



## **Keeping You “In the Know...” 2/8/19**

### **Save the Dates!**

-Annual Meeting of the Board of Trustees: Thursday, May 2<sup>nd</sup> at Tudor Arms Hotel (University Circle)

-White Cane Walk: Saturday, June 1<sup>st</sup> at Cleveland Sight Center

-Spellbound: Friday, September 13<sup>th</sup> at InterContinental Hotel Cleveland Clinic

### **What’s Happening at CSC:**

-CSC’s Call Center began work this week for the Ohio Department of Taxation’s identity fraud prevention program for tax refunds. This is the fifth year of the partnership which has Ohioans confirm his or her identity through a series of questions in order for a tax refund to be issued.

-The Outreach team presented CSC programs and services to a group of students in an optometry club who aspire to become doctors or work in the medical field. Alicia Howerton and Tom Sawyer, with the help of Tony Becker, Jenny Schaeffer, Laurie Schlickman and Taylor Volrich showcased assistive technology, the CSC story, preschool, rehab services/daily living skills, Highbrook Lodge and all it has to offer both from a camper and employee perspective, as well as an optician’s point of view for those with low vision.



Jenny Schaeffer and students seated on the floor in a circle discussing Highbrook Lodge

-The Outreach team met with the director and staff of Direction Home Area Agency on Aging & Disability Resource Center, which serves the counties of Portage, Summit, Stark and Wayne. They help people of all ages and seemed to be genuinely interested in what offer. One of staff members mentioned she has a relative that has been to CSC. Outreach also presented the “Tips, Tools and Techniques” talk to the Fairview Senior Center and hosted “Blindness Basics” training for Occupational Therapy Assistant (OTA) students from Bryant & Stratton College. They conclude the week with a membership meeting of ADA Cleveland at the LEAP (Linking Employment, Abilities and Potential) facility on Friday.

-CSC recently received a \$5,000 grant from the Rite Aid Foundation’s KidCents program to be used for children’s services. The program allows Rite Aid customers to “round up” their purchases to the nearest dollar and donate their change to a general fund that supports kid-focused charities. Anyone can support this program. For more information, visit the [KidCents page of CSC’s website here](#).

-Participants in the Anthem/USABA National Fitness Challenge have walked a total of 4,693 miles – which is the distance from here (Cleveland) to Columbia in South America – so far this program! On average, each participant takes 6,000 steps a day. Keep on moving and keep up the great work!

-The Visionaries, CSC's group of young professionals, hosted a happy hour on Thursday, February 7<sup>th</sup> at Hodges. The event was for current members and anyone wanting to learn more about the group and supporting CSC's mission. For additional information about the Visionaries, contact Karen Bain Hiller (x4583).

-The Employment Services department's Job Club will meet at CSC on Thursday, February 21<sup>st</sup> from 10:00 a.m. – 11:30 a.m. and is expecting Adrienne Shadd, M.Ed, Sr. Workforce Development Professional for University Hospitals Health System. Requested topics of discussion include:

- What gets a job seeker in the door with applications and interviews
- What does the staff look for in the interview
- Why hiring assessments aren't used by University Hospitals

For more information on Job Club, contact Nicole Kahn (216-791-8118).

-Save the date for the Children & Young Adult Services (CYAS) department's annual "Spring Fling" event for CSC's young clients and their families on Saturday, April 6<sup>th</sup> at CSC. Details on this invite-only event will be available soon.

-Pick your pony! Join Delta Gamma Cleveland East for "A Night at the Races" to benefit Cleveland Sight Center! The event will be held Saturday, April 13<sup>th</sup> in CSC's Clyde E. Williams, Jr. Auditorium. Tickets are \$35 each and include dinner. Doors open at 6:00 p.m.; dinner at 6:30 p.m. For more information, to buy tickets, sponsor a race and more, [click here](#).

-The 2019 Camp Schedule for Highbrook Lodge is now available in print and online! For a brochure, connect with Camp Manager Jenny Schaeffer (216-791-8118) or visit the newly-redesigned [Highbrook Lodge pages of CSC's website here!](#)

### **From the CSC Wellness Committee:**

February is American Heart Month. Many experts state that a nutritious diet and exercise will help lead to a healthier heart but what else can you do to

keep a steady, strong heartbeat? Here are some things you can do starting this week to ensure helping your heart work most efficiently!

- Floss daily and practice good dental hygiene

Good dental hygiene is a sign of overall health including heart health. Those who have periodontal gum disease often have the same risk factors as those for heart disease. Studies have indicated that bacteria in the mouth involved in the development of gum disease can move into the blood stream and cause an elevation in C-reactive protein. C-reactive protein is a marker for inflammation of blood vessels.

**>>Tip:** Floss daily and brush teeth after meals to ward off gum disease.

- Get enough rest

Researchers believe too little of sleep causes disruptions in underlying heart conditions and biological processes, such as blood pressure and inflammation.

**>>Tip:** Get 7-8 hours of sleep a night. Sleep apnea patients must be treated as necessary since this condition can be linked to heart disease and arrhythmias.

- Do not sit for too long at one time

Recently research suggests that staying seated for long periods is bad for your health no matter how much exercise you do in your spare time. Sitting for long periods (especially when traveling) increases your risk of deep vein thrombosis (blood clotting).

**>>Tip:** Be more active throughout the day. Take a short walk during the workday, stand when taking calls or use a standing workstation.

### **Article of Note:**

US Joins Treaty To Ease Access To Books, Music For Blind  
By Suzanne Monyak

Law360 (January 30, 2019, 7:24 PM EST) -- The U.S. has ratified an international treaty carving out a copyright exception for accessible formats of published works, allowing individuals with visual impairments or other

disabilities to more easily purchase published books and music around the world.

President Donald Trump on Monday greenlighted the ratification of the “Marrakesh Treaty to Facilitate Access to Published Works for Persons Who Are Blind, Visually Impaired, or Otherwise Print Disabled,” a 2013 treaty administered by the World Intellectual Property Organization.

In a statement on Wednesday, the U.S. Patent and Trademark Office praised the treaty’s ratification and the office’s role in its negotiations.

“I’m proud of the USPTO’s efforts in the negotiation of the Marrakesh Treaty, and the opportunities that it creates for the blind and visually impaired community,” USPTO Director Andrei Iancu said in a statement on Wednesday. “This treaty establishes an important mechanism to both protect intellectual property rights and expand access to information and resources.”

The treaty was adopted in 2013 in Marrakesh, Morocco, and has been effective since 2016.

According to the WIPO, the treaty requires parties’ domestic copyright laws to permit entities to reproduce, distribute and make publicly available on a “non-profit basis” copies of published works that are accessible to those with visual impairments.

Countries that are party to the treaty are also required to allow these accessible works to be imported without rightholder authorization and exported under certain conditions. The treaty has been ratified by dozens of nations, including the European Union, Canada and Mexico.

According to the USPTO, the treaty largely falls in line with existing U.S. statutes and is intended to reduce a global shortage of accessible print materials. Under federal copyright law, it does not count as copyright infringement if an “authorized” entity reproduces and distributes in the U.S. accessible formats of published literary or musical works for people with a visual disability or other disability that prevents them from using the printed

format.

Once the treaty is formally submitted to the WIPO and enters into force, Americans will then be able to get accessible books that are published abroad, which are currently not available in the U.S., and vice versa.

Congress paved the way for the treaty's ratification during the previous session, successfully passing legislation with bipartisan support to amend the federal copyright statute to implement the Marrakesh Treaty. That bill, known as the Marrakesh Treaty Implementation Act, was introduced by Senator Chuck Grassley, R-Iowa, and signed into law in October.

### **Items of Note:**

-Long-time friends and fans of CSC Cheryl and Miriam Derai were recently featured in a video on cleveland.com about Miriam's playing music on the cello. Because traditional sheet music can be very cluttered and small print which is difficult for Miriam to see, Cheryl developed a musical notation system using letters, colors and different fonts so Miriam could better connect with her music and be independent with it. [Check out the video here](#). For a video of Miriam playing, [click here](#).

-CSC will be the site for a Question and Answer Forum with the Greater Cleveland Regional Transit Authority (RTA) on Thursday, April 25<sup>th</sup> from 10:00 a.m. – 12:00 p.m. in the Clyde E. Williams, Jr. Auditorium. RTA representatives will answer questions about Paratransit, fixed route buses, trains and other public transportation services. For questions, contact Scott Williams-Riseng (216-791-8118). Staff members interested in attending should get supervisor approval.

-Author David Wanczyk will discuss his book [Beep: Inside the Unseen World of Blind Baseball](#) at an event at the Baseball Heritage Museum in Cleveland's Hough neighborhood on Saturday, February 23<sup>rd</sup> from 1:00 p.m. – 2:30 p.m. The event is free of charge. For more information, [click here](#).

-The Carolina Hurricanes hockey team of the National Hockey League recently hosted athletes who are blind for an on-ice activity that included adaptive pucks. To read more, [click here](#).