



# Client Bulletin

**February 2022 | Volume 11, Issue 11.1**

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 9-10**
- ▶ **Monroe: Pages 11-12**

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**

# 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

# He Didn't Let a Visual Impairment Stop Him from Business Success

**Successful entrepreneur Paul Miller, whose life was impacted by progressive retinal disease, will teach a program at Sights for Hope in February.**



Paul Miller is a fifth-degree black belt in karate and is skilled in the discipline of kung fu. He has trained more than 1,000 karate black belts. He owns two thriving businesses with five locations and 150 employees.

Paul Miller also is, in his own words, completely blind due to progressive retinal disease.

Through his own tenacity, Miller has shown that a visual impairment does not prevent success as a professional

► Continued on Next Page

or an entrepreneur. On Friday, Feb. 11, he will provide Sights for Hope's Lehigh Valley clients with inspiration and information about how they can rejoin the workforce. The program will be held at Sights for Hope's Lehigh Valley Services Center from 10-11:30 a.m. and is open to all of the organization's Lehigh Valley clients. Transport services are available by request.

Paul Miller grew up in Reading, PA, has been practicing martial arts for more than 45 years, and has dealt with visual impairments of some degree for most of his life. He opened Lehigh Valley Martial Arts in 1997 and founded Active Learning Centers, a child care center that uses martial arts to teach life lessons, in 2002.

Through his businesses and his own generosity, Miller has been a supporter of Sights for Hope previously through the organization's participation in the annual Lehigh Valley Highmark Walk for a Healthy Community.

## ► Life Skills Education Programs

### **Advanced Braille Class**

Facilitated by Dianne Michels.

- Who Can Participate: **Registered clients**
- Date and Time: **Monday, Feb. 14, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**



### **Tech Talks**

February sessions will be virtual. No session Feb, 17.

- Who Can Participate: **All clients**
- Dates and Times: **Thursdays, Feb. 3, 10, and 24**
- **1:30-3 p.m.**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## **Sights for Hope to be Closed Feb. 21 for Presidents Day**

Sights for Hope will be closed on Monday, Feb. 21, in observance of Presidents Day. No services will be available.

## ▶ Life Skills Education Programs

### Getting Back to Work

Is a visual impairment holding you back from seeking employment? Paul Miller, who identifies as completely blind, is Founder and CEO of both Lehigh Valley Martial Arts and Active Learning Centers and has approximately 150 employees. Paul will provide inspiration and information about how you can rejoin the workforce.

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Friday, Feb. 11, 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)**



### Indoor Orientation and Mobility

Learn how basic orientation and mobility (O&M) techniques can help you navigate independently indoors.

- Who Can Participate: **All clients**
- Date and Time: **Tuesday, Feb. 15, 9-11 a.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## ▶ Life Skills Education Programs

### 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, Feb. 16, 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](http://SightsforHope.org/Events)**



### Exploration of Emerging Technologies

Sean Hastings from Eschenbach, a Sights for Hope assistive technology provider, presents a variety of electronic magnification devices. Please bring a lunch or money to order.

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Friday, Feb. 18, 10 a.m.-12 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](http://SightsforHope.org/Events)**

## ▶ **Life Skills Education Programs**

### **No-Bake Cooking with Dianne Michels**

Vision rehabilitation therapist Dianne Michels shows you effective no-bake cooking techniques.

- Who Can Participate: **All Monroe clients**
- Date and Time: **Wednesday, Feb. 23, 10:30 a.m.-12 p.m.**
- Registration: **Lisa Metcalf at 570.992.7782, Ext. 224**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## ▶ **Peer Support Groups**

### **Lehigh Valley Client Group**

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Thursday, Feb. 3, 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**



# February 2022

## Lehigh Valley Client Calendar

Sunday	Monday	Tuesday	Wednesday
		1	2
6	7	8 Women's Group 10-11 Crafters 11-1	9
13	14 Braille 10-11:30	15 Indoor O&M 9-11	16 iOS Devices 11-1
20	21 CLOSED for Holiday	22	23
27	28 Musician Meetup 11-1		

# February 2022

## Lehigh Valley Client Calendar

Thursday	Friday	Saturday
<b>3</b> Lehigh Vly Client Group 10-11:30	<b>4</b>	<b>5</b>
<b>10</b>	<b>11</b> Getting Back to Work 10-11:30	<b>12</b>
<b>17</b> Looking Fwr Client Group 10-11:30	<b>18</b> Emerging Tech 10-12	<b>19</b>
<b>24</b> Visionaries 10:30-1	<b>25</b> Dominoes 10-11:30	<b>26</b>

### ► Weekly Services

Tech Talks  
(Virtual)  
Feb. 3, 10,  
and 24,  
1:30-3

Mall Walks  
Feb. 2, 9,  
16, and 23,  
9-10:30

# February 2022

## Monroe Client Calendar

Sunday	Monday	Tuesday	Wednesday
		1	2
6	7 Monroe Client Group 10-11:30	8 Women's Client Group 10-11	9
13	14	15 Indoor O&M 9-11	16
20	21 CLOSED for Holiday	22	23 No-Bake Cooking 10:30-12
27	28 Musician Meetup 11-1		

# February 2022

## Monroe Client Calendar

Thursday	Friday	Saturday
<b>3</b> Talent Show 10-11:30	<b>4</b>	<b>5</b>
<b>10</b>	<b>11</b> Makeovers 10-12	<b>12</b>
<b>17</b>	<b>18</b>	<b>19</b>
<b>24</b>	<b>25</b> Dominoes 10-11:30 NuVisions 11-1	<b>26</b>

### ► Weekly Services

Tech Talks  
(Virtual)  
Feb. 3, 10,  
and 24,  
1:30-3

## ▶ Peer Support Groups

### **Monroe Client Group**

- Who Can Participate: **All Monroe clients**
- Date and Time: **Monday, Feb. 7, 10-11:30 a.m.**
- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

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

- Who Can Participate: **All female clients**
- Date and Time: **Tuesday, Feb. 8, 10-11 a.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)**

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### **Looking Forward Client Group**

- Who Can Participate: **Lehigh Valley clients ages 18-39**
- Date and Time: **Thursday, Feb. 17, 10-11:30 a.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

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

The men's client group will not meet in February. For more information, please call Rita Lang at 610.433.6018, Ext. 225.

## ▶ Activities

### **Mall Walks**

- Who Can Participate: **All Lehigh Valley clients**
- Dates and Times: **Wednesdays, Feb. 2, 9, 16, and 23, 9-10:30 a.m.**
- Location: **South Mall, 3300 Lehigh St., Allentown, PA**
- Transportation: **Call to schedule**

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### **Monroe Client Talent Show**

Can you sing, dance, or tell a joke? Come show off your skills at our first annual Monroe client talent show.

- Who Can Participate: **All Monroe clients**
- Date and Time: **Thursday, Feb. 3, 10-11:30 a.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## ▶ **Activities**

### **Crafters Corner Activity**

- Who Can Participate: **All Lehigh Valley clients**
- Date and Time: **Tuesday, Feb. 8, 11 a.m.-1 p.m.**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Location: **Lehigh Valley Services Center**
- Transportation: **On your own**



### **Monroe Makeover Day**

During a time of year that celebrates romance, the love of one's self remains the most important, and sometimes most difficult, love of all. Enjoy free haircuts and manicures during this popular annual activity.

- Who Can Participate: **All Monroe clients**
- Date and Time: **Friday, Feb. 11, 10 a.m.-12 p.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**

## ► **Activities**

### **Visionaries Client Group Activity**

Learn more about the importance of dental health to your overall wellbeing. 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, Feb. 24, 10:30 a.m.- 1 p.m.**
- Location: **Lehigh Valley Services Center**
- Transportation: **Call to schedule**



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

Transport services are available for both Lehigh Valley and Monroe clients.

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



## ► **Activities**

### **NuVisions Client Group Activity**

Learn more about Non-24, a serious and chronic circadian rhythm disorder that is common for people who live with total blindness. This activity is organized by the NuVisions client group but is open to all Monroe clients.

- Who Can Participate: **All Monroe clients**
- Date and Time: **Friday, Feb. 25, 11 a.m.-1 p.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**



### **Musician Meetup Jam Session**

This meetup will be the group's second in-person jam session. Transport services are available for both Lehigh Valley and Monroe clients.

- Who Can Participate: **Clients who are musicians and/or vocalists**
- Date and Time: **Monday, Feb. 28, 11 a.m.-1 p.m.**
- Location: **Monroe Services Center**
- Transportation: **Call to schedule**

# ► Our Community Partners

Sights for Hope Community Partners help support all our client services and more.

## Diamond Partner



Provident Bank

## Gold Partner



Working Dog Press

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Brown-Daub Charities  
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UGI Utilities, Inc.

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Strategic Arc Limited  
United Brotherhood of  
Carpenters and Joiners  
Local #167  
Valley Eye Group

## Life Skills Education Champions

Kinsley's ShopRite of  
Brodheadsville  
ShopRite of Hunterdon  
County  
Fulton Bank



## ► **Lehigh Valley Staff Directory**

### **Main Number 610.433.6018**

Dennis Zehner, Executive Director and CEO, Ext. 241

Jennifer Pandolfo, Associate Director/Dir. of Services, Ext. 223

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

Stephanie Guillen, Client Caseworker, Ext. 246

Erin Hahn, Client Caseworker, Ext. 231

Erica Vibert, Client Caseworker, Ext. 227

Kim Williams, Low Vision Care Coordinator, Ext. 224

Brian Schell, Transport Coordinator, Ext. 226

Ruthie Asmus, Prevention Specialist, Ext. 248

Colleen Rountree, Prevention Specialist, Ext. 245

## ► **Monroe Staff Directory**

### **Main Number 570.992.7787**

Jennifer Pandolfo, Associate Director/Dir. of Services, Ext. 222

Teresa Pickett, Services Coordinator, Ext. 222

Yvette Quintero, Lead Client Caseworker, Ext. 221

Melinda Weston, Client Caseworker, Ext. 228

Cheryl Miller, Low Vision Care Coordinator, Ext. 229

Lisa Metcalf, Transport Coordinator, Ext. 224

Angela Hill, Prevention Specialist, Ext. 223



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## Client Bulletin

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