

SIGHTS FOR HOPE™



Seize Independence **Now**™

Formerly known as **Center for Vision Loss**

Client Bulletin

November 2021 | Volume 11, Issue 8.1

Center for Vision Loss is now Sights for Hope.

This bulletin lists our client programs and activities in both the Lehigh Valley and Monroe County.

Large-Print Pullout Calendars

- ▶ **Lehigh Valley:** Pages 11 and 14
- ▶ **Monroe:** Pages 12-13

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



How to Schedule a Transport

Call one of our transport coordinators Monday-Friday from 8:30 a.m.-4:30 p.m. to schedule a ride.

Lehigh Valley

Brian Schell, 610.433.6018, Ext. 226

Monroe County

Lisa Metcalf, 570.992.7787, Ext. 224

Choose How You Receive Your Client Bulletin

You can choose how you receive this bulletin. Your choices are listed below.

- Receive it in the postal mail in large print
- Receive it in the postal mail in extra-large print
- Receive it in the postal mail as a braille document
- Receive it as an audio file on a USB drive
- Receive it as an email message
- Download it in Word or PDF formats at **SightsforHope.org/Bulletins**
- Listen to it online at **SightsforHope.org/Bulletins**

Please contact your caseworker if you want to change the way you receive the bulletin.

► What's Exciting

Stephanie Guillen Joins Sights for Hope as a Bilingual Caseworker

Stephanie Guillen has joined the Sights for Hope team as a bilingual Client Caseworker. She will work primarily with our Spanish-speaking clients in the Lehigh Valley.



Stephanie has worked in social services since 2013 and comes to us from Catholic Charities – where she was a counselor, visitation worker, and family specialist. Stephanie has a degree in Psychology from Cedar Crest College.



Sights for Hope to be Closed Nov. 25-26 for Thanksgiving

Sights for Hope will be closed on Thursday, Nov. 25, and Friday, Nov. 26, in observance of Thanksgiving. No services will be available on those dates.

Bigger is Not Always Better When it Comes to Magnifiers

A frequent request from Sights for Hope clients is for a magnifier that allows them to see a full page of print or a large area of print. Unfortunately, the laws of optics prevent the development of one.



The curved surface of a magnifying lens bends light rays to produce an enlarged image of an object. The degree of magnification is determined by the curvature of the lens' surface. Therefore, as the lens' magnification increases to meet a user's need, its field of view, or the area that the user can see clearly, becomes smaller.

If are looking for a new magnifier, a Sights for Hope specialist can help you identify one best suited to your needs. In the Lehigh Valley, Kim Williams can be reached at 610.433.6018, Ext. 224. In Monroe County, Cheryl Miller can be reached at 570.992.7787, Ext. 229.

Monroe Clients Request Large-Print Books, Magazines for Nursing Homes

The NuVisions client group is collecting large-print literature books, crossword and puzzle books, and magazines to donate to nursing home residents in Monroe County.

Clients from Monroe County and the Lehigh Valley can drop off their contributions at either Sights for Hope services center to the attention of Jennifer Pandolfo, our Director of Services. Contributions will be accepted through Thursday, Dec. 30.



▶ Like Skills Education Programs

Advanced Braille Class

Facilitated by Dianne Michels. Consistent attendance is required.

- Who Can Participate: **Registered clients**
- Dates and Times: **Monday, Nov. 8 and 22, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**



Tech Talks

All sessions in November will be held virtually.

- Who Can Participate: **All clients**
- Dates and Times: **Thursdays, Nov. 4, 11, and 18, 1:30-3 p.m.**
- Virtual Connections: **Go to SightsforHope.org/Events**



Importance of Dental Health

- Who Can Participate: **All Lehigh Valley clients**
- Registration: **Rita Lang, 610.433.6018, Ext. 225**
- Date and Time: **Monday, Nov. 1, 1-2:30 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**

► **Life Skills Education Programs**

New Client Intro Series: Turning Challenges into Opportunities

Facilitated by Dianne Michels. These are the third and fourth parts of a series that helps new clients become familiar with Sights for Hope's services and ways to adapt to their visual impairments. The fourth part is a chili cookoff for the new clients.

Part Three

- **Who Can Participate: Participants of the first and second sessions**
- **Date and Time: Tuesday, Nov. 2, 10-11:30 a.m.**
- **Location: Lehigh Valley Services Center**
- **Transportation: Call to schedule**

Part Four - Chili Cookoff

- **Who Can Participate: Participants of the first and second sessions**
- **Date and Time: Thursday, Nov. 11, 11 a.m.-12:30 p.m.**
- **Location: Lehigh Valley Services Center**
- **Transportation: Call to schedule**

► **Life Skills Education Programs**

Lunch and Learn Series: Adaptive Diabetes Self-Management

Facilitated by Debra Sokol-McKay, MS, CVRT, CDE, CLVT, OTR/L, SCLV. This is a two-part series on managing diabetes with a visual impairment. Topics to be covered include insulin management, nutrition, and blood glucose management. Liz Oleksa of the Lehigh Valley Council of the Blind also will be a guest speaker.

Part One

- Who Can Participate: **All clients**
- Date and Time: **Tuesday, Nov. 9, 11 a.m.-1 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**

Part Two

- Who Can Participate: **All clients**
- Date and Time: **Tuesday, Nov. 16, 11 a.m.-1 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**

▶ **Life Skills Education Programs**

Create the Perfect Pumpkin Cake Roll

Facilitated by Dianne Michels. Participants are asked to bring a jelly roll pan and a tea towel.

- Who Can Participate: **All Lehigh Valley clients**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Monday, Nov. 15, 10:30 a.m.-12 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**

▶ **Peer Support Groups**

Monroe Client Group

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Monday, Nov. 1, 10-11:30 a.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to SightsforHope.org/Events**

▶ **Peer Support Groups**

Lehigh Valley Client Group

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Thursday, Nov. 4, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to SightsforHope.org/Events**

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Spanish-Speaking Client Group

This group meeting includes a recipe swap.

- Who Can Participate: **All Spanish-speaking clients**
- Date and Time: **Wednesday, Nov. 10, 10-11:30 a.m.**
- Virtual Connections: **Go to SightsforHope.org/Events**

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Men's Client Group

- Who Can Participate: **All male clients**
- Date and Time: **Thursday, Nov. 11, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**
- Virtual Connections: **Go to SightsforHope.org/Events**

▶ **Descriptions Continue on Page 15**

November 2021

Lehigh Valley Client Calendar

Sunday	Monday	Tuesday	Wednesday
	1 Dental Health 1-2:30	2 New Clients 10-11:30	3 Musician Meetup 1-2
7	8	9 Diabetes Part One 11-1	10 Spanish Client Group 10-11:30
14	15 Pumpkin Cake Roll 10:30-12	16 Diabetes Part Two 11-1	17
21	22	23 Women's Group 10-11 Crafters 11-12:30	24
28	29	30	

November 2021

Lehigh Valley Client Calendar

Thursday	Friday	Saturday
4 Lehigh Vly Client Group 10-11:30	5	6
11 Men 10-11:30 New Clients 11-12:30	12	13
18 Farmers Market 11-1	19	20
25 CLOSED for Holiday	26 CLOSED for Holiday	27

► Weekly Services

Tech Talks
(Virtual)
Nov. 4, 11,
and 18,
1:30-3

Mall Walks
Nov. 3, 10,
and 17,
9-10:30

November 2021

Monroe Client Calendar

Sunday	Monday	Tuesday	Wednesday
	1 Monroe Client Group 10-11:30	2 New Clients 10-11:30	3 Musician Meetup 1-2
7	8	9 Diabetes Part One 11-1	10 Spanish Client Group 10-11:30
14	15	16 Diabetes Part Two 11-1	17
21	22	23 Women's Group 10-11	24
28	29	30 NuVisions 11-12:30	

November 2021

Monroe Client Calendar

Thursday	Friday	Saturday
4	5 Swim at Shawnee 10-12	6
11 Men 10-11:30 New Clients 11-12:30	12	13
18	19 Farmers Market 11-1	20
25 CLOSED for Holiday	26 CLOSED for Holiday	27

► Weekly Services

Tech Talks
(Virtual)
Nov. 4, 11,
and 18,
1:30-3

▶ **Peer Support Groups**

Women’s Client Group

- Who Can Participate: **All female clients**
- Date and Time: **Tuesday, Nov. 23, 10-11 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to SightsforHope.org/Events**

▶ **Activities**

Musician Meetups

This meeting will include a discussion about holding future sessions in person.

- Who Can Participate: **Clients who are forming a band**
- Dates and Times: **Wednesday, Nov. 3, 1-2 p.m.**
- Virtual Connections: **Go to SightsforHope.org/Events**



Mall Walks

- Who Can Participate: **All Lehigh Valley clients**
- Dates and Times: **Wednesdays, Nov. 3, 10, and 17, 9-10:30 a.m.**
- Location: **South Mall, 3300 Lehigh St., Allentown, PA**
- Transportation: **Call to schedule**

► **Activities**

Swimming at Shawnee Inn & Resort

Enjoy a relaxing swim and dip in a hot tub at the Shawnee Inn & Resort. Participants must bring their own towel and swim at their own responsibility.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Friday, Nov. 5, 10 a.m.-12 p.m.**
- Location: **Shawnee Inn & Resort, 100 Shawnee Inn Drive, Shawnee on Delaware, PA**
- Transportation: **Call to schedule**



Crafters Corner Activity

- Who Can Participate: **All Lehigh Valley clients**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Tuesday, Nov. 23, 11 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**

► **Activities**

Allentown Fairgrounds Farmers Market Visit for Lehigh Valley Clients

Shop for all your Thanksgiving and holiday goodies.
Sights for Hope will provided sighted guide volunteers.

- Who Can Participate: **All Lehigh Valley clients**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Thursday, Nov. 18, 11 a.m.-1 p.m.**
- Location: **Allentown Fairgrounds Farmers Market,
1825 West Chew St., Allentown, PA**
- Transportation: **Call to schedule**



Allentown Fairgrounds Farmers Market Visit for Monroe Clients

Shop for all your Thanksgiving and holiday goodies.
Sights for Hope will provided sighted guide volunteers.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Friday, Nov. 19, 11 a.m.-1 p.m.**
- Location: **Allentown Fairgrounds Farmers Market,
1825 West Chew St., Allentown, PA**
- Transportation: **Call to schedule**

► **Activities**

NuVisions Client Group Activity

A dietician from ShopRite will share tips for healthy holiday eating.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Tuesday, Nov. 30, 11 a.m.-12:30 p.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**

► **Recurring Programs for 2021-2022**

The following provides dates of our recurring programs and activities for the remainder of the 2021-2022 service year. Please see descriptions inside this bulletin.

Mall Walks

Wednesdays from 9-10:30 a.m. No walk on Nov. 24 due to Thanksgiving.

Nov. 3, 10, 17	March 2, 9, 16, 23, 30
Dec. 1, 8, 15, 22, 29	April 6, 13, 20, 27
Jan. 5, 12, 19, 26	May 4, 11, 18, 25
Feb. 2, 9, 16, 23	June 1, 8, 15, 22, 29

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Tech Talks

In-Person (marked with i): Second Thursday of the month; Virtual: All Other Thursdays. Times to be announced. No program on Nov. 25 and no in-person program in November due to Thanksgiving.

Nov. 4, 11, 18	March 3, 10(i), 17, 24, 31
Dec. 2, 9(i), 16, 23, 30	April 7, 14(i), 21, 28
Jan. 6, 13(i), 20, 27	May 5, 12(i), 19, 26
Feb. 3, 10(i), 17, 24	June 2, 9(i), 16, 23, 30

► **Recurring Programs for 2021-2022**

Please see descriptions inside this bulletin.

Lehigh Valley Client Group Meetings

First Thursday of the month from 10-11:30 a.m.

Nov. 4	March 3
Dec. 2	April 7
Jan. 6	May 5
Feb. 3	June 2

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Monroe Client Group Meetings

First Monday of the month from 10-11:30 a.m.

Nov. 1	March 7
Dec. 6	April 4
Jan. 4	May 2
Feb. 7	June 6

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Women's Client Group Meetings

Second Tuesday of the month, except in November, from 10-11 a.m.

Nov. 23	March 8
Dec. 7	April 12
Jan. 11	May 10
Feb. 8	June 14

► **Recurring Programs for 2021-2022**

Please see descriptions inside this bulletin.

Spanish-Speaking Client Group Meetings

Second Wednesday of the month from 10-11:30 a.m.

Nov. 10	March 16
Dec. 8	April 13
Jan. 12	May 11
Feb. 9	June 8

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Men's Client Group Meetings

Second Thursday of the month from 10-11:30 a.m.

Nov. 11	March 10
Dec. 9	April 14
Jan. 13	May 12
Feb. 10	June 9

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Musician Meetups

First Wednesday of the month at 1 p.m.

Nov. 3	March 2
Dec. 1	April 6
Jan. 5	May 4
Feb. 2	June 1

► **Recurring Programs for 2021-2022**

Please see descriptions inside this bulletin.

Crafters Corner Activities

**Second Tuesday of the month, except November,
from 11 a.m.-12:30 p.m.**

Nov. 23	Feb. 8	May 10
Dec. 7	March 8	June 14
Jan. 11	April 12	

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Visionaries Group Activities

**Last Thursday of the month from 10:30 a.m.-12:30 p.m.
No November activity due to Thanksgiving.**

Dec. 30	April 28
Jan. 27	May 26
Feb. 24	June 30
March 31	

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NuVisions Group Activities

**Last Friday of the month from 11 a.m.-12:30 p.m.
November and December date changes for holidays.**

Nov. 30	March 25
Dec. 30	April 29
Jan. 28	May 27
Feb. 25	June 24

► Lehigh Valley Phone Directory

Main Number: 610.433.6018

Dennis Zehner, Executive Director and CEO, 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

Kim Williams, Low Vision Care Coordinator, Ext. 224

Dianne Michels, Vision Rehabilitation Therapist, Ext. 230

Stephanie Guillen, Client Caseworker, Ext. 246

Erin Hahn, Client Caseworker, Ext. 231

Erica Vibert, Client Caseworker, Ext. 227

Brian Schell, Transport Coordinator, Ext. 226

Ruthie Asmus, Prevention Specialist, Ext. 248

Colleen Rountree, Prevention Specialist, Ext. 245

► Monroe Phone Directory

Main Number: 570.992.7787

Jennifer Pandolfo, Director of Services, Ext. 222

Teresa Pickett, Services Coordinator, Ext. 222

Cheryl Miller, Low Vision Care Coordinator, Ext. 229

Yvette Quintero, Lead Client Caseworker, Ext. 221

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 Bulletin

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