

## Keeping You “In the Know...” 11/9/18

### Strengthening Partnerships and Educating the Community:

- CSC hosted 40 students and instructors from Cuyahoga Community College on Tuesday, November 6<sup>th</sup> for a “Day with CSC” to learn about the agency, programs and services. The students are currently in areas of study including Early Childhood Education, Occupational Therapy Assistant and Optical Technology/Optician. Presentations by Kristen Callahan, Monica Owen, Dorota Tomaszewska and Erin St. Denis provided great information and strategies. Participants were given a human guide mini-lesson by Scott Williams-Riseng and an introduction to assistive technology by Regina Dorfmeier and Barbara Piascik. The attendees also received an agency tour from Sylvia Snyder and some hands-on experiences under blindfold with Susie Meles. Surveys show that 100% of responses for the 5 survey questions were in the “excellent” or “good” range with lots of positive comments! A great day to showcase CSC to future service providers!



Monica Owen and Erin St. Denis present to students



Student under blindfold counting coins



Student under blindfold pours a cup of water from a pitcher using a liquid level indicator

- CSC partnered with the Cleveland Museum of Art, Community Center for the Deaf & Hard of Hearing, Cuyahoga County Board of Developmental Disabilities, Northeast Ohio DeafBlind Association and Opportunities for Ohioans with Disabilities for “A New Sensory Experience” tactile carnival being held at the Cleveland Museum of Art last weekend. Hundreds of attendees were exposed to CSC’s

programs, services and mission through activities including sighted guide, hands-on games and information about the agency.

- Alicia Howerton and Tom Sawyer presented the “Tips Talk” to the Madison Senior Center this week and met with representatives and staff at the MetroHealth Medical Center in Parma to talk about referrals and clinical staff passing along CSC information to patients. On Saturday, they will attend a health fair at the Cleveland Clinic Family Health Center in Lakewood, providing information about CSC’s programs and services and then provide the first of three “Blindness Basics” trainings to staff members at the Cleveland Metroparks Zoo, which will also feature training on Audio Description by volunteer Sarah Strang.

### What’s Happening at CSC:

- The Social Recreation group met for Game Day at CSC on Tuesday, November 6<sup>th</sup> from 2:00 p.m. – 4:00 p.m. in the Recreation Room. Barbara Piascik from CSC’s Eyedea Shop introduced some new games including “Left – Right – Center” and “Shut the Box”. Check CSC’s website calendar of events for upcoming activities and opportunities to participate. For the calendar, [click here](#).



Game Day participants play “UNO”

- The Book Discussion group will hold their November 13<sup>th</sup> meeting at the Cleveland Museum of Art. The group will enjoy lunch then participate in a touching art experience followed by book discussion and talk about the art experience. For additional information, contact Alicia Howerton (216-791-8118).
- Mark your Calendars for #GivingTuesday on November 27<sup>th</sup>! We have two days for getting deals – Black Friday and Cyber Monday. On #GivingTuesday, we have a day for giving back. #GivingTuesday is the opening day of the giving season: a reminder of the “reason for the season.” Be sure to follow CSC on Facebook, Twitter and LinkedIn to stay up to date and remember to share our #GivingTuesday posts.



- Save the Date: The annual Children & Young Adult Services (CYAS) Cookies and Milk with Santa event for CSC’s youngest clients and their families will be held at the agency on Saturday, December 8<sup>th</sup> from 10:00 a.m. – 12:00 p.m. Raffle baskets will once again be offered at this fun event and the CYAS team is looking for donations of always-popular items including books, family games and lottery tickets. For more information on this invitation-only event, please contact Lorie Marsalis (216-791-8118).

### Kudos from Callers: Making a Difference

- The following was received in a voicemail from a client who recently received an assistive technology device through the Empowerment Fund: “Thank you. I’m so grateful that I have the Topaz reader. Every time that I use it or think about it, it’s another link in the chain dropping off and I don’t feel so inhibited and so without a future. I’m so indebted to you and the team. You don’t know how much I think of you and the team. Thank you.”

### Eyedeas Shop’s Product of the Week: Holiday Cards Are Here!

- Holiday Cards are here and available for viewing in the Eyedea Shop. Price per card is a \$1.00 and some of the cards from past years are now half price. Come check out the selections and pick your favorites.



Assorted Holiday Cards on display in the Eyedea Shop

### Item of Note:

- Blue light is part of the visible light spectrum and is produced by the sun, artificial light but also digital displays such as televisions, personal computers and smart phones. Blue light has a higher frequency than red light, which means it vibrates with more energy and reaches deeper into the eye. Overexposure to blue light can cause damage to the retina and ultimately lead to age-related macular degeneration. Did you know there are “superfoods” that can help lessen the impact of blue light? The list is below and to read the full article, [click here](#).

Here are the ten superfoods with the greatest lutein and zeaxanthin content per 100g:

1. Kale (cooked from raw) 18.3mg
2. Cress (raw) 12.5mg
3. Spinach (raw) 12.2mg
4. Spinach (cooked from raw) 11.3mg
5. Peas (cooked from raw) 2.6mg
6. Squash (cooked from raw) 2.2mg
7. Green lettuce (raw) 1.7mg

8. Brussel sprouts (cooked from raw) 1.3mg
9. Asparagus (cooked from raw) 0.7mg
10. Carrots (cooked from raw) 0.7mg