



Keeping You “In the Know...” 8/9/19

Strengthening Partnerships and Educating the Community:

-Children & Young Adult Services hosts their annual “See What’s Possible” educators workshop today at the agency. The program is designed for teachers, educators and staff who will be working with students who are blind or have low vision in the upcoming school year. Topics covered include “Material Adaptations for Pre K – 12th Grade,” “Transition to Middle and/or High School” and “Self Care, Independence & Organizational Skills” among many others and 40 attendees are expected.

-Cleveland Sight Center hosted first-year medical students from Case Western Reserve University this week as part of their chronic conditions field study program. Students visited the agency Monday through Thursday and had the opportunity to interview and talk with CSC clients and various staff members discussing how they have interacted with medical professional over the years. The students were truly enlightened by the knowledge they received about providing care and interacting with those with vision loss.

-As a follow up to their initial visit and tour to Cleveland Sight Center a few weeks ago, the director of the Bohemian Films production company visited the agency this week to meet with and interview various staff members. Bohemian Films has written and will be producing a film in which a main character is blind.

-CSC’s Outreach team presented their “Tips Talk” at Warrensville Center Apartments in Cleveland Heights and attended the ADA Day Network Resource Fair at University Circle's Wade Oval on Wednesday, August 7th. Alicia Howerton, Laurie Schlickman and Tom Sawyer spoke with over 80 people and the “Braille by Sight” boards with golf balls were a big hit. Laurie had the opportunity to speak with people about Early Intervention and Alicia

was able to recruit new clients who plan to join CSC's recreation activities. Team Outreach concludes their week with a network meeting of the Eldercare Professionals of Ohio being held at Jenkins Place in Olmsted Falls and will be on hand at Sunday's BBQ at Highbrook Lodge to assist with the day's activities.

What's Happening at CSC:

-Six new volunteers participated in Volunteer Orientation this week...welcome to new Radio Reading volunteers Andrew, Tre, Juanita and Sally, as well as new Dance teachers Fred and Dianne! We are excited to welcome all to them CSC team!



Volunteers pictured left to right are Andrew, Juanita, Tre, Sally, Fred and Dianne

-CSC's Bright Futures Preschool will begin the school year on August 27th.

-Dr. Lidija Balciunas will present "Low Vision Principles" to all interested CSC staff on Tuesday, August 27th from 8:30 a.m. to 10:00 a.m. Working with CSC's patients and clients often involves reading electronic medical reports from eye doctors or gathering information from CSC eye reports. Sometimes that information can be difficult to interpret. The "Low Vision Principles" presentation will cover the basics about how to understand and interpret data such as visual acuity, visual fields, refractive errors for glasses

and bioptic telescopic spectacles. All are welcome – please make sure you have supervisor approval. Come prepared with your questions or email [Dr. Balciunas](#) specific topics you would like her to cover.

-A reminder that no Recreation programs are being held during the month of August. Recreation programs will resume in September. Mark your calendars for Tuesday, September 10th and get involved with Line Dance, Crochet, Yoga and so much more!

-Spellbound is Cleveland Sight Center's annual gala to raise important dollars for the agency's programs that educate, employ and empower that lead to independence. This year's event will be Friday, the 13th of September and will be held at the Intercontinental Hotel Cleveland. Details are below:

Spellbound: Do You Believe?

Myths, Facts, Superstitions and Possibilities

Friday the 13th of September
6:00 p.m. Cocktails
7:30 p.m. Dinner and Program
Intercontinental Hotel
9801 Carnegie Avenue
Cleveland, OH 44106

Happenings at Highbrook Lodge:

-Highbrook Lodge has been hosting youth campers since July 29th for the Youth Week 2/Youth Extended sessions. Some of the campers will have been with the Highbrook Lodge team for 12 full days by Friday! It has been a great two weeks and staff and attendees have definitely seen the beauty of the “quintessential summer camp experience” through swimming, raft-building, campfires, celebrating birthdays, canoe trips, a few pranks and so much more. The Highbrook Lodge team has bonded really well with the campers and its one wild and crazy camp family at Highbrook Lodge. This

was the perfect group to have as another camp season ends. The camp magic is in full force!



A camper performs on his guitar for the group



"Night Court" evening program where camp counselors were put on trial for different crimes



Campers around the campfire singing songs and listening to the guitar

-To celebrate the end of the camp season, Highbrook Lodge hosts the End-of-Summer BBQ this weekend on Sunday, August 11th from 12:00 p.m. to 3:00 p.m. During this special event, Highbrook Lodge will provide delicious picnic foods, activities for ‘campers’ of all ages (including swimming), and an amazing atmosphere with incredible company.

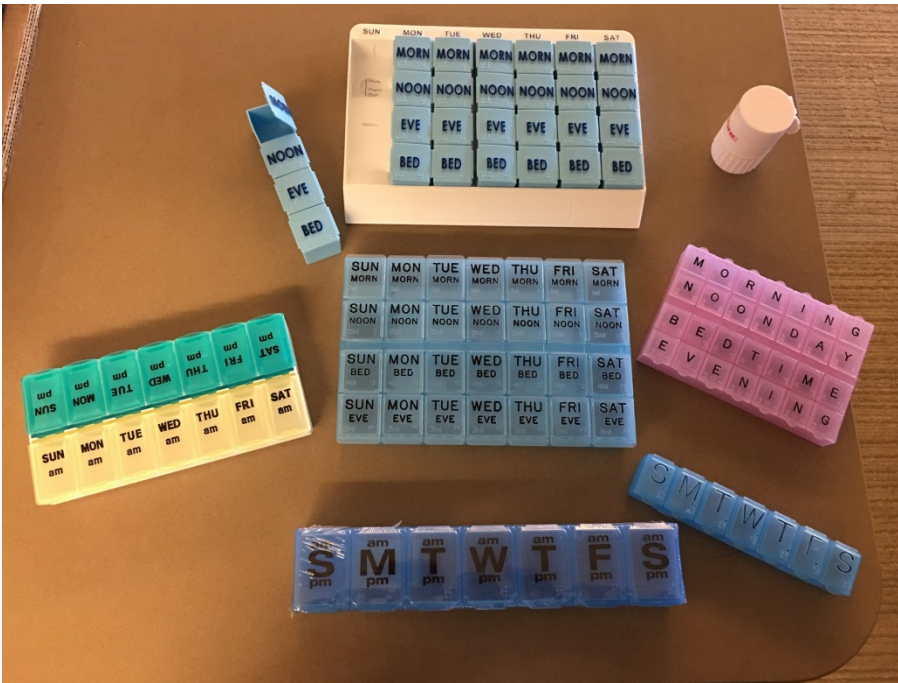
-Cleveland Sight Center and Highbrook Lodge will be the recipient of a sculpture created by Cleveland-based Chappelle Letman, a painter and sculptor who is blind. The piece, donated by Lucy and Gary Bohley, is titled “Vertical Predator” and measures 8” x 13” at the base, is 28” high and is made of light gray limestone. The piece was signed by Mr. Letman in 2003 and will be delivered to Highbrook Lodge on Monday, where it will be showcased for campers to enjoy.



Image of the sculpture "Vertical Predator"

Eyedeas Shop's Featured Product of the Week: Medical Pill Organizers

-We all take pills of one kind or another, even if it's just vitamins. Did you know the Eyedeas Shop carries several pill organizers/boxes just for that purpose? They range from small to large, daily to weekly and even a pill splitter/crusher. Prices for the organizers and boxes range from \$1.70 to \$10.00. The GNC pill splitter/crusher is \$10.75. Stop in and see what the Eyedeas Shop carries that might help you or a family member with tracking medications.



A variety of pill organizers in varying colors

From the CSC Wellness Committee:

Healthy Tip: Superfoods to the Rescue

A recent health trend is that of superfoods. These are nutrient-rich foods considered to be especially beneficial for health and well-being. They can help to fight disease, increase energy levels and aid in weight loss. Try adding a few of the following into your daily diet for some added health benefits.

- Eggs: High in Animal Protein, low in calories
- Tomatoes: good source of lycopene which supports heart and prostate health
- Spinach: full of vitamin K for strong bones and rich blood
- Sweet potato: high in vitamin A for good vision
- Kale: contains fiber and magnesium; aids digestion and sleep
- Nori: plant-based protein, with potassium, zinc and iodine to support thyroid
- Hemp Seed: good for hormone balance and metabolism
- Flaxseed: supports cancer prevention and is high in fiber
- Wheat Germ: contains vitamin E and is good a source of fiber

- Walnuts: contain Omega-3's and can improve concentration and memory
- Blueberries: possess anti-inflammatory properties
- Acai Berries: a powerful antioxidant with anti-aging compounds
- Goji Berries: good for an immune boost; improves circulation
- Green Tea: prevents and breaks down arterial plaque

Items of Note:

-If you are or someone you know is an artist who is blind or has low vision, consider submitting artwork to grace the cover of some of the 2019 Holiday Cards! Over 10,000 cards are sold annually and on the back of the card is a brief biography about each artist. The requirements for this year's cards are as follows: artist must be blind or have low vision; two submissions per artist; if submitting in digital format, artwork must be at least 300 DPI, entry window is July 1, 2019 – August 26, 2019; submit entries to bpiascik@clevelandsightcenter.org. Any questions, please contact the Eyedea Shop (x4666).

-The weekly "In The Know" will not publish next week and will resume on Friday, August 23rd.