



Keeping You “In the Know...” 8/24/18

What’s Happening at CSC:

- The Electronic Medical Record (EMR) project is approaching the first phase of launch and implementation starting with the Children & Young Adult Services (CYAS) department next week. Trainings have been held the last few weeks to introduce and familiarize users with the system and feedback will be provided going forward as the IT team continues to establish efficient workflows and applications that can be applied to other areas of the agency that will use the system going forward.
- Work to renovate and improve the north parking lot is expected to begin in the next couple weeks. Phase One of the project will include grading and paving of the current gravel areas, as well as installation of new lighting and cameras. Phase Two, which will be planned over the cold weather months, will then focus on the existing garage building and area immediately around it. Resources for the parking lot construction project were secured through State of Ohio capital budget funds. The project team does not expect major disruptions to the main parking area but please be aware of your surroundings and thanks for your patience during this enhancement to CSC’s main campus.
- Staff from the Jewish Federation of Cleveland spent a day of caring at CSC on Thursday, August 23rd. The volunteers cleaned and wiped down toys, games, activities and other supplies that will be used when Bright Futures Preschool begins class on Tuesday, August 28th.



Jewish Federation staff members and Melissa Bresnahan

- CSC's Adult Literacy program will begin Fall Semester on Monday, August 27th. The program, in partnership with Cuyahoga Community College's ABLE-GED® program, will have 18 students participating in classes.
- Social Recreation programs begin Tuesday, September 11th. Visit CSC's website calendar of events for more information. [Click here](#) for the calendar.
- CARF surveyors will spend three days at Cleveland Sight Center sometime between October 1 – November 30. CARF stands for the Commission on Accreditation of Rehabilitation Facilities and CARF International is an independent, nonprofit accreditor of health and human services. CSC will be applying for re-accreditation in the following areas: CVES (Comprehensive Vocational Evaluation System), Comprehensive Vision Rehabilitation Services, Job Development and Employment Supports. More details will be available as the dates of the visit are finalized.

Educating and Engaging the Community:

- Alicia Howerton and Tom Sawyer attended a city of Cleveland Health and Safety Fair at the Anthony J. Celebreeze Federal Building on Wednesday, August 22nd, speaking with 200 people. They presented

the “Tips Talk” to the Aberdeen Crossings Assisted Living Facility in Highland Heights on Thursday.

- Barbara Piascik and Tom Sawyer represent CSC this weekend at the Macular Degeneration Association’s Awareness Symposium titled “Macular Degeneration: Your Eye Sight Matters!” being held at the DoubleTree Hotel in Independence, OH. Nearly 500 attendees are expected.

Low Vision Clinic Corner:

- Bioptics – Telescopic Eyeglasses Specially Designed for Visual Impairment
What are bioptics? They are miniature telescopes mounted to the top of eyeglasses.
How do bioptics improve vision? Bioptics make the image larger and lets many low vision individuals see clearer and further away.
Are you or someone you know a candidate for bioptics? If you answer yes to the below questions, you may be a candidate:
 1. Is your vision loss due to macular degeneration or a similar disorder that causes loss of central vision?
 2. Is your vision in your better eye 20/300 or better?
 3. Are you able to read the headlines in a newspaper?
 4. Are you able to watch television and/or recognize people’s faces from further than 2 feet?

If you are interested in bioptic glasses, please make a low vision appointment with Dr. Lidija Balciunas by calling 216-658-4685. Unfortunately, bioptics are not covered by insurance. There is a \$150.00 non-refundable fitting fee if the glasses are not ordered day of exam. This fee, however, will be applied to the purchase of your bioptic glasses if you chose to proceed with the bioptic eyeglass order. For more information, [click here](#).



Image of man wearing bioptics

This Week in the Eyedea Shop:

- The featured product of the week is the pendant magnifier. It's a 4x magnifier on a silk cord that will hang around your neck for easy reach. It is adorned with a lovely turquoise stone. The cost is \$12.50.



Image of pendant magnifier with turquoise stone

- Remember that the Eyedea Shop still has some clearance items available for sale...so stop in. There may be an item you just can't live without!

Items of Note:

- A new technology has been developed that allows people who are deaf-blind to “watch” television. [Click here](#) to read more.
- From the CSC Wellness Team: Healthy Tip on Emotional Health Skills

Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. However, being emotionally healthy means you know how to manage your negative feelings. You can tell when a problem is more than you can handle on your own.

Research shows that emotional health is a skill. It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight. There are many ways to improve or maintain good emotional health.

* Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry.

* Express your feelings in appropriate ways. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress.

* Think before you act. Emotions can be powerful. Give yourself time to think, and be calm before you say or do something you might regret.

* Manage stress. Try to change situations causing you stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.

* Strive for balance. Find a healthy balance between work and play and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.

- * Take care of your physical health. Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep.
- * Connect with others. We are social creatures. We need positive connections with other people. Make a lunch date, join a group, and say hi to strangers.
- * Find purpose and meaning. Figure out what it is important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.
- * Stay positive. Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy, positive people.

Did You Know?

- The cardinal, the state bird of Ohio, can be found in all of Ohio's 88 counties. It's also the state bird for six other states: Illinois, Indiana, Kentucky, North Carolina, Virginia and West Virginia.