

Keeping you
"in THE"
know.



1/21/22

What's Happening at Cleveland Sight Center:

-Did you know Cleveland Sight Center offers a variety of support group services? The following programs are available to registered clients.

Share the Vision

Share the Vision is a 30-year-old peer-to-peer mentoring program designed to connect new clients with trained volunteers to discuss the anxieties and fears associated with vision loss. The volunteer is well adapted to vision loss and provides one-on-one support to the client to foster hope, encouragement and independence for life after vision loss. Through monthly telephone calls, participants will receive education, insight and shared experiences on how to adjust to losing their eyesight. For more information, contact Jessica Suckart (jsuckart@clevelandsightcenter.org).

Vision of Success

Vision of Success is a free, 8-week support group program conducted over the phone. It is designed to help individuals with low or no vision manage feelings of depression, anger, anxiety and stress. It is a safe place to share ideas, thoughts and feelings as all information shared is confidential. The program gives clients the opportunity to meet and communicate with people who are dealing with similar challenges - fostering new-found hope. For more information, contact Anthony Griffin (agriffin@clevelandsightcenter.org).

Staying Connected

The Staying Connected group is a monthly meeting held for six months for clients that have completed the Vision of Success program. Staying Connected gives clients additional opportunities to hear from speakers and receive ongoing support from their peers that are sharing similar experiences. For more information on Staying Connected, contact Stephanie O'Donnell (sodonnell@clevelandsightcenter.org).

-Students in Bright Futures Preschool had a short week due to the holiday on Monday and heavy snow and road conditions on Tuesday and Wednesday, but they gathered back in class on Thursday. The small but mighty crowd made snowman crafts and listened to the sounds of a saxophone, courtesy of special guest Ms. Zoe Perrier (Early Intervention Specialist), who talked about and played her instrument for the class. They made music together again and students loved it! And by the way - did you know when the snow is so deep outside and you can't go out there - you can bring it inside so you can play with it! Image of a preschooler touching a saxophone as Ms. Zoe holds the instrument



-Due to the recent increase of COVID-19 cases in Cuyahoga County, all Leisure & Lifestyle programming for the month of January is virtual. To obtain information on how to access the virtual sessions, contact Bobbie Szabo (Leisure & Lifestyles Manager at bszabo@clevelandsightcenter.org).

Weekly Programs

Yoga: Tuesdays 4:00pm-5:15pm

Coffee Chat: Wednesdays 10:00am-11:00am

Trivia: Wednesdays 4:00pm-5:00pm

All About Leisure & Lifestyle will be held Tuesday, January 25th from 10:00 a.m. - 12:00 p.m. and is a special program for those who have never participated in any L&L programs to learn about our services and get to know Cleveland Sight Center staff and other clients! Please feel free to share this event with anyone you think might be interested in learning about L&L.

The Sing It Out program for January will be held Wednesday, January 26th at 6:00 p.m.

Items of Note:

-January is Glaucoma Awareness Month. Known as the “Silent Thief of Sight” – glaucoma is one of the leading causes of blindness in the United States. Glaucoma is a disease that damages the eye’s optic nerve. It is often associated with increased intraocular pressure. Often times this sneaky disease shows no symptoms in the early stages and isn’t detected until the disease has progressed and irreversible damage has been done – so don’t wait for symptoms to see your doctor! Regular eye exams are the key to early detection! Check out more in this month’s blog on the [CSC website](#). To access the blog post, [click here](#).

-Navigating Windows 11 can be a whole lot faster with keyboard commands. This guide provides a great overview: <https://www.xda-developers.com/windows-11-keyboard-shortcuts/>

-Researchers at the IIT-Istituto Italiano di Tecnologia (Italian Institute of Technology) developed an acoustic virtual reality-based archery game, enabling people who are blind to experience for the first time this type of technology, which is typically focused on vision. The researchers' aim was to understand how people who are blind move and orient themselves in space, and they did so in an engaging way. The platform may be used in the future to rehabilitate orientation skills and make them more independent, like braille does for reading and writing. To read more, [click here](#).

Did you Know:

-Did you know the Twitter bird has a name? The infamous bluebird of social media is named Larry and was named after former NBA player Larry Bird, who played for the Boston Celtics, the home-state team of Twitter co-founder Biz Stone.