



Keeping You “In the Know...” 3/1/19

Strengthening Partnerships:

-CSC welcomes State Representative Thomas F. Patton (R – Strongsville) back to the agency this afternoon for a tour and follow-up visit.

-CSC partners with the Cincinnati Association for the Blind & Visually Impaired and the Sight Center of Northwest Ohio to host another “Sight Center Day at the Ohio Statehouse” advocacy event on Wednesday, March 13th. Representatives of the three agencies will participate in meetings with state officials and legislators to continue to advocate for vision rehabilitation programs and services. The day will conclude with a reception to continue dialogue on opportunities to improve services to those with blindness and low vision.

-Melissa Mauk attended a coffee conversation discussing change management as it relates to volunteers and community partners. Becky Moldaver, Director of Volunteer Services at the MetroHealth System, discussed innovative ways MetroHealth is involving and informing volunteers when it comes to change management. The group reviewed strategies on maximizing community engagement relative to change, ways to design and structure messaging, and frameworks for managing changes that are viewed either as progressive or adverse within a nonprofit community.

Educating the Community:

-The Outreach team had another busy week with stops to the Summit County Senior Services Network, Jewish Federation of Cleveland 10th Annual Health Fair and a discussion on CSC programs and assistive technology to patients and staff at Neuro Restorative in Stow, a

rehabilitation facility that assists patients rebuild their lives following brain injuries.

-Did you know Cleveland Sight Center's Outreach team offers a variety of informative, impactful and engaging eye-related presentations to groups and schools within the agency's service area? They also provide an informative presentation and interactive training class on how to best interact with people who have vision loss or what to do when you meet a person who is blind.

CSC's Outreach team currently offers presentations on topics including:

- Tips, Techniques and Tools to Live Better with Vision Loss (Tips Talk)
- The Aging Eye
- Blindness Basics (What to Do When You Meet a Person who is Blind)
- What's New with Assistive Technology

With over 18 years of cumulative experience providing helpful and valuable information to clients and the community, CSC's presenters are well-versed in all of these presentation topics. Presentations often take a hybrid approach as many of the themed talks are intermingled with other related topics of interest and the team takes the time to answer questions that may arise during inspiring talks. Their message of hope, help and independence is integrated into each of the presentations.

Presentations are available to people who have vision loss, senior centers, assisted living facilities, medical professionals and facilities, emergency responders, teachers and students, caregivers or anyone who works with any segment of the general public.

To learn more about any of these programs or to schedule a program, contact the Outreach team at 216-791-8118 or info@clevelandsightcenter.org.

-Meet the Outreach team who works to share the agency's mission of shaping the community's vision of the potential of people who are blind or visually impaired. Alicia Howerton, Community Relations Specialist and Tom Sawyer, Outreach Specialist have over 18 cumulative years of experience in

helping people at Cleveland Sight Center by providing information to groups of people who have vision loss and to those who provide support services to them through Blindness Basics training classes. Alicia has been a hope-giving employee who has worked in various capacities at CSC since 2010 and has been visually impaired for about 40 years. Tom has been an assistive technology resource at CSC since 2008 who actively follows new and emerging technologies to inform people who have vision loss of technologies.



Photo of Alicia Howerton



Photo of Tom Sawyer

What's Happening at CSC:

-Last weekend, 15 campers and 10 volunteers spent a fun-filled couple days together at Highbrook Lodge. Activities included campfires and sing-alongs, music and drama activities, arts and crafts, nature lessons, outdoor bowling, hiking and an audio-described movie. The group had fun goofing around, storytelling, playing games, eating delicious food (lovingly prepared by Barb Piasick and her husband, Eric) and staying up late in the cabins. Thank you

to everyone who volunteered, stopped by or participated – the crew and attendees can't wait until summer when they get to do it all again!



Campers practice their drumming skills on inflatable exercise balls



A camper has her hair blow dried and styled by a volunteer



Campers participate in a drama skit

-Four members of CSC's Fitbit Group participating in the Anthem/USABA National Fitness Challenge spent time volunteering at Adult Winter Weekend at Highbrook Lodge. Because it was such a busy and active weekend, these members really got their steps in! Together, they took 185,581 steps; traveled a total of 81 miles and were active for a whopping 756 minutes! Check out how many steps Moe got...on February 23rd, he took 31,301 steps; walked 14.22 miles; and was active for 222 minutes!



Screen shot of Fitbit app summary of 31,301 steps; 14.2 miles; 222 minutes of activity

-The Clyde E. Williams, Jr. Auditorium was a packed house on Thursday for Winners Club! Over 50 attendees enjoyed coffee and conversation to start the socialization then participated in activities including a poetry workshop, lunch, Bingo and more, including recognizing birthdays since the group last met. This was one of the largest Winners Club events in recent history!



Winners Club participant takes a turn reciting poetry



Winners Club attendee and volunteer experience the detail of the wood cutting board (raffle prize)



Participant uses a Bingo game card in braille



Volunteers from John Carroll University take a break from serving lunch



Birthday cake with "Happy Birthday!" in pink frosting with pink and yellow balloons

-The participants in the Anthem/USABA National Fitness Challenge are still stuck in Peru but over the next couple days hope to make it to Chile on their virtual trip! Stay tuned for more!

-The Anthem/USABA National Fitness Challenge participants can participate in a contest Fitbit is holding from March 1-March 7th. The Center for Disease Control recommends adults get at least 150 minutes of moderate-intensity aerobic physical activity each week. All participants who reach that goal for the seven-day period will be entered in to a drawing for one of 15 \$50 Dick's Sporting Goods gift cards. Participants will also continue the team average step competition where winners can earn a \$100 Dick's Sporting Goods gift card. Get those steps in, team!

-And the winner is....Radio Reader John Bender! Recently, Volunteer Services began a monthly hour recording contest as a way to thank and engage volunteers for recording his or her hours online. The winner for the month of January is John Bender. Inspired by his career as a DJ for the Air Force and commercial radio stations, John Bender became interested in CSC when he learned about the opportunity to continue his passion of reading and recording material for an audience via volunteering. "I am hopeful that all the recordings we, as a group, provide to listeners give them information and entertainment they may not otherwise have available to them" John shares. As a weekly reader of the Plain Dealer newspaper for CSC's [Radio Reading Station](#), John's dedication to recording weekly articles for CSCN does not come easy. "Even though I am retired, scheduling every

Tuesday morning to record the Plain Dealer is still sometimes a challenge,” says John. Even still, John has recorded over 350 hours of the periodical since he started with CSC, work he explains is easier to do thanks to the fact he is able to participate as an offsite volunteer. Aside from volunteering to uplift the mission of CSC, John plays slow pitch softball with the Huff-n-Puffers in Parma. He and his wife enjoy taking short trips around the Cleveland area, and especially love finding new places to eat. John’s advice to other volunteers and the CSC community: travel early and often!



Photo of a radio used by clients participating in the Radio Reading program

-Say hello to guide dog Ian, one of CSC’s newest team members! Ian works with Randy Knapp, our Senior Assistive Technology Practitioner. Welcome to Cleveland Sight Center, Ian!



Guide dog Ian

-CSC will host a large group of students from Cuyahoga Community College on April 10th for a “Day with CSC” to learn about the agency, programs and services. This is the second “Day with CSC,” building off the success of the November 2018 event. The students are currently in areas of study including Optical Technology and Early Childhood Education.

-CSC is hiring for a variety of staff positions and volunteer roles! Know someone who might be a good fit? Check out the agency’s [available staff opportunities here](#) and [volunteer opportunities here](#).

Eyedeas Shop’s Product of the Week:

-The newest item of the week is the Key Cover keyring with LED light. This helps to identify specific keys and “lights the way” for easy entrance and finding a door’s keyhole. The Key Cover comes in blue, red, black or white and the price is \$7.50.



Key Cover LED light keyring in red, blue, black and white

Items of Note:

-A student at Solon Middle School will become a bar mitzvah on Saturday, March 2nd. With a history of macular degeneration in his family, the young man is planning to give 10% of his gifts received to Cleveland Sight Center! To read more, [click here](#).

-The Kent Lions Club will host its 63rd annual Pancake Breakfast from 8 a.m. to 1 p.m. Sunday at the Stanton Middle School Cafeteria, 1175 Hudson Road in Kent (behind Theodore Roosevelt High School). Once again, the Lions will be flipping thousands of pancakes and the Delta Gamma Sorority members will assist in serving an all-you-can-eat breakfast of pancakes and sausage. Tickets are \$5 for adults pre-sale or \$7 at the door. Tickets for children 10 and younger are \$3. To purchase tickets, call Steve Hardesty at 330-673-4012 or Jane Gwinn at 330-678-2239. The Lions will be collecting used eyeglasses. Proceeds from the pancake breakfast will fund the Kent Lions sight projects such as providing eye exams and glasses for local

residents; and donations to fund Ohio Eye Research, Pilot Dog Program, American Council for the Blind, American Diabetes Association, the Cleveland Eye Bank and Cleveland Sight Center.