



## Keeping You “In the Know...” 9/21/18

### Spellbound is Next Friday!

- CSC’s annual fundraising gala, Spellbound, will be held on Friday, September 28<sup>th</sup> at Windows on the River in downtown Cleveland. This year marks the 32<sup>nd</sup> year for the event and will feature guest speaker Rebecca Alexander ([www.rebalexander.com](http://www.rebalexander.com)). Rebecca Alexander is an author, psychotherapist, fitness instructor, volunteer and extreme athlete who, due to Usher syndrome type III, is almost completely blind and deaf. Consistently upbeat, Rebecca gives encouragement and inspiration to others who are facing their own challenges, whether physical or emotional, in interpersonal relationships or in the workplace. She has been featured on The Today Show, NBC Nightly News, The New York Times, USA Today and more.

### Educating and Engaging the Community:

- Jassen Tawil represented CSC and the Call Center in Columbus this week at a trade fair and conference for state agency procurement employees, with the goal of introducing government buyers to businesses and agencies that offer services.
- Alicia Howerton and Tom Sawyer presented at the Perry Senior Center luncheon group this week, which had over 40 attendees. While on the east side, they visited the Perry, Willowick, Willoughby and Fairport Harbor Senior Centers and spoke with coordinators of those facilities about CSC’s programs and services, including the Independent Living (IL) program.

- Rosalie Daley, Alicia Howerton, Randy Knapp and Tom Sawyer represented CSC at the National Federation of the Blind's Employment Forum, held at the Cleveland Public Library this week. Alicia and Tom talked about CSC programs, services and assistive technologies; Rosalie spoke about job evaluation and exploration; Randy spoke about scripting, accessibility, training and development.
- Alicia Howerton and Tom Sawyer are the featured speakers at Case for Sight's "Dinner in the Dark" event this evening on the campus of Case Western Reserve University. The program will feature CSC programs and services, along with some tips and technology features. Karen Bain Hiller, Melissa Mauk and Jessica Polack are also attending on behalf of the agency. The proceeds of this annual event benefit Cleveland Sight Center.

### What's Happening at CSC:

- The CARF team, led by Charlotte Fornal, Marcia Houston, Susie Meles and Judith Weyburne, will welcome CARF surveyors to CSC on November 29-30. In preparation for the visit, the group is planning to conduct a mock survey and walk through of the entire process on Tuesday, September 25<sup>th</sup> in preparation of the actual survey.
- Students in Bright Futures Preschool continue to learn and have fun in class, working on active boards, enjoying arts & crafts and celebrating Patriot Day on September 11<sup>th</sup>. They talked about community helpers this week and received a visit from Officer Adam. The students also admired all the beautiful chalk art at Wade Oval...and even added to it for a bit!



Youngster plays with the active board



Students prepare and display their flag art project



Youngster plays with a toy bus



Officer Adam visits with the students

- Social Recreation groups met on Tuesday for Line Dance and Crochet. The game of Tic, Tac, Toe helped revive Game Day and the day ended with Music Group, which featured the musical stylings of 10 artistically contributing participants. Alicia Howerton reports that there were 27 attendees participating in all of the festivities. Don't forget to add Movie Day to your calendars for next Tuesday, September 25<sup>th</sup> from 12:00 p.m. – 3:00 p.m. An audio described movie called "A Patch of Blue" with Sidney Poitier will be shown. Come join in on the fun!
- The north parking lot, recently resurfaced, was line striped this week. Installation of new poles, new lighting and new cameras also began this week.





Parking lot with newly painted lines

- Save the date for Fall Weekend at Highbrook Lodge, to be held October 12 – 14. More details will be available soon.

### Kudos from Callers:

- The following message was received from the Office of the Secretary of State Jon Husted's office, noting the excellent customer service provided by their Business Services division, which CSC's Call Center handles: "I needed help reinstating entity XXXXXXXX and subsequent agent appointment on-line. I called 877-767-6446 at 4:30 PM and got Rhonda. This was my lucky day. I am a retired centrifugal compressor design engineer, so I'm used to dealing with very sharp individuals. I have NEVER dealt with anyone as impressive with details of computer screens and PATIENCE as Rhonda was today. I couldn't have accomplished my task without her extensive pleasant help. I just can't get over how delighted I am having the good fortune of her answering the phone! Thanks again Rhonda!" – Way to go, Rhonda and keep up the great work Team!

## Low Vision Clinic Corner: Why Do We Blink?

- We all blink. A lot. The average person blinks some 15-20 times per minute—so frequently that our eyes are closed for roughly 10% of our waking hours overall.

So why don't you notice the world plunging into darkness every two to ten seconds? Scientists have found that the human brain has a talent for ignoring the momentary blackout. The very act of blinking suppresses activity in several areas of the brain responsible for detecting environmental changes, so that you experience the world as continuous.

In reality, the proverbial "blink of an eye" lasts only a tenth of a second, but that's all the time needed to clear away dust particles and spread lubricating fluids across the eyeball. Every time you blink, your eyelids spread a cocktail of oils and mucous secretions across the surface of the eye to keep your globes from drying out. Blinking also keeps eyes safe from potentially damaging stimuli, such as bright lights and foreign bodies like dust.

## This Week in the Eyedea Shop: Adjustable Velcro Band Watch

- It's back! The Eyedea Shop's very popular large face watch with the adjustable Velcro band is back in stock. The face has a white background with large black numbers and bold hands making it easy for a person with low vision to read the correct time. With the silver tone bezel, the face is just under two inches in diameter. The Velcro band is as comfortable for a small wrist as it is for a large wrist and any size in between. The watch has been recommended for both men and women as it has a unisex appearance. The price is \$25.00.



Velcro band watch with a pen to show size comparison

### Items of Note:

- Congratulations to the VIPER Adaptive Rowing Team including Andrea Marley and Caleb McKinsey, who have been invited to the “Head of the Charles Regatta” in Boston, MA, the largest two-day Regatta in the world, after competing in a Mixed Inclusion 4 race in the “Head of the Cuyahoga Regatta” hosted by the Cleveland Rowing Foundation on Saturday, September 15<sup>th</sup>. More than 2,200 athletes and 540 boats from 12 states and two countries participated in the Cleveland-area regatta. Cleveland 19 News did a feature on the rowing team and their accomplishments, which can be accessed by [clicking here](#).
- [National Blind Sports Day](#) is Saturday, October 6<sup>th</sup>! There are National Blind Sports Day events happening in 15 states and counting! Join hundreds of people across the country in promoting fitness in Americans with visual impairments by attending a National Blind Sports Day event near you. Check the website for events: [www.usaba.org/blindsportsday](http://www.usaba.org/blindsportsday). No events happening near

you? You can still participate! Simply get moving on October 6<sup>th</sup> and post about it on social media using [#BlindSportsDay](#). Want a virtual workout buddy to hold you accountable? [Check out the #FitAnthem5k wellness experience you can do anywhere on October 6th!](#)

In Ohio, the following events will be held:

*Columbus* – The Ohio Blind Soccer Team, in collaboration with Columbus Recreation and Parks will hold a blind soccer event and goalball demonstration on October 6 at 3923 N High St. 43214. Contact Katharine Atkinson at [kna1004@sru.edu](mailto:kna1004@sru.edu) or 513-460-9785 for more information or [check out the Facebook event](#).

*Westlake* – Youth Challenge Sports will host a NBSD event on Saturday, October 6, at 800 Sharon Dr., Westlake Ohio 44145. Participants will have the opportunity to play goalball, run/walk with guides and ride tandem bikes. Contact Mackenzie Vecchio at [mvecchio@youthchallengesports.com](mailto:mvecchio@youthchallengesports.com) or 440-892-1001 to attend.

## Did You Know?

- September is National Guide Dog Month.



Black and white photo of guide dog Lee in the CYAS hallway