

Keeping you
"in THE"
know.



2/5/21

Cleveland Sight Center Receives 4-Star Rating from Charity Navigator!


-Cleveland Sight Center has attained another 4-star rating from Charity Navigator, America's largest and most-utilized independent evaluator of charities. This coveted 4-star rating was awarded for the period January 1, 2019 – December 31, 2019 for demonstrating strong financial health and commitment to accountability and transparency. CSC has earned a SIXTH consecutive 4-star rating, Charity Navigator's highest possible rating and indicates that CSC adheres to sector best practices and executes its mission in a financially efficient way. Only 11% of the charities evaluated by Charity Navigator have received at least six consecutive 4-star evaluations, setting Cleveland Sight Center apart from its peers and demonstrates to the public its trustworthiness. Click here to review CSC's information on Charity Navigator's website: <http://bit.ly/3jn9T9u>



Image of Charity Navigator 4-Star Certificate

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.



Can blue light
impact your
eye health?

#LowVisionAwarenessMonth

-Did you know that blue light can impact your eye health? Sunlight is the main source of blue light, but there are also many man-made, indoor sources of blue light, including fluorescent and LED lighting and flat-screen televisions. Most notably, the display screens of computers, electronic notebooks, smartphones and other digital devices emit significant amounts of blue light. The amount of time people spend using these devices and the proximity of these screens to the user's face can impact long-term eye health.

TIP: Having trouble getting to sleep at night? Challenge yourself to take time off from your electronic screens at night, especially 2-3 hours before bed.

Graphic with the question "Can blue light impact your eye health?"

What's Happening at CSC:

-The Outreach team continues to promote CSC's programs, services and OOD's Independent Living Older Blind Program (ILOB) throughout our service area via emails, phone calls, USPS mailings, fulfilling information requests and scheduling future presentations with people who are considered senior and low vision connectors.

-Members of the Development Team continue to make telephone calls to every person who makes a gift to Cleveland Sight Center to express thanks and appreciation for their support of the agency and clients. Some of them are so moved by the thank you call and getting an update on what is happening at the agency that they ask to make another donation on the spot to support our work.

-The Eyedea Shop is very excited about a new item called the Mobile Phone Screen Amplifier/Magnifier! 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 (2/1, 2/15) OR Happy Hour Social (2/8, 2/22)

Tuesdays:

10:30am Ballroom Dance (2/2, 2/16)

11:30am Meditation

5pm Yoga

Wednesdays:

10am Coffee Chat

2pm Improv (2/3, 2/17) OR Jam Session (2/10, 2/24)

Thursdays:

10am Activities Vary

2pm Poetry w/ Katie Daley (2/4, 2/18)

Fridays:

10am Fun Friday

2pm Trivia

Additional Programs

February 9th:

12pm Book Discussion (on The New Jim Crow)

6:45pm Music Group

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/mailling 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:

-Anyone seeking authoritative information about COVID-19 in accessible formats may find useful the resources produced by Center for Inclusive Design and Innovation (CIDI) at Georgia Tech. Subjects include symptoms, testing, use of masks and how to protect your service animal. Material are available in accessible Word documents, PDF and hardcopy braille. For more information and to request braille copies, visit <http://cidi.gatech.edu/covid> External

-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.

Did You Know:

-Did you know reruns help your brain relax? Watching your favorite shows and movies, re-reading your favorite books, and listening to your favorite music over and over actually has benefits: it puts your mind in a state of ease: <http://bit.ly/3cKYNtE>. As humans, we have a limited pool of mental resources. When we're overwhelmed, we begin to have less self-control and less motivation for the tasks at hand. When you watch a rerun or listen to your favorite tunes, you don't have to exert effort to control what you're thinking, which means your brain can do a quick mental reset.