



Keeping You “In the Know...” 12/7/18

What’s Happening at CSC:

- Cleveland Sight Center’s Board of Trustees met at the agency on Monday, December 3rd. The Board approved the operating and capital budget for the 2019 calendar year. Thanks to the Fiscal Management team and all departments for their work throughout the budget process, which began at the beginning of September.
- The Electronic Medical Record (EMR) project continues to move forward. Since the Children & Young Adult Services team was oriented to the software and went live on September 1, the project management and implementation team has developed data entry processes, billing reports and other operating workflows that have streamlined and improved the overall operation. Now that the agency has completed the CARF survey and visit, the EMR team will be formalizing an outline of a plan to move forward with implementing and integrating remaining programs into the system. More information will be shared regarding meetings, trainings and schedules in the near future.
- The Outreach team conducted the second of three “Blindness Basics” trainings along with an overview of Audio Description to 40 staff members at the Cleveland Metroparks Zoo this week. They also host the first of two classes of students from Hawken School for a presentation and discussion on blindness, disabilities and CSC’s programs and services.
- Volunteer Services hosts a second “Grateful Greetings” volunteer event on Friday December 7th. The volunteers will spend time this afternoon writing greetings of good cheer to send to CSC’s donors and friends of the agency this holiday season.

- Students in Bright Futures Preschool have had a busy couple weeks, taking a wonderful field trip to the Rockefeller Green House, learning how to assemble a sandwich, working on holiday decorations and managing to find some time to play and enjoy the classroom.



Students in front of the large Christmas tree

- The Children & Young Adult Services (CYAS) department hosts the annual “Cookies & Milk with Santa” children's party tomorrow on Saturday, December 8th. CSC’s youngest clients and their families will enjoy arts and crafts, holiday activities, goodies, photos and gifts from Santa at this festive event.
- The Book Discussion group will meet at CSC on Tuesday, December 11th from 12:00 p.m. – 3:00 p.m. and review the book Red Notice.
- Employment Services and Volunteer Services welcome Westfield Insurance Human Resources staff members to CSC’s December Job Club event on Friday, December 14th from 9:15 a.m. – 12:00 p.m. Attendees will hear from Human Resources professionals that represent a 170 year old company to learn about the following:

- the range of job opportunities available in the insurance industry
- how your resume should feature your talents and experiences
- how to address reasonable accommodations requests
- personalized feedback about individual interview techniques

Job Club is free but seating will be limited and registration is strongly encouraged. Contact Nicole Kahn (nkahn@clevelandsightcenter.org or 216-658-7337) for more information or to register.

- Calling all technology gurus! Do you work with a client or know a peer who excels at using and teaching assistive technology? Do technologies like JAWS, Zoomtext, VoiceOver, and TalkBack excite someone you know? Would activating the independence gained related to the use of assistive technology help someone you know feel more empowered, allowing them to retain the skills they have learned while also making a difference for others? If you answered yes to any of these questions, connect that client or friend you know to Volunteer Services to become an [Assistive Technology Volunteer](#) today! For questions or to learn more about the Assistive Technology volunteer position contact Melissa Mauk (mmauk@clevelandsightcenter.org or 216-791-8118).
- CSC's Annual Appeal continues. To view this year's piece, visit CSC's website or [click here](#).

Eyedeas Shop's Product of the Week:

- Do you have a youngster who needs to be on time or simply needs a watch for school or work? Here it is...the Eyedeas Shop's talking children's low vision watch! It has a white face with black bold numbers with a red second hand. It has a Velcro-adjustable band and can audibly speak the date and the time. It also has an alarm. The price is \$70.00. This might be a great gift for the holidays. Stop in and visit the Eyedeas Shop or give them a call (x4666). They are happy to assist

with any order...for this item or any other items you might like to purchase!



Children's low vision watch

Clinic Corner:

- Did you know over 10 million color hues can be detected by the eye, but it can't pick up ultraviolet or infrared light.

From the CSC Wellness Team: Holiday Stress Management

- Whether you celebrate Christmas, Hanukkah, Kwanzaa or some combination of these, chances are you are starting to have mixed feelings about the holidays. An effort to create the perfect holiday experience for our family can add stress to our already busy lives. Missing a loved one or ones can stir up feelings of loneliness or even depression. Close your eyes, take a deep breath and realize you are not alone!
- Start off by setting **realistic** goals for the holiday season. Adjust traditions and rituals to fit your family's needs and means this year. What was done last year may not fit into the plans this year. Realize this is okay!

- Accept your feelings. It is normal to feel sad around the holidays. As happy as you are to spend time with those around you, it is okay to miss those who have passed or are not able to join you in person. If your feelings start to feel too overwhelming, seek professional help.
- Take time to slow down. Enjoy a book, watch an upbeat holiday movie with the kids, stop for a cup of coffee or write in a journal. Do something that relaxes you and that enjoy, even if is only for a short amount of time.
- Enjoy the reconnection to far away family and friends. Take the time to write a personal note to people who you haven't connected with recently, but often reach out to this time of year. Appreciate opening the mailbox each day to see who sent cards, gifts or well wishes!
- Give of your time and talents. Volunteer your time at a local shelter or food bank. Sponsor a family in need and provide gifts to brighten their holiday.
- Exercise!!! Exercise helps lower stress levels and releases serotonin, the chemical in our brain that makes us happy. Taking the dog or the kids for a walk is an excellent excuse to take a break from a family gathering, if you need one. Wink, wink!

With some patience, planning and many, many deep breaths, the upcoming holiday season can be enjoyable for you!

Items of Note:

- With the holidays fast approaching, a reminder to all online shoppers that when you place orders on Amazon, make sure you place them through AmazonSmile and chose CSC, so CSC can benefit from the purchases at no extra cost to you! AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

- A physicist's blindness inspired touchable and talking graphs, charts and maps. To read more, [click here](#).