



Keeping You “In the Know...” 9/29/17

Strengthening Partnerships:

- Members of the CSC team had multiple community engagements this week to tell the CSC story and showcase the agency’s programs and services. Desmond Kennedy visited Avon Lake Erievew Elementary’s disability awareness expo with information on CSC on Tuesday, September 26th. Desmond met with doctors and staff at St. Vincent Charity Medical Center on Wednesday and represented CSC at Thursday’s meeting of University Circle’s Uptown Business Association at Cleveland Clinic. Lisa Cellura met with University Circle’s Circle Partners on Wednesday, which is a consortium of University Circle institutions whose goal is to broaden the appeal of the area to be more inclusive of immediate neighborhoods. Also, Alicia Howerton met with a resident from University Hospitals this week to tour the agency and speak about the programs and services.
- Students from John Carroll University began their volunteer work with the Adult Literacy program at CSC this week. Two groups of students will be assisting in the classroom on Mondays and Wednesdays as well as Tuesdays and Thursdays this semester.
- The Cleveland Playhouse will put on an accessible performance of *Shakespeare in Love* on Saturday, September 30th, complete with audio description, a pre-show lecture and discounted tickets for individuals with vision loss. If you are interested in purchasing these tickets, please contact Lisa Gallowitz at 216-400-7096 or lgallowitz@clevelandplayhouse.com.

What’s Happening at CSC:

- Mollie Evans and Lindsay Svarovsky from the Therapeutic Recreation (TR) Department presented at the September meeting of the Employment Department's Job Club. Attendees were able to learn more about stress management and fill their "briefcases" with a variety of relaxation tools and techniques including guided meditation, mindfulness and positive thinking. The TR team is available to lead programming for your client groups related to stress/relaxation or anger management and social, communication or coping skills training. For more information please reach out to Manager of Therapeutic Recreation Lindsay Svarovsky at 216-791-8118 or lsvarovsky@clevelandsightcenter.org
- A group of volunteers from Crum and Forester pet insurance company visit Highbrook Lodge today to help with fall grounds keeping activities.
- CSC welcomes Charles Palmer from Low Vision Aids, Inc. to the agency on Monday, October 9th to demonstrate the Patriot Voice Plus, a standalone scanning device which integrates high quality, accurate, text to speech in a compact design easily moved around the home or office. The Patriot Voice Plus is Wi-Fi enabled for internet voice searches. The demonstration is open to staff, clients, customers and outside eye care professionals and will be from 12:00 p.m. – 1:00 p.m. For more information, contact Tom Sawyer (216-791-8118).

Eyedeas Shop's Featured Product of the Week: Games, Games and More Games!

- The Eyedeas Shop has such a variety of games for those gamers who are blind or have low vision. Now that the fall weather has arrived and more time will be spent cozied up at home, games with the family are a great way to reconnect. The Eyedeas Shop has straight deck playing cards that are low vision and even with braille. Pinochle cards are also offered, as well as Tic Tac Toe, Scrabble, Cribbage, Left Right Center (LRC), Scrabble Slam, Shut the Box, Bingo cards, Uno and Dominoes.

Give the team a call at 216-791-8118 for pricing.

Wellness Squad Tip of the Month:

- Believe it or not – it ***IS*** possible to stress less! Relaxation has benefits that counteract stress; however, relaxing is a SKILL that needs to be learned and practiced. A few great – and cheap – ways to minimize and relieve stress include:
 - Deep breathing
 - Deep muscle relaxation
 - Exercise
 - Getting outside – think nature!
 - Laughing
 - Listening to music
 - Guided meditation/imagery
 - Practicing mindfulness
 - Recreation/leisure pursuits
- If time is a barrier check out the following apps that can help make stress relief fit into your busy lives:
 - Breathe2Relax
 - Headspace
 - Calm
 - The Mindfulness App
 - Rain, Rain
 - Spotify
 - 5 Minute Yoga
 - Simply Yoga

For more information check out the [5 Things You Should Know About Stress pdf](#) from the National Institute on Mental Health.

Items of Note:

- CSC Board Trustee Dr. Suber Huang provided details on the upcoming world premiere of Seven Years of Darkness, an award winning short film telling the story of Dr. Anthony Easley's emotional and courageous journey from sight to blindness to sight again. Dr. Huang was Anthony Easley's surgeon and will discuss the film and other medical innovative breakthroughs for patients with vision loss.

The event is scheduled for Thursday, November 2nd. There is a 7:00 p.m. and 8:30 p.m. show. The event will be held at Canterbury Country Club, 22000 South Woodland Road, Beachwood, OH 44122. Tickets can be purchased (\$25.00 donation benefiting the Future Vision Foundation) via RSVP:

Petra Vanderlinden, Executive VP
Pvl.fvf@gmail.com

Send checks to:
Future Vision Foundation
1611 South Green Road, Suite 230
Cleveland, OH 44121-4134

This is a business casual attire event.

- Did you know those grocery store trips can help raise funds for Cleveland Sight Center? CSC's Bright Futures Preschool is a part of Giant Eagle, Inc.'s "Apples for the Students" program! Points are collected based on eligible purchases and will credit Bright Futures Preschool quarterly with the points earned. Register your Advantage Card today to support our preschoolers! Easy to follow instructions are:
 1. Register your Giant Eagle Advantage Card at GiantEagle.com/AFTS
 2. Enter our School ID # 5788
 3. Shop with your Giant Eagle Advantage Card.Each time your Giant Eagle Advantage Card is scanned, through March 16, 2018, your purchase automatically earns funds used to obtain our overall educational needs. This does not affect any other program offered by Giant Eagle – including fuelperks.

- Attention Heinen's Shoppers! As a member of Heinen's Tasteful Rewards™ Program, when you shop at Heinen's you can help CSC's Bright Futures Preschool through their school donation program. Up to 1% of your qualified purchases during the school year will be donated annually by Heinen's to a local school of your choice. The Teaming Up for Education Program is a Heinen's Tasteful Rewards™ membership benefit. Enrollment with your email address is required.

Members of the Tasteful Rewards Program are required to **RE-SELECT** their school every year. Please select "Cleveland Sight Center" from the list.

To select a school you have three choices:

- Simply log into your Tasteful Rewards account with your registered email address and password, select 'My School' from the left-hand menu and select your school of choice.
- Select your school of choice at any Heinen's Store Location - Customer Service Booth.
- Call the Customer Relations department at 1-855-475-2300 ext. 2337.

Did You Know?

- Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite. If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.