

SIGHTS FOR HOPE™



Seize Independence Now™

Formerly known as Center for Vision Loss

Client Bulletin

September-October 2021 | Volume 11, Issue 7.1

Center for Vision Loss is now Sights for Hope.

This bulletin lists its client programs and activities in both the Lehigh Valley and Monroe County. Programs and activities that are not designated for specific groups are open to all Sights for Hope clients.

Large-Print Pullout Calendars

▶ Pages 9-12

Designed to be pulled apart and displayed

Lehigh Valley Services Center

845 West Wyoming St., Allentown, PA 18103

610.433.6018

Monroe Services Center

4215 Manor Drive, Stroudsburg, PA 18360

570.992.7787

United Way of the
Greater Lehigh Valley



Pocono Mountains
United Way



▶ **Transport Service Information**

- Reservations are required for agency transportation **at least 7 days in advance.**
- Transport tickets are **\$3.50 each way**, or \$7.00 per round trip.
- **Cancellations** of transport rides on **the day of or the day before** scheduled services affect arrangements for other clients and often prevent others from getting needed rides. **Please limit late cancellations** to only unavoidable situations. If you know you must cancel, please do so with as much notice as possible.
- If you expect a confirmation call from us about a ride, please **remember to check your voice mail.**
- To **schedule a transport ride**, call 610.433.6018, Ext. 226, in the Lehigh Valley, and 570.992.7787, Ext. 224, in Monroe County.

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Sights for Hope to be Closed on Labor Day

Sights for Hope will be closed in observance of Labor Day on Monday, Sept. 6, at both of its locations. No services will be available that day.

► What's Exciting

Sights for Hope Welcomes Two to its Services Team

Erin Hahn has joined Sights for Hope as a **Client Caseworker** in the Lehigh Valley. She previously was a Crisis Worker with Horizon House – an organization that serves adults with behavioral health needs, people with intellectual and developmental impairments, and homeless individuals.



Colleen Rountree has joined Sights for Hope as a **Prevention Specialist** in the Lehigh Valley. In 2019, Colleen retired as Executive Director of The Youth Center in Glen Gardner, N.J. – a nonprofit organization that provided educational and recreational programs for children – where she had worked for more than 30 years.



► Skills Education

Advanced Braille Class

Facilitated by Dianne Michels. Consistent attendance is required.

- Format: **In-Person**
- Dates and Times: **Mondays, Sept. 13 and 27, 10-11:30 a.m.; Monday, Oct. 25, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Available; call Brian Schell at 610.433.6018, Ext. 226**



Tech Talk Sessions

- Format: **Virtual and In-Person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Virtual Dates and Times: **Thursdays, Sept. 2, 16, and 30, 1-2:30 p.m.; Thursdays, Oct. 7 and 21, 1-2:30 p.m.**
- In-Person Dates and Times: **Thursdays, Sept. 9, 11 a.m.-1 p.m., and Oct. 14, 11 a.m.- 1 p.m.**
- In-Person Location: **Lehigh Valley Services Center**
- Transportation: **Transportation On Your Own**
- Virtual Link: **<https://zoom.us/j/96029608914>**
- Call-in Number: **929.205.6099**
- Access Code: **960 2960 8914**

Lehigh Valley Mentor Program Training

Participation in our peer mentoring program starts with this two-part training in effective techniques. Clients who complete the training will provide support to new clients. Attendees must commit to attend both training sessions.

- Format: **In-Person**
- Date and Time: **Friday, Sept. 17, 10-11:30 a.m.;**
Friday, Oct. 15, 10-11:30 a.m.
- Location: **Lehigh Valley Services Center**
- Transportation: **Available; call Brian Schell at 610.433.6018, Ext. 226**



Applelicious Cooking

Facilitated by Dianne Michels. This program is for those who join us for our apple picking outing at Grim's Orchard & Family Farms. (See the activity later in this bulletin.) Create the most delicious "applelicious" recipes.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Thursday, Sept. 23,**
10:30 a.m.-1 p.m.
- Location: **Lehigh Valley Services Center**
- Transportation: **Available; call Brian Schell at 610.433.6018, Ext. 226**

Program Series for New Clients: Turning Challenges into Opportunities

This three-part series helps new clients become familiar with Sights for Hope's services and ways to adapt to their visual impairments.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Tuesdays, Oct. 5 and 26, 10-11:30 a.m.; Tuesday, Nov. 2, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Available; call Brian Schell at 610.433.6018, Ext. 226**



Fire Prevention and Safety Skills

Learn about how to stay safe during a fire and how to keep fires from starting.

- Format: **In-Person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Monday, Oct. 18, 10-11:30 a.m.**
- Location: **Monroe Services Center**
- Transportation: **Available with registration**

Savory Stews

Create delicious stew recipes with Dianne Michels.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Monday, Oct. 18, 10:30-1 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Available; call Brian Schell at 610.433.6018, Ext. 226**

► Peer Support Groups

Lehigh Valley Client Group

- Format: **In-Person and Virtual**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Thursday, Sept. 2, 10-11:30 a.m.; Thursday, Oct. 7, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Available for Lehigh Valley clients with registration; call Brian Schell at 610.433.6018, Ext. 226**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

Men's Group

- Dates and Times: **Thursday, Sept. 9, 10-11:30 a.m.;**
Thursday, Oct. 14, 10-11:30 a.m.
- Location: **Lehigh Valley Services Center**
- Transportation: **Transportation On Your Own**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

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Monroe Client Group

- Format: **In-Person and Virtual**
- Registration: **Call Lisa Metcalf at 570.992.7787,**
Ext. 224
- Dates and Times: **Monday, Sept. 13, 10-11:30 a.m.;**
Monday, Oct. 4, 10-11:30 a.m.
- Location: **Monroe Services Center**
- Transportation: **Available with registration**
- Virtual Link: **<https://zoom.us/j/94325530787>**
- Call-in Number: **929.205.6099**
- Access Code: **943 2553 0787**

▶ **Descriptions Continue on Page 13**

September 2021



Client Programs and Activities

Sunday	Monday	Tuesday	Wednesday
			1 Musician Meetup 1-2:30
5	6 CLOSED for Holiday	7	8 Crossings Outlets 11-2
12	13 Monroe Clients 10-11:30 Braille 10-11:30	14 Women 10-11 Crafters 11-12:30	15 Spanish Recipes 10-11:30
19	20	21	22
26	27 Braille 10-11:30	28	29

September 2021

Client Programs and Activities

Thursday	Friday	Saturday
2 Lehigh Valley Clients 10-11:30	3	4
9 Men's Group 10-11:30	10	11
16 Grim's Orchard 11-1	17 LV Mentor Training 10-11:30	18
23 Cooking 10:30-1 Train Ride 11	24 NuVisions 11-12:30	25
30 Apple Picking 11-1 Visionaries 10:30-12:30		

► Weekly Services

Tech Talk
Sept. 2, 16, 30, 1-2:30;
Sept. 9, 11-1

Mall Walks
Sept. 1, 8, 15, 22, and 29, 9-10:30

October 2021



Client Programs and Activities

Sunday	Monday	Tuesday	Wednesday
3	4 Monroe Clients 10-11:30	5 New Client Session 10-11:30	6 Musician Meetup 1-2:30
10	11	12 Women 10-11 Crafters 11-12:30	13 Spanish Recipes 10-11:30
17	18 Stews 10:30-1 Fire Safety 10-11:30	19 Lunch and Movie 11:30-2:30	20
24 31	25 Braille 10-11:30	26 New Client Session 10-11:30	27

October 2021

Client Programs and Activities

Thursday	Friday	Saturday
	1	2
7 Lehigh Valley Clients 10-11:30	8	9
14 Men's Group 10-11:30	15 Maze 11-1 LV Mentors 10-11:30	16
21	22	23
28 Visionaries Party 10:30-12:30	29 NuVisions Party 11-1	30

► Weekly Services

Tech Talk
Oct. 7 and
21, 1-2:30;
Oct. 14,
11-1

Mall Walks
Oct. 6, 13,
20, and 27,
9-10:30

Women's Chat Group

- Format: **In-Person and Virtual**
- Dates and Times: **Tuesday, Sept. 14, 10-11 a.m.;**
Tuesday, Oct. 12, 10-11 a.m.
- Location: **Lehigh Valley Services Center**
- Transportation: **Transportation On Your Own**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

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Spanish-Speaking Group Recipe Swaps

- Format: **Virtual**
- Dates and Times: **Wednesday, Sept. 15, 10-11:30 a.m.;**
Wednesday, Oct. 13, 10-11:30 a.m.
- Virtual Link: **<https://zoom.us/j/92066505424>**
- Call-in Number: **929.205.6099**
- Access Code: **920 6650 5424**

► Activities

Musician Meetups

These meetups are for clients who are forming a band.

- Format: **Virtual**
- Dates and Times: **Wednesday, Sept. 1, 1-2:30 p.m.;**
Wednesday, Oct. 6, 1-2:30 p.m.
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

Mall Walks

Enjoy walks around a local mall with your fellow clients.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Wednesdays, Sept. 1, 8, 15, 22, and 29, 9-10:30 a.m.; Wednesdays, Oct. 6, 13, 20, and 27, 9-10:30 a.m.**
- Transportation: **Available with registration; call Brian Schell at 610.433.6018, Ext. 226**



Pocono United Way Day of Caring

Join volunteers from the Pocono Mountains United Way for a day of shopping at The Crossings Premium Outlets. Please bring money for shopping and lunch.

- Format: **In-Person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Wednesday, Sept. 8, 11 a.m.-2 p.m.**
- Location: **The Crossings Premium Outlets, 1000 Premium Outlets Drive, Tannersville, PA**
- Transportation: **Available with registration**

Crafters Corner Activities

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Tuesday, Sept. 14, 11 a.m.-12:30 p.m.; Tuesday, Oct. 12, 11 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Transportation on your own**



Visit to Grim's Orchard & Family Farms

An apple a day keeps the doctor away. Join us for a fun day of apple picking at Grim's Orchard & Family Farms. Please bring a lunch and money for your purchases.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang, 610.433.6018, Ext. 225**
- Date and Time: **Thursday, Sept. 16, 11 a.m.-1 p.m.**
- Location: **Grim's Orchard & Family Farms, 9875 Schantz Road, Breinigsville, PA**
- Transportation: **Available with registration; call Brian Schell at 610.433.6018, Ext. 226**

Train Ride through Jim Thorpe

Take a ride, enjoy the fall foliage, and learn about the history of Jim Thorpe, PA. Cost to be determined.

- Format: **In-Person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Thursday, Sept. 23, 11 a.m.**
- Transportation: **Available with registration**



NuVisions Group Activities

These activities are organized by the NuVisions client group but are open to all Monroe clients. The October activity is the annual Halloween party. Costumes are encouraged but not required and clients can bring a dish to share.

- Format: **In-Person and Virtual; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Dates and Times: **Friday, Sept. 24, 11 a.m.-12:30 p.m.; Friday, Oct. 29, 11 a.m.-1 p.m.**
- Location: **Monroe Services Center**
- Transportation: **Available with registration**
- Virtual Link: **<https://zoom.us/j/95701428812>**
- Call-in Information: **929.205.6099**
- Access Code: **957 0142 8812**

Visionaries Group Activities

These activities are organized by the Visionaries client group but are open to all Lehigh Valley clients. In September, explore the health benefits of micro greens. In October, wear your favorite costume for the annual Halloween party.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang, 610.433.6018, Ext. 225**
- Dates and Times: **Thursday, Sept. 30, 10:30 a.m.-12:30 p.m.; Thursday, Oct. 28, 10:30 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Available with registration; call Brian Schell at 610.433.6018, Ext. 226**



Apple Picking at Race Farm

Select your own Halloween pumpkin, pick a half a peck of apples, and enjoy a hayride at Race Farm.

- Format: **In-Person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Thursday, Sept. 30, 11 a.m.-1 p.m.**
- Location: **Race Farm, 87 Belcher Road, Blairstown, N.J.**
- Transportation: **Available with registration**

Mazezilla Corn Maze

Find your way out of the medieval-themed corn maze at Klingel's Farm. The farm also sells pumpkins and has a produce stand.

- Format: **In-Person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Friday, Oct. 15, 11 a.m.-1 p.m.**
- Location: **Klingel's Farm, Route 115, Saylorsburg, PA**
- Transportation: **Available with registration**



Lunch and a Movie

Enjoy lunch and an audio-described film at the Movie Tavern. Cost will vary according to your food and movie choice.

- Format: **In-Person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Tuesday, Oct. 19, 11:30 a.m.-2:30 p.m.**
- Location: **Movie Tavern, 6150 Hamilton Blvd., Allentown, PA**
- Transportation: **Available with registration; call Brian Schell at 610.433.6018, Ext. 226**

Tandem Bike Riding

Go on a tandem bike ride in the Lehigh Valley with the Coalition for Appropriate Transportation. For more information about this activity, please call Rita Lang at 610.433.6018, Ext. 225.

- Format: **In-Person**
- Date and Time: **To Be Announced**
- Location: **To Be Announced**
- Transportation: **To Be Announced**



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

Client Bulletin

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