

Client Activities Bulletin

April 2021 | Volume 11, Issue 4.1

This bulletin features activities for both our Lehigh Valley and Monroe County clients. All activities that are not designated for specific groups are open to all clients. **Please note** that all in-person programs are subject to change in accordance with regulations by the Pennsylvania Department of Health.

Large-Print Pullout Calendar

► Pages 8-9

Designed to be pulled apart and displayed

Lehigh Valley Campus

845 West Wyoming St., Allentown, PA 18103

610.433.6018

Monroe Campus

4215 Manor Drive, Stroudsburg, PA 18360

570.992.7787

► Our Current Protocols

- Until further notice, **all entries to our facilities, including our stores, will be by appointment only** and all entrants must wear masks.
- Our **transport service is available with additional safety protocols in place** for all medical appointments, grocery deliveries, and pharmacy deliveries. We **cannot provide transport for COVID-19 testing**.
- When we call to confirm a ride, **we will ask you** if you have any COVID-19-related symptoms. If you have symptoms, then we cannot provide transport.
- **All clients and companions must wear masks** and must sit in the vehicle's middle or back row. Our **vehicles are cleaned thoroughly** after each transport.
- All **drivers must wear masks** and **may not work if they have** COVID-19 symptoms.
- **Failure to comply with these protocols** will result in cancellation of your ride.
- To **schedule a transport ride**, call 610.433.6018, Ext. 226, in the Lehigh Valley, and 570.992.7787, Ext. 224, in Monroe County.
- To **schedule a store visit**, call 610.433.6018, Ext. 224, in the Lehigh Valley, and 570.992.7787, Ext. 229, in Monroe County.

► What's Exciting

Client Gary Dvorshak Elected to Agency's Board of Directors

Center for Vision Loss client Gary Dvorshak was elected recently to the agency's Board of Directors.

Dvorshak, who has been a client since 2013, is in his second year as President of the Lehigh Valley Council of the Blind (LVCB). He works currently as the Disability Assistance Coordinator for St. Mary's Catholic Church in Catasauqua, PA.

Dvorshak also was a client representative to the agency's strategic planning committee in 2017-2018.

Dvorshak worked for more than 30 years in the insurance industry until 2014. He held positions with the Catholic Mutual Group, the Pennsylvania Hospital Insurance Company, People's Life Insurance Company, and AIG Insurance Company. He holds a degree in Business and Marketing from Penn State University.

Increased Screen Time Increases Importance of the 20-20-20 Rule

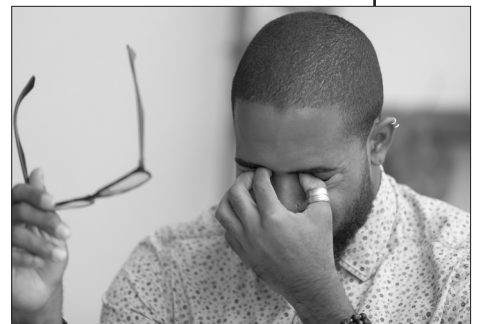
As the COVID-19 pandemic has increased the amount of time that most people spend looking at digital screens, the importance of the 20-20-20 rule is greater than ever.

A national study by the Eyesafe partnership showed that consumption of media on screens increased up to 60% when the pandemic began in March 2020. Physicians with the American Optometric Association report that increased time in front of screens can increase eye strain, which can make many people more susceptible to more serious vision problems.

To combat the threat of eye strain, the 20-20-20 rule calls for people to take a break from the screen every 20 minutes and look at something that is 20 feet away for 20 seconds.

The 20-20-20 Rule

- Take a break every 20 minutes.
- Look at something 20 feet away.
- Do this for 20 seconds.



► Life Skills Education

Advanced Braille Class

These classes are facilitated by Dianne Michels.
Consistent attendance is required.

- Format: **Virtual**
- Dates and Times: **To Be Announced**

.....

Tech Talk Sessions

Please note that the April 22 session will be held
in person. The call-in option also will be available April 22.

- Format: **Virtual and In-Person/Virtual on April 22**
- Dates and Times: **Thursdays, April 1, 8, 15, 22,
and 29; 12:30-2 p.m.**
- Location (April 22): **Lehigh Valley Campus**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**
- Transportation (April 22): **Transportation On Your Own**

.....

Spotlight On Independence

A client shares his or her story of seizing their
independence; facilitated by Dianne Michels.

- Format: **Virtual**
- Date and Time: **Tuesday, April 6; 11 a.m.-12:30 p.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

► Life Skills Education - Continued

Tips to Achieving Personal Goals

Create a personal vision board with Michael Freeman and discover how it can help you achieve your goals.

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Thursday, April 15; 10-11:30 a.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **Transportation on your own**

.....

Exploration of Emerging Technology

Ed Martin of Enhanced Vision presents a variety of wearable low vision devices for Monroe clients.

Attendance will be limited for social distancing.

- Format: **In-person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787 Ext. 224**
- Date and Time: **Friday, April 16; 11 a.m.-12:30 p.m.**
- Location: **Monroe Campus**
- Transportation: **Available with registration**

► Life Skills Education - Continued

Out and About

Explore various transportation resources in your community.

- Format: **Virtual**
- Date and Time: **Monday, April 19; 11 a.m.-12:30 p.m.**
Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

.....

Visionaries Activity: Techniques for Dining in the Dark

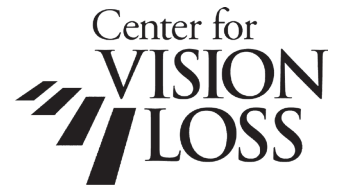
This program is organized by the Visionaries client group but is open to all Lehigh Valley clients. Explore adaptive dining techniques with Dianne Michels. A donation of \$5.00 toward supplies would be appreciated.

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Thursday, April 29, 11 a.m.-1 p.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **Transportation on your own**

► **Descriptions Continue on Page 10**

April 2021

Client Activity Calendar



Sunday	Monday	Tuesday	Wednesday
4	5	6 Spotlight 11-12:30	7 Musician Meetup 1-2:30
11	12 Monroe Client Group 10-11:30	13 Women's Group 11-12:30	14 Spanish 10-11:30 Exercise 1-2:30
18	19 Out and About 11-12:30	20 Crafters Corner 11-12:30	21
25	26	27 Allentown Rose Garden 11-1	28 Texture Painting 10-11:30

April 2021

Client Activity Calendar

Thursday	Friday	Saturday
1 Lehigh Valley Clients 10-11:30	2	3
8 Men's Group 10-11:30	9	10
15 Personal Goals 10-11:30	16 Emerging Tech 11-12:30	17
22	23 Blue Ridge Winery 11-1	24
29 Dining in the Dark 11-1	30 Fear and Anxiety 11-12:30	

► Weekly Activities

Tech Talk
Thursdays,
12:30-2;
in-person
session on
April 22

► **Peer Support Groups**

Lehigh Valley Client Group

- Format: **In-Person and Virtual**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Thursday, April 1; 10-11:30 a.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **Available with registration; call Brian Schell at 610.433.6018, Ext. 226**
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

.....

Men's Group

- Format: **Virtual**
- Date and Time: **Thursday, April 8; 10-11:30 a.m.**
- Call-in Information: **605.313.4802**
- Access Code: **594495 then pound sign**

► **Peer Support Groups**

Monroe Client Group

- Format: **In-Person and Virtual**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Monday, April 12; 10-11:30 a.m.**
- Location: **Monroe Campus**
- Transportation: **Available with registration**
- Virtual Link: **<https://zoom.us/j/94325530787>**
- Call-in Information: **929.205.6099**
- Access Code: **943 2553 0787**

.....

Women's Chat Group

- Format: **Virtual**
- Date and Time: **Tuesday, April 13; 11 a.m.-12:30 p.m.**
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

.....

Spanish-Speaking Client Group

- Format: **Virtual**
- Date and Time: **Wednesday, April 14; 10-11:30 a.m.**
- Virtual Link: **<https://zoom.us/j/91404297791>**
- Call-in Information: **929.205.6099**
- Access Code: **914 0429 7791**

► **Additional Activities**

Musician Meetup

This meeting is for musicians who are forming a client group.

- Format: **Virtual**
- Date and Time: **Wednesday, April 7; 1-2:30 p.m.**
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

.....

Get Up and Move! Exercise Activities

- Format: **Virtual**
- Date and Time: **Wednesday, April 14; 1-2:30 p.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 followed by the pound sign**

.....

Crafters Corner Activity

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Tuesday, April 20; 11 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **Transportation on your own**

► **Additional Activities - Continued**

Visit to Blue Ridge Winery in Monroe County

Enjoy a visit to Blue Ridge Winery in Saylorsburg, PA. Wine tastings are \$10 each. Please bring money for lunch or bring a lunch of your own. Masks are required.

- Format: **In-person**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Friday, April 23; 11 a.m.-1 p.m.**
- Location: **Blue Ridge Winery, 239 Blue Ridge Road, Saylorsburg, PA**
- Transportation: **Available with registration**

.....

Outdoor Walk at Allentown Rose Garden

Explore the Malcolm Gross Rose Garden in Allentown, PA. Please wear comfortable shoes and bring a lunch. Masks are required.

- Format: **In-person**
- Date and Time: **Tuesday, April 27; 11 a.m.-1 p.m.**
- Location: **Malcolm Gross Rose Garden, 3000 Parkway Road, Allentown, PA**
- Transportation: **Transportation on your own**

► **Additional Activities - Continued**

Texture Painting with Dianne Michels

A donation of \$5.00 for supplies would be appreciated.

- Format: **In-person**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Wednesday, April 28; 10-11:30 a.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **Transportation on your own**

.....

NuVisions Activity: Combating Fear and Anxiety

This activity is organized by the NuVisions client group but is open to all Monroe clients.

- Format: **In-Person and Virtual**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Friday, April 30, 11 a.m.-12:30 p.m.**
- Location: **Monroe Campus**
- Transportation: **Available with registration**
- Virtual Link: **<https://zoom.us/j/95701428812>**
- Call-in Information: **929.205.6099**
- Access Code: **957 0142 8812**

► Lehigh Valley Staff Directory

Main Number 610.433.6018

Dennis Zehner, Executive Director, Ext. 241

Jennifer Pandolfo, Director of Services, Ext. 223

Christe Konopitski, Director of Advancement, Ext. 244

Nancy Cobb, Operations Manager, Ext. 242

Rita Lang, Client Activities Manager, Ext. 225

Teresa Pickett, Services Coordinator, Ext. 240

Dianne Michels, Vision Rehabilitation Therapist, Ext. 230

Ashley Okoloh, Client Caseworker, Ext. 227

Karelis Dejesus, Client Caseworker, Ext. 231

Kim Williams, Low Vision Care Coordinator, Ext. 224

Brian Schell, Transport Coordinator, Ext. 226

Erica Vibert, Prevention Services Coordinator, Ext. 251

Ruthie Asmus, Prevention Specialist, Ext. 248

► Monroe Staff Directory

Main Number 570.992.7787

Jennifer Pandolfo, Director of Services, Ext. 222

Teresa Pickett, Services Coordinator, Ext. 222

Yvette Quintero, Lead Client Caseworker, Ext. 221

Nicole Hanson, Client Caseworker, Ext. 228

Cheryl Miller, Low Vision Care Coordinator, Ext. 229

Lisa Metcalf, Transport Coordinator, Ext. 224

Angela Hill, Prevention Specialist, Ext. 223



**FREE MATTER FOR
THE BLIND OR
PHYSICALLY
HANDICAPPED
Post Manual Part 138**

**Client Activities
Bulletin**

**This publication is a public service
provided in part by**



DESIGN | PRINT | FINISH | MAIL