



Keeping You “In the Know...” 9/14/18

Spellbound is Just Two Weeks Away!

- CSC’s annual fundraising gala, Spellbound, will be held on Friday, September 28th at Windows on the River in downtown Cleveland. This year marks the 32nd year for the event and will feature guest speaker Rebecca Alexander (www.rebalexander.com). Rebecca Alexander is an author, psychotherapist, fitness instructor, volunteer and extreme athlete who, due to Usher syndrome type III, is almost completely blind and deaf. Consistently upbeat, Rebecca gives encouragement and inspiration to others who are facing their own challenges, whether physical or emotional, in interpersonal relationships or in the workplace. She has been featured on The Today Show, NBC Nightly News, The New York Times, USA Today and more. For additional information, [click here](#) or contact Steve Frohwerk (216-791-8118).

What’s Happening at CSC:

- The parking lot repaving is complete and will be drivable starting next week. Thanks for your patience during this project. Congratulations to Chris Gruber and his team who did an awesome job expediting this project! Next steps include line striping, installation of new lighting and cameras and some landscape enhancements.



Newly paved parking lot and driveway on the north side of CSC's campus



Trucks prepare the lot for new asphalt



Workers lay new asphalt by the garage

- Recent volunteer orientations the last couple weeks have welcomed Bailey Flint (Preschool Volunteer), Jennifer Sheehe (Visionary), Bobbi Shaffer (Audio Description) and Linda Schlein (Preschool Vision Screening) to the volunteer ranks. All are excited to be involved in CSC programs. Welcome to CSC Bailey, Jennifer, Bobbi and Linda!



Bailey and Jennifer in front of the CSC logo wall

- The BLAST Tween Group hosted their 2018-2019 Kick-Off event at CSC on Saturday, September 8th. Activities included getting to know you ice breakers, wacky & wet group and relay style games! The tweens also heard the personal experiences and encouragement from

a young adult who is visually impaired. The next BLAST event is planned for early November.



BLAST participants enjoy relay races and water activities



Group photos of BLAST participants

- Social Recreation programs started this week and three new volunteers were introduced to all the programs, including line dance, crochet, book discussion and chess, which all went off as smashing hits. Some new clients joined the fun as well. The group is looking forward to next week when Game Day is brought back!

- CSC's Board of Trustees will meet at the agency on Monday, September 17th at 12:00 p.m. Please be prepared to park as instructed by the Facilities department.
- Save the date for Fall Weekend at Highbrook Lodge, to be held October 12 – 14. More details will be available soon.
- Is there a project you have been looking to tackle or start but don't seem to have the time or resources to do it? Consider working with Volunteer Services! Contact Melissa (Bresnahan) Mauk (216-791-8118) with any thoughts or ideas to engage volunteers.

Educating and Engaging the Community:

- Alicia Howerton and Tom Sawyer represented CSC at the Medina County Senior Networking meeting on Wednesday and they present the "Tips Talk" at the O'Neill Healthcare facility in Lakewood on Friday. They will be the featured speakers at Case for Sight's upcoming "Dinner in the Dark" event on Friday, September 21st on the campus of Case Western Reserve University. The program will feature CSC programs and services, along with some tips and technology features. The proceeds of this annual event benefit Cleveland Sight Center. For more information, contact Melissa (Bresnahan) Mauk (216-791-8118).

Low Vision Clinic Corner: Tips for Keeping the Eyes Healthy

- **Have a comprehensive dilated eye exam.** A dilated eye exam is the only way to detect many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration in their early stages.
- **Know your family's eye health history.** It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

- **Eat right to protect your sight.** Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- **Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.
- **Wear protective eyewear.** Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity.
- **Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.
- **Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.
- **Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.
- **Clean your hands and your contact lenses—properly.** To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.
- **Practice workplace eye safety.** Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

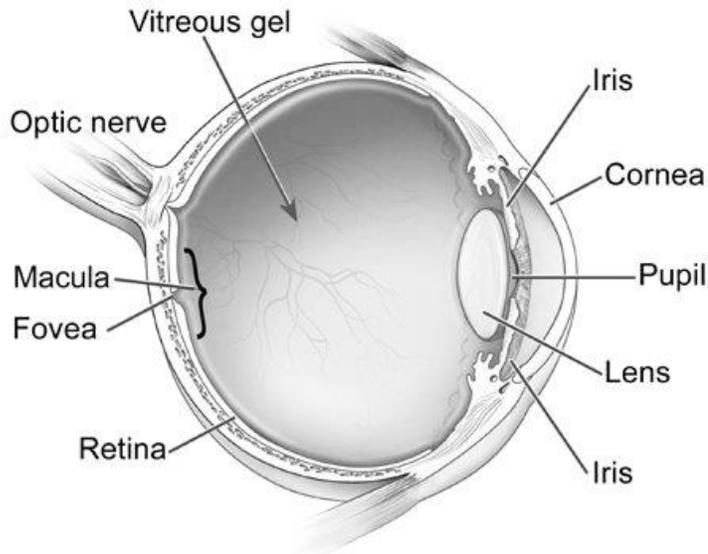


Diagram of the eye

This Week in the Eyedea Shop:

- The featured product of the week is a CSC-logoed polo. These stylish shirts are grey with black sleeves and black collar and feature the CSC logo embroidered on the left chest. A variety of sizes are available in both mens and ladies styles. Stop by and add a new CSC shirt to your wardrobe! The price per shirt is \$25.00.



Grey polo with black sleeves and color, with CSC logo on left chest

- Remember that the Eyedea Shop still has some clearance items available for sale...so stop in. There may be an item you just can't live without!

Item of Note:

- Two of the VIPER Adaptive Rowers, Andrea Marley and Caleb McKinsey, will be rowing along with two sighted rowers in a Mixed Inclusion 4 race in the "Head of the Cuyahoga Regatta" hosted by the Cleveland Rowing Foundation. The Mixed Inclusion 4 boat will race at 8:00 a.m. on Saturday September 15th, 2018. The "Head of the Cuyahoga Regatta" is an all day event that runs from 7:00 a.m. - 4:00 p.m. More details: "Teams race a 5,000-meter course from just north of Arcelor Mittal Steel to Rivergate Park. Spectators can see the finish line (at Cleveland Rowing Foundation) from the patio at Cleveland Metroparks' popular Merwin's Wharf restaurant. Racing begins at Rivergate Park, home of the Cleveland Rowing Foundation Boathouse, located at 1003 British Street, Cleveland. Rain or shine." Come out on Saturday September 15th to cheer on the VIPERs as they take on this

5k race course! Click on the link below for additional information on the “Head of the Cuyahoga Regatta”

https://www.regattacentral.com/regatta/?job_id=5597&org_id=0

Did You Know?

- Brazil got its name from the nut, not the other way around.