Keeping you "in THE" know.

Cleveland Sight Center

8/28/20

Check Out What's Happening at CSC:

-The Social Work department started the first of two new Transitional Life Counseling (TLC) groups this week. Both programs will be using a revised curriculum as they get started. The first session, Remote TLC (Knowledge Beyond Vision) which began Thursday, August 27th, is specifically for clients who are either homebound or reside outside of our service area and is designed to give them an opportunity to go deeper into the depression, anger, anxiety, and stress that they face when managing a vision impairment. The group deals with communication and ways to avoid miscommunication. The program is scheduled for eight consecutive weeks and is being led by Anthony Griffin with assistance from Jim Hlavaty. CSC is excited to offer this remote option, as previously the TLC program was a challenge for clients who lived far from the agency in areas such as Youngstown or Akron.

The second group will start on Friday, September 25th and will be led by Toni Catron-Andrews and by Stephanie O'Donnell. The group will be composed of clients who live in CSC's service area and will also use the revised curriculum for the eight-week program. For more information, contact Jim Hlavaty (x4678).

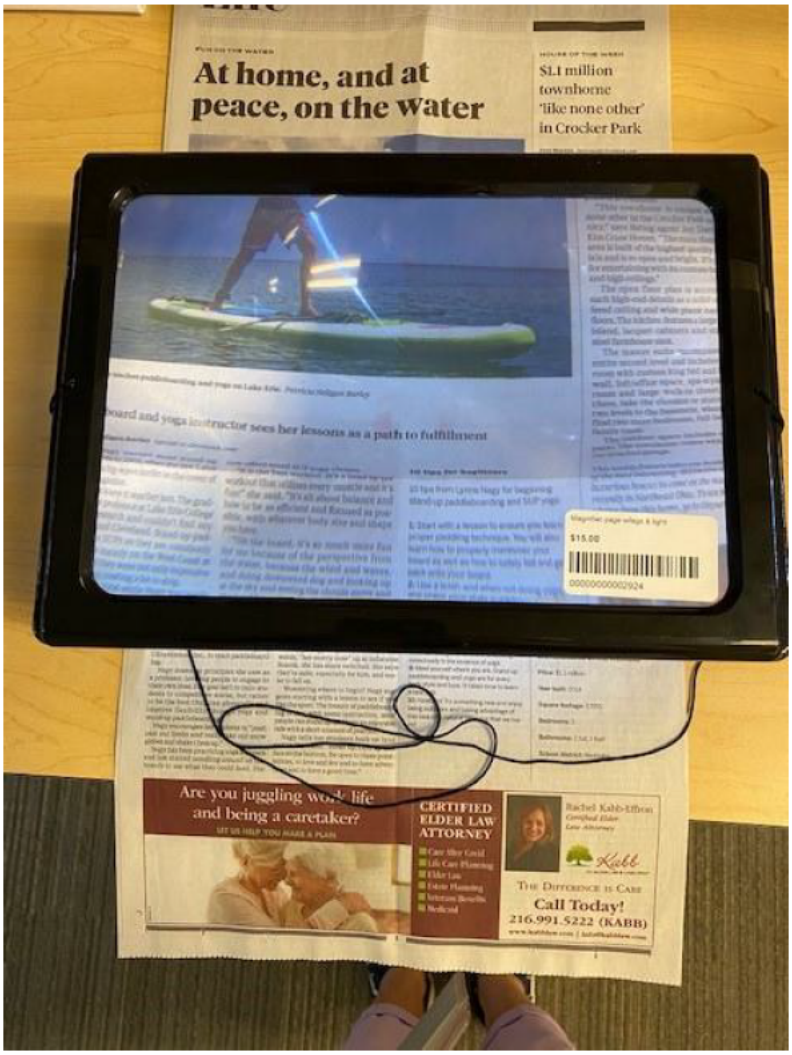
-The current TLC Plus support group met virtually on Wednesday, August 26th for their final session. Clients were able to share updates on changes with their vision, gain support from their peers on how to cope with these changes as well as feel part of the larger Cleveland Sight Center community. In addition to handling some serious issues about how vision loss can also be accompanied by anxiety and depression at times, clients were able to laugh together and enjoy each other's company via conference call.

-The weekly Coffee Chat was a huge success on Wednesday August 26th. A group of 11 clients joined the call as they engaged in a variety of conversation and brainstormed ideas for future chats and programs. Thanks to Curtis Smiley for assisting the technology controls for this interactive Zoom session and for engaging the group with some silly stories and providing wonderful commentary and feedback. For more information on Coffee Chats and other recreation and socialization opportunities, contact Alicia Howerton (x4587).

-Volunteer Services will conduct a remote volunteer orientation on Friday, August 28th to welcome new volunteers to the agency. We look forward to welcoming them to the CSC family!

-The Eyedea Shop's Product of the Week is a new Framed Sheet Magnifier. It measures 8.5" x 11" and is a 2X magnification. It can cover an entire page of print and gives a large visual field for ease of reading. It can also be collapsed by folding down its legs and used closer to the page. It can be worn around the neck as a hands free magnifier as well. This may be used if there is a dexterity issue or if the user has tremors or other dexterity issues with their hands. This item is great for reading, crocheting or knitting... maybe even getting the sliver out of your finger or putting on a coat of nail polish. It also has 4 LED lights if needed for use in a low light situation. It is powered by two AAA batteries, which are included. The price is $15.00.

[Image of the framed sheet magnifier on top of a newspaper article]



Engaging and Educating the Community:

-Alicia Howerton and Tom Sawyer presented "The Aging Eye" program to a group of 10 people at The Presidential in Rocky River. Adjusting to physical distancing requirements and offering programs in different ways, the Outreach team worked with the Activity Coordinator at this senior apartment facility, who showed the Outreach team's PowerPoint on a large monitor/TV in a spacious room for physical/social distancing to a group of seniors. The Outreach team called into the Activity Coordinator's cell phone that was connected to a speaker so they could communicate to the group. The program went very well and the activity coordinator emailed after the presentation "THANK YOU!!! The residents got a lot out of today's presentation. Keep up the great job."

-Alicia Howerton gave an agency tour to a resident at the Cleveland Clinic Foundation who was shadowing the Low Vision Clinic. The resident was quite impressed with the breadth and depth of CSC programs and services available to those with vision loss of ALL ages.

-Tom Sawyer visited Retina Associates in Lorain to give them requested information about CSC, review the updated referral form and present the prescription form for "The Clevelander" white cane. The Lorain office distributes this information to other Retina Associates offices in the area.

-The Outreach Team engages activity coordinators, program directors, assisted living facilities, senior centers and more with interesting "Myths & Facts About Blindness" as a way to garner interest in CSC. Some more of them include:

It isn't safe for people who are blind or have vision loss to cook. Myth

People who are blind or have vision loss can live alone in their own homes. Fact

The unemployment rate for people with vision loss is estimated at 70%. Fact

If you have some usable vision a white cane isn't helpful. Myth

Items of Note:

-Check out one of the updated features in JAWS and Fusion 2020. "Change Settings for Braille Viewer or Text Viewer" is now available. For a step-by-step audio described guided video, click here: https://bit.ly/2YKppmx

-"Hi! It's your prescription talking." Spoken Rx, from CVS, is a smart tagged prescription label that works with their app to read your prescription information aloud — in English or Spanish. It tells you which script you're holding and how to take it. All you need is a smart tagged prescription and our app. To check availability and sign up, call your pharmacy or dial 1-800-SHOP CVS.

The program is expected in all stores by the end of 2021. Additional information is available by clicking here: https://www.cvs.com/content/pharmacy/spoken-rx

-A new wearable assistive technology called Wayband helps people with a visual impairment navigate using only their sense of touch. To learn more about this development, click here: https://www.wear.works/

-Did you know Battle Creek, Michigan is known as “Cereal City?” W. K. Kellogg and J. H. Kellogg invented cereal flakes in Battle Creek in 1894.