

## Keeping You “In the Know...” 3/9/18

### CSC Receives Grant from The CareSource Foundation:

- CSC received a \$5,000 grant from The CareSource Foundation this week to support programs for individuals with blindness or low vision. CSC programs address many of the CareSource Foundation’s priority areas including: job skills and employment; access to healthcare including physical, mental and behavioral health; early childhood education and child development; healthy behaviors and lifestyle concerns; public policy surrounding critical need health issues; and strategic public/private partnerships designed to increase healthy communities. Thanks to Board Trustee Beverly Roach for her ongoing work to keep strong the partnership between CSC and CareSource.



Larry Benders, Karen Hiller and Beverly Roach with CareSource rep

### Engaging the Community and Strengthening Partnerships:

- CSC will conduct a training session at the Apple Store at Crocker Park on Wednesday, March 21<sup>st</sup> for the store's staff members to inform and review the accessibility features on Apple products.
- Desmond Kennedy made return visits to the staffs at Retina Center of Ohio and University Ophthalmology Associates in South Euclid earlier this week. He also discussed CSC's programs and services with staff at University Hospital's Bedford Medical Center, Statehouse Vision in Brecksville and made a return visit to Retina Associates, who requested more agency information for all of their Cleveland-area locations.
- Tom Sawyer and Alicia Howerton presented a talk on "Tips, Techniques and Tools" to the Wadsworth Senior Center and met with the Stark County Senior Services Network to present CSC's programs and services. Lisa Cellura presented the "Aging Eye" program to residents at South Franklin Circle, a partnership of Judson Smart Living, in Chagrin Falls this week. Lisa also met with the student group "Case by Case" at Case Western Reserve University to discuss careers in vision rehabilitation.

### What's Happening at CSC:

- CSC welcomed three new volunteers to the agency during Volunteer Orientation held Friday, March 2<sup>nd</sup>. A big CSC welcome to Ron Compiseno (Radio Reading), Kathy McKinsey (Braille Transcription) and Rob Purgert (Tandem Bike and Hike and CSC Young Professional)!



Pictured left to right: Ron Compiseno, Kathy McKinsey, and Rob Purgert

- Students in CSC's Bright Futures Preschool continued the "Read Across America" celebration with reading time and stories with volunteer Mr. Mike!



Mr. Mike and students in the "Cat in the Hat" hats

- Cleveland Sight Center recently sent out a request for proposal (RFP) to renovate portions of its existing parking lot, including the gravel area on the north side of the property. Proposals for work including grading and resurfacing are to be submitted by the end of this month. The project would likely occur sometime in the summer and is subject to funding we are seeking through the state.

- Start spreading the news! Highbrook Lodge has kicked off 2018 summer camp registration! For the first time in its 90-year history registration will take place ONLINE! Interested individuals can be directed to the Highbrook Lodge website at [www.clevelandsightcenter.org/highbrook-lodge](http://www.clevelandsightcenter.org/highbrook-lodge) or to the Camp Team at [camp@clevelandsightcenter.org](mailto:camp@clevelandsightcenter.org) or 216-658-4596. Camp sessions are available for adults (21+), families (with clients ages 0-7), youth (7-14), and teens (15-21)! One-day trips are also available.
- Vivian Mooney from Eschenbach Optik of America will visit CSC on Wednesday, March 21<sup>st</sup> for an assistive technology discussion and presentation of handheld magnifiers and video magnifiers including Smartlux, Visolux, Visolux XL and ML Zip, as well as a question and answer session. The event will be from 12:00 p.m. – 1:00 p.m. in the Clyde E. Williams, Jr. Auditorium at CSC. For additional information, contact Tom Sawyer (x7339).

### Wellness Squad's Tip of the Month:

- Read before you buy to feel better about the food you eat. Check out this article from the American Diabetic Association to help you understand more about labels, serving sizes and calories. [Click here](#) for the article.

### Eyedeas Shop's Featured Product of the Week: Portion Control Plate

- This week's featured product of the week is for those who may want to shape up for spring or just need to watch calorie intake. The item is a portion control plate and contains a section for fruits, starches, veggies and proteins. You may choose a ½-cup measure or a full cup measure by either filling to the line or to the top of each section. The protein section is about the size of a deck of cards as recommended. Easy to use and dishwasher safe! The Eyedeas Shop's price is \$14.50.



Portion control plate in red

- Can't make it to the Eyedea Shop at CSC? Then check out the product offerings online at [www.eyedeashop.com](http://www.eyedeashop.com) and purchase items from the comfort of wherever you may be!

### Items of Note:

- Congratulations to CSC's Dorota Tomaszewska, who became a naturalized citizen of the United States last week!



Dorota in front of her office door which is decorated with “citizen” spelled in large letters

- Sunday marks the return of daylight savings time! Be sure to set your clocks ahead one hour Saturday night. Remember, “Spring ahead, fall back.” Check out CSC’s Facebook post featuring a talking clock in the Eyedea Shop reminding our social media followers about setting your clocks ahead. [Click here for the CSC Facebook page.](#)
- ADA Cleveland will be marching in this year’s Cleveland St. Patrick’s Day Parade. The parade starts at 1:04 p.m. on Saturday, March 17<sup>th</sup>. Marchers must arrive by 12:00 p.m. at E. 21<sup>st</sup> Street and Superior Avenue. On-street parking and public lots are available nearby. Registrants will be contacted by March 9 with detailed instructions for drop off. Marchers who need assistance must attend with a responsible family member or caregiver. All those walking with ADA Cleveland are fully responsible for themselves before/during/after the parade. All those marching with ADA Cleveland agree to release and hold harmless ADA Cleveland and it’s member organizations, from any liability, losses, injuries, and damages incurred by participation in the 2018 St. Patrick’s Day Parade. Participants must sign a waiver upon arriving at the meeting point. Attendees MUST RSVP to Chris Garr to

reserve your spot: [cgarr@youthchallengesports.com](mailto:cgarr@youthchallengesports.com), 440-892-1001 x20. Deadline to register is Friday, March 9<sup>th</sup>.

### Did You Know?

- Only about 1% of Earth's water is drinkable. The rest is ocean water and way too salty to drink or else frozen in glaciers and ice.