

## Keeping You “In the Know...” 8/31/18

### What’s Happening at CSC:

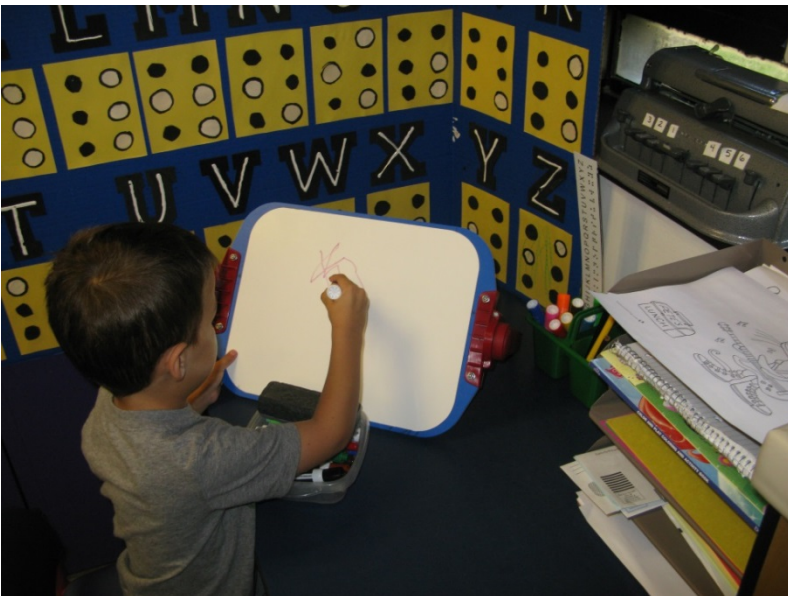
- CSC will be closed on Monday, September 3<sup>rd</sup> for Labor Day. The agency will reopen at 8:30 a.m. on Tuesday, September 4<sup>th</sup>.
- Students in Bright Futures Preschool began class this week. Their first day of school was a great success! The teachers are implementing Lilly Nielsen’s philosophy of Active Learning into daily activities. It requires lots of work and preparation for the teachers but even during the first day the staff was able to see how much more actively engaged the students were.



Preschool teachers ready for the school year



Preschoolers building with blocks



Preschooler works in the writing center

- CSC's Adult Literacy program began classes this week. The program, in partnership with Cuyahoga Community College's ABLE-GED® program, has 18 students participating in classes and volunteers from John Carroll University's Center for Service and Social Action will again assist.
- Social Recreation programs begin Tuesday, September 11<sup>th</sup>. Visit CSC's website calendar of events for more information. [Click here](#) for the calendar.

## Educating and Engaging the Community:

- Alicia Howerton and Tom Sawyer attended a Summit County Senior Network meeting this week and presented the “Tips Talk” at Summit Senior Living in Macedonia. They also visited Stone Gardens facility in Beachwood to present CSC information to the new occupational therapist there.
- Cleveland Sight Center recently welcomed an array of volunteers and groups to the agency’s volunteer ranks. A new group of Delta Gammas from Case Western Reserve University, 14 in all, were recently introduced to the agency, learning about the mission and services, practicing sighted guide and receiving a tour of the main building. The Delta Gammas will be added to the groups who can help with one time projects and opportunities throughout the year! Dr. Lori Efron and Ellen Widen, who will be helping with the Preschool Vision Screening program, as well as Esther Yoo, who will be assisting with Social Recreation, attended a recent volunteer orientation at CSC. In addition, six new volunteers have joined efforts to help with Preschool Vision Screening efforts in Mentor, adding to a group of over 60 volunteers who assist with administering vision screenings in that area.



Delta Gammas in front of the CSC front yard sign



Delta Gammas practice sighted guide in the Empowerment Park

## Low Vision Clinic Corner: Blue Light

- Blue Light!

Do you spend a lot of time on a computer, smart phone or tablet? More and more studies are finding that blue light emitted from digital devices are not only bad for your eyes (eyestrain, headaches and unknown damage form long term exposure), but can affect your sleep cycles or circadian rhythm.

In simple terms, blue light retards your melatonin production. The blue light present in sunlight essentially keeps you up during the day and when the sun goes down your melatonin levels go up and you feel sleepy. Along came computers and the dreaded smart-phone and the natural sleep process is interrupted.

How to protect? The easiest thing is to turn off the devices 2-4 hours before bed. Some smartphones have a nighttime setting or apps to ease the brightness although how much light is filtered is unknown.

For monitors blue light filters that fit over the screen can be purchased. There are eyeglass lenses specially designed to filter out blue light, prescription and non-prescription, as well as gaming glasses that do the same thing. The Eyedea Shop sells computer fitovers as well.

There are still a lot of questions about blue light and its effects, however don't give up the electronics and go off the grid. Just keep in mind that if you're having problems sleeping or noticing a change in vision or mood after too much time in front of a screen, take the time to ask yourself about maybe getting a blue light filter of some sort, or seeing an eye doctor.

### This Week in the Eyedea Shop:

- It's not just a trend anymore. Many folks are trying their best to keep a good eye on health these days. There is so much to be concerned with as we age. One of which is monitoring blood pressure. The Eyedea Shop can help! The store carries two talking blood pressure monitors. The Advocate is a cuff-style wrist monitoring system. It has a large print backlit LCD display as well as a talking function. It will automatically inflate when placed on the wrist and the power button is pressed. A 90-entry memory provides a three-month record of readings to share with your physician if needed. It can also detect an irregular heartbeat and can be read in English or Spanish. Fits a wrist from 5" through 7.7". It carries a one-year warranty from date of purchase. The price is \$50.00.
- The second Talking Blood Pressure Monitoring System is an upper arm type similar to what your doctor may use in his or her office. It carries many of the same functions as the Advocate, but also has a two user memory and an automatic shut off to conserve battery life. The price is \$130.00. Stop by the Eyedea Shop if you have any further questions regarding these two products.
- Important Note: Medical items of any kind are not returnable once opened or used due to Health Department regulations.



Image of two blood pressure monitors

- Remember that the Eyedea Shop still has some clearance items available for sale...so stop in. There may be an item you just can't live without!

### Items of Note:

- Thanks to everyone who attended the Potluck Lunch this week and those that contributed an item to share. Special thanks goes out to our colleagues who volunteered to help with this event, including Charlotte Fornal, Steve Frohwerk, Chris "Grill Master" Gruber, Karen Hiller, Marcia Houston, Alicia Howerton, Scott Malone, Melissa (Bresnahan) Mauk, Jessica Polack, Tina Pringpuangkeo, Tom Sawyer and Ali Thomas.



Staff enjoying lunch in the Clyde E. Williams, Jr. Auditorium



Staff volunteers ready to serve



Officer Adam Gilmore, Chris Gruber and Officer Kurt Keifer

- CARF surveyors will spend three days at Cleveland Sight Center sometime between October 1 – November 30. CARF stands for the Commission on Accreditation of Rehabilitation Facilities and CARF International is an independent, nonprofit accreditor of health and human services. CSC will be applying for re-accreditation in the following areas: CVES (Comprehensive Vocational Evaluation System), Comprehensive Vision Rehabilitation Services, Job Development and Employment Supports. More details will be available as the dates of the visit are finalized.
- Help support Bright Futures Preschool when you shop at Giant Eagle through the “Apples for the Students” program. This program is a great way for CSC’s preschool to earn funds for the school’s overall educational needs. Is your Giant Eagle Advantage Card<sup>®</sup> registered? Now’s the time to check. All you need is CSC school code 5788 to verify a card or register a new card. Every time you scan your Giant Eagle Advantage Card at Giant Eagle or Get Go, our school earns points which translate into a cash donation. Thank you for your support! Instructions:
  1. Visit [www.gianteagle.com/AFTS](http://www.gianteagle.com/AFTS).
  2. Enter your Giant Eagle Advantage Card<sup>®</sup> number (which appears under the bar code).
  3. Enter the school code 5788
  4. Done! Please encourage your extended family and friends to register too.



Giant Eagle logo and Apples for the Students logo

- Two of the VIPER Adaptive Rowers, Andrea Marley and Caleb McKinsey, will be rowing along with two sighted rowers in a Mixed



Inclusion 4 race in the “Head of the Cuyahoga Regatta” hosted by the Cleveland Rowing Foundation. The Mixed Inclusion 4 boat will race at 8:00 a.m. on Saturday September 15<sup>th</sup>, 2018. The “Head of the Cuyahoga Regatta” is an all day event that runs from 7:00 a.m. - 4:00 p.m. More details: “Teams race a 5,000-meter course from just north of Arcelor Mittal Steel to Rivergate Park. Spectators can see the finish line (at Cleveland Rowing Foundation) from the patio at Cleveland Metroparks’ popular Merwin’s Wharf restaurant. Racing begins at Rivergate Park, home of the Cleveland Rowing Foundation Boathouse, located at 1003 British Street, Cleveland. Rain or shine.” Come out on Saturday September 15<sup>th</sup> to cheer on the VIPERs as they take on this 5k race course! Click on the link below for additional information on the “Head of the Cuyahoga Regatta”

[https://www.regattacentral.com/regatta/?job\\_id=5597&org\\_id=0](https://www.regattacentral.com/regatta/?job_id=5597&org_id=0)

### Did You Know?

- The Cleveland National Airshow welcomes the U.S. Navy Blue Angels Jet Demonstration Team to the show this weekend. The Blue Angels flight demonstration exhibits choreographed refinements of skills possessed by all naval aviators. It includes the graceful aerobatic maneuvers of the four-plane Diamond Formation, in concert with the fast-paced, high-performance maneuvers of its two Solo Pilots. Finally, the team illustrates the pinnacle of precision flying, performing maneuvers locked as a unit in the renowned, six-jet Delta Formation.



U.S. Navy Blue Angels in the six-jet Delta Formation