



## Keeping You “In the Know...” 11/17/17

### Happy Thanksgiving and Thank You!

- A very Happy Thanksgiving and THANK YOU to all CSC staff, Board Trustees, clients, volunteers and friends for your support during the 2017 year. Our agency would not be the fantastic community pillar it is without your ongoing passion, talent and commitment to our mission to empower people with vision loss to realize their full potential and to shape the community’s vision of that potential.
- CSC will be closed on Thursday, November 23<sup>rd</sup> and Friday, November 24<sup>th</sup> for the Thanksgiving holiday. The agency will be open normal business hours on Wednesday, November 22<sup>nd</sup>.

### CSC’s Annual Appeal is Underway:

- CSC’s Annual Appeal to donors and prospects dropped in the mail this week. This fall’s Appeal, which supports all areas of the agency, is titled “Every Family Has a Story” and highlights the Schoff Family, who was introduced to CSC when their son Owen was just eight days old. This important piece of marketing collateral is an important fundraising tool to CSC’s revenue stream. Thanks to the Marketing and Development teams for their collaborative efforts in getting this fall’s Appeal produced to continue to tell the CSC story. [Click here to see this year’s piece.](#)

### CSC Receives Grant from The Kelvin & Eleanor Smith Foundation:

- The Board of Trustees for The Kelvin & Eleanor Smith Foundation approved a grant of \$30,000 for CSC’s general operations. The Foundation, which has been a longtime supporter of CSC, offered best wishes in their letter as implementation begins on the “new strategic plan to deliver services that focus on client needs and empowerment.”

### Educating the Community and Strengthening Partnerships:

- Early Intervention Specialist Barb Williams completed teaching an INSITE (In-home sensory-impaired training & education) course to professionals working in the field of early childhood education. INSITE training was provided to this group over the timeframe of several weekends at Broadmoor Center in Lake County. Barb’s skill and expertise is appreciated and recognized far and wide!



Group photo of participants displaying their certificates

- Lisa Cellura presented CSC and discussed vision development to students at the English Nanny & Governess School in Chagrin Falls on Monday. The English Nanny & Governess School, founded in 1984 by Sheilagh Roth, provides childcare education and training. Graduates of English Nanny & Governess School are employed in the United States and around the world as nannies and governesses.
- Alicia Howerton and Tom Sawyer canvassed the Lake County area on Monday with visits to many senior centers, assisted living facilities and community resources. They spoke with front desk staff or managers

and left collateral packets at the following facilities in Lake County: Salida Woods, Governor's Port, Brookdale Mentor, Parker Place and Atria Newell Creek. They also had appointments with the Lake County Council on Aging Chief Executive Officer Joseph Tomsick and the activities coordinator at Breckenridge Village.

- Lisa Cellura and Alicia Howerton presented the “Blindness Basics” program for students at Bryant & Stratton College in Eastlake on Tuesday. The students are preparing to graduate as Occupational Therapy Assistants.
- Alicia Howerton and Tom Sawyer represented CSC on Wednesday at the Medina County Department on Aging, presenting a lunch program on CSC and assistive technology and meeting with a low vision support group in attendance that day. They also visited Brookdale Senior Living in Medina and distributed CSC collateral. Tom participated in the quarterly networking meeting for the friends of Wadsworth Senior Center also this week.
- Desmond Kennedy met with Cleveland State University's Department of Disability this week as part of a new outreach initiative to establish partnerships and relationships with local education institutions. Desmond visited with Dr. Lawrence Lohman and staff at the St. Clare Surgery Center in Stow on Wednesday and met with Dr. Lohman's Northeast Ohio Eye Surgeons facility in Kent on Thursday. Desmond closes out the week with the annual caregivers' conference and health fair at Benjamin Rose Institute on Friday.
- The Development team hosts representatives of the GPD Group Employees Foundation for a tour and “lunch and learn” about CSC on Friday. The GPD Group Employees Foundation has provided grants to CSC the last couple of years to support Early Intervention and Children's Services.
- Respondents are needed for a quick short survey! A group of students in a statistics class at John Carroll University have developed a survey to determine the awareness and effectiveness of CSC in the

community. The survey is segmented for doctors/medical professionals, clients/patients and caretakers of clients/patients. [Click here to access the link and take the survey.](#)

- An audio described performance of “A Christmas Story” will be available at the Saturday, December 2<sup>nd</sup> performance at the Allen Theatre in Playhouse Square. A trained audio describer will verbally describe the visual elements - actions, costumes, scenery - of the performance during pauses in the stage dialogue so that visitors who are blind or have low vision can envision what is taking place on stage. To purchase tickets, [click here](#).

### What's Happening at CSC:

- The Facilities department recently submitted an energy efficiency incentive grant application under FirstEnergy's Ohio Utilities' Lighting Program. The project will replace the light fixtures in CSC's parking area, resulting in brighter and better lighting and coverage of the area. The new lights will give CSC a 64% reduction in electricity and over 50% reduction in maintenance of these fixtures. The project should be completed by the first of the year. The Facilities department also reported a savings of nearly \$3,000 in electrical usage last month for CSC, which was the first month of service through a new vendor for electricity supply.
- Help CSC give thanks to volunteers this Thanksgiving season! During the rush to move from Halloween to the winter holidays, take a moment to complete a brief three minute survey about the impact volunteers have on CSC. Input from the survey will be utilized to send a thank you email to CSC volunteers. Take the survey by visiting <https://www.surveymonkey.com/r/8NGZRZB>



Fall leaves on a clothesline with the letters of "Thankful" on each leaf

- Support CSC on #GivingTuesday so we can continue to provide employment opportunities to individuals like Ryan. Originally starting at CSC as a student in Bright Futures Preschool, Ryan used the lessons and skills he learned to push him forward, eventually graduating from Wright State University. He started working at CSC in 2015 and credits programs like Fundamentals for Success for helping him learn to live on his own and become more independent. "When I was younger, I worked at Highbrook Lodge which taught me how to work with different kinds of people on a daily basis. Interacting with people and helping them every day is my favorite part of my job. I love working here!" – Ryan, CSC employee. Visit our [#GivingTuesday page here](#) to make your donation today.
- Upcoming Events at Highbrook Lodge for Adult Campers

Holiday at Highbrook  
Friday, December 1<sup>st</sup>

Winter Weekend 2018  
Friday, February 23<sup>rd</sup> (6:00 p.m.) – Sunday, February 25<sup>th</sup> (noon)

For both events camper paperwork needs to be completed and submitted. For more information email Lindsay at [lsvarovsky@clevelandsightcenter.org](mailto:lsvarovsky@clevelandsightcenter.org).

- Group trainings on how to use the iPhone are scheduled to begin on Tuesday, December 5<sup>th</sup> at CSC. Hosted by Randy Knapp and funded through the Senior Independence Fund, individuals age 55 and over will participate in four weekly training sessions.
- The CYAS team welcomed two new students to Bright Futures Preschool this week! The CYAS department has plenty of activities scheduled for the month of December including a day at Highbrook Lodge on December 2<sup>nd</sup>, a ride on the Cuyahoga Valley Scenic Railroad's Polar Express train on December 6<sup>th</sup> and the annual "Cookies and Milk with Santa" event at CSC on December 9<sup>th</sup>. For more information on these events, contact Sylvia Snyder (216-791-8118).

### A Volunteer's Impact – From San Antonio, Texas!

- The Defense Language Institute English Language Center (DLIELC) is an organization that prepares U.S. and international military and civilian personnel to communicate in English and provides English language training and services to programs around the world in support of Security Cooperation objectives. One of Cleveland Sight Center's Radio Reading volunteers, Carolyn Cary, works for DLIELC and volunteers remotely from San Antonio, Texas. She wrote about her work as a remote CSC Volunteer in a recent DLIELC newsletter:

"About two years ago, I began volunteering for Cleveland Sight Center. This organization was founded over 100 years ago to serve those in Northeast Ohio with blindness or low vision. The center provides developmental, rehabilitation and vocational services to ensure success in today's society.

One service they offer is Radio Reading. Volunteers record a variety of local and national newspapers and magazines for broadcast on the Cleveland Sight Center Network. Until recently, I recorded an entertainment magazine. Listeners in the community have requested

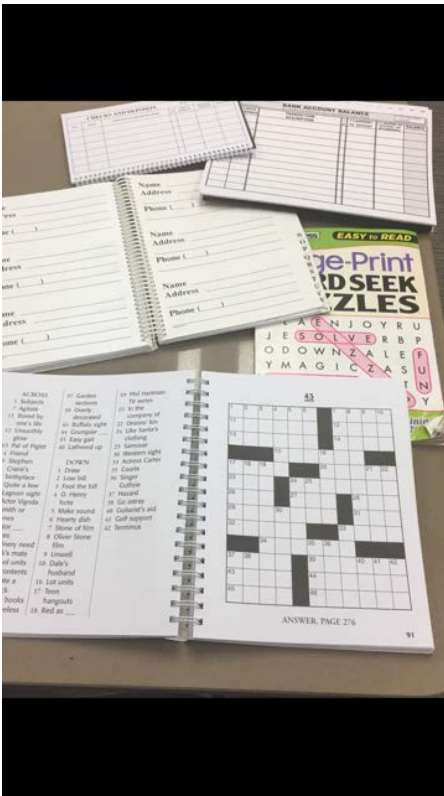
more local content, so now I read from Cleveland Scene, a weekly alternative newspaper.

When I began, I would go into the Sight Center once a week to record. From San Antonio, I record and then send the file to the program coordinator. This volunteer work allows me to keep in touch with my artistic side while helping people from my hometown.”

### **Eyedeas Shop's Featured Product of the Week: Large Print Items**

- Large Print Calendars are in high demand and a useful item...but did you know the Eyedeas Shop also has other large print items to choose from in the store? There are two sizes of large print check registers, so no more struggling with that small check register that comes with your checks. How about puzzle books? The Eyedeas Shop carries a word search puzzle book and even crossword puzzle books to keep you occupied on those cold dark evenings this winter. If you're a bingo player, pick up one of the large print and/or JUMBO sized bingo boards to make spotting those numbers easier. It's all in the store, waiting for you. Call or stop in for pricing!





Large print items including crossword puzzles, word search and notebooks

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

- Thanksgiving is just around the corner, which means lots of delicious food is coming up! Below are some tips for enjoying your holiday meals the healthy way!
  1. Eat in the morning: skipping the most important meal of the day could result in binging later.
  2. Hydrate! Make sure to drink water throughout the day to stay hydrated. Not drinking enough H2O could spark hunger pangs, which may actually be thirst.
  3. Use a smaller plate. Research shows it'll help you eat 22 percent fewer calories.
  4. Chew slowly. Chewing slowly or pausing between each bite allows our bodies to realize when they are full, and gives us more time to enjoy our food!
  5. And of course, practice moderation. That way, you can have your dessert and eat it too!



## Items of Note:

- Ho! Ho! Ho! Santa Claus has made the staff at the National Federation of the Blind Jernigan Institute his honorary elves this year. The staff will help send letters in Braille to boys and girls who are blind (those under the age of 10) in the United States. Fill out the form at the link below by December 15<sup>th</sup>, 2017 and click “submit” to make sure a letter is sent to the child. A reply from the North Pole in print and contracted Braille will be sent. [Click here to get started!](#)
- The Parma Hills Lions Club presents their annual winter fundraiser at Bleachers Sports Grill (6855 Ridge Road, Parma, OH 44129) on Saturday, December 9<sup>th</sup> from 6:00 p.m. – 9:00 p.m. Tickets are \$25 per person and include the food buffet, beer, wine and well liquor and a portion of the proceeds benefits Bright Futures Preschool. Contact Cathy Javorsky (x8999) or Sylvia Snyder (x8777) for tickets or more information.
- As the holiday shopping season is upon us, remember CSC is a participating charity of [AmazonSmile](#), where online retailer [Amazon](#) donates 0.5% of the purchase price of eligible products to charitable organizations selected by the customer. CSC is listed as **Cleveland Society For The Blind** by AmazonSmile. Visit the [website here](#) and pass along to family and friends to select Cleveland Society For The Blind as the recipient of a donation on your next AmazonSmile purchase!
- The weekly “In the Know” will not be distributed on Friday, November 24<sup>th</sup> but will resume on Friday, December 1<sup>st</sup>.

## Did You Know?

- There are four places in the United States named Turkey. Louisiana's Turkey Creek is the most populous, with a whopping 435 residents. There's also Turkey, Texas; Turkey, North Carolina; and Turkey Creek, Arizona. Oh, let's not forget the two townships in Pennsylvania: the creatively named Upper Turkeyfoot and Lower Turkeyfoot!