



## Keeping You “In the Know...” 2/24/17

### This Week at CSC:

- With the federal holiday of Presidents’ Day on Monday, February 20<sup>th</sup>, the Call Center held an all-day staff meeting at CSC. The Call Center only has a few days throughout the year to conduct training and get all Customer Service Representatives together in one room. Larry Benders, Marcia Houston and Lisa Cellura were some of the guest speakers. In addition, the group discussed techniques to improve their soft skills as well as ways to improve on various campaigns. Highlights of the day included a scavenger hunt throughout CSC, a team quiz with prizes, raffle and lunch from Murray Hill Market. The next Call Center meeting will be in the fall.
- Also on Monday, February 20<sup>th</sup>, members of the CYAS and Transportation departments participated in recertification training provided by the American Red Cross. Colleen Hunter, Karen Jones, Brenda Lammers, Monica Owen, Ted Sanders, Curtis Smiley, Sylvia Snyder, Dorota Tomaszewska and Barb Williams have all been updated in Adult and Pediatric First Aid/CPR/AED.
- Earlier this week, clients and staff members signed up for the USABA (United States Association of Blind Athletes) National Fitness Challenge which runs through November. The program is designed to provide sports and physical activity opportunities at the local level for youth and adults who are blind and visually impaired across the U.S. These eager participants registered for the program and received Fitbits to set goals and monitor and track their activity with the help volunteers from Case Western Reserve University and CSC’s Camp Manager Lindsay Svarovsky. Throughout this program, participants will be involved in activities such as a 5k/10k run, fitness classes,

Paralympic Day and much more! Stay tuned for updates along the way tracking the progress of the participants.



Participants set up and explore their Fitbits



- Students in Bright Futures Preschool enjoyed “Donuts with Dad” on Thursday, February 23<sup>rd</sup>. The students made their dads art which they presented to them – “All About Dad” – as they enjoyed donuts and juice, followed up with story time and a dance party.



Students and dads enjoy donuts



Dads read their “All About Dad” cards

Also this week, the students discussed dental hygiene, practiced brushing teeth, made some dental art and read stories about loose teeth and tooth fairies. They also conducted an “egg-speriment” where they placed a white egg in a cup full of brown cola wondering what would happen. The next day the egg (which is white and hard like teeth are) turned brown. The students then brushed their egg with toothbrushes and toothpaste and it became almost as white as it was before being placed in the cola. The lesson learned is that water is

much better than soda for teeth and if we drink soda, we must brush our teeth very well.



Students brushing the brown-colored eggs

- A group of campers head out to Highbrook Lodge today for Winter Weekend. The slate is full of activities, with the campers participating in bowling, arts and crafts with Saturday Arts volunteer Denise Buckley, hiking, historical drama evening program, “snowy” STEM activities (STEM = Science, Technology, Engineering, Math), winter trivia and plenty of campfire activities.
- Have you fallen behind on your New Year’s Resolution? Are you looking for ways to get back in shape or some healthy diet tips? Join the Workout Wednesday group on Wednesday, March 1<sup>st</sup> at 5:30 p.m. for a workout and presentation from the Diabetes Partnership of Cleveland. Snacks are included, so please RSVP to Mollie Evans (216-791-8118) if you plan to attend the class held in the Clyde E. Williams, Jr. Auditorium at CSC.

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

- We all know how amazing the pizza at Fluffy Duck Café is (thanks Larry!) but we now have another reason to be grateful for the delightful café across East 101<sup>st</sup> Street in the Innova Building. Thanks to the job development efforts of Kanden Tolbert, Fluffy Duck Café is now a partner to the Employment Services department. After speaking with

Kanden and learning about CSC, the operations manager at the café committed to be an assessment site and potential employer for interested CSC job seekers. Now, who's feeling a croissant?

- Lisa Cellura presented the Aging Eye program to a group of seniors at Fairhill Partners and later in the day spoke about CSC's programs and services to the West Park Kiwanis group. Desmond Kennedy visited with Thomas Eyecare in Beachwood on Tuesday and Hillcrest Family Vision in Lyndhurst on Thursday. This week's concludes with Lisa Cellura presenting the Aging Eye program to the Independence Senior Center in Independence on Friday.

### February is International Therapeutic Recreation Month:

- February is International Therapeutic Recreation Month! The month focuses on promoting awareness of the Therapeutic Recreation (TR) profession and the meaningful work of Certified Therapeutic Recreation Specialists (CTRSs), the highly trained and qualified professionals who provide TR services.

Therapeutic Recreation can trace its roots as a profession all the way back to 1889. It came into the spotlight again in 1917 during World War 1 when the Red Cross initiated services to veterans at Walter Reed in Washington, D.C. The success of these services helped spread TR to other hospitals across the nation. Therapeutic Recreation solidified itself as a necessary part of the rehabilitation process after veterans returned from WWII and the Vietnam War. Veterans needed an overall focus on well-being to include physical, social, emotional, cognitive and leisure needs. TR was used to address these needs and improve veterans overall quality of life. Today, it is a growing field with more than 30,000 practitioners in the U.S. and Canada and more than 12,000 CTRSs.

Therapeutic Recreation is a systemic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to

well-being. Therapeutic Recreation Specialists provide services designed to restore, remediate or rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life. Interventions focus on the physical, cognitive, emotional, social and leisure needs of clients to assist in developing skills, knowledge and behaviors for daily living and community involvement (ATRA-online.com).

Last summer, CSC's former Camp and Recreation Department – now the Therapeutic Recreation Department – started working towards fully implementing a therapeutic recreation model both through camp services at Highbrook Lodge and through recreation and leisure programming at CSC and in the community. CSC's Camp Manager Lindsay Svarovsky has been a CTRS since 2009 and Therapeutic Recreation Specialist Mollie Evans is currently working towards certification. Feel free to contact either about the exciting changes happening in the Department!

### Camp Registration is Now Open!

- Registration for upcoming summer 2017 camp sessions at Highbrook Lodge is now OPEN! Are you or a family member interested in spending time outdoors, making new friends and much more? Highbrook Lodge utilizes the benefits of the natural environment to promote friendship, growth, independence and self-sufficiency through traditional camp activities adapted to the needs of campers. The 2017 schedule with additional information is posted on the Highbrook Lodge pages of CSC's website, [click here](#). Any questions, contact the Camp team at 216-791-8118.
- Do you know compassionate and caring individuals (18 and over) who would like to be the envy of all their friends and experience the summer of a lifetime while making a difference? If you do, Highbrook Lodge is the place for them! Energetic, enthusiastic and compassionate people are being recruited to serve as Cabin Leaders

(general counselors), an Arts & Crafts Leader and a Registered Nurse for the upcoming camp season. In addition to these paid positions, camp workers are rewarded with outstanding experiences, resume enhancement, new friendships, the most delicious catered food, bunking in a rustic chic cabin for the summer and above all the appreciation of their campers and Leadership Team! Don't hesitate – encourage people to apply today at <https://csccamp.trackingtalent.com/opportunities>.

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

- This week's featured product of the week is the new Food Pod. Keep food contained while cooking. This kitchen gadget will help avoid spilling and/or burning yourself when transferring food from the pot to the table. It can be used for veggies, making hard boiled eggs, clams or potatoes. You can blanch, boil, steam and drain all in one container. It is made of silicone and is dishwasher safe. It is BPA Free and nonstick. Get it while it's hot. The price is \$21.00.



The Food Pod, yellow in color

- The Eyedeas Shop will be closed for inventory on March 1<sup>st</sup> and 2<sup>nd</sup>.

- Can't make it to the Eyedea 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!

### Items of Note:

- Last week's In The Know featured an article about the U.S. Currency Reader program. CSC has applications available for this device. Contact Michelle Neitzel (216-791-8118) for more information.
- Meet CSC's Wellness Squad! Thank you to Mollie Evans, Stanley Griffin, Meghan Hanrahan, Alicia Howerton, Desmond Kennedy, Lorie Marsalis, Kathleen Rose and Lindsay Svarovsky for volunteering to be CSC's champions for all things wellness, along with Tina Pringpuangkeo and Ali Thomas from Human Resources! If you have any suggestions for the team, please let one of the squad members know.
- Bright Futures Preschool will host an Open House on Thursday, March 9<sup>th</sup> from 11:00 a.m. – 1:00 p.m. Pass the information to anyone who might be interested in learning more about CSC's preschool. Contact Sylvia Snyder (216-791-8118) with any questions.
- A sophomore at Kirtland High School is hosting a fundraiser, Jonah's Vision, with proceeds to benefit CSC on Sunday, April 30<sup>th</sup> at St. John Vianney Church in Mentor. Jonah is blind in his right eye from an accident that occurred in April 2010. Jonah and his parents visited CSC earlier this week, where they received a tour from Sylvia Snyder. Although he has never used CSC's services, he would like to help out the kids who do. Tickets are \$20.00 per person and include pasta dinner and music entertainment. Tickets for 50/50 Raffles and Gift Baskets will also be available for purchase at the fundraiser along with Silent Auction items. If you are interested in purchasing tickets, providing a donation or donating items for gift baskets or the silent auction, please contact Brion Cummings (216-276-0989 or

[bndcummings@att.net](mailto:bndcummings@att.net)). Tickets must be purchased prior to the event and checks can be made payable to Jonah's Vision.

- John Carroll University's Student Accessibility Services, The Center for Student Diversity and Inclusion and The Mandel Grant are proud to present "Allies for Inclusion: The Ability Exhibit." This self-guided exhibit from Saint Louis University promotes disability awareness, ability and inclusion. Viewers may attend at their own leisure on March 20<sup>th</sup> from 9:00 a.m. – 7:00 p.m. and March 21<sup>st</sup> and 22<sup>nd</sup> from 9:00 a.m. – 5:00 p.m. at the O'Connell Reading Room in John Carroll University's Dolan Science Center. For more information about The Ability Exhibit, [click here](#).

## Did You Know?

- The presidential limousine is nicknamed "The Beast". It's also known as "Cadillac One" and "Limo One". Courtesy leftlanenews.com, here are a few facts about "The Beast":
  - 1. It isn't actually a Cadillac.** Unlike any presidential state car before it, The Beast shares little in common with a standard production car. Its chassis, diesel engine and transmission are based on those used in the Chevrolet Kodiak, a rugged commercial vehicle previously sold as everything from a dump truck to a U-Haul. Some standard trim pieces, like headlamps from an Escalade and tail lights from the now-discontinued STS, keep it looking vaguely Cadillac-like.
  - 2. It has its own airplane.** The Secret Service makes use of a C-17 Globemaster transport aircraft to haul The Beast, a second limo and a heavily armored Chevrolet Suburban communications vehicle, any time the President is traveling. The Suburban is nicknamed Roadrunner and it is said to be a rolling communications office directly linked to a military satellite - hence the SATCOM dome festooned to its roof
  - 3. Calling it armored is an understatement.** There is probably not a better-armored vehicle with windows on the planet than The Beast. Its armor plating is said to be 8 inches thick and its doors weigh as much as

those on a Boeing 757 aircraft. Five-inch thick bulletproof windows contain at least five layers to put a damper on any effort by subversives. And those gigantic, nearly bus-size Goodyear tires are Kevlar-reinforced run-flats capable of keeping The Beast on the road for quite some distance if needed. The interior is sealed off from the outside world to reduce risks of a chemical attack, while a special foam surrounds the fuel tank to insulate it in the event of an impact.