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Client Bulletin

###### January 2023 | Volume 12, Issue 7.1

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**



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* 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 Transportation**

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**

## Milli Fonseca Joins Lehigh Valley Client Casework Team

Milli Fonseca has joined Sights for Hope’s casework team in the Lehigh Valley and will work with Spanish- speaking clients while Client Caseworker Stephanie Guillen is



on leave.

Milli has professional

experience as a Program and Activities Coordinator for The Atrium of Allentown, an assisted living facility; a Church Outreach Coordinator for the Smyrna Church of the Lord in Bethlehem, PA; and as a support professional for United Way of the Greater Lehigh Valley. Milli is a graduate of the McCann School of Business and Technology.

##### Continued on Next Page

Milli will be available by phone at 610.433.6018,

Ext. 246, or by email to [stephanie@sightsforhope.org.](mailto:stephanie@sightsforhope.org)

Stephanie looks forward to returning to Sights for Hope in the spring of 2023.

## Sights for Hope to be Closed January 2 and January 16

Since New Year’s Day 2023 is a Sunday, Sights for Hope will be closed on Monday, January 2, in observance of the holiday. Sights for Hope also will be closed on Monday, January 16, in observance of Dr. Martin

Luther King Jr. Day. No services will be available on these dates.

## Musicians Wanted for Client Band

The Sights for Hope client band is looking for a drummer and players of various brass instruments. Interested clients should call Rita Lang at 610.433.6018, Ext. 225.



### Life Skills Education Programs

##### Tech Talks

* + Who Can Participate: **All clients**
  + Dates and Times: **Thursdays, January 5, 12, 19, and 26, 2-3:30 p.m.**
  + Virtual Connections: **Go to SightsforHope.org/Events**

#### Positive Coping Strategies for Depression

Facilitated by Sue Higgins.

* + Who Can Participate: **All clients**
  + Date and Time: **Thursday, January 12, 10-11:30 a.m.**
  + Location: **Lehigh Valley Services Center**
  + Who Can Schedule Transportation: **Lehigh Valley clients**

### Life Skills Education Programs

#### Orientation and Mobility (O&M) - Part Two Rescheduled

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

* + Who Can Participate: **All clients**
  + Dates and Times: **Friday, January 13, 9 a.m.-12 p.m.**
  + Location: **Lehigh Valley Services Center**
  + Who Can Schedule Transportation: **All clients**

#### iOS Device Workshop

Learn about the iPhone and iPad. Please bring a lunch or money to order.

* + Who Can Participate: **All clients**
  + Date and Time: **Wednesday, January 18, 11 a.m.- 1 p.m.**
  + Location: **Lehigh Valley Services Center**
  + Registration: **Rita Lang at 610.433.6018, Ext. 225**
  + Who Can Schedule Transportation: **Not available**
  + Virtual Connections: **Go to SightsforHope.org/Events**

### Peer Support Groups

##### Lehigh Valley Client Group

Facilitated by James Van Horn.

* + Who Can Participate: **Lehigh Valley clients**
  + Date and Time: **Thursday, January 5, 10-11:30 a.m.**
  + Location**: Lehigh Valley Services Center**
  + Registration: **Rita Lang at 610.433.6018, Ext. 225**
  + Who Can Schedule Transportation: **Lehigh Valley clients**
  + Virtual Connections: **Go to SightsforHope.org/Events**

##### Monroe Client Group

Facilitated by James Van Horn.

* + Who Can Participate: **Monroe clients**
  + Date and Time: **Monday, January 9, 10-11:30 a.m.**
  + Location**: Monroe Services Center**
  + Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
  + Who Can Schedule Transportation: **Monroe clients**
  + Virtual Connections: **Go to SightsforHope.org/Events**

### Peer Support Groups

##### Women’s Client Group

* + Who Can Participate: **All female clients**
  + Date and Time: **Tuesday, January 10, 10-11 a.m.**
  + Location**: Lehigh Valley Services Center**
  + Registration: **Rita Lang at 610.433.6018, Ext. 225**
  + Who Can Schedule Transportation: **Not available**
  + Virtual Connections: **Go to SightsforHope.org/Events**
* **Descriptions Continue on Page 13**

# **January 2023**

##### **Lehigh Valley** Client Calendar

|  |  |  |
| --- | --- | --- |
| **Thursday** | **Friday** | **Saturday** |
| **5**  **Lehigh Vly Group**  **10-11:30** | **6** | **7** |
| **12**  **Coping Strategies 10-11:30** | **13**  **O&M Part Two 9-12** | **14**  **GLVNFB Mtg 10-12** |
| **19** | **20** | **21**  **LVCB Mtg 10-12** |
| **26Visionaries**  **10:30-11:15**  **LV Lions 11:30-1:30** | **27** | **28** |
|  |  |  |

##### Want to Do More?

Most Monroe activities also are open to Lehigh Valley clients who can arrange their own rides.

Check out the descriptions for details.

* **Weekly Services Mall Walks**

January 4,

11, 18, and

25, 9-10:30

###### Tech Talks

January 5,

12, 19, and

26, 2-3:30

# **January 2023**

**Monroe Client Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** |
| **1** | **2**  **Closed for Holiday** | **3** | **4** |
| **8** | **9**  **Monroe Group 10-11:30** | **10** | **11** |
| **15** | **16**  **Closed for Holiday** | **17** | **18** |
| **22** | **23**  **Swimming at Shawnee 10-12** | **24** | **25** |
| **29** | **30**  **Musicians 11-1** | **31NuVisions**  **10:30-12**  **Monroe Lions 1-2** |  |

# **January 2023**

##### **Monroe** Client Calendar

|  |  |  |
| --- | --- | --- |
| **Thursday** | **Friday** | **Saturday** |
| **5** | **6** | **7** |
| **12** | **13**  **O&M Part Two 9-12** | **14** |
| **19**  **Sensational Salads 10:30-12** | **20** | **21** |
| **26** | **27** | **28** |
|  |  |  |

##### Want to Do More?

Most Lehigh Valley activities also are open to Monroe clients who can arrange their own rides.

Check out the descriptions for details.

##### Weekly Services

**Tech Talks**

January 5,

12, 19, and

26, 2-3:30

# **January 2023**

**Lehigh Valley Client Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** |
| **1** | **2**  **Closed for Holiday** | **3** | **4** |
| **8** | **9** | **10Women’s**  **Group**  **10-11**  **Crafters 11-1** | **11** |
| **15** | **16**  **Closed for Holiday** | **17** | **18**  **iOS Devices 11-1** |
| **22** | **23**  **Dominoes 10-11:30** | **24** | **25** |
| **29** | **30**  **Musicians 11-1** | **31** |  |

### Activities

##### Mall Walks

* + - Who Can Participate: **All clients**
    - Dates and Times: **Wednesdays, January 4, 11, 18, and 25, 9-10:30 a.m.**

###### Location: South Mall, 3300 Lehigh St., Allentown, PA

* + - Who Can Schedule Transportation: **Lehigh Valley clients**

##### Crafters Corner Activity

* + - Who Can Participate: **All clients**
    - Date and Time: **Tuesday, January 10, 11 a.m.- 1 p.m.**
    - Location: **Lehigh Valley Services Center**
    - Registration: **Rita Lang at 610.433.6018, Ext. 225**
    - Who Can Schedule Transportation: **Not available**

### Activities

##### Sensational Salads

* + - Who Can Participate: **All Monroe clients**
    - Date and Time: **Thursday, January 19, 10:30 a.m.- 12 p.m.**
    - Location: **Monroe Services Center**
    - Who Can Schedule Transportation: **Monroe clients**

##### Dominoes Activity

* + - Who Can Participate: **All clients**
    - Date and Time: **Monday, January 23, 10-11:30 a.m.**
    - Location: **Lehigh Valley Services Center**
    - Registration: **Rita Lang at 610.433.6018, Ext. 225**
    - Who Can Schedule Transportation: **Lehigh Valley clients**

### Activities

##### Swimming at Shawnee Inn and Resort

Enjoy the pool and hot tub at the Shawnee Inn and Resort.

* + - Who Can Participate: **All Monroe clients**
    - Date and Time: **Thursday, January 23, 10 a.m.-12 p.m.**

###### Location: Shawnee Inn, 100 Shawnee Inn Drive, Shawnee on Delaware, PA

* + - Who Can Schedule Transportation: **Monroe clients**

##### Visionaries Client Group Activity

January’s activity is a presentation on mindfulness. 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, January 26, 10:30- 11:15 a.m.**
      * Location: **Lehigh Valley Services Center**
      * Who Can Schedule Transportation: **Lehigh Valley clients**

### Activities

##### Musician Jam Session

* + - Who Can Participate: **All clients who are musicians and/or vocalists**
    - Date and Time: **Monday, January 30, 11 a.m.-1 p.m.**
    - Location: **Monroe Services Center**
    - Who Can Schedule Transportation: **Lehigh Valley and Monroe clients**

##### NuVisions Client Group Activity

Learn about smart phone apps that help people with visual impairments seize their independence. 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: **Tuesday, January 31, 10:30 a.m.- 12 p.m.**
    - Location: **Monroe Services Center**
    - Registration: **Jennifer Pandolfo at 570.992.7787, Ext. 223**
    - Who Can Schedule Transportation: **Monroe clients**

### Meetings

##### LV Sights for Hope Lions Club Meeting

The Lehigh Valley Sights for Hope Lions Club will hold its Charter Celebration. All clients who live in Lehigh and Northampton counties are welcome.

* + - Who Can Participate: **All Lehigh Valley clients**
    - Date and Time: **Thursday, January 26, 11:30 a.m.- 1:30 p.m.**
    - Location: **Lehigh Valley Services Center**
    - Additional Details: **SightsforHope.org/LVLionsClub**

**Monroe Sights for Hope Lions Club Meeting** The Monroe Sights for Hope Lions Club will hold its monthly meeting. All clients who live in Monroe County are welcome. Participants are encouraged to bring a lunch or

money to order.

* + - Who Can Participate: **All Monroe clients**
    - Date and Time: **Tuesday, January 31, 1-2 p.m.**
    - Location: **Monroe Services Center**
    - Registration: **Jennifer Pandolfo, 570.992.7787, Ext. 222**
    - Who Can Schedule Transportation: **Monroe clients**
    - Additional Details: **SightsforHope.org/MonroeLionsClub**

### Meetings

##### Greater LV Chapter - National Federation of the Blind (GLVNFB) Meeting

* + - Date and Time: **Saturday, January 14, 10 a.m.- 12 p.m.**

###### Location: Denny’s Restaurant, 1871 Catasauqua Road, Allentown, PA

* + - Additional Details: **Call Kirk Hunger at 484.239.0741**

##### LV Council of the Blind (LVCB) Meeting

* + - Who Can Participate: **LVCB members**
    - Date and Time: **Saturday, January 21, 10 a.m.- 12 p.m.**
    - Location: **Lehigh Valley Services Center**
    - Additional Details: **Write to** [**L**](mailto:LVCB1993@gmail.com)[**VCB1993@gmail.com**](mailto:VCB1993@gmail.com)

## 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 Deirdre Federico Snyder, 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 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

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

**Post Manual Part 138**

**Client Bulletin**

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