

## Keeping You “In the Know...” 10/27/17

### Strengthening Partnerships:

- Representatives from the Federal Reserve Bank of Cleveland’s user experience team visited CSC on Monday, October 23<sup>rd</sup>. The group received a tour and agency overview with Lisa Cellura then met with Mary Jo Chisnell and Randy Knapp for a question and answer session to discuss website and application design and development. The group is responsible for developing website and apps for the U.S. Treasury and would like to partner with CSC in the future for focus groups and usability testing.



Group photo including representatives from the Federal Reserve Bank of Cleveland and Mary Jo Chisnell and Randy Knapp

- CSC was the recipient of funds raised by the Division 14 Kiwanis Golf Outing held in September. Kiwanis from Bay Village, Fairview Park, Lakewood, North Olmsted, Olmsted Falls, Rocky River, West Cleveland, West Park-Cleveland and Westlake sponsored the event and delivered to CSC a check for over \$4,700 this week with the

directive to “utilize these funds towards improving the lives of children in need, which have found their way into Cleveland Sight Center programs.”

- Congratulations to Share the Vision Volunteer Linda Jenkins for being selected as a 2016-2017 MTV (Most Treasured Volunteer) by The Center for Community Solutions for her dedication to CSC. After a stroke and other health issues left Linda legally blind, she turned to a social worker at CSC who introduced her to the Transitional Life Counseling program (TLC). “Becoming part of the TLC program really helped me, as I quickly found out I wasn’t alone,” she said. Linda started volunteering in 2015, volunteering 156 hours that year. Since then, she has only increased the time she spends investing in others and helping to motivate them. In 2016, Linda dedicated 279 hours to the Share the Vision program. Thus far in 2017, she has donated a total of 233 hours to the program...and it’s only October! CSC staff members Melissa Bresnahan, Toni Catron-Andrews and Moreed Kamal joined Linda at the MTV Awards held Friday, October 20<sup>th</sup>.



Toni Catron-Andrews, Moreed Kamal with Linda Jenkins



Moreed Kamal and Linda Jenkins

- The Cleveland Play House offers audio described performances for the 2017 – 2018 season. A trained audio describer will verbally describe the visual elements actions, costumes, scenery – of the

performance during pauses in the stage dialogue so that visitors who are blind or have low vision can envision what is taking place on stage.

Audio described performances for the 2017-18 season are scheduled for the following Saturday evenings at 7:30 p.m.:

The Diary of Anne Frank: October 28, 2017 • Outcalt Theatre

A Christmas Story: December 2, 2017 • Allen Theatre

Marie and Rosetta: January 27, 2018 • Allen Theatre

The Invisible Hand: February 24, 2018 • Outcalt Theatre

The 25th Annual Putnam County Spelling Bee: April 21, 2018 • Allen Theatre

The Royale: May 12, 2018 • Outcalt Theatre

A limited number of tickets are available for each performance beginning one month prior to each show date. Tickets may be ordered over the phone by calling CPH Subscriber Services at 216-400-7096 or via website at [clevelandplayhouse.com](http://clevelandplayhouse.com). Make sure to use promo code AUDIO when ordering.

### What's Happening at CSC:

- Last week, Stephanie Webster graduated from the National Industries for the Blind's Effective Supervision Program. Stephanie worked very hard over the past 10 months to complete this intensive leadership program, which required a great deal of work outside her already hectic schedule as a Call Center Team Lead. Congratulations, Stephanie on this outstanding achievement!



Stephanie Webster with a framed certificate and photo from the leadership program

- The Therapeutic Recreation (TR) team continues October with additional new programming at CSC. This week, participants enjoyed Meditation on Monday, October 23<sup>rd</sup>; Improvisation on Wednesday, October 25<sup>th</sup>; Seated Volleyball on Thursday, October 26<sup>th</sup>. For more information or the full calendar of events, email Mollie Evans at [mevans@clevelandsightcenter.org](mailto:mevans@clevelandsightcenter.org).
- CSC hosted the Cleveland Fire Department for an annual fire inspection on Thursday, October 26<sup>th</sup>. All documentation was in order and no violations were found.
- Students in Bright Futures Preschool will be dressed in Halloween costumes and will parade through the halls of CSC the early afternoon of Tuesday, October 31<sup>st</sup>. Get those goodies ready to hand out to the trick-or-treaters!
- The Employment Services Department and the Consumer Council will host a Consumer Forum at CSC designed for job seekers who are blind or have low vision titled “Empowered through Employment: Job Readiness: What it means and what do you need to get there?” Learn what it takes to make the first steps toward reaching your full potential. Sharpen and enhance your skills as you prepare to enter the workforce.



Learn what Job Readiness means and what it means to get there. The event will be Thursday, November 9<sup>th</sup> from 10:00 a.m. – 1:00 p.m. in the Clyde E. Williams, Jr. Auditorium at CSC. The Forum is free, seating is limited to 50 attendees and registration is required. Questions or to register contact Ralph Johnson (x4680) or email [rjohnson@clevelandsightcenter.org](mailto:rjohnson@clevelandsightcenter.org).

- Save the date for CYAS “Cookies & Milk with Santa” for CSC’s young clients and their families, held at CSC on Saturday, December 9<sup>th</sup>. Invitations will be sent out by CYAS in the near future. For more information about this invite-only event, contact Lorie Marsalis (216-791-8118).
- Upcoming Events at Highbrook Lodge for Adult Campers  
Holiday at Highbrook  
Friday, December 1<sup>st</sup>  
Leave CSC at 9:00 a.m.; return at 4:00 p.m.  
Cost: \$30 per participant  
Transportation included  
Register and pay by November 20<sup>th</sup>

Winter Weekend 2018

Friday, February 23<sup>rd</sup> (6:00 p.m.) – Sunday, February 25<sup>th</sup> (noon)

Cost: \$65 per participant

Transportation from CSC: \$15 additional per participant

Register and pay by February 15<sup>th</sup>

For both events camper paperwork needs to be completed and submitted by registration deadline. For more information email Lindsay at [lsvarovsky@clevelandsightcenter.org](mailto:lsvarovsky@clevelandsightcenter.org).

### **Eyedeas Shop’s Featured Product of the Week: The Sewing Corner**

- If you are a crafter and are getting your handmade items ready to give as gifts for the upcoming holiday season, the Eyedeas Shop’s sewing corner may help. A variety of items are available for crafters, such as the OttLite Refresh Lamps that promise to provide the best full

spectrum daylight for true color, which is helpful for matching color fabric or craft paper. Pre-threaded needles and self-threading needles, and even needle threading gadgets are available, in case your eyesight isn't what it used to be. The Eyedea Shop also carries a 2x sewing machine magnifier and a magnetic seam guide. Over the counter readers can also be a helpful tool while crafting, which range in strength from a 1.5 through a +6. Please stop in for pricing on all mentioned items. Happy crafting!



Variety of items from the Sewing Corner

### Wellness Squad's Tip of the Week:

- From CSC's Employee Assistance Program Ease at Work: I Love What I See Looking Back at Me!

According to a study conducted by Florida State University, social media is a toxic mirror. In the dazzling world of social media, today's youth and adults are often living their lives in full view of an online audience. Social media creates an environment where disordered thoughts and behaviors really thrive.

While social media is not the cause of low self-esteem, it has all the right elements to contribute to it. To avoid false expectations, here are a few tips to follow....

1. Perfection is not the key: You have the body you were given. Work with what you have because every part of you is beautiful...flaws and all. That is what makes you unique.
2. Accept changes in your body: As we grow and move through our lives, with age our bodies with change. Remember new things can appear and old things can disappear and that's okay.
3. Get used to seeing your body for what it is: Love your body in all its states and at every stage in your life. Small changes in thinking patterns can make a huge difference and have a massive impact on body image and self-acceptance.

So, why bother changing the way I talk to myself about my body?

Giving yourself a compliment every day, such as "You look great today" or "I love your smile" will help you not compare yourself to people. Replacing negative thoughts with positive compliments will move you towards a more confident you.

### Did You Know?

- October 30th is National Candy Corn Day and Americans purchase over 20 million pounds of candy corn each year.
- Halloween is the second-most commercially successful holiday, with Christmas being the first.
- The number one candy of choice is Snickers, followed by Reese's, Kit-Kat's and M&M's.
- The world's largest pumpkin weighed in at 1,872 pounds.
- The first jack-o'-lanterns were actually made from turnips.
- It's is actually very rare for a full moon to occur on Halloween...although, it's predicted to occur on 10/31/2020.

**Have a spooktacular weekend!**

**[Steve Frohwerk, Director of Marketing, Communications and Special Events](#)**

**Follow CSC online [Website](#) | [Facebook](#) | [Twitter](#) | [LinkedIn](#)**