

Keeping you
"in THE"
know.



2/19/21

It's Trivia Time!

-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.

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.

-Visual impairment and blindness cases in the U.S. are expected to double by 2050. How can you protect your eyesight? Here are 5 habits you need to break:

- Refusing to wear your glasses
- Neglecting your vegetables
- Forgetting your sunglasses
- Staring at a screen without breaks
- Smoking

Graphic with the statement "Visual impairment and blindness cases in the U.S. are expected to double by 2050"

Visual impairment and blindness cases in the U.S. are expected to double by 2050.

#LowVisionAwarenessMonth



Client Success: Paul's Story

-Paul is 48 years old, he would like to find employment and he needed computer skills so he can manage a job. Paul overcame challenges to complete his training at CSC, which because of diminishing vision over time he was no longer able to use the ZoomText screen magnifier as his primary access tool. Paul needed to transition to the JAWS (Job Access with Speech) for Windows Screen Reader...and he needed to accomplish this in a remote setting due to COVID-19. Paul successfully met all of the challenges put in front of him and met all of his training goals. After his training, he completed CSC's customer service class using his newly-acquired technology skills.

Thankful Clients:

-Check out some feedback recently received about the CSC Early Intervention program and team:

"Having our son involved with Cleveland Sight has been very reassuring. His eye condition was caught early but was not something we wanted to hear. It was scary and we were uncertain of what it might mean for his future. This program has helped us to understand the diagnosis as well as monitor his progress and find resources to better help him to succeed."

"Belle has been involved in the Cleveland Sight Center's Early Intervention Program for over one year. We've had nothing but good experiences with your agency and more specifically you, as her therapist. We feel as though some of the tips and suggestions you've provided us to assist with Belle's CVI has made all the difference and ultimately has led to improvement with her vision. We are forever grateful to have access to this resource and find it essential in Belle's development going forward."

Educating the Community:

-The Children & Young Adult Services (CYAS) team held the second information session on Cortical Vision Impairment (CVI) on Thursday, February 18th. The program was titled "Featured Family: A Guided Interview with a Family of a Child with CVI."

Upcoming dates and topics for future 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) or Barb Williams (bwilliams@clevelandsightcenter.org or x8784).

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

-The Outreach team continues to identify In Home Care service providers and Aging and Disability Resource Centers in CSC's service area to provide them with information about programs and services.

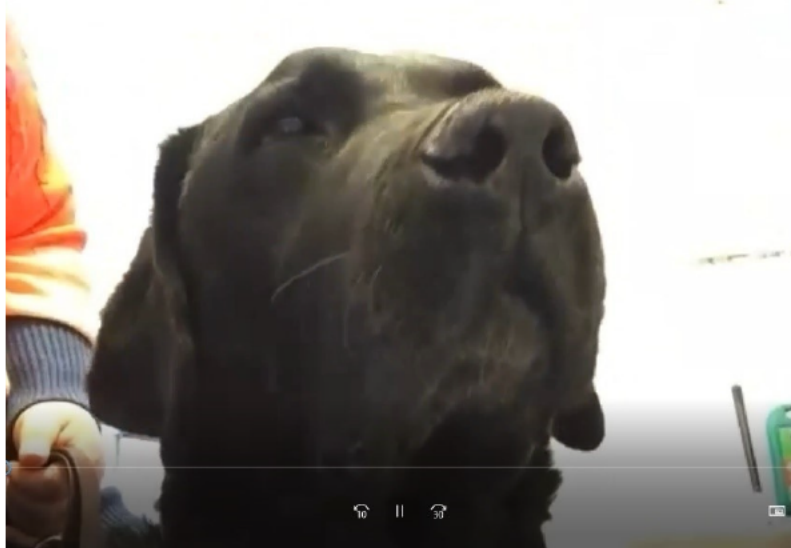
What's Happening at CSC:

-The Call Center took advantage of Monday's Presidents' Day holiday and had one of their in-service training days for team members.

-Another week of remote learning is in the books for students of Bright Futures Preschool! Monday was a day off for students while Bright Futures Preschool staff participated in CPR and First Aid training as well as meetings to prepare for possible in-class learning in the coming weeks. This week the students spent time investigating what pets eat. They had visitors and special guests this week - on Tuesday Ms. Monica joined class with her cockatiel Bingo and on Wednesday Ms. Andrea and her dog Lee visited the virtual classroom. The class sang the "Happy Birthday" song to Lee! On Thursday students worked on our craft - using toothpaste to paint beautiful shiny teeth on paper - which was part of small dental health gift packets from Valley Smile & Implant Studio in North Royalton. They look forward to staying warm and cozy this winter weekend to get ready for another exciting week!

Screen shot photo of Bingo the cockatiel

Screen shot photo of Lee the dog



-The Highbrook Lodge Virtual Winter "Weekend" is tomorrow, Saturday, February 20th! The camp team is excited for a fun-filled day of favorite camp activities like Arts & Crafts, Sports & Rec, Music & Drama, and the first BONDfire of the new year!

-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 always looking for new items to help those with vision loss and this week's item does just that! It is a vegetable and fruit slicing bowl. Meant to eliminate the possibility of injury when slicing fruit and veggies, it consists of three pieces: a slicing platform, a usable bowl and a domed slotted cover. To use, place the food on the platform and cover with the slotted dome. Using a sharp knife, slice through the slots, turn the dome cover a half turn and repeat the process. When you are done, remove the dome and you will have sliced your food. Transfer to the bowl and add your favorite dressing and enjoy. Best used for vegetable and fruit salads. Although we're sure that other foods will come to mind with this great item! So be safer in the kitchen whether you are visually impaired or not. Please note the items are not microwavable. The price is \$19.50.

Image of the vegetable and fruit slicing bowl

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

Monday, February 22nd:

10am Stretching

1:30pm Poetry with Shayna Sharpe

6pm Happy Hour Social

Tuesday, February 23rd:

11:30am Meditation

5pm Yoga

Wednesday, February 24th:

10am Coffee Chat

2pm Jam Session

Thursday, February 25th:

10am Speaker Series: South Asian Art

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.

Friday, February 26th:

10am Fun Friday

2pm Trivia

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.

Items of Note:

-The next meeting of the Board of Trustees will be Monday, February 22nd at 12:00 p.m. For more information, contact Marcia Houston (x4530).

-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 you would need more than 700 floppy disks to equal one gigabyte of storage.