

Keeping you
"in THE"
know.



5/14/21

What is Vision Rehabilitation?

-Cleveland Sight Center offers a variety of vision rehabilitation services, but many people often ask "what is vision rehabilitation?" Marketing Manager Megan Sigler recently checked in with Vision Rehabilitation Specialist Katie Lepis to talk about vision rehabilitation and how it impacts clients. To learn more, read the full interview here in CSC's May blog: <https://bit.ly/33EbEYs> or read the full text below.

1. What do Vision Rehabilitation Specialists do?

We work with adults with a wide range of visual impairments, from low vision to total blindness, and provide training, support and equipment to allow them to reach their goals for independence. This can include:

- Assistive Technology (computers, smartphones, tablets)
- Daily living skills (cooking, cleaning, personal and home management skills, safety)
- Braille (reading and writing)
- Low vision equipment (magnifiers, lighting, glare control)
- Orientation and mobility (white cane, sighted guide, public transportation) We also provide information and support to clients based on the goals and needs of each individual.

2. How do you describe vision rehabilitation to the outside world?

I describe vision rehabilitation as a service that teaches individuals with a visual impairment the skills necessary to continue living independently and to maintain their quality of life.

3. Why do you think vision rehabilitation is important?

Vision rehabilitation is important because it shows people with vision loss that living an independent, productive and successful life is possible. It teaches the skills to work towards that individual's goals for independence.

4. How do vision rehabilitation services impact clients?

Clients are able to reach goals and accomplish tasks that they may not have believed possible through vision rehab. I hear from clients, almost daily, that tell me that they never knew how much equipment and support was available to them. They are grateful for the skills they learn because it allows them to maintain and improve their independence.

5. Tell me about a recent client story.

I recently worked with a client who is totally blind and just purchased an iPhone for the first time. He was new to the technology when I first met him and he explained that he was doubtful that he would be able to use the phone successfully. By the end of his training, he was not only able to use his phone for calling and texting, but he used the apps DoorDash and Instacart to place orders for food from grocery stores and restaurants. He called me several weeks after his training was complete to let me know that he has been using these apps all the time and he is incredibly grateful. During COVID, he has been having difficulty finding a ride to the store when he is in need of food or basic supplies and he is now able to purchase the items that he needs independently. He said that he feels much safer now that he is able to remain at home as much as possible and is proud of the progress he made with the help of Cleveland Sight Center.

Strengthening Partnerships and Educating the Community:

-The Cleveland Sight Center 2020 Impact Report is now available online! Thanks to the Marketing and Development teams for their collaborative effort in getting the annual report piece produced as well as all CSC departments for providing data and content to continue to tell the CSC story in a most unique year. To view the full digital impact report, click here: <https://impactreport.clevelandsightcenter.org/>

-An article about Cleveland Sight Center's programs and services was printed in the Bridge quarterly newspaper, published by the Lake County Council on Aging and mailed directly to over 50,000 seniors living in Lake County.

-The Outreach team connected with a co-owner of Care Patrol of Northeast Ohio, a Senior Care Advisor organization to provide them with information about Cleveland Sight Center. Additional outreach activities included mailing and emailing fact sheets on the Independent Living Older Blind program and CSC's programs and services to several individuals they've connected with over social media and phone calls.

They also sent an eblast with information on the recently-published 2020 Impact Report, Independent Living Older Blind program and some news about what is happening at the agency to a contact list of over 100 recipients with some responses inquiring about CSC and potential networking opportunities.

-The Outreach team wants to know if you belong to a group or know of a group who might be interested in hearing about CSC's mission and the programs and services offered. Please contact Alicia Howerton (x4587) or Tom Sawyer (x7339) if you have questions, need more information or to provide your group's contact information.

What's Happening at CSC:

-Check out what happens in Bright Futures Preschool when you combine nice weather, smart children and a dedicated staff:

- The class has story time and music group outside, enjoying the book *The Very Hungry Caterpillar*
- Students learn about butterflies
- They learn how to spell their names
- They can attend vision sessions virtually and in person
- The class enjoys picnic lunches
- They fix and play with their favorite toys

Image of the teachers and students outside reading *The Very Hungry Caterpillar*

Image of two preschoolers enjoying lunch outside at their picnic table

Image of a preschool student uses a hand air pump to inflate a bouncy ball his teacher is holding



-CSC is recruiting for summer volunteer positions! Know someone who would like to contribute to CSC's mission and make summer programs fun as a field trip volunteer? If so, refer them to CSC's volunteer page and invite them to apply, or encourage them to reach out to Melissa Mauk, X4581.

-The parking lots on the main campus at CSC will be freshened up over this weekend with new seal coating and re-striping of the parking lines.

-Check out the Eyedea Shop's webpage, which has been updated with new products and features for the month of May. Eyedea Shop Home - Products for living well with vision loss: eyedeashop.com

-Recreation activities this week included the monthly meeting of Book Discussion Group and Music Group on Tuesday, along with Thursday afternoon's Jam Session.

-The Leisure and Lifestyle Services weekly programming schedule for the month of May is available! All programs are still currently virtual, but stay tuned for an exciting announcement about upcoming summer programming! For more information, contact Bobbie Szabo (x4597).

Mondays

10am Stretching/Meditation

Tuesday

11:30am Meditation

5:00pm Yoga

Wednesday

10am Coffee Chat

2pm Improv (4/12, 4/26)

Thursday

10am Activities Vary

2pm Poetry with Katie Daley (4/6, 4/20 FINAL)

Friday

10am Fun Friday

2pm Trivia

Additional Activities are as follows:

Monday, May 17th

2pm Piano

Wednesday, May 19th

2pm Jam Session

5pm Sing It Out

Thursday, May 20th (subject to change—stay tuned for more information)

10am Speaker Series: Mental Health

Monday, May 24th

1:30pm Poetry with Shayna Sharpe

Tuesday, May 25th

12pm Book Discussion #2

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: whitecanewalk.org. 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,.

Thanks for your support of CSC!

Items of Note:

–Beginning June 13, the Greater Cleveland Regional Transit Authority (GCRTA) will implement changes in bus routes according to the 2019 System Redesign Study by Jarret Walker + Associates. The name of the bus system redesign is NEXT GEN RTA. The system redesign reflects the priorities of the community to add more frequent bus service but to continue serving all areas where RTA currently provides service. To view interactive maps and new NEXT GEN RTA bus schedules, visit RTA’s website:

<http://www.riderta.com/nextgen> NEXT GEN RTA does not include changes to RTA’s Red Line or HealthLine service.

-For an overview of NEXT GEN RTA's impact on University Circle's bus service, join University Circle Inc. and representatives from GCRTA at noon on Tuesday, May 18 for a presentation of the changes and a moderated Q&A. The information session is free and open to the public, but registration is required. Click here to register: <https://bit.ly/3w3bbLO>

Did You Know:

-Did you know that Barry Manilow wrote the jingles for Band-Aid and State Farm? Not only did he co-write music hits like "Mandy" and "Copacabana", he wrote the jingles "I am stuck on Band-Aid brand 'cause Band-Aid's stuck on me" and "Like a good neighbor, State Farm is there."