge the viewing screen on a smartphone. When collapsed it is about the size of a small handheld tablet and is very lightweight. It can magnify a smartphone screen 3 to 4 times for enhanced viewing. It holds the phone at a nice angle for viewing and eliminates radiation, if that is a concern. Your smartphone is viewed in a landscape position and can be used when watching movies, YouTube videos or when using FaceTime. The cost in the store is \$22.00.

Image of the screen magnifier opened up and ready to use



-The programming calendar for February for Leisure & Lifestyle Services includes:

Weekly Activities

Mondays:

10am Stretching (no session on 2/15)

6pm Health and Wellness Chat (2/15) OR Happy Hour Social (2/22)

Tuesdays:

10:30am Ballroom Dance (2/16)

11:30am Meditation

5pm Yoga

Wednesdays:

10am Coffee Chat

2pm Improv (2/17) OR Jam Session (2/24)

Thursdays:

10am Activities Vary

2pm Poetry w/ Katie Daley (2/18)

Fridays:

10am Fun Friday

2pm Trivia

Additional Programs

February 12th:

6pm Valentine's Talent Show

February 15th:

2pm President's Day Trivia (hosted by Volunteer and Former Highbrook Lodge Staff Member Stefan)

February 17th:

5pm Sing It Out (notice that this is an hour earlier than it has been held in the past)

February 20th:

10am-6pm Highbrook Virtual Winter "Weekend"

February 22nd:

1:30pm Poetry w/ Shayna Sharpe

February 25th:

10am Speaker Series: South Asian Art

Program Highlights

Highbrook Virtual Winter "Weekend"

February 20th

Leisure and Lifestyle Services is happy to announce that we are taking Winter Weekend virtual for 2021! Join us on February 20th for a fun-filled day of your favorite camp activities—from Arts & Crafts, to Sports & Rec, Music & Drama, to our first BONDfire of the new year! Activities will begin at 10am, 12pm, 4pm, and 6pm respectively. Please RSVP with Recreation Specialist Bobbie Szabo at 216-658-4597 or bszabo@clevelandsightcenter.org by February 12th to attend. We will be dropping off/mailing materials corresponding to the activities to participants prior to the day-of.

Speaker Series: South Asian Art

February 25th at 10am

Your steps are heavy. Sweat covers your brow. But each step brings you closer to your ultimate goal. Join Leisure & Lifestyle Services for an exciting new sensory experience! Dr. Ariana Maki—an Art Historian, Fulbright Scholar, and the Associate Director of the Bhutan Initiative and Tibet Center at the University of Virginia—will be taking us through a virtual pilgrimage to one of the most famous monasteries in the world, as well as talking about South Asian Art and religious iconography.

For additional information about the Leisure & Lifestyle Services program offerings, please call the Recreation Information Line at 216-658-4600 or contact Recreation Specialist Bobbie Szabo at 216-658-4597 or bszabo@clevelandsightcenter.org.

-Upcoming dates and topics for the Children & Young Adult Services (CYAS) upcoming sessions on Cortical Vision Impairment (CVI) 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).

Items of Note:

-The next meeting of the Board of Trustees will be Monday, February 22nd at 12:00 p.m.

-The Facilities team has been making general improvements to the grounds and buildings at Highbrook Lodge this offseason, including new flooring and tiles in the Smith Lodge. They have also been replacing light bulbs in many areas of the main building at CSC to improve lighting in hallways, stairwells and work stations.

-Self-driving cars will offer access to ride-sharing and ride-hailing with their suite of modern conveniences. However, many people with visual impairments who use these services rely on a human driver to safely locate their vehicle.

A research group led by the Virtual Environments and Multimodal Interaction Laboratory (VEMI Lab) at the University of Maine is developing a smartphone app that provides the navigational assistance needed for people with disabilities and seniors to enjoy ride-sharing and ride-hailing, collectively termed mobility-as-a-service, with the latest in automotive technology. The app, known as the Autonomous Vehicle Assistant (AVA), can also be used for standard vehicles operated by human drivers and enjoyed by everyone.

AVA will help users request, find and enter a vehicle using a multisensory interface that provides guidance through audio and haptic feedback and high-contrast visual cues. The Autonomous Vehicle Research Group (AVRG), a cross institutional collective led by VEMI lab with researchers from Northeastern University and Colby College, will leverage GPS technology, real-time computer vision via the smartphone camera and artificial intelligence to support the functions offered through the app.

To read the full article, click here: https://www.eurekalert.org/pub_releases/2021-01/uom-awh012921.php#

-As a reminder, 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 France has more time zones than the United States or Russia? It might not seem like a huge country compared to those others, but France has islands scattered all over the globe. Altogether, its territories fall into 12 distinct time zones, compared to Russia's nine and America's six.