



## Keeping You “In the Know...” 3/17/17

### CSC Hosts Blindness and Low Vision Advocacy Day at Statehouse in Columbus:

- Cleveland Sight Center visited the Ohio Statehouse on Wednesday, March 15<sup>th</sup> for a blindness and low vision advocacy day, which included meetings with members of the Ohio House of Representatives, Ohio Senate and informational and activity stations that allowed state legislators and their staffs to experience “hands-on” activities. The day also included a meeting with Kevin Miller, Executive Director of Opportunities for Ohioans with Disabilities (OOD), and his staff. The Cincinnati Association for the Blind and Visually Impaired and The Sight Center of Northwest Ohio joined CSC in the day to further support advocacy efforts and highlight the work being done by these agencies. Thanks to Larry Benders, Lisa Cellura, Mary Jo Chisnell, Steve Frohwerk and Alicia Howerton for their participation and representing CSC on this successful outreach initiative.



Cincinnati Association for the Blind and Visually Impaired CEO John Mitchell, Executive Director of

OOD Kevin Miller, The Sight Center of Northwest Ohio Executive Director Stacey Butts, Cleveland Sight Center President and Executive Director Larry Benders



Mary Jo Chisnell and Lisa Cellura at CSC information tables



Representative Timothy Ginter tries on simulation glasses



Representative Stephanie Howse tries on simulation glasses



Lisa Cellura, Representative Nickie Antonio, Mary Jo Chisnell



Senator Bob Hackett and Mary Jo Chisnell

### KPMG Consulting Project Update:

- On March 1<sup>st</sup> CSC kicked-off a consulting project with KPMG to analyze the business needs for the agency's electronic health record system. The project is being led by 3 KPMG consultants, two of which have worked in the medical field, one as a registered nurse and another as a registered physical therapist. Since the kick-off, the consultants have conducted almost a dozen meetings with distinct user groups. The next milestone is a gap analysis, showing what the agency needs versus what the current system (Care Chart) is providing. This will lead CSC to the next step of writing either a request for proposal for a new "off-the-shelf" system or for a developer to increase the capabilities of Care Chart.

### What's Happening at CSC:

- Camp Manager Lindsay Lowe and Therapeutic Recreation Specialist Mollie Evans led the Winner's Club in a Leisure Education program this



week which focused on adaptive activities that can be done during down time. Conversation centered on waiting for appointments, Paratransit and transportation. Clients offered suggestions, while Mollie and Lindsay provided resources and ideas that can target a person's physical, social, leisure, spiritual, and cognitive well-being. Those in attendance participated in a variety of activities, from word games to chair exercises to progressive relaxation. At the conclusion of the meeting, the Therapeutic Recreation team challenged everyone to try at least one new activity from each category. Anyone who completes this challenge by April 11th will be entered in a raffle to win a prize!

- CSC's Job Club met on Thursday, March 16<sup>th</sup> as Peer Mentor Nicole Kahn and the Employment Services staff led a discussion about proper job interview etiquette and offered tips for answering many typical job interview questions. Individuals volunteered to participate in mock interviews and the group provided constructive comments to help each person build confidence and improve his or her skills. The group agreed that this practice session was good preparation for interviews they will have with employers in the future. The next meeting of the Job Club is Thursday, April 20<sup>th</sup>...stay tuned as details are finalized.
- Desmond Kennedy visited with America's Best Contacts & Eyeglasses and Fairview Eye Center, both in Fairview Park, this week to discuss the programs and services offered by CSC.
- Thursday, March 23<sup>rd</sup> is CSC's Job Fair from 1:00 p.m. – 4:30 p.m. in the Clyde E. Williams, Jr. Auditorium. The event, coordinated by Carlton Toppin, will feature jobs with partner in employment Sodexo, a worldwide leader in quality of life services. Sodexo will be hiring for dietary services, cooks and stockers for Cleveland Clinic's Main Campus location. Know someone who may be interested in attending? Contact Carlton Toppin (216-791-8118) for questions or to RSVP.
- Registration for upcoming summer 2017 camp sessions at Highbrook Lodge is now OPEN! The 2017 schedule with additional information is

posted on the Highbrook Lodge pages of CSC's website, [click here](#). Any questions, contact the Camp team at 216-791-8118.

- Enrollment for the 2017 – 2018 preschool year has begun. Contact Sylvia Snyder (216-791-8118) with any questions.

### Eyedeas Shop's Featured Product of the Week:

- If you are an Amazon shopper or not, you may have heard of the Echo. The Eyedeas Shop now carries the smaller, more affordable version called the Echo Dot! Known by the name Alexa, the Echo Dot is an audible device, somewhat like Siri on the iPhone, which will audibly answer most anything asked. The time, the weather, the news, most any trivia or fact, and the device can play millions of songs. Once the device is set up, simply say her name, "Alexa," and you have her attention and she is ready for operation. The Echo Dot has other features as well; it plays games, can order your favorite pizza and even be an alert to family members in a medical emergency. The Echo Dot requires Wi-Fi to operate and a smart phone to download the app. Stop into the Eyedeas Shop today and see Alexa perform. The cost is \$65.00.



Amazon's Echo Dot

- Can't make it to the Eyedea Shop at CSC? Then check out the product offerings online at [www.eyedeashop.com](http://www.eyedeashop.com) and purchase items from the comfort of wherever you may be!

### Items of Note:

- Bright Futures Preschool needs your help! The Labels for Education program is coming to an end and Preschool needs only 134 more points to total 9000 and earn a \$100 Visa card! Please bring in any Labels for Education UPCs you may have saved – drop off to Lorie Marsalis (216-791-8118).



- Tickets are now on sale for “A Night at the Races” benefiting CSC hosted by Delta Gamma Cleveland East, held at CSC on Saturday, April 29<sup>th</sup> from 6:00 p.m. – 10:00 p.m. To purchase tickets, sponsor a horse or race, place an ad or make a donation, [click here](#).
- The Ohio Affiliate of Prevent Blindness has declared March as Workplace Eye Wellness Month to provide employers and employees with free information on the dangers of blue light, digital devices and vision, and eye injury prevention in order to promote eye health at work. The largest source of blue light is sunlight. However, there is concern over the long-term effects of screen exposure (from television screens, computer monitors, smart phones, and tablet screens) because of the close proximity of the screens and the length of time spent looking at them, such as during the workday combined with leisure time. Early research shows that too much exposure to blue light could lead to:
  - Digital eyestrain: Fatigue, dry eyes, bad lighting, or how one sits in front of the computer can cause eyestrain. Symptoms of eyestrain include sore or irritated eyes and difficulty focusing.

- Retina damage: There are studies that suggest that continued exposure to blue light over time could lead to damaged retinal cells. This can cause vision problems such as age-related macular degeneration or cataract.

According to a recent report from The Vision Council, “Blue Light Exposure and Digital Eye Strain,” 87 percent of survey respondents use digital devices more than two hours per day and over 52 percent regularly use two digital devices simultaneously. As we spend more and more time on digital devices, at work or at play, we need to make sure we take care of our vision. By talking to an eye care professional and getting the proper recommendations, we can make sure we protect our eyes for the future. To learn more about workplace eye health topics, please visit the Prevent Blindness website: [www.pbohio.org](http://www.pbohio.org)

### Did You Know?

- Pi Day is celebrated on March 14<sup>th</sup> (3/14) around the world. Pi (Greek letter “ $\pi$ ”) is the symbol used in mathematics to represent a constant — the ratio of the circumference of a circle to its diameter — which is approximately 3.14159. Pi has been calculated to over one trillion digits beyond its decimal point. As an irrational and transcendental number, it will continue infinitely without repetition or pattern. While only a handful of digits are needed for typical calculations, Pi’s infinite nature makes it a fun challenge to memorize and to computationally calculate more and more digits. The Colorado Rockies baseball team had some fun of their own on Pi Day, as players lined up for the National Anthem before the start of their Spring Training game with jersey numbers corresponding to the digits in Pi (3, 14, 15, 9, 26, 5, 35).



Colorado Rockies lineup featuring jersey numbers 3, 14, 15, 9, 26, 5, 35

### Did You Know? (Part II)

- The Spring Equinox 2017 in the Northern Hemisphere will occur at 6:28 a.m. Eastern Standard Time on Monday, March 20<sup>th</sup>, when the sun passes the celestial equator and days become longer and marking the first day of spring!