



Keeping You “In the Know...” 9/7/18

Spellbound is Only Three Weeks Away!

- CSC’s annual fundraising gala, Spellbound, will be held on Friday, September 28th at Windows on the River in downtown Cleveland. This year marks the 32nd year for the event and will feature guest speaker Rebecca Alexander (www.rebalexander.com). Rebecca Alexander is an author, psychotherapist, fitness instructor, volunteer and extreme athlete who, due to Usher syndrome type III, is almost completely blind and deaf. Consistently upbeat, Rebecca gives encouragement and inspiration to others who are facing their own challenges, whether physical or emotional, in interpersonal relationships or in the workplace. She has been featured on The Today Show, NBC Nightly News, The New York Times, USA Today and more.

The Spellbound Committee is currently requesting items for the silent auction, including unique experiences like a vacation home, private tour, chef’s table, exclusive game tickets, behind the scenes access, golf foursomes, memorabilia, bottles of alcohol/wine. For additional information, [click here](#) or contact Steve Frohwerk (216-791-8118).

What’s Happening at CSC:

- CSC’s new electronic medical record (EMR) system went live in the Children & Young Adult Services (CYAS) department this week! The project management team continues to work with staff members to identify processes, problem-solving and workflows to best serve the staff and clients of CSC. The project has been and continues to be a collaborative effort across many departments at CSC. Thanks to all

involved for your patience, support and input through this transition that will best position CSC going forward.

- With election season approaching, the Call Center is gearing up to provide support to the Office of the Secretary of State Jon Husted for calls related to voter registration, poll locations and other frequently asked questions. The Call Center recently renewed a contract with the Office of TourismOhio, which will continue through June 2020.
- The BLAST Tween Group will host their 2018-2019 Kick-Off event at CSC on Saturday, September 8th from 11:00 a.m. – 2:00 p.m. Activities will take place in the courtyard area and the event will include engaging in getting to know you ice breakers, wacky & wet group and relay style games! Grilled hot dogs, chips and popsicles will be served for lunch, followed by discussion time on the topic of perseverance. Tweens will get to hear the personal experiences and encouragement from a young adult who is visually impaired. The next BLAST event is planned for early November.
- Social Recreation programs begin Tuesday, September 11th with activities including Line Dance, Crochet, Book Discussion Group, Chess Club and Yoga. Visit CSC's website calendar of events for more information. [Click here](#) for the calendar.
- CSC's Board of Trustees will meet at the agency on Monday, September 17th at 12:00 p.m.
- Save the date for Fall Weekend at Highbrook Lodge, to be held October 12 – 14. More details will be available soon.
- The CARF team, led by Charlotte Fornal, Marcia Houston, Susie Meles and Judith Weyburne, continues to prepare for the CARF surveyor visit to CSC sometime between October 1 – November 30. The group is planning to conduct a mock survey and walk through of the entire process before September ends in preparation of the actual survey.

- Is there a project you have been looking to tackle or start but don't seem to have the time or resources to do it? Consider working with Volunteer Services! Contact Melissa (Bresnahan) Mauk (x4581) with any thoughts or ideas to engage volunteers.

Educating and Engaging the Community:

- Alicia Howerton and Tom Sawyer presented the a hybrid of the Tips Talk (including bits of the Aging Eye and Blindness Basics programs) to a group at Bay Village Senior Center on Wednesday and presented the Tips Talk to residents of Stow-Glen Retirement Village in Stow on Thursday. This weekend, they will be roving vendors at the Medina "Kite Fest for a Cause" wearing their "ASK ME!" buttons to engage attendees on the benefits and programs of CSC.

Low Vision Clinic Corner: How Do Your Eyes Work?

- How do your eyes work? There are many different parts of the eye that help to create vision. We "see" with our brains; our eyes collect visual information and begin this complex process.

-Light passes through the cornea, the clear, dome-shaped surface that covers the front of the eye. The cornea bends - or refracts - this incoming light.

-The iris, the colored part of the eye, regulates the size of the pupil, the opening that controls the amount of light that enters the eye.

-Behind the pupil is the lens, a clear part of the eye that further focuses light, or an image, onto the retina.

-The retina is a thin, delicate, photosensitive tissue that contains the special "photoreceptor" cells that convert light into electrical signals.

-These electrical signals are processed further, and then travel from the retina of the eye to the brain through the optic nerve, a bundle of about one million nerve fibers.

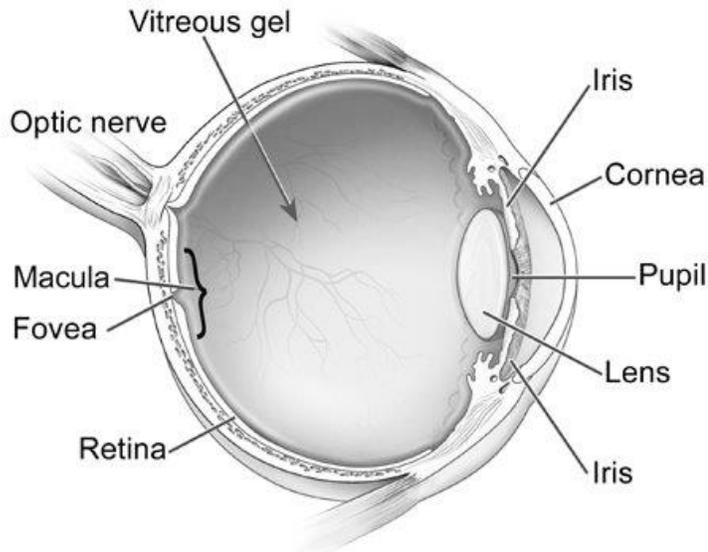


Diagram of the eye

- 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:

- The Baltimore Orioles baseball team will wear first-of-their-kind big league jerseys with their names spelled in Braille, for its National Federation of the Blind Night. [Click here](#) for the entire article.



Baltimore Orioles jersey with "Orioles" in Braille letters

- An article in the New York Times recently featured a soon-to-be-released portable tablet for people who are blind or visually impaired. It's called Blitab and it looks like any other tablet-style device. It is slightly thicker than an iPad, but with two separate display fields. On the tablet's bottom half, a touch screen allows users to select an application or web browser using their voice. On the top half, the tablet's glass is perforated into a grid with holes, which allow Blitab's liquid-based technology to create tactile relief — or “tixels” — that outputs content in the Braille alphabet. To read the full article, [click here](#).
- From the CSC Wellness Team: **The 4 A's of Stress Management**

At times, it may seem as if you have no control. Stress is due to the big and to the small. It may start with the predictable annoyance of that blaring alarm clock, to the unpredictable accident on the highway. If that is not enough to start your day with a kick, you may have ongoing stress related to money or family issues and more. Welcome to life. No matter how stressful things seem at any given time, there are steps you can take to relieve the pressure and regain control.

Why is it important to manage stress?

Stress weakens our immune system and wreaks havoc to our emotional equilibrium. It also narrows our ability to think clearly and enjoy life. Effective stress management helps break the hold of pressures on our life in order to be a happier, healthier, and more productive individual. Stress management is not one size fits all. It is important to find the right tools for you.

Practice the 4 A's of Stress Management

According to an article on helpguide.org, when handling stressors, you can either change the situation or change your reaction. That is where the four A's come into play: Avoid, Alter, Adapt, and Accept.

Avoid unnecessary stress. Learn to say "No." Understand your boundaries and stick to them. If someone constantly stresses you out, limit the amount of time around that person or walk away from the relationship. If the news makes you anxious, simply turn it off.

Alter the situation. If you cannot avoid a situation, make a change to it. Express your feeling instead of keeping them inside. Be willing to compromise.

Adapt to the stressor. If you cannot change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Reframe the problem. Try to view the stressful situation in a positive light. Pause and be thankful, or enjoy some time alone.

Accept the things you cannot change. Like death of a loved one or a serious illness, some things are sudden and unavoidable. Accept your feelings and ask for support where you need it. It may be difficult, but manageable.

Share feelings. Learn to forgive. Look for the upside, and do not try to control the uncontrollable. Remember that ease@work is available when situations arise at 800-521-3273.

- Help support Bright Futures Preschool when you shop at Giant Eagle through the "Apples for the Students" program. This program is a great way for CSC's preschool to earn funds for the school's overall educational needs. Is your Giant Eagle Advantage Card[®] registered? Now's the time to check. All you need is CSC school code 5788 to verify a card or register a new card. Every time you scan your Giant Eagle Advantage Card at Giant Eagle or Get Go, our school earns points which translate into a cash donation. Thank you for your support! Instructions:
 1. Visit www.gianteagle.com/AFTS.
 2. Enter your Giant Eagle Advantage Card[®] number (which appears under the bar code).
 3. Enter the school code 5788

4. Done! Please encourage your extended family and friends to register too.



Giant Eagle logo and Apples for the Students logo

- Two of the VIPER Adaptive Rowers, Andrea Marley and Caleb McKinsey, will be rowing along with two sighted rowers in a Mixed Inclusion 4 race in the “Head of the Cuyahoga Regatta” hosted by the Cleveland Rowing Foundation. The Mixed Inclusion 4 boat will race at 8:00 a.m. on Saturday September 15th, 2018. The “Head of the Cuyahoga Regatta” is an all day event that runs from 7:00 a.m. - 4:00 p.m. More details: “Teams race a 5,000-meter course from just north of Arcelor Mittal Steel to Rivergate Park. Spectators can see the finish line (at Cleveland Rowing Foundation) from the patio at Cleveland Metroparks’ popular Merwin’s Wharf restaurant. Racing begins at Rivergate Park, home of the Cleveland Rowing Foundation Boathouse, located at 1003 British Street, Cleveland. Rain or shine.” Come out on Saturday September 15th to cheer on the VIPERs as they take on this 5k race course! Click on the link below for additional information on the “Head of the Cuyahoga Regatta”
https://www.regattacentral.com/regatta/?job_id=5597&org_id=0

Did You Know?

- The water of Angel Falls (the world's highest) in Venezuela drops 3,212 feet. They are 15 times higher than Niagara Falls.