



Keeping You “In the Know...” 8/25/17

Telling our Story and Educating the Community:

- Frederick R. Nance, Global Managing Partner, US LLP at Squire Patton Boggs full-service global law firm, visited CSC on Tuesday, August 22nd. Fred is a highly-regarded legal and business counselor and a nationally-recognized Sports and Entertainment Law practitioner. His high profile practice ranges from involvement in an ongoing series of critical negotiations involving community interests in Northeast Ohio to serving as business counsel to NBA star LeBron James, comedian Dave Chappelle and other notable athletes and entertainers. He toured the agency with Larry Benders and Alicia Howerton and indicated he has interest in being an ambassador for CSC.
- Annette Jakse and Steve Penberthy visited Carnegie Towers on Monday, August 21st to provide information on CSC’s Activities of Daily Living (ADL) group trainings and complete paperwork with interested participants.
- Lorie Klarich, Manager of the Walgreens Pharmacy in the Innova building across East 101st Street, and her intern visited CSC on Wednesday, August 23rd for a tour to learn more about CSC in order to become a better neighbor. Said Lorie afterwards, “A big Thank You for your time and wonderful tour today! You have informed us of the vast resources, education, training and support that you provide for your clients. I look forward to educating others about the programs that you have at your facility.”
- Dr. Jessica Cao, a resident from Cleveland Clinic, visited CSC on Wednesday, August 23rd to shadow Dr. Lidija Balciunas in the Low

Vision Clinic and was delighted to find out the depth and breadth of our services for clients of all ages during her tour.

- Desmond Kennedy visited Cleveland Clinic Cole Eye Institute's Avon Lake location on Wednesday, August 23rd. He represented CSC at the Anthony J. Celebrezze Federal Building Safety and Health Fair on Thursday and completes the week speaking with social workers from Cleveland Metropolitan Housing Authority on Friday to tell them about the services that CSC offers.

Strengthening Partnerships:

- Larry Benders, Susie Meles, Sylvia Snyder and Judith Weyburne visited Columbus on Tuesday, August 15th for a quarterly meeting with Opportunities for Ohioans with Disabilities (OOD). Additionally, CSC participated in the bi-monthly meeting of OOD Lakewood's office to discuss Employment Services, typing, Braille and other programs. Representing CSC at this meeting to discuss program updates and how to strengthen the relationship were Nicole Kahn, Bryan Manthey, Susie Meles, Paul Rosenberg, Debbie Ruffin, Kanden Tolbert and Judith Weyburne.
- A group of state employees from the Ohio Department of Health and Ohio Department of Developmental Disabilities in Columbus visited CSC on Wednesday, August 23rd for a tour of the agency and to learn more about CSC's Call Center and Help Me Grow contract. Five consultants, one trainer and a researcher visited CSC for an on-site review and training session. The feedback from the attendees was extremely positive as they noted "customer service representatives were very thoughtful, warm and empathetic and are collecting great information overall." The data entry team was "enthusiastic about the job and learning to use the Early Track system."
- Volunteer Manager Melissa Bresnahan trained 34 Delta Gamma Volunteers from Case Western Reserve University on Wednesday, August 23rd in preparation for the group helping with Done in a Day

(DIAD) volunteer opportunities at CSC. By the end of the training, the two DIAD volunteer opportunities that were advertised to the group were already filled with DG members! Those new to the Delta Gamma and CSC partnership visited the agency on Thursday for a tour of the agency.



Delta Gamma group showing their “Gamma” Sign



Two DG’s practicing sighted guide

- Retirees from Eaton Corporation completed their yearly volunteer day at CSC on Thursday, August 24th. The group spent time preparing mailing envelopes for Call Center contracts and preparing marketing and communication giveaway items for upcoming outreach events, senior center visits and health/wellness fairs.
- The inaugural event of BLAST, a social/recreational group for the “tween” crowd in CYAS, occurred on Saturday, August 19th at CSC. A group of 15 “tweens” (ages 9 – 12) participated in “getting to know you” activities and games and enjoyed pizza and ice cream sodas. BLAST is hosted by new CYAS case manager Kristen Callahan with assistance from Rebecca Cornell, Denice Laderman and Andrea Marley. Events will be held at least quarterly.



Group photo of BLAST participants



Participants in a circle for an activity



Participants enjoy a game of "Apples to Apples"

- Tom Sawyer will host a presentation and demonstration of IrisVision, a new low vision product, on Thursday, August 31st from 12:00 p.m. – 1:00 p.m. in the Clyde E. Williams, Jr. Auditorium. The product is unique because it offers the best camera available and has a 70-degree field of view, whereas other head-worn devices do not exceed 35 degrees. CSC staff, partner agencies and other eye care professionals are welcome. Four people with vision loss will participate in the actual demo portion.

CSC Receives Donated Vehicle to Add to Transportation Fleet:

- CSC recently received a Honda Element to add to its transportation fleet, which was donated by Tim Mulle. The vehicle will be used for staff-related home visits and community appearances.

Author & Speaker Michael Hingson Coming to Spellbound:

- CSC's annual fundraising gala, Spellbound, is scheduled for Friday, September 15th 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](#). If you have interest in attending, please contact Steve Frohwerk (216-791-8118) for more information on the event. Tickets are available for purchase [here](#).

Happenings at Highbrook Lodge:

- Highbrook Lodge staff member Gabriella Drago is highlighted in an article by the United States Association of Blind Athletes (USABA) for her participation in the USABA/Anthem National Fitness Challenge. Says Gabriella, "I have been so lucky in my life to have an amazing support system from my family, the Cleveland Sight Center, friends, and teachers who helped me figure out how much I truly was capable of and allowed me to begin the process of reaching my full potential. I want to give others the opportunity to find their independence, improve their emotional well-being, increase their confidence and improve their quality of life." [Click here to read the full article](#).

- Highbrook Lodge offers adult seasonal camps in addition to the summer schedule. Seasonal camps are much like summer sessions, except condensed into a wonderful weekend with activities based around the season! Register by calling/emailing Lindsay at 216-791-8118 or camp@clevelandsightcenter.org.

Fall Weekend 2017: Friday, Oct 13 – 6:00 p.m.; Depart Camp: Sunday, Oct 15 – 12:00 p.m.

Winter Weekend 2018: Arrive to Camp: Friday, Feb. 23 – 6:00 p.m.; Depart Camp: Sunday, Feb. 25 – 12:00 p.m.

Eyedeas Shop's Featured Product of the Week: Keys U See Keyboard

- If seeing the computer keyboard is a struggle, try this one! The Keys U See Keyboard's yellow and black contrast as well as large bold print may help. It's a full-size keyboard and requires Windows operating systems, any of which may be Windows ME, Windows NT, Windows 2000, Windows 98, Windows XP, Windows Vista and Windows 7. This great addition to a workstation is available in the Eyedeas Shop for \$40.00.



Keys U See keyboard in bright yellow and black

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

Wellness Squad Corner:

- CSC's Wellness Squad would like to share a healthy breakfast recipe, especially for anyone who may have gluten or dairy issues. Thanks to Alicia Howerton for the recipe on her unique combo/creation.

1 cup cooked quinoa

½ cup chia seeds

½-1 cup walnuts or pecans

½ cup flaked coconut

2 large sliced bananas

3 scoops your favorite chocolate flavored protein powder

1 tsp cinnamon

Pinch of cayenne pepper

1&1/2 cups of coconut or almond milk

Optional: Frozen strawberries, raspberries, (my favorite) cherries or any other frozen berry of your liking

You will need a large bowl and spoon

Mix chia seeds and protein powder with liquid, stir and let set for a few minutes so chia seeds and protein may absorb the liquid

Add in walnuts, coconut flakes, then add sliced banana, and cooked (cooled) quinoa and cayenne pepper

If needed add more milk, the consistency is supposed to be similar to chunky oatmeal

Add frozen fruit at end and top with cinnamon

Cover and refrigerate overnight

Depending upon your appetite this will yield several servings.

Items of Note:

- CSC's Bright Futures Preschool is enrolling for the 2017-2018 school year. Cleveland Sight Center offers specialized instruction and educational opportunities to children ages 3-5 at Bright Futures Preschool, which is licensed by the Ohio Department of Education and located within CSC's main building. Contact Sylvia Snyder (216-791-8118) for more information.
- Jennifer Dean created tactile drawings of Monday's solar eclipse. They are available at the front desk in the main lobby. There are braille labels on the drawings as well. Check out this link about NASA's braille book with tactile drawings that they produced for the event:
<https://www.nasa.gov/feature/ames/eclipse-for-everyone-nasa-develops-solar-eclipse-braille-book>
- The Cleveland Scrappers beep baseball team plays their third annual exhibition game with the Babes of 1916 softball team in Solon on Sunday, August 27th at 2:00 p.m. The game is at Solon Community Park Field #4, 6679 SOM Center Road. The event is free and open to the public and lawn chairs or blankets are recommended. For more information on the Scrappers, check out their Facebook page at www.facebook.com/clevelandscrappers.
- Check out an article in Crain's about the Residence Inn hotel that is being constructed as part of the Innova project across East 101st Street. The eight-story extended-stay hotel is expected to open in December 2018. [Click here for the article](#).

Did You Know?

- The letter J does not appear anywhere on the periodic table of the elements.