



Keeping You “In the Know...” 4/27/18

Update on the Electronic Medical Record Project:

- The software for the Electronic Medical Record system has now been installed and the project continues to make progress towards implementation. The software is being tested as the team works through important components including accessibility, integration of forms and billing options, as well as getting various assessments and tools integrated and working properly. The EMR system is the backbone of CSC’s strategic plan and will allow staff from every service area to access each client’s comprehensive plan; enabling efficient, coordinated provision of services; and support refinement of service delivery as needs and outcomes change. An implementation task force has been created that will be meeting at least on a weekly basis up to and past implementation to ensure the appropriate stakeholders are kept informed throughout the process.

Wednesday was International Guide Dog Day!

- Wednesday, April 25th was International Guide Dog Day. Guide dogs provide assistance to those who are blind or have low vision each day so they can remain independent at home, at work and in the community. CSC appreciates all guide dogs do and featured Avenue and Cathy Javorsky in a video of “a day in the life of a guide dog.” The video was posted to CSC’s Facebook page and has already reached over 2,700 people! [Click here for CSC’s Facebook page](#) or [click here to view the video posted on CSC’s YouTube page](#).

Annual Meeting is Thursday, May 3rd at Corporate College:

- This year's Annual Meeting of the Board of Trustees is Thursday, May 3rd at Corporate College East. The event will begin with a reception beginning at 5:30 p.m. Please RSVP if you are planning to attend by Monday, April 30th to Steve Frohwerk (sfrohwerk@clevelandsightcenter.org or 216-791-8118). Reservations will be held at the door.

Coming Soon: White Cane Walk!

- This year's **WHITE CANE WALK** is less than two months away! On behalf of the White Cane Walk Committee, chaired by Board Trustee Sara Parish, we invite you to join us for a 1 mile walk and other fun activities to raise funds and awareness for CSC. This year's event will once again be held right here at CSC on Saturday, June 2nd! Register to walk, join a CSC staff member's or Board Trustee's team or create your own a team (adults \$15 includes event t-shirt; children 10 and under are free) at www.whitecanewalk.org.

WHAT IS WHITE CANE WALK? White Cane Walk is CSC's annual event to raise critical dollars needed to support our mission and raise awareness of our agency and the services we provide. Over its 13-year history, White Cane Walk has raised over \$665,000 in support of CSC. These funds are vital to keep many programs and services available to clients, many of which are not covered by medical insurance, including white canes. This event is also a great way to show family, friends and colleagues the fantastic agency we call our work "home".

HOW CAN YOU HELP? Register to walk, join a CSC staff member's team or create your own a team! Share the event with everyone you know! Spread the word on social media, send emails to friends and share the event brochure with others. Can't make it on June 2nd? Please consider a donation to this year's CSC team.

If you have any questions or would like help setting up a team please contact Steve Frohwerk (216-791-8118 or sfrohwerk@clevelandsightcenter.org) .

Engaging the Community and Strengthening Partnerships:

- Representatives from Red House Studios visited CSC for a tour and accessibility walkthrough to learn more about making the library on Martin Luther King, Jr Boulevard accessible for those who are blind or have low vision. The group toured with Alicia Howerton and Chris Gruber and spoke in-depth with Sylvia Snyder.
- Tom Sawyer and Alicia Howerton recently represented CSC at the Summit Point Health Fair in Macedonia and also connected with Akron's Metro Transportation Authority about scheduling a future Blindness Basics presentation. They presented the "Tips Talk" at JFK Senior Center in Eastlake and Brookdale Wickliffe. Community marketing visits included stops to Vista Springs of Macedonia, Brentwood Healthcare in Sagamore Hills, Chippewa Place in Brecksville, The Northridge in North Ridgeville, Avon Oaks in Avon and Generations in Berea.
- Desmond Kennedy conducted vision screenings while Tom Sawyer and Alicia Howerton presented agency information and technology demonstrations at the Lorain County Senior Fest event held on Thursday, April 26th.
- Jim Hlavaty met with the Euclid Low Vision Support Group this week at the Euclid Senior Center.
- To close out the week, Tom Sawyer and Alicia Howerton present the "Tips Talk" during a lunch and learn session at the City of Independence Senior Center, in partnership with a Tim Moran-led low vision support group for over 55 people on Friday.

Eyedeas Shop's Featured Product of the Week: Med Care Diabetic Socks

- For someone who is diabetic or anyone who just needs some extra TLC for the feet, try these Med Care Diabetic Socks. They come in black or white and a pack of three pairs is \$14.00 in the Eyedeas Shop. The socks have the following features: non-binding top; extra wide in calf; anti-microbial treatment; moisture wicking; smooth toe seam; aids with but does not cure: circulation problems, sensitive feet, Edema, and Diabetes; machine wash tumble dry low; use only non-chlorine bleach; sizes available only in 10-13.



Med Care diabetic socks in black and white

- Can't make it to the Eyedeas Shop at CSC? Then check out the product offerings online at www.eyedeasshop.com and purchase items from the comfort of wherever you may be!

Items of Note:

- Job Club will meet on Thursday, May 10th in Cleveland Sight Center's Clyde E. Williams, Jr. Auditorium from 10:00 a.m. – 11:30 a.m. and welcomes guest speaker John Germaine, Inclusion Specialist for Giant Eagle North/West division. John will give a presentation about what it is like to work in grocery retail and discuss possible positions with Giant Eagle. Dress professionally and bring your resume.
- Thanks to those who helped support the volunteer appreciation dinner on April 19th. Because of your time, hard work and initiative, CSC volunteers celebrated another wonderful year at CSC! Kudos to everyone who helped make the day a success, especially Larry Benders, Lisa Cellura, Jennifer Dean, Steve Frohwerk, Chris Gruber, Karen Hiller, Marcia Houston, Alicia Howerton, Cathy Javorsky, Desmond Kennedy, Scott Malone, Susie Meles, Jessica Polack, Tom Sawyer, Sylvia Snyder, Ali Thomas and Glenn Wickline. Said an attendee from the dinner "What a lovely evening! Thanks to you and all the staff for a fun-filled, yummy and great time! You did a great job, and are to be commended!"
- From the Wellness Squad: Healthy You, Healthy Planet
Did you know that when you eat healthy you contribute to the health of the planet as well? There is a definite connection between us and mother earth. The Institute for Integrative Nutrition suggests 7 steps to take that will help keep you and the environment in shape.
 1. Buy local food from your farmer's market. By doing so you reduce oil consumption, which is a non-renewable resource that contributes to global warming. You get to enjoy fresh produce at the peak of good taste and nutrition.
 2. Grow your own food to reduce your carbon footprint. There is nothing like a garden to keep one healthy inside and out. It is true not everyone can grow a garden but even a few small porch plants can increase the quality of oxygen. Multiply that by the many and we are all breathing better air.

3. Reduce your consumption of meat. Cows produce an estimated 20% of all methane emissions. Also, keep in mind that concentrated animal feeding operations have significantly higher carbon and water footprints than their pasture-based counterparts.

4. Purchase only organic and/or grass fed meats to protect the water and soil. Organic meats are pesticide free and have high levels of Omega 3 essential acids which are important to good health.

5. Eat whole grains. Whole grains don't require as much processing as refined grains and this lowers their foot print. Whole grains also have a positive impact on your energy level and keep blood sugar in check.

6. Cook only what you'll eat and eat your leftovers to reduce food waste. According to Integrative Nutrition, Americans threw 35 million tons of food into landfills in 2012.

7. Compost your food scraps. It's good for the soil. Check out the Cuyahoga County Solid Waste District website, www.cuyahogarecycles.org, for information on composting.

Now that should give us all something to think about when we take our next bite!

Source: Jo Orlowski, The Centers for Families and Children

Did You Know?

- All of these are different names for ketchup: catsup, catchup, katsup, catsip, cotsup, kotchup, kitsip, catsoup, katshoup, cackchop, cornchop, cotpock, kecap, kotpock, kutchpuck, cutchpuck, and ke-tsiap.