



Keeping You “In the Know...” 3/8/19

A Poem from Winners Club:

-Last week at CSC, the Winners Club participated in a poetry workshop. Below is the group poem that was created by attendees, titled “A Little Bit of What I Want.”

A Little Bit of What I Want

by clients of Cleveland Sight Center

I want to go to Rome
and stand in the Sistene Chapel
so I can be filled with reverence
and Catholic-y feelings
I want to get rid of my mask
made of shadows and blindness
and show the world
the joyous, unique person that I am
I want the world to feel the sunlight
that’s shining through me
I want everyone to know
how happy I am to be here

Strengthening Partnerships and Educating the Community:

-Larry Benders, Alicia Howerton and Jassen Tawil represented CSC in Columbus this week at a meeting at the Department of Administrative Services (DAS) to discuss the DAS Community Rehabilitation Programs (CRP). The DAS CRP enables government agencies to efficiently purchase quality goods and services at competitive prices while creating jobs for people with disabilities. CSC’s Call Center has contracts through this

program, providing superior customer service through call center work.

-The Outreach team met with founder of Perceiving Art through Sculpture (PATs), Leslie Edwards Humez this week to complete an art project and discussion of possible plans to host group art classes at CSC in the future. Additionally, a nursing student from Cleveland State University who is focusing on vision and hearing visited CSC this week for a tour and to learn more about the agency. He left with CSC collateral that he will be passing out at an upcoming student health fair on campus. Outreach presented the "Tips Talk" at Laurel Lake in Hudson and represented CSC at the Eldercare Professionals of Ohio networking meeting at O'Neil Healthcare Lakewood to close out another busy week.

-Last year Vision Rehabilitation Therapist Taylor Volrich and her classmates at Western Michigan University conducted a focus group on a medication bottle titled "Simplicity." The purpose of this focus group was to research whether a newly-designed medication bottle improves accessibility for individuals who are blind or visually impaired versus other types of medication bottles. The group's manuscript is now going to be published in the *Journal of Visual Impairment & Blindness* (JVIB). The publication may take about 7-12 months to publish but stay tuned for more information on "Simplicity!"

-CSC partners with the Cincinnati Association for the Blind & Visually Impaired and the Sight Center of Northwest Ohio to host another "Sight Center Day at the Ohio Statehouse" advocacy event on Wednesday, March 13th. Representatives of the three agencies will participate in meetings with state officials and legislators to continue to advocate for vision rehabilitation programs and services. The day will conclude with a reception to continue dialogue on opportunities to improve services to those with blindness and low vision.

What's Happening at CSC:

-Piano lessons, which began in January as a new offering to Recreation programming, continue each Thursday afternoon at CSC! Thanks go out to

volunteer piano instructor Esther for her time teaching the students and to Board Trustee Steve Willensky for his generosity allowing the purchase of keyboards.



Esther shows Andre the proper hand position on the keyboard



Esther explains the day's lesson to piano students

-Additional Recreation happenings this week at CSC included Line Dance, Crochet, Game Day, Music Group and Yoga. The groups welcomed some newcomers for recreation and socialization activities this week. The Braille Notes Choir also spent time practicing at CSC this week. A gentleman who came for an eye appointment in the Low Vision Clinic was impressed by all the activity on Tuesday – it's something he wants to be part of and plans to

come back for activities!

-The Anthem/USABA National Fitness Challenge participants joined a Fitbit contest held from March 1st through March 7th called the “March to Fitness Challenge.” The Center for Disease Control recommends adults get at least 150 minutes of moderate-intensity aerobic physical activity each week. Participants have been encouraging one another to walking the different virtual trails like the Pohono Trail in Yosemite National Park, which can be accessed through a smartphone. The group continues to be very supportive of each other and really trying to increase their steps each day.

-CSC will host a large group of students from Cuyahoga Community College on April 10th for a “Day with CSC” to learn about the agency, programs and services. This is the second “Day with CSC,” building off the success of the November 2018 event. The students are currently in areas of study including Optical Technology and Early Childhood Education.

Eyedeas Shop's Product of the Week: Velcro Bump Dots

-The newest member of the Eyedeas Shop's bump dots family are the Velcro bump dots, which are textured and easier to feel especially if you have any type of neuropathy. Put them anywhere you might use bump dots. The microwave, the phone, the television remote, any and all appliances or anywhere else that you can think of to make life easier. You receive 20 in a pack and our price is \$2.75.



Velcro bump dots in black

Item of Note:

-The weekly “In The Know” newsletter will not publish on Friday, March 15th.