



## Keeping you “In the Know...” 1/22/16

### Winter Sports Camp Weekend and Olympic Day Fast Approaching:

- CSC is partnering with The United States Association of Blind Athletes (USABA) in the 2016 USABA/Anthem National Fitness Challenge. The goal of this program is to raise the physical activity levels of each participant to the level recommended by the Centers for Disease Control and Prevention (CDC). CSC is excited to work with the USABA and Anthem again this year towards lowering the obesity rate of people who are blind or have low vision by increasing each participant’s physical activity levels.

CSC’s [Olympic Day](#) will be held during the [Winter Sports Camp](#) February 5<sup>th</sup> – 7<sup>th</sup>, 2016. Some activities for the [Winter Sports Camp](#) weekend include goalball at the Chardon YMCA, snowshoeing at Highbrook Lodge, ice skating at The Pond in Bainbridge, and skiing at Alpine Valley in Chesterland. Participants will be limited to only the individuals in the National Fitness challenge. For more information, contact [Desmond Kennedy](#) (216-791-8118). Visit the USABA/Anthem National Fitness Challenge page [here](#).



USABA National Fitness Challenge Logo

- Even though the days are still cold and slowly getting longer, it’s never too early to start thinking spring and summer, which means [Camp](#)

Season is just around the corner! Collateral for the [2016 Camp Season at Highbrook Lodge](#) will be available soon. In the meantime, any questions about this year's offerings and programs can be directed to [Lindsay Lowe](#) (216-791-8118).

### Strengthening Partnerships:

- [Susie Meles](#), [Sylvia Snyder](#), [Deborah Ruffin](#), [Amy Mullen](#), and [Alexis Vickers](#) attended the Opportunities for Ohioans with Disabilities (OOD) Quarterly Community Rehabilitation Programs (CRP) meeting in Lakewood on Thursday, January 21<sup>st</sup>. OOD and CSC shared program updates, statistics, and staff changes.
- Also on Thursday, January 21<sup>st</sup>, Peer Mentor [Nicole Kahn](#) and [Employment Services](#) team met with a group of consumers for this month's [Job Club](#). Participants practiced their answers to many types of job interview questions, and offered constructive feedback to help others in the group tweak their responses. Everyone mentioned that they enjoyed the meeting and learned about new questions that they may encounter during a job interview. The next [Job Club](#) will be Thursday, February 18<sup>th</sup> at 10:00am in the [Clyde E. Williams, Jr. Auditorium](#) at CSC.

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

- This week's featured product in the [Eyedeas Shop](#): Talking Tape Measure: This 16-foot sturdy talking tape measure (with metal tape) announces the measured length with an accuracy of .06 of an inch! Cost is \$125.00.
- Can't make it to the [Eyedeas Shop](#) at CSC? Then check out the product offerings online at [www.eyedeashop.com](http://www.eyedeashop.com) and purchase items from the comfort of wherever you may be!

## Two to Go!

- The agency needs only TWO more registrations by January 31<sup>st</sup> to receive a \$5,000 grant from the KidCents program of the Rite Aid Foundation! [Click here](#) for the information to get started...it's easy! By registering your existing RiteAid card or signing up for their rewards program Wellness+ with Plenti, CSC will receive credit towards a grant. Sign up today and help CSC achieve these funds – please pass along to family and friends!

## SAVE THE DATE!

- This year's [White Cane Walk](#) event will be held Saturday, June 18<sup>th</sup> at Legacy Village in Lyndhurst! The event will feature a 5k run, 1-mile walk, and white cane walk experience with additional activities. Updates will be made online at [www.clevelandsightcenter.org](http://www.clevelandsightcenter.org) as more details are finalized and registration goes live.

## Items of Note:

- Preschool enrollments still being accepted for the remainder of the school year. Contact [Sylvia Snyder](#) (216-791-8118) for more information.
- January is glaucoma awareness month. Do you know the risk factors of glaucoma? [Click here](#) for a brief video courtesy of WKYC Channel 3's website.

## Did You Know?

- CSC's [Recreation](#) activities had over 590 program attendees during Fiscal Year 2015.