



## Keeping You “In the Know...” 7/28/17

### Technology Fair is a Success!

- Building on last year’s first-time event, CSC’s Technology Fair was held July 27<sup>th</sup> – 28<sup>th</sup> and showcased new, emerging and established technologies as well as CSC’s programs and services. The two-day event was attended by hundreds of technology-seekers and featured Thursday’s session from 9:00 a.m. – 4:00 p.m. for the general public, senior centers, caregivers and technology-seekers. Friday’s session was more intimate and exclusive to educators and eye care professionals. Participants were able to interact with local, national and international manufacturers, try out the latest low vision and blind products and participate in breakout sessions and information meetings. In addition, attendees enjoyed great food from The Manna Truck and sweet novelties from the Mr. iSee ice cream truck!

Thanks to the Technology Fair planning committee for their hard work organizing the event which showcased CSC as a regional technology leader: Melissa Bresnahan, Chris Gruber, Alicia Howerton, Desmond Kennedy, Scott Malone, Barb Piascik, Tom Sawyer and Steve Frohwerk.

Special thanks to Tom Sawyer for his recruitment of vendors, detailing of logistics, event layout and flow, and breakout session organization to ensure an informative, enjoyable and easy-to-navigate event for attendees, partners and vendors.

The event would not have been possible without the staff and volunteers who stepped up to assist in a variety of roles, so a final thank you shout-out to CSC staff and volunteers. The planning committee and the CSC Volunteer Department appreciate your support!



Demonstration of screen magnifiers



Demonstration of screen reader



Board Trustee Beverly Roach with guests



Randy Knapp demonstrates iPhone usage



A full Recreation Room for a breakout session



Attendee reads a Braille menu at the food truck



Volunteer Manager Melissa Bresnahan smiles at and celebrates staff and volunteer support and gives a huge “thumbs up” for a job well done at yesterday’s technology fair.

## CSC to Receive Grant from Northeast Ohio Areawide Coordinating Agency (NOACA):

- Earlier this year, CSC made a request for funding to the Northeast Ohio Areawide Coordinating Agency’s (NOACA) 2018 Enhanced Mobility for Seniors and Individuals with Disabilities Program for two vehicles. The request was recently approved for funding by the NOACA Board of Directors. Thanks to those who helped gather information, provide letters of support and their work in submitting the grant request including Karen Bain Hiller, Lisa Cellura, Chris Gruber, Meghan Hanrahan, Marcia Houston, Kevin Krencisz, Curtis Smiley, Sylvia Snyder and CSC’s partners at GrantsPlus, a great example of a team effort to secure funding for a CSC project and need. More updates to follow as the team works on next steps for project implementation including contract details and vehicle purchases.

## Spellbound is Friday, September 15:

- CSC’s annual fundraising gala, Spellbound, is scheduled for Friday, September 15<sup>th</sup> at Landerhaven. This year’s event is “An Evening to Empower” and will feature Author & Speaker Michael Hingson as well as raise important funds for CSC’s Empowerment Fund. Michael Hingson, blind since birth, escaped the World Trade Center on 9/11 with his guide dog, Roselle. From the day he received his first guide dog at age 14, Michael has developed skills in leadership, trust, teamwork, adaptation – skills he passes on to readers and listeners. For more information on Michael, [click here](#). Event invitations will be

mailed in the next week. If you have interest in attending, please contact Steve Frohwerk (216-791-8118) for more information on the event.

### Educating the Community and Strengthening Partnerships:

- Lisa Cellura, Marcia Houston and volunteers represented CSC on Wednesday, July 26<sup>th</sup> in celebration of the Americans with Disabilities Act and party at Wade Oval Wednesday (WOW)! This year's event featured information tables, interactive displays and a concert and activities to conclude the evening. CSC had the opportunity to interact with hundreds of visitors to the agency's table.



Marcia Houston instructs a youngster as he stacks cups while blindfolded

- Desmond Kennedy visited Community Ophthalmology Associates at Severance Center in Cleveland Heights on Monday and connected with Kondray Optical in Garfield Heights on Wednesday to present CSC's programs and services.
- CYAS will host an ice cream social on Tuesday, August 1<sup>st</sup> for area families who have a child with a vision impairment. The event is from 1:00 p.m. to 3:00 p.m. and provides an opportunity to talk with CSC staff and meet other families who receive services from the CYAS team. For more information on this invitation-only event, contact Laurie Schlickman (216-791-8118).

- Join the Highbrook Lodge team on Sunday, August 6<sup>th</sup> from 1:00 p.m. – 3:00 p.m. for the annual Friends & Family BBQ. This is a great way to wrap up the summer and see the beautiful 60+ acre Cleveland Sight Center camp facility located in Chardon.

Who: The event is open to **all** – friends, clients, Board Trustees, staff and fans of Cleveland Sight Center and Highbrook Lodge

What: A summer BBQ complete with comradery, outdoor games, tours, s'mores and more!

Where: Highbrook Lodge summer camp located at 12944 Aquilla Road in Chardon, Ohio 44024

When: Sunday, August 6<sup>th</sup> from 1:00 p.m. – 3:00 p.m.

A \$5.00 donation per person is requested for those who join in the BBQ lunch, which can be paid prior at the Eyedea Shop or the day of at Highbrook Lodge (cash and checks only day of). Questions?

Call/email the Camp team at 216-791-8118 or

[camp@clevelandsightcenter.org](mailto:camp@clevelandsightcenter.org).

- The annual “See What’s Possible” educators workshop will be held at Cleveland Sight Center on Thursday, August 10<sup>th</sup>. The workshop is for educators (regular, special and support staff) who will be working with children with limited/no vision during the 2017-2018 school year and will feature strategies, technology and demonstrations. The registration fee is \$25 and includes lunch, materials and professional development certificate. For more information, contact Lorie Marsalis (216-791-8118) or [click here](#).

### **Eyedea Shop’s Featured Product of the Week: Tech Armor Screen Protector**

- The new Tech Armor Smartphone Screen Protector is the latest item in the Eyedea Shop! The store carries screen protectors for the Samsung 7, the iPhone 6/6s, iPhone 6plus/6s plus. Price is \$15.00 each.
  - WHAT IS TECH ARMOR RETINASHIELD? Tech Armor RetinaShield Screen Protectors are ideal for children and adults,

filtering harmful Blue Light, which can lead to eye fatigue and eye strain while promoting healthy melatonin levels for better sleep.

- HOW DOES TECH ARMOR RETINASHIELD WORK? Tech Armor RetinaShield is the affordable way to protect your screen from scratches and drops. Only premium materials and expert design go into this “Best in Class” product.
- WHY BUY TECH ARMOR RETINASHIELD? Tech Armor is THE trusted online resource for screen protection. If you only accept the BEST to protect your smartphone, look no further.
- No Bubble, easy install and perfect fit, backed by Tech Armor No Hassle Lifetime Replacements.



Tech Armor Screen Protectors

- Price update: The men’s chrome Tap Watch is \$65.00 as stated a few weeks ago, but the ladies pink white or aqua Tap Watch is \$55.00.
- If you are an artist who is blind or has low vision, consider submitting your artwork to grace the cover of some of the 2017 Holiday Cards. The requirements for this year’s cards are as follows: artist must be blind or have low vision; two submissions per artist; if submitting in digital format, artwork must be 300 DPI, entry window is July 1, 2017 – August 14, 2017; submit entries to [bpiascik@clevelandsightcenter.org](mailto:bpiascik@clevelandsightcenter.org).

Cleveland-themed entries always do well. Any questions, please contact the Eyedea Shop (216-791-8118).

- 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!

### Wellness Squad Tip of the Month:

- Remember that breakfast is the first meal of the day and it needs to be a good one. Your breakfast should be rich in complex carbohydrates and proteins to perk up your metabolism. Breakfast has also been shown to reduce work-related fatigue and weight gain.

If you think that you don't have time for breakfast, try prepping some overnight oats the night before. Overnight oats are a no-cook method of making oatmeal. Instead of cooking your oats on the stove or in the microwave, you mix oatmeal with your liquid of choice and other mix-ins, and then let it rest in the refrigerator overnight.

In the morning, you have a pudding-like porridge that is perfect for an easy grab-and-go breakfast. Here is a basic recipe, but it can be modified a near infinite number of different ways. A quick Google search yields hundreds of recipes online.

1/3 cup vanilla Greek yogurt

1/2 cup old fashioned oats

2/3 cup unsweetened milk of choice

1 tablespoon ground chia seeds or ground flax seeds

A pinch of salt

1/4 cup raisins

#### INSTRUCTIONS

Mix all ingredients together in a Mason jar.

Close and refrigerate for at least four hours, but preferably overnight before eating

This makes one large serving or two small servings

Approximately 410 calories for the full recipe above

### Items of Note:

- There will be new pricing for RTA bus passes that will take place on August 6<sup>th</sup>, 2017 and only affects the Paratransit passes. The new prices are as follows:
  - All Day Pass: \$7.50
    - Unlimited rides until 3:00 a.m. the next day
  - 7 Day Pass: \$30.00
    - Unlimited ride for seven consecutive days from the time it's activated
  - Monthly Pass: \$110.00
    - Unlimited rides for the calendar month. The new price will start with the monthly pass sold for September. Monthly passes for August 2017 will be sold at the current rate and may be used for the entire month of August.
  - NEW! Paratransit 5 Ride Pass: \$13.75
    - It is the newest pass RTA has issued per rider request!

Contact the Eyedea Shop at x4666 with any questions.

- Walk your dog with the American Council of the Blind Cleveland Chapter at the 28<sup>th</sup> Annual Dog-a-Thon on Saturday, September 9<sup>th</sup> at Cleveland State University (CSU). The two-mile course begins at East 21<sup>st</sup> and Euclid Avenue and proceeds to Public Square then back to CSU. Registration is at 8:00 a.m. and the step-off is at 9:00 a.m. The \$5 registration fee is waived when participants collect at least \$5 in pledges. Proceeds help purchase important adaptive equipment that enables children who are blind or visually impaired to work, play and learn independently. For more information, call 216-905-4674.
- Join Small Steps! Small Steps is a free event for individuals with vision loss or other physical challenges that meets every Tuesday between 6:00 p.m. – 7:00 p.m. at the Tri-C Metro track. Get some exercise while not having to worry about walking alone! To learn more or sign up,



contact Ken Howard at 440-539-6464 or [lynnyrdallman@aol.com](mailto:lynnyrdallman@aol.com). Assistance is available for persons with disabilities.

### Did You Know?

- The life span of a Major League baseball is 5 – 7 pitches. During a typical game, approximately 70 balls are used. From 1995 to 2001, every seat at Jacobs Field (now Progressive Field) was sold out every night for 455 baseball games in a row. The Cleveland Indians retired the number 455 in honor of their fans.