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**9/27/19**

### **Strengthening Partnerships and Educating the Community:**

-The Cleveland Sight Center Visionaries, the young professional group of Cleveland Sight Center, hosted a Happy Hour event at Masthead Brewing Company on Wednesday to support CSC and introduce friends to the agency. The Visionaries "beat the clock" from 5-7 p.m. and had over 50 attendees at the gathering! The proceeds from the event will help the costs of Fall Weekend at Highbrook Lodge, including the purchase of pumpkins for each attendee to carve. Thanks to everyone who came to learn more about CSC and the Visionaries!

-Board Trustee Fred Jones hosted Larry Benders and Alicia Howerton for an event that featured Robert Alt, President and Chief Executive Officer of the Buckeye Institute, an independent research and educational institution—a think tank—whose mission is to advance free-market public policy in the states. The program focused on important policy changes being made in Columbus. Mr. Alt's remarks demonstrated to the audience the power of advocacy in the process of facilitating social changes through governmental policy.

-Thank you to volunteers from Progressive Insurance for the hard work, positivity and energy at the agency on Friday, September 20th as they assisted with projects in Bright Futures Preschool and the Marketing/Development supply room. CSC appreciates these volunteers for being willing to share their kindness, their interest in learning about the mission of CSC and for being willing to use a little elbow grease to support CSC's mission!



*Volunteers complete activities while wearing vision simulator goggles*



*Group photo of Progressive Insurance volunteers*

-Tom Sawyer attended the Summit County Senior Services network meeting this week, engaging with a group of 24 to discuss CSC's programs and offerings. Alicia Howerton and Megan Sigler visited the Renaissance Retirement Campus on Wednesday where they presented the "Tips Talk," after which many of the attendees expressed interest in the Independent Living program offered by CSC's Rehabilitation Services team. The Outreach team made visits to the Fairview Park, Rocky River and North Olmsted Senior Centers, then to Gary Clawson's Low Vision group meeting in Lorain County on Thursday.

-CSC partners with the City of Cleveland Department of Aging for their annual Disability Awareness Day luncheon on Tuesday, October 15th at Fairhill Partners. The Outreach team made a site visit to Fairhill Partners with members of the Department of Aging as plans continue for this event. For more information about attending, contact Alicia Howerton and Tom Sawyer. In addition, October 15th marks White Cane Awareness Day. For more information on White Cane Awareness Day, [click here](#).

## **What's Happening at CSC**

-The agency was buzzing again this week as Tuesday's recreation activities included Line Dance, Crochet, Movie and Popcorn Day featuring the film "Black Panther", Chess Club and Yoga. Thursday was the quarterly gathering of Winners Club, which featured an engaging presentation by Beth from the Cleveland Metroparks which included a nature program on animals in our area including animal noise makers, skulls and fur pelts for attendees to experience. In addition, the group enjoyed many lively games of Bingo and prizes! *Picture of Winners Club attendees enjoy a game of Bingo*



-Human Resources hosted a New Staff Orientation on Tuesday. Part of the orientation included an introduction to sighted guide technique.

-Students in CSC's Bright Futures Preschool enjoyed a field trip to Luther Farm Market in Richfield this week, where they learned about life on a farm and got to meet all kinds of animals including goats, rabbits, pigs and baby chicks! They also enjoyed learning about tractors, taking a hay ride and playing in the corn maze.



*Picture of preschoolers saying hello to the goat      Picture of smiling preschoolers aboard the hay ride*

-Optimum Experience for a Future Optician: Edward Paul is this month's winner of the volunteer hour recording contest. Each month, one volunteer who is recording their hours earns a \$25 Amazon gift card as a thank you for supporting CSC. Ed Paul is this month's lucky winner!

### **Edward Paul - Low Vision Clinic Volunteer**

Frequenting the Low Vision Clinic each Monday and Friday throughout the past summer, Ed Paul has been a dedicated volunteer who continues to offer weekly support in the clinic, helping initiate reminder phone calls to patients, administering satisfaction surveys and preparing charts for the doctors. A student at Cuyahoga Community College studying to become a licensed optician, working in CSC's LVC is great experience for Ed, providing him with a practical setting where he can practice skills that will be relevant to his career. "This is a good environment for me to learn the skills I need to be an optician," Ed shares. Transitioning from a career in glass installation, Ed admits that when beginning as a volunteer, he had a lot to learn about the culture of an office setting. "I've come a long way since the beginning," Ed explains. "I am more confident than when I first started and now am not afraid to pick up the phone." CSC's Low Vision Clinic Medical Receptionist Leah Tater, working directly with Ed during each shift, agrees that Ed has made excellent progress. "He is a completely different person from when he first started," reflects Leah, "he is so good at what he does, and is also the only volunteer we have had in this role who also wants to work in this field." Welcoming Ed into this role as a volunteer has thus been great for the CSC community. Thanks to different staff members Ed works with, Ed feels connected to CSC, having "learned from everyone I have come across."

Likewise, those who work with Ed have benefited so much from his presence and support, from his willingness to learn and from his kind and giving spirit. Thank you Ed for the many hours you invest in supporting CSC. The work you do makes CSC a better place!

-Cleveland Sight Center is currently recruiting volunteers! Know someone who would make a great tutor, who enjoys reading or is passionate about connecting individuals to opportunities such as employment? Refer those you know to Melissa Mauk. To learn more about specific volunteer roles CSC is recruiting for, click [here](#).

## **Eyedeas Shop's Featured Product of the Week: Monoculars and Binoculars**

-The Eyedeas Shop has many types of magnification. You may think of handheld magnifiers for close use for labels and recipes. But the store also has distance magnification for reading an overhead menu at a fast food restaurant or the flight schedule boards at the airport or even a bus number or street sign. This type of magnifier is called a monocular, mono indicating one as in using one eye for viewing. They come in different strengths and distance range. Prices vary depending on these strengths. They are easy to carry when traveling and in your day to day life. They are also a good item for the bird watcher or sports fan.

The Eyedeas Shop also carries Olympus Binoculars as well, using both eyes for viewing at a distance. The price on binoculars is \$77.00.



*Image of various monoculars*

### **Items of Note**

-"Alexa, what am I holding?" Show and Tell is an Alexa feature designed to help customers who are blind or have low vision identify grocery items. To read more about this new product feature, click [here](#).

-From the Wellness Team: [Is Milk Actually Bad for Your Bones?](#)

One of the biggest controversies today is if milk is good for your bones. We push our kids to drink it, recommend it to the elderly, and even drink it ourselves when, in reality, it may do more harm than good.

The main reason milk is thought to be beneficial for bone health is the high calcium content. Dairy actually creates acidity in the stomach that the body neutralizes by pulling calcium from the bones, which is then passed out of the body through the urine. For this reason, research shows a positive correlation between dairy consumption and bone fracture.

In a 12-year Harvard study of 78,000 women, those who drank milk three times a day actually broke more bones than women who rarely drank milk. In another study which included both men and women, those that drank the most milk had double the hip fracture risk then those that rarely drank milk.

Know that milk isn't the only option to get your calcium. Consider plant sources. Dark leafy greens and beans are both very high in calcium that the body can easily absorb and use. There are also many foods fortified with calcium like orange juice, nut and soy milk, as well as calcium supplements.

If you want to make the switch, try different non-dairy options. Be sure to choose the unsweetened version. Women especially should consider the switch since osteoporosis is so much more prevalent in women then men. For more information, [click here](#).

-Be sure to check out and spread the word about CSC's social media pages:

Facebook: <https://www.facebook.com/clevelandsightcenter/>

Twitter: <https://twitter.com/ClevelandSight>

LinkedIn: <https://www.linkedin.com/company/cleveland-sight-center>

YouTube: <https://www.youtube.com/ClevelandSightCenter>