

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



* 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.

# 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.

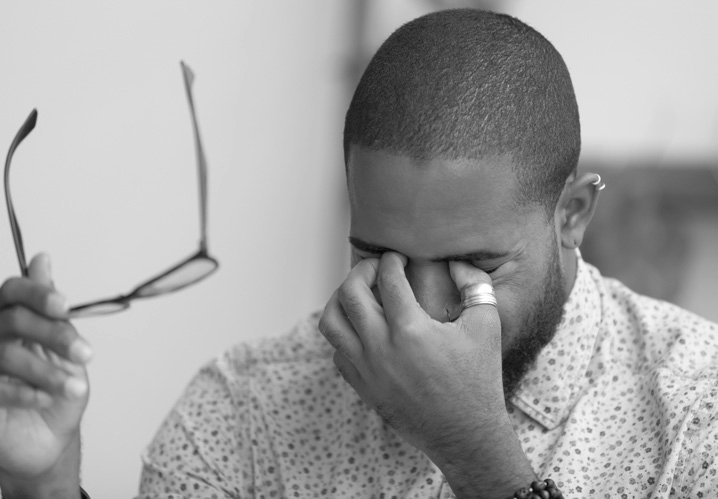
# Increased Screen Time Increases Importance of the 20-20-20 Rule

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.

## 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**

## 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**

## 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**

# Center for Vision Loss logo **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

**Weekly Activities**

|  |  |  |
| --- | --- | --- |
| **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** |  |

### Tech Talk Thursdays, 12:30-2;

**in-person**

**session on April 22**

## 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**

## 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**

## 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**

**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**

## 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**

### 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

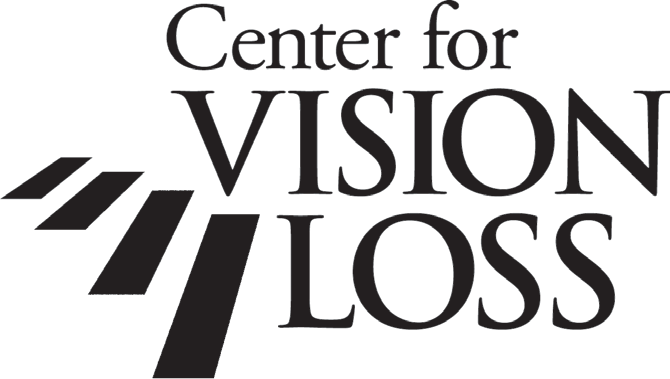
Erica Vibert, Prevention Services Coordinator, Ext. 251 Ruthie Asmus, Prevention Specialist, Ext. 248

# 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



**Client Activities Bulletin**

**FREE MATTER FOR THE BLIND OR PHYSICALLY HANDICAPPED**

**Post Manual Part 138**

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