

Keeping you
"in THE"
know.



4/9/21

Virtual White Cane Walk on Saturday, June 5th!

-Cleveland Sight Center's 16th Annual White Cane Walk will be held virtually on Saturday, June 5th, 2021!

White Cane Walk is the agency's annual fundraiser to raise awareness and support for the blind and visually impaired community. We are excited to build on the success of our first virtual White Cane Walk last year in 2020 and reach even more people through this interactive virtual format.

Please participate in this year's event by making a donation, registering to walk (on a route and time of your own choosing) and/or creating your own fundraising team. If you are walking, a \$15 per person registration fee will qualify you to receive a pre-event box in the mail that includes a t-shirt and materials for our exclusive blindfolded activity! Walkers must register by Friday, May 21st to receive the pre-event box.

If you have any questions or would like help setting up a fundraising page please reach out to Steve Frohwerk (x4562) or Megan Sigler (x4568). Let's make this the most successful White Cane Walk yet! To visit the 2021 event fundraising site, click here: whitecanewalk.org

Thanks for your support of CSC!

What's Happening at CSC:

-Select handheld and stand magnifiers are 20% off online orders via the Eyedea Shop's website during the month of April! Learn more about magnifiers and what they do by calling the store at 216-658-4666 or visiting the Eyedea Shop website, which has recently been updated and upgraded with new content, products and features! <https://www.eyedeashop.com/>

-The Outreach team sent an eblast to senior and low vision connectors within a nine-county service area promoting the Eyedea Shop's April promotion and included the Independent Living Older Blind (ILOB) program flyer. In addition, information about Cleveland Sight Center and the ILOB program is featured again in the April edition of the Lorain County Office on Aging's Senior Years newspaper. The Outreach team continued their forge connections to develop partnerships with In Home Care service providers as potential client referral sources through mass mailings of fliers and ILOB Fact Sheets.

-Students at Bright Futures Preschool have been able to get outside and take advantage of the great weather, spending time outdoors every day with each other. A highlight of this week was drumming and playing by "Gabe's tree" that is blooming beautifully in the courtyard outside the classroom.

Image of a preschool student playing a drum

Image of a preschool student smiling while riding a toy car

Image of a blooming tree in the courtyard





-Upcoming Leisure and Lifestyle Services (L&LS) activities for the remainder of April are listed below! All of the programs offered are still remote, but the team is exploring possibilities to bring some activities back in person in the months ahead, while continuing virtual programming! Please note there will be no L&LS offerings from April 29th-May 5th.

Weekly Schedule

Mondays

10am Stretching + Meditation

2pm Piano (4/19)

6pm Health Chats (4/19) OR Happy Hour Social Hour (4/12, 4/26)

Tuesdays

11:30am Meditation

5:00pm Yoga

Wednesdays

10am Coffee Chat

2pm Jam Session (4/21) OR Improv (4/14, 4/28)

Thursdays

10am Activities Vary (Speaker Series 4/15, Earth Day 4/22)

2pm Poetry w/ Katie Daley (4/15) OR Escape From _____ (4/22 is the final meeting)

Fridays

10am Fun Friday

2pm Trivia

Additional Activities

Tuesday, April 13th

Ballroom Dance at 10:30am (final meeting)

Book Discussion w/ Special Guest Author: DM Pulley at 12pm

Wednesday, April 14th

Sing It Out at 5:30pm

Thursday, April 15th

Speaker Series: HAM Radio at 10am

Thursday, April 22nd

Earth Day at 10am

Monday, April 26th

Poetry w/ Shayna Sharpe at 1:30pm

Program Highlights

Book Discussion w/ Special Guest Author: DM Pulley

April 13th at 12pm

The Leisure and Lifestyle Services Department is honored and excited to announce that author DM Pulley will be joining us for our discussion of her book *The Dead Key*, which won the Amazon Breakthrough Novel Award in 2014. Pulley has sold over half a million books worldwide, and her work has been translated into eight different languages. We'd love for you to come ask her some questions about her writing and let her know how much you enjoyed the book!

Speaker Series: HAM Radio

April 15th at 10am

Do you have a velvet voice? A quick wit? Or a love of technology? Learn about how to become an amateur radio hobbyist from Jeffrey Meyer, who has been a licensed "ham" for 44 years. Jeffrey received commendations such as the ARRL Public Service Honor Roll, the Oak Park Public Safety Commendation, and was a recipient of the LASED award for assistance provided during the 1985 Mexican Earthquake.

Earth Day Celebration

April 22nd at 10am

If you love gardening and are interested in helping with a project that will help our earth, pop into this Earth Day zoom meeting to help consult with Master Gardener Shayna Sharpe about a new project at the Cuyahoga County Fairgrounds. Master Gardeners and 4H have paired up to design a garden focused on diversity, equity and inclusion. Come share your ideas about how to make this garden as accessible as possible! What kind of plants should they grow? What kind of structures will make it navigable for someone with low vision?

For additional information about the Leisure and 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:

-April is Occupational Therapist Month! Occupational Therapists and Occupational Therapy Assistants are part of a vitally important profession that helps people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities. CSC offers Occupational Therapy to clients and patients through Rehabilitation Services and the Low Vision Clinic. Thank you for all you do!

-Curious about how working will affect your Medicare or Medicaid benefits? Join Choose Work! on April 28 at 3 p.m. ET for the next Work Incentive Seminar Event (WISE) webinar to learn about healthcare and the path to employment. <https://choosework.ssa.gov/wise>

-Did you know you can use speech and sound schemes so JAWS will alert you to changes on the screen, such as using a deeper voice for bold text? If you have a creative scheme and want to share it with fellow JAWS users, consider taking part in the Freedom Scientific Speech and Sound Schemes Contest*!

What Are Speech and Sound Schemes? Speech and sound schemes enable you to identify elements of Web pages, dialog boxes, and documents using voices, spoken text, or sounds. They allow you to minimize speech while navigating so you can comprehend information more quickly. For example, you might use piano notes to indicate different heading levels in a document or on a web page. You can store these speech and sound associations as a scheme and apply them at any time. Easily switch between schemes using the keyboard.

Check out this video: <https://www.youtube.com/watch?v=5VNzKJYhxqM> for a demonstration of speech and sound schemes, and listen to FSCast 194 to learn how one JAWS user applies them. Directions for creating schemes are available on Surf's Up.

Starting the week of May 3rd, the main building will be open five days per week, Monday through Friday.

-Did you know the University Circle Police Department (UCPD) offers a Courtesy Ride program to University Circle institutions? If you, your clients, patients, students, visitors, or any member of your staff feel uneasy or unsafe walking alone in University Circle and would like to be accompanied by a UCPD officer, we encourage you to contact UCPD dispatch at 216-791-1234. The UCPD officers will gladly provide a ride or accompany you to your destination 24 hours a day, 7 days a week.

Did You Know:

-Did you know the White House is a mansion? The White House Residence spans six floors and includes 132 rooms and 35 bathrooms. That makes for 412 doors, 28 fireplaces, eight staircases and three elevators. A recent appraisal valued the property at just under \$400 million.