

Keeping you "in THE" know.



12/4/20

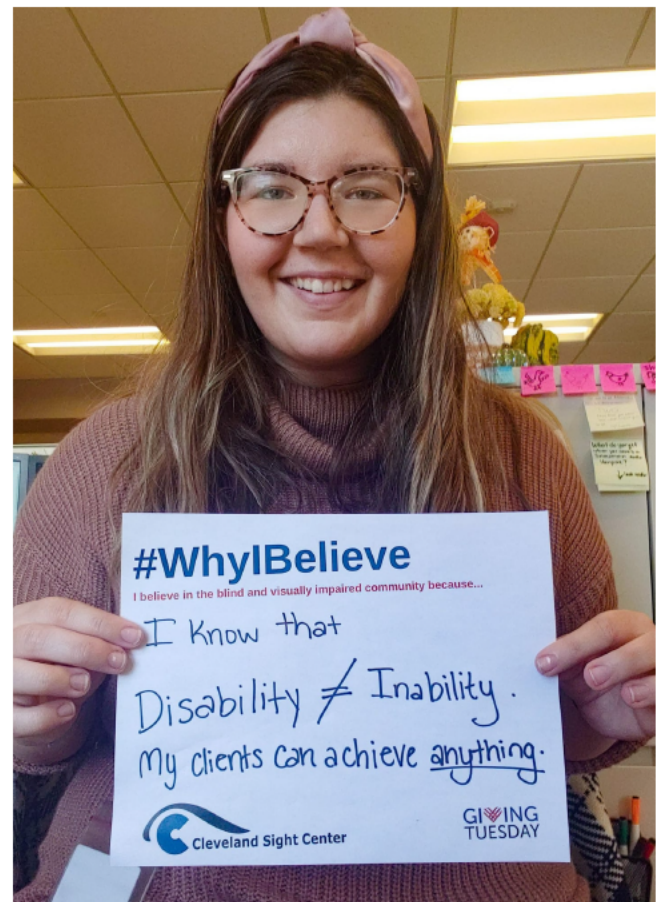
Over \$24,000 Raised on #GivingTuesday!

-Thank you all for your support on #GivingTuesday, which raised over \$24,000 to support CSC's Empowerment Fund and will provide essential financial assistance for low income clients to obtain vital devices and training. Because of you, more clients will have access to the tools, services and training they need to maximize their remaining vision, achieve independence, go back to work and improve their quality of life.

We also asked friends of CSC to participate in #GivingTuesday by posting #WhyIBelieve statements on social media. The statements are available on CSC's Facebook page! Congratulations to Bobbie Szabo, the staff winner of the social media sharing contest. Please connect with Megan Sigler to claim your prizes.

Thank you all for your support of #GivingTuesday!

Image of Bobbie Szabo with her "Why I Believe" paper which reads "I know that disability does not equal inability. My clients can achieve anything."



Thankful Clients:

-The Leisure and Lifestyle Services team hosted a virtual Thanksgiving Party on Friday, November 20th. Attendees had a blast learning the "Gobble Gobble Turkey Wobble" dance, playing the "Gratitude Game" and reflecting on what they are thankful for. Some of the client statements included:

"I am thankful for my visual impairment because it has allowed me to help others with visual impairments."

"I am thankful that we are able to have these activities."

"I am thankful that after several months of feeling unwell, I have been able to return to work."

"I am thankful for my good fortune, and that I am able to live my life independently and successfully."

"I am thankful that I was able to meet all of you at Highbrook, and thankful that we can continue to meet now."

"I am thankful for the opportunities CSC has given me."

"I'm thankful that I can do stuff even though I can't see and that I have been able to introduce friends to these activities and get them involved."

"I'm grateful that I've been a part of the Sight Center for many years, and for the friends I have met here. I'm feeling lucky!"

"I'm thankful for my friends, for my family, that we can get together like this."

"I'm so happy we have these meetings, and I love camp! I LOVE camp!"

What's Happening at CSC:

-Friend of CSC and Bright Futures Preschool Rick Pavlish stopped by to drop off his annual donation to support the students and activities in preschool. "Mr. Rick" has been donating to Bright Futures Preschool for many years and while he couldn't present gifts to the students this year, he wanted to make sure they would be taken care of, along with any needs of their families. With Mr. Rick's donation, the preschool staff will be stuffing shoe boxes full of fun items and winter essentials and getting them to the families, which will be extremely helpful to many of them this year. Thanks again, Mr. Rick!

-Students in Bright Futures Preschool have been learning about winter holidays - they started to use a calendar this month and this week made a Christmas tree from a wafer cone and green frosting and decorated it with candies. Next week the group is looking forward to making holiday cookies!

-The month of December is full of exciting programs and activities through the Leisure and Lifestyle Services team.

Weekly activities include:

Monday	9am Meditation/Stretching 3pm Trivia League
Tuesday	10:30am Ballroom Dance (12/1, 12/15, 12/29) 11:30am Meditation 5pm Yoga
Wednesday	10am Coffee Chat 2pm Improv Games (12/2, 12/16)
Thursday	12pm Activities Vary 2pm Line Dance (12/17) OR Jam Session (12/3, 12/10)
Friday	2pm Fun Friday

Additional Activities include:

December 8th	12pm	Book Discussion (Sign-Up Only)
December 8th	6:30pm	Music Group
December 11th	7pm	Holiday Open Mic/Talent Show (Open to CSC employees and clients)
December 14th	1pm	Poetry
December 16th	6pm	Sing It Out
December 18th	7pm	Winter Solstice Party
December 29th	2pm	Creative Writing

*Please note that there will be no activities on December 24th, 25th, 28th, 30th, or 31st

For log on information, call the Recreation Line 216-658-4600 or reach out to Bobbie Szabo at 216-658-4597 or bszabo@clevelandsightcenter.org.

-With the new year around the corner, please be sure to contact Melissa Mauk (x4581 or mmauk@clevelandsightcenter.org) with any volunteer requests, ideas or projects for the coming season.

Items of Note:

-Harvard Medical School scientists have successfully restored vision in mice by turning back the clock on aged eye cells in the retina to recapture youthful gene function. The team's work, described today (December 2, 2020) in *Nature*, represents the first demonstration that it may be possible to safely reprogram complex tissues, such as the nerve cells of the eye, to an earlier age. In addition to resetting the cells' aging clock, the researchers successfully reversed vision loss in animals with a condition mimicking human glaucoma, a leading cause of blindness around the world. To read more, click here: <https://bit.ly/2VEph6i>

-Don't forget you can make CSC "smile" this holiday season and throughout the year! When buying online items from Amazon, remember to shop at <http://smile.amazon.com/> and select Cleveland Sight Center as your charity of choice. AmazonSmile will then donate .5% of your purchase back to CSC! Did you know CSC is approaching \$1,000 in donations since we signed up for the program in 2018? Happy shopping!

-Remember the main building will not be open to staff, clients or walk-ins on Fridays through the end of January. The Eyedea Shop will be available through phone orders and online orders.

"Be a Zero Hero":

-We would like everyone to strive to "Be a Zero Hero" while working at CSC. That means zero "close contacts" regarding COVID-19.

The CDC defines "close contact" as someone who was within 6 feet of a COVID-19 infected person for a cumulative total of 15 minutes or more over a 24-hour period, starting from 2 days before illness onset or 2 days prior to a positive Covid-19 test result (even if asymptomatic).

You can Be a Zero Hero at work simply by keeping at least a 6-foot distance from others at all times.

Some tips to consider:

- Utilize Zoom for meetings.
- Mark-off 6-feet from where you sit in your workspace to where a visitor would sit or stand.
- Use a conference room and sit far apart for in-person meetings.
- Eat lunch at your desk, or if eating in the hubs be sure you are sitting more than 6 feet apart.
- Take ownership of your environment, if someone is too close to you, say something like, "I want to Be a Zero Hero...would you mind backing up just a bit?"

Finally, please be sure to wear a mask, covering your nose and mouth at all times unless working alone in your workspace.

Did You Know?:

-Ashrita Furman holds the Guinness Book of World Records record for most ice cream scoops balanced on one ice cream cone...with 123 scoops...done in 2017.