

Keeping you  
"in THE"  
know.



8/30/19

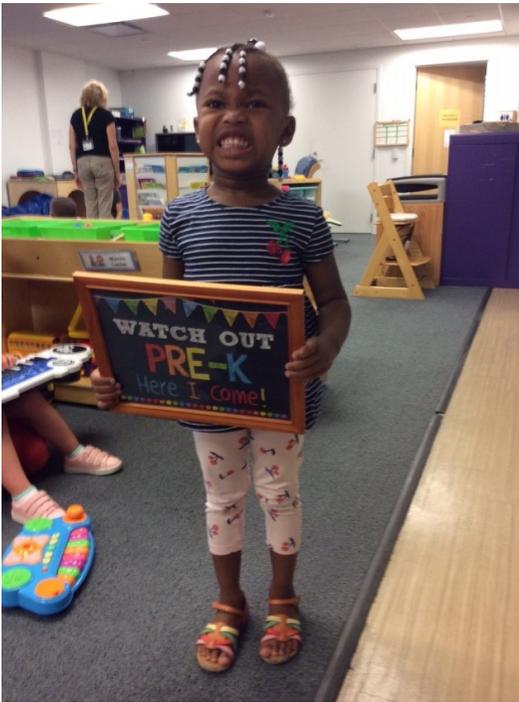
## What's happening at CSC

-Cleveland Sight Center will be closed on Monday, September 2nd in observance of Labor Day.

-Children & Young Adult Services (CYAS) received a delivery of 440 free braille board books for our Early Intervention & Bright Futures Preschool children this week courtesy of Seedlings Braille Books, a non-profit organization dedicated to increasing the opportunity for literacy by providing high quality, free and low cost braille books for children. Seedlings contacted Laurie Schlickman several months ago inquiring if CSC served infants, toddlers and preschoolers. After discussing CYAS programs and how many children are served throughout Northeast Ohio, Seedlings enthusiastically applied for a grant to the Ohio Children's Foundation. Seedlings was awarded a grant of \$4,400 to provide these wonderful books to CSC's youngest clients!



*Photo of Braille books, one titled Shapes and the other titled Counting*



-CSC's Bright Futures Preschool began the school year this week with half days in the classroom. The class was busy getting to know their classroom, teachers and each other. Next week begins full days for the students and staff!

*Photo is of a smiling preschooler with a sign that reads "Watch Out Pre-K, Here I Come!"*

-Dr. Lidija Balciunas presented "Low Vision Principles" to CSC staff members and discussed reading electronic medical reports from eye doctors or gathering information from CSC eye reports. The presentation also covered the basics about how to understand and interpret data such as visual acuity, visual fields, refractive errors for glasses and biopic telescopic spectacles.

- Recreation programs will resume in September. Mark your calendars for Tuesday, September 10th and get involved with Line Dance, Crochet, Yoga and so much more!

-Spellbound is Cleveland Sight Center's annual gala to raise important dollars for the agency's programs that educate, employ and empower that lead to independence. This year's event will be Friday, the 13th of September and will be held at the Intercontinental Hotel Cleveland. Details are below:

**Spellbound: Do You Believe?  
Myths, Facts, Superstitions and Possibilities**

*Friday the 13th of September*

-6:00 p.m. Cocktails

-7:30 p.m. Dinner and Program

Intercontinental Hotel

9801 Carnegie Avenue

Cleveland, OH 44106

## **Electronic Medical Record System to “Go Live” Agency-Wide on October 1st!**

-The Electronic Medical Record project management team will be going live for all remaining areas of the agency on Tuesday, October 1st. Recent work has included the integration of new forms from Opportunities for Ohioans with Disabilities (OOD) for reporting and billing purposes and the integration of EyeCare, which is used in the Low Vision Clinic, and ClientCare, which will be used by all other departments at CSC, to ensure proper exchange of information through a singular client database for the agency. With this key connection now functioning, implementation of ClientCare across all remaining departments at CSC will begin. Meetings and trainings will be scheduled with small user groups to ensure all departments are ready for the October 1st date.

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

-Cleveland Sight Center’s Low Vision Clinic will offer a continuing education program for optometrists on Monday, November 4th at CSC. Specific details will soon be announced on the program “An Innovative Approach to the Treatment of Low Vision” which was approved by the Ohio Vision Professionals Board this week.

-The Outreach team presented the “Tips Talk” at Cedar Center Apartments in University Heights and hosted the first class of White Cane Line Dance rehearsals in preparation for the group’s performance at the Cleveland Department of Aging’s Disability Awareness Day 2019 event on Tuesday, October 15th. Alicia Howerton and Tom Sawyer will give a presentation titled “Access Your Abilities” to an expected group of over 170 attendees at the event being held at Fairhill Partners.

-North Coast Community Homes (NCCH) presents “ZeroThreshold,” a design competition to elevate the idea of accessibility through intentional beautiful design. NCCH challenged architects and designers from around the world to re-imagine accessible homes, community spaces and whole neighborhoods. They challenged them to design spaces so innovative and beautiful that anyone (seniors, young families, those abled or disabled) would say “I want that!” and grounded the competition in reality by placing it in the Cleveland neighborhood of Old Brooklyn. Join them on September 19 and judge for yourself how well professionals and students from around the world answered that call! The exhibit is free, but a minimum \$10 donation to North Coast Community Homes to help provide housing for people with developmental disabilities or severe mental illness is encouraged. For more information, [click here](#).

## Eyedeas Shop's Featured Product of the Week: CSC Pullovers

-As the hot summer days wind down and those crisp cool mornings and evenings arrive, take the chill out of the air with a new CSC-branded pullover. These all-black lightweight jackets feature the CSC logo embroidered in white on the left chest. A variety of sizes are available in a half-zip pullover and full-zip jacket styles at a price of \$20.00. Stop in and try one on today! Be a brand ambassador for CSC!

*Picture of Jackie Bumba in a full-zip jacket*



## From the CSC Wellness Committee Courtesy of Ease@Work:

-Why a Calorie is Not a Calorie

Most companies, mainly processed food and beverage corporations, would like you to believe that a calorie is a calorie and that to lose weight all you have to do is consume less calories than you exert. This could not be further from the truth.

For example, an eight ounce serving of Coca-Cola is 100 calories. When you drink the soda there isn't much there except sugar, 27 grams to be exact. Since there is no fiber in the drink your body absorbs it immediately. Your liver simply cannot handle 27 grams of sugar all at once so, it turns it into fat almost instantaneously.

On the other hand, if you were to eat 100 calories in almonds you get a very different result. Because of the fiber and protein content in the almond, it is not going to be absorbed immediately and you get a lower rise in blood sugar. This means that you get steady energy and feel satiated for much longer while not assaulting your liver with more sugar at one time than it can handle.

As you can see all calories are not created equal. It is very important to consider the nutritional value of the food because simply counting calories is not enough.

Reference

Fed Up. Dir. Stephanie Soechtig. Radius-TWC and Atlas Films. 2014. Film

## Items of Note

-Giant Eagle shoppers can help support Bright Futures Preschool just by shopping with your Giant Eagle Advantage card. Shop, Scan and Support Our Bright Futures Preschool!

### **How the Program Works:**

Make the most out of this one-of-a-kind educational award program! Simply register your Giant Eagle Advantage Card with Apples for the Students and use it each time you shop at Giant Eagle to earn points for our school. Earning points is simple! With every scan of your registered Giant Eagle Advantage Card at the cash register, points are automatically credited to your selected school.

#### *It's Easy to Register!*

1. Sign in to [gianteagle.com](http://gianteagle.com) or create an account.
2. Register your Giant Eagle Advantage Card® online.
3. Visit the My School Programs page and enter the code of the school that you'd like to receive points. You can also register to earn points for more than one school!

Bright Futures Preschool code is 5788.

4. You're done! Be sure to encourage your family and friends to register, too.

-Do you shop at Heinen's? Would you like to support CSC when you do? When you use your Heinen's Tasteful Rewards Card throughout the school year, Heinen's will donate up to 1% of your purchases to Cleveland Sight Center's Bright Futures Preschool.

#### *Ways to sign up:*

- Online at [heinens.com/schools](http://heinens.com/schools)
- In-store at the Customer Service Desk
- Call Customer Relations Department at 1-855-475-2300 ext. 2337

*Shoppers must reselect the school they want to support every year. Be sure to select "Cleveland Sight Ctr Bright Futures Preschool" as your option!*