



## Keeping You “In the Know...” 3/30/18

### CSC Welcomes MetroHealth President Dr. Akram Boutros:

- CSC welcomed Dr. Akram Boutros, President and Chief Executive Officer of The MetroHealth System, to the agency this week for a meeting and tour of the facility. Dr. Boutros met with Board Trustee Tom Furnas and CSC President and CEO Larry Benders. Dr. Boutros commented on what a remarkable organization CSC is and wants to engage collaboration going forward in the areas of employment opportunities, call center operations and CSC presence and visibility at MetroHealth locations. Thanks to Tom Furnas for facilitating the introduction and visit.

### Engaging the Community and Strengthening Partnerships:

- CSC hosted an assistive technology discussion and presentation of IrisVision on Wednesday, March 28<sup>th</sup>. The representatives also had interactive teaching sessions with community partners, interested clients and CSC staff members. For more information on IrisVision, contact Tom Sawyer (216-791-8118).
- CSC presented “Blindness Basics” to the all members of the Euclid Fire Department over the course of three sessions this week. Thanks to Lisa Cellura, Alicia Howerton and Desmond Kennedy for their work to engage this group of first responders on the importance of working with people who are blind or have low vision.
- Tom Sawyer and Alicia Howerton made visits to the following locations this week to promote CSC’s programs and services: Liberty Residence

I & 2 (both locations in Wadsworth), The Inn at CoalRidge (Wadsworth), Silver Wings Assisted Living (Seville), GTB Medical (Brunswick), Southwick Manor (Brunswick), Danbury at Brunswick and Harbor Woods Living at Brunswick.

- CSC is a Community Partner for the 42nd Cleveland International Film Festival. This year, the agency is sponsoring the documentary “Pick of the Litter” – a story following a litter of five puppies as they prepare to become guide dogs. The film will be shown at Tower City Cinemas on Thursday, April 5<sup>th</sup> at 2:35 p.m., Friday, April 6<sup>th</sup> at 7:00 p.m. and Saturday, April 7<sup>th</sup> at 9:30 a.m. The Thursday showing will be audio described. Tickets go on sale starting March 23<sup>rd</sup> – use the code SIGHT for \$2 off! [Click here for more information or to purchase tickets.](#)



Cleveland International Film Festival logo

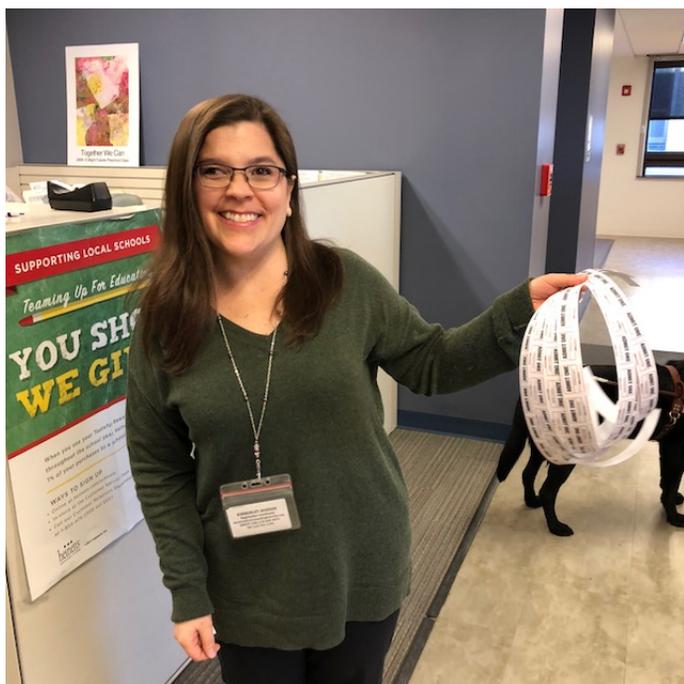
- CSC will host the Foundation Fighting Blindness on Saturday, April 7<sup>th</sup> for a meeting on their upcoming VisionWalk. The Eyedea Shop will be open from 10:30 a.m. – 1:30 p.m for clients and the general public on this weekend day.

### What's Happening at CSC:

- The Cleveland Sight Center Visionaries (formally known as Young Professionals) had their first official meeting on Thursday, March 22<sup>nd</sup>. The group outlined their calendar year, learned about their roles in

CSC agency events and selected a date for their first fundraiser/awareness event as a group. These individuals are also exploring ways that their talents can be used to benefit the agency and clients. For example, one member, who is a financial advisor, has connected with Sylvia Snyder to set up a financial literacy training session for the participants in the upcoming Summer Youth Work Experience Program. If you know of anyone that may be interested in getting involved or leaning more about this group please put them in contact with Jessica Polack (216-791-8118).

- CSC's youngest clients and their families enjoyed another successful Children & Young Adult Services (CYAS) Spring Fling event on Saturday, March 24<sup>th</sup> at the agency. Youngsters enjoyed arts & crafts, games and activities, a visit with the Easter Bunny and beeping egg hunt filled with many treats! Thanks to all who supported the event with their participation, volunteerism and purchase of raffle tickets to make this year's event the biggest and best to date!



Kim Hudson displays many raffle tickets she and her family purchased to support CYAS Spring Fling

- The Therapeutic Recreation team continues to integrate clients in the community. On Sunday, March 25<sup>th</sup> John Naples participated in The Q Community Fun Run 5K with the support of volunteer Joseph Svarovsky. This is the duo's second 5K, as they also ran a USABA-

sponsored race together last June. John, who has been benefiting from support from the TR department to become more involved in recreation and leisure pursuits in the community, improved on his time for this 5K after increasing his involvement in a local gym. Therapeutic Recreation Specialist Mollie Evans assisted John in getting introduced to – and acclimated at – his new gym several months ago. John is already looking towards his next community 5K! For more information on how the TR department can support other clients in community-based recreation and leisure pursuits, please email or call Mollie Evans at [mevans@clevelandsightcenter.org](mailto:mevans@clevelandsightcenter.org) or 216-791-8118.



John Naples and Joseph Svarovsky are all smiles after the 5K race

- CSC welcomes author Annie Hogsett to the agency for Book Discussion on Wednesday, April 4<sup>th</sup>. Book Discussion will be from 12:00 p.m. – 2:00 p.m. and will feature Too Lucky to Live, a story about “Thomas Bennington III, a blind English professor, who comes close to losing a lottery ticket he’s purchased when he’s almost run over by a Hummer while crossing a Cleveland, Ohio, street. Fortunately, Allie Harper, who was waiting for a bus, comes to his rescue. Allie takes Tom back to her house, where they share dinner and hear on TV that Tom has won a \$550 million jackpot. He’s shocked and none too pleased, having bought the ticket to prove to a youngster named Rune that the lottery is a waste of time and money. Rune, on the other hand, is thrilled about helping pick the winning numbers, but the news that he’s sharing the money lands him in danger. Within hours, three men

are dead and Rune's mother is hospitalized. Tom and Allie rush in to help, only to find Rune is missing." Discussion of the book will be followed by refreshments and questions & answers with the author. For more information, contact Alicia Howerton (216-791-8118).

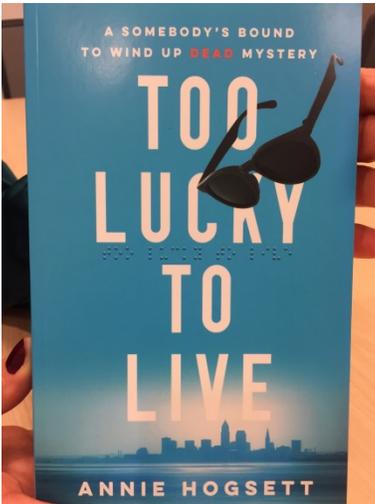


Image of Too Lucky to Live

- CSC's Call Center and Employment Department host a Hiring Event on Tuesday, April 10<sup>th</sup> from 9:00 a.m. – 12:00 p.m. for open Call Center positions. Those interested in attending are asked to reserve an interview time by emailing [estaffing@ClevelandSightCenter.org](mailto:estaffing@ClevelandSightCenter.org) or by calling 216-658-7337.
- Save the date for the annual CYAS "See What's Possible" workshop for educators and teachers who will be working with students who are blind or have low vision in the school year, to be held at CSC on Friday, August 10<sup>th</sup>. For more information, contact Lorie Marsalis (216-791-8118).

### Eyedeas Shop's Featured Product of the Week: Springtime Baskets

- While thinking about the little ones and filling their baskets with goodies this spring season, remember an elderly neighbor or family member too who may struggle with vision loss on a daily basis. Skip the candy and perhaps create a small basket filled with a few useful items from the Eyedeas Shop. Items that may help make their days a bit less



## Wellness Squad's Tip of the Month: Low Calorie Ways to Feel Full

- Increasing fiber and water in your diet may have you losing weight without too much struggle. Both create a feeling of fullness, without many (or any) added calories.

A high-fiber ingredient such as jackfruit can go a long way. Green jackfruit is native to southwest India and found in tropical lowlands. The texture when cooked is similar to pulled pork, and when boiled and chopped in a food processor, it makes versatile vegan meatballs. With a subtle taste, it takes on the flavor of what you add to it. At only 45 calories and 7 grams of fiber per cup, it is a good addition or replacement to your normal low fiber, high fat, meat-filled meal. Find it at stores like Whole Foods or Trader Joe's, or some Asian markets.

Another fiber-filled ingredient is coffee flour. Many of us enjoy the bean of the coffee plant, but never utilize the other part of the fruit. Dried and powdered, this low-caffeine ingredient is a great addition to baked goods. One Tablespoon will add 6 grams of fiber (for only 35 calories) to your normal pancakes, brownies and more. Like jackfruit, find it in health food or specialty stores.

Wheat germ is more commonly known and quite as effective at adding fiber. For 30 calories, it adds 7 grams of fiber for every  $\frac{1}{4}$  cup. Use it to make bran muffins or granola bars. Use it in meatloaf, oatmeal, bread and more. It is located in most grocery stores.

Lastly, things like cold coffee and ice-filled smoothies are satisfying even if made low calorie. Remember, it is important to pair fiber and water together. Fiber relies on water to function correctly.

**Item of Note:**

- Do you know someone who would be a great addition to either Highbrook Lodge or CYAS' Sumer Youth Work Experience summer programs? Do you want to earn \$100.00 (AFTER TAXES)? Refer qualified candidates to the Human Resources department using the Candidate Referral Form located on the CSC Intranet under HR/forms. If your candidate is hired, you will be awarded \$100.00 (net) after they complete the summer program for which they were hired!

### Did You Know?

- If you took all the blood vessels in your body and stretched them into one line, it would be 60,000 miles long. That's enough to go more than twice around Earth.