



# Client Bulletin

January 2022 | Volume 11, Issue 10.1

This bulletin lists Sights for Hope's life skills education programs, peer support groups, and activities for its clients in the Lehigh Valley and Monroe County.

## Large-Print Pullout Calendars

- ▶ **Lehigh Valley:** Pages 9 and 12
- ▶ **Monroe:** Pages 10-11

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



# 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.

## 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

## ► What's Exciting

# New Lions Club formed for Sights for Hope Clients

Sights for Hope, the Whitehall Lions Club, and Pennsylvania Lions District 14-K have teamed up to create the Sights for Hope Lehigh Valley Lions Club – an organization that empowers people with visual impairments to give back to their communities.



The Sights for Hope Lehigh Valley Lions Club has been formed as a branch of the Whitehall Lions Club. Membership fees for Sights for Hope clients are underwritten by the Whitehall Lions Club. People who do not have a visual impairment also may become members.

The club's inaugural membership will consist of at least

► Continued on Next Page

five Sights for Hope clients – including Gary Dvorshak, a member of Sights for Hope’s Board of Directors. It also will consist of Rita Lang, Sights for Hope’s Client Activities Manager, and Dennis Zehner, Sights for Hope’s Executive Director and CEO.

Meetings of the Sights for Hope Lehigh Valley Lions Club will take place at Sights for Hope’s Lehigh Valley Services Center in Allentown, PA. Interested clients should call Rita Lang at 610.433.6018, Ext. 225.

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## **New Peer Support Group Created for Younger Lehigh Valley Clients**

Sights for Hope has created a peer support group for Lehigh Valley clients ages 18-39. The first meeting of the Looking Forward Client Group will be held on Thursday, Jan. 20, from 10-11:30 a.m. at the Lehigh Valley Services Center.

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## **Sights for Hope to be Closed Jan. 17 for Martin Luther King Jr. Day**

Sights for Hope will be closed on Monday, Jan. 17, in observance of Martin Luther King Jr. Day. No services will be available.

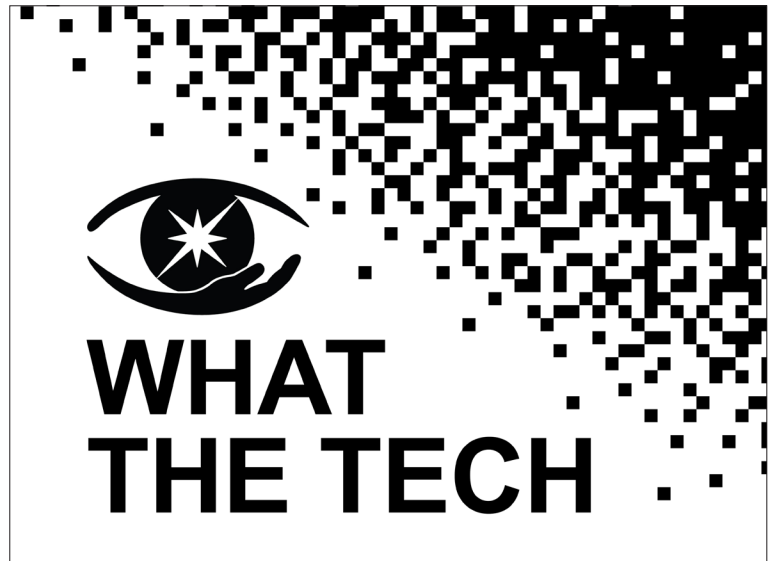
# You Can Use Your Amazon Echo Show to Identify Objects

Did you know that you can use an Amazon Echo Show to identify household items?

The Show and Tell feature of the Echo Show uses its camera to tell you what object you are holding. This

works for both the first or second generation Echo Show devices since both have cameras.

Ask Alexa, “What am I holding?” while holding a product about one (1) foot away from the camera and about one (1) foot above the surface of the Echo Show. The device’s Show and Tell feature then provides verbal instructions on how to use it and then speaks the item’s name to you.



# It's Not Too Late for Clients to Get a Free Large-Print 2022 Calendar

It is not too late for Sights for Hope clients to get a free large-print 2022 calendar through the generosity of the Jane Kiscadden estate. The calendars are available while supplies last and each client is allowed one free calendar. Additional calendars may be purchased for \$8.00 each.



To receive a calendar call 610.433.6018, Ext. 242, in the Lehigh Valley or 570.992.7787, Ext. 224, in Monroe County.

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## Free Braille Calendars Available from the American Action Fund

Free 2022 braille calendars also can be ordered from the American Action Fund for Blind Children and Adults by going to [ActionFund.org/resources/braille-calendars](http://ActionFund.org/resources/braille-calendars) on the web or by calling 410.659.9315, Ext. 2236.

## ► Life Skills Education Programs

### **Advanced Braille Class**

Facilitated by Dianne Michels.

- Who Can Participate: **Registered clients**
- Date and Time: **Monday, Jan. 24, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**



### **Tech Talks**

January sessions will be virtual. No session Jan. 20.

- Who Can Participate: **All clients**
- Dates and Times: **Thursdays, Jan. 6, 13, and 27, 1:30-3 p.m.**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**



### **iOS Device Workshop**

This program is for clients who want to learn about the iPhone and iPad. Please bring a lunch or money to order.

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Wednesday, Jan. 19, 11 a.m.-1 p.m.**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## ▶ Peer Support Groups

### **Monroe Client Group**

This meeting will be the group's annual holiday party. Clients should feel free to bring a dish to share and a gift worth up to \$10.00 for an optional Secret Santa exchange.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Monday, Jan. 3, 10-11:30 a.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**



### **Lehigh Valley Client Group**

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Thursday, Jan. 6, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

▶ **Descriptions Continue on Page 13**



# January 2022

## Lehigh Valley Client Calendar

Sunday	Monday	Tuesday	Wednesday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>9</b>	<b>10</b>	<b>11</b> Women's Group 10-11 Crafters 11-12:30	<b>12</b>
<b>16</b>	<b>17</b> CLOSED for Holiday	<b>18</b>	<b>19</b> iOS Workshop 11-1
<b>23</b>	<b>24</b> Braille 10-11:30	<b>25</b>	<b>26</b>
<b>30</b>	<b>31</b>	Dominoes 10-11:30	

# January 2022

## Lehigh Valley Client Calendar

Thursday	Friday	Saturday
		<b>1</b>
<b>6</b> Lehigh Vly Client Group 10-11:30	<b>7</b>	<b>8</b>
<b>13</b> Men's Client Group 10-11:30	<b>14</b>	<b>15</b>
<b>20</b> Looking Fwrd Client Group 10-11:30	<b>21</b>	<b>22</b>
<b>27</b> Visionaries 10:30-1	<b>28</b>	<b>29</b>

### ► Weekly Services

Tech Talks  
(Virtual)  
Jan. 6, 13,  
and 27,  
1:30-3

Mall Walks  
Jan. 5, 12,  
19, and 26,  
9-10:30

# January 2022

## Monroe Client Calendar

Sunday	Monday	Tuesday	Wednesday
<b>2</b>	<b>3</b> Monroe Client Group 10-11:30	<b>4</b>	<b>5</b>
<b>9</b>	<b>10</b>	<b>11</b> Women's Client Group 10-11	<b>12</b> Music for Everyone 11-1
<b>16</b>	<b>17</b> CLOSED for Holiday	<b>18</b> Escape Room 11-1	<b>19</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>30</b>	<b>31</b>	Dominoes 10-11:30	

# January 2022

## Monroe Client Calendar

Thursday	Friday	Saturday
		1
6	7	8
13 Men's Client Group 10-11:30	14	15
20	21	22
27	28 NuVisions 11-1	29

### ▶ Weekly Services

Tech Talks  
(Virtual)  
Jan. 6, 13,  
and 27,  
1:30-3

## ▶ Peer Support Groups

### **Women's Client Group**

- Who Can Participate: **All female clients**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Tuesday, Jan. 11, 10-11 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

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### **Men's Client Group**

- Who Can Participate: **All male clients**
- Date and Time: **Thursday, Jan. 13, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

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### **Looking Forward Client Group**

- Who Can Participate: **Lehigh Valley clients ages 18-39**
- Date and Time: **Thursday, Jan. 20, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## ► **Activities**

### **Mall Walks**

- Who Can Participate: **All Lehigh Valley clients**
- Dates and Times: **Wednesdays, Jan. 5, 12, 19, and 26, 9-10:30 a.m.**
- Location: **South Mall, 3300 Lehigh St., Allentown, 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, Jan. 11, 11 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**



### **Music for Everyone**

Come listen, sing, and dance with your fellow clients.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Wednesday, Jan. 12, 11 a.m.-1 p.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**

## ► **Activities**

### **Escape Room Challenge**

Find out if you and your fellow clients decipher the clues to conquer Klues Escape Room in Stroudsburg, PA. Cost of this activity is \$20.00 per person.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Tuesday, Jan. 18, 11 a.m.-1 p.m.**
- Location: **Klues Escape Room, 542 Main St., Stroudsburg, PA**
- Transportation: **Call to schedule**



### **Dominoes for Spanish-Speaking Clients**

Transport services are available for clients in the Lehigh Valley and Monroe County.

- Who Can Participate: **All Spanish-speaking clients**
- Registration: **Stephanie Guillen at 610.433.6018, Ext. 246**
- Date and Time: **Tuesday, Jan. 25, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**

## **Visionaries Client Group Activity**

Learn how the Accessible Pharmacy can help you organize your medications. This activity is organized by the Visionaries client group but is open to all Lehigh Valley clients.

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Thursday, Jan. 27, 10:30 a.m.-1 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**



## **NuVisions Client Group Activity**

Learn about budgeting and saving from Sights for Hope Community Partner Fulton Bank. This activity is organized by the NuVisions client group but is open to all Monroe clients.

- Who Can Participate: **All Monroe clients**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Friday, Jan. 28, 11 a.m.-1 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.**

Jan. 5, 12, 19, 26

April 6, 13, 20, 27

Feb. 2, 9, 16, 23

May 4, 11, 18, 25

March 2, 9, 16, 23, 30

June 1, 8, 15, 22, 29



### **Tech Talks**

**In-Person (marked with i): Second Thursday of the month; Virtual: All Other Thursdays. Times to be announced. No session Jan. 20.**

Jan. 6, 13, 27

April 7, 14(i), 21, 28

Feb. 3, 10(i), 17, 24

May 5, 12(i), 19, 26

March 3, 10(i), 17, 24, 31

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.**

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

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### **Monroe Client Group Meetings**

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

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

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### **Women's Client Group Meetings**

**Second Tuesday of the month from 10-11 a.m.**

Jan. 11	March 8	May 10
Feb. 8	April 12	June 14

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### **Men's Client Group Meetings**

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

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

# ► Recurring Programs for 2021-2022

Please see descriptions inside this bulletin.

## **Crafters Corner Activities**

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

Jan. 11	March 8	May 10
Feb. 8	April 12	June 14



## **Visionaries Client Group Activities**

**Last Thursday of the month**

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



## **NuVisions Client Group Activities**

**Last Friday of the month**

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



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## Client Bulletin

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