

Keeping you
"in THE"
know.



11/08/19

CSC Hosts Continuing Education Seminar for Optometrists:

-Cleveland Sight Center's Low Vision Clinic hosted a continuing education program for optometrists on Monday, November 4th at CSC. The program was titled "An Innovative Approach to the Treatment of Low Vision" and included topics like the roles of OD, OT, O&M and Rehab Teachers in vision rehabilitation assessments and interventions; low vision case studies with creative solutions for various eye conditions, including lenses, CCTVs, lighting, filters, prisms, bioptic spectacles, voice over, etc; and the OT role in Argus II retinal prostheses for bare LP, new OCR accessibility features in CCTVs, practical vision accessibility features for iPhone.



Attendees listen to Dr. Lidija Balciunas as she presents in the Clyde E. Williams, Jr. Auditorium

A group of 60 doctors attended and also received tours of the agency. Feedback included how informative the program was, some stated they would like their staffs to take a tour of the agency and one attendee is interested in becoming a volunteer. Many left excited to begin referring patients to Cleveland Sight Center as an option in their patients' continuum of care.

#GivingTuesday is December 3rd:



-#GivingTuesday is a global giving movement that has been built by individuals, families, organizations and communities in all 50 states and in countries around the world. Millions of people will come together on December 3rd to support and champion the causes they believe in. Please join us as a part of this wonderful program that brings communities and causes together!

With your support, CSC raised over \$20,000 on #GivingTuesday in 2018. You can help reach this year's goal of \$25,000 and support the needs of CSC clients who are blind or have low vision.

To make a gift, [click here](#).

Graphic that reads "Save the Date, December 3, #GivingTuesday" with the CSC logo

Strengthening Partnerships and Educating the Community:

-Larry Benders and Steve Frohwerk visited with the City of Cleveland Department of Aging's "Age Friendly Cleveland" television show this week for a feature segment on Cleveland Sight Center. In the segment, Larry gives an overview of CSC programs and services, answers questions from program host Dan Monroe and provides information for people to become involved with the agency as a client, volunteer or friend. The program is expected to air regularly in the coming weeks on TV-20. More information including the upcoming weekly schedule for TV-20 can be found [here](#).

Larry Benders answers questions during the TV-20 interview



-CSC's Outreach team hosted a group of students from Cuyahoga Community College studying to be optician techs for a tour, agency overview along with a "Blindness Basics" presentation. They also held a "Blindness Basics" training at Harbor Court Assisted Living Facility in Rocky River and host a group from Refugee Rescue for a tour, overview and staff training on "What to Do When You Meet a Person Who Is Blind" this afternoon.



-Students try on goggles simulating various eye diseases

Students practice the human guide technique

-A group of students from Case Western Reserve University (CWRU) who are participating in the Design for America program are working with CSC and local restaurants on the availability and interest of accessible menus including large print and braille. Design for America is an idea incubator, a motivated community and a way of approaching complicated challenges that shapes the next generation of social innovators. The CWRU students have created a survey asking people who are blind or visually impaired or friends and family members of people who are blind or visually impaired to answer a few questions about availability of large print or Braille menus and suggest any restaurants that they might patronize if such was available. The survey should take only 5 - 10 minutes to complete and can be accessed [here](#).

-Larry Benders, Karen Hiller and Alicia Howerton represent CSC this weekend at the 28th annual "Chiraag" fundraising gala of the Association of Indian Physicians of Northern Ohio, who has been a great partner to CSC over the last five years.

What's Happening at CSC:

-It was another lively "Recreation Tuesday" this week as many clients attended the scheduled programs for socialization and fun at the agency!

-CSC will host an informational presentation and demonstration of CapTel, a telephone that addresses the needs of individuals with both visual and hearing losses, at 1:00 p.m. in the Clyde E. Williams, Jr. Auditorium C on Wednesday, December 4th. The CapTel 880iB model allows users to read braille captions of the telephone conversation on a dynamic braille display. For qualified users the CapTel phones are available at no cost through the ADA and the FCC. To learn more about the low vision phone click [here](#). Contact Susie Meles (x8747) for more information.

-The annual Children & Young Adult Services (CYAS) "Cookies & Milk with Santa" event is scheduled for Saturday, December 7th at Cleveland Sight Center. For more information on this invite-only event for CSC's young clients and their families, contact Lorie Marsalis (x8768).

-Save the date for these exciting events coming up at Highbrook Lodge:
Holiday at Highbrook: Tuesday, December 17th, 2019
Winter Weekend at Highbrook: February 7th - 9th, 2020

From the CSC Wellness Committee, courtesy of Ease @ Work: Winter is Coming!

-Brrrr! Who doesn't love a cup of hot chocolate and resting under a warm blanket? The winter season is a cozy time of year, but preparation is the best way to stay safe and healthy during this cold season. Winter storms and cold temperatures can be hazardous. The best way to get a head start for the winter season is to plan and be prepared.

The Centers for Disease Control and Prevention suggests preparing your home with a back-up generator and needed supplies, and preparing your car with emergency supplies such as blankets, roadside flares, jumper cables and a flashlight. Although winter challenges may come as no surprise for some people, many of us are not prepared or ready for their arrival.

During the cold and flu season, it's important to know we can stay safe and healthy when temperatures start to fall, by strengthening our immune systems with nutritious food and lots of rest, and perhaps getting an annual flu shot.

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. These healthy tips will help you prepare, while staying safe and warm during the winter months.

1. Winterize your home:

- Insulate water lines that run along exterior walls
- Clean out gutters and repair roof leaks
- Turn down your water heater

2. Winterize your vehicle:

- Consider getting snow tires
- Check your battery
- Change your wiper blades and refill your wiper fluid

3. Prepare to travel:

- Avoid traveling when the weather service has issued advisories
- Inform a friend or relative of your proposed route and expected time of arrival
- ALWAYS carry a mobile phone and bring a charger just in case

Instead of taking chances, before winter hits, be ready.

Items of Note

-Did you know spaghetti, confetto, and graffito are the singular forms of spaghetti, confetti, and graffiti? Although it might sound a little strange, the word for an individual piece of spaghetti is spaghetti. The same goes for a single piece of confetti, which is confetto, as well as a single piece of graffiti, which is graffito, according to Merriam-Webster.

-The weekly "In The Know" will not publish Friday, November 15th.