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Client Bulletin

###### February 2023 | Volume 12, Issue 8.1

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 in the postal mail in large print
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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

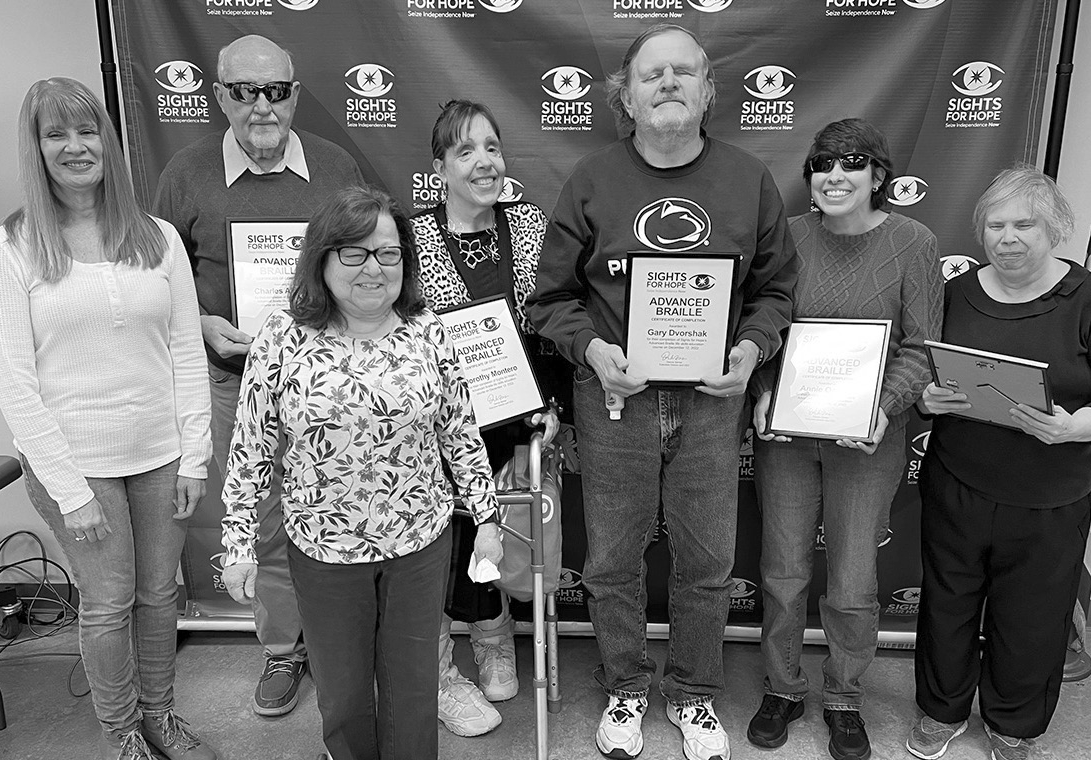
**Monroe County**

Lisa Metcalf, 570.992.7787, Ext. 224

* **What’s Exciting**

## Sights for Hope Marks Milestone with Advanced Braille Graduation

Sights for Hope held a graduation recently for the first clients in more than 40 years to



complete its Advanced Braille life skills education program.

The four graduates

studied what is known as grade 2 Braille, or contracted Braille, for more than two years. When the COVID-19 pandemic began, they figured out how to press on by phone with their instructor – Vision Rehabilitation Therapist Dianne Michels – and volunteer teaching assistant Annette Gozzard. They also met on their own and quizzed each other almost daily by text message.

The graduating class was the first that Michels has taught at Sights for Hope – an organization for which she has worked for 24 years over three tenures since 1980.

##### Continued on Next Page

Contracted Braille is a form practiced by people who desire to read and become more immersed in Braille. It uses the same letters, punctuations, and numbers as grade 1 Braille, or uncontracted Braille. Grade 2 Braille adds symbols for letter combinations such as “ch” and “th,” compressed abbreviations for many words, and special symbols for suffixes. Grade 2 Braille requires

more extensive memorization and its rules are complex and somewhat ambiguous. All Braille books are written in what professionals say is an extremely complex code. Most people who develop a visual impairment learn only the alphabet in Braille and find it useful in their daily lives.

## Free Braille Calendars Available from American Action Fund

Free 2023 Braille calendars can be ordered from the American Action Fund for Blind Children and Adults by going to ActionFund.org/resources/braille-calendars on the web or by calling 410.659.9315, Ext. 2236.

## Sights for Hope to be Closed February 20 for Presidents Day

Sights for Hope will be closed on Monday, February 20, in observance of Presidents Day. No services will be available that day.

### Life Skills Education Programs

##### Tech Talks

* + Who Can Participate: **All clients**
  + Dates and Times: **Thursdays, February 2, 9, 16, and 23, 2-3:30 p.m.**
  + Virtual Connections: **Go to SightsforHope.org/Events**

#### Sweet Treats

Come sweeten your Valentine’s Day by baking some treats. Facilitated by Dianne Michels.

* + Who Can Participate: **All clients**
  + Date and Time: **Friday, February 10, 10:30 a.m.- 1 p.m.**
  + Location: **Lehigh Valley Services Center**
  + Registration: **Rita Lang at 610.433.6018, Ext. 225**
  + Who Can Schedule Transportation: **Lehigh Valley clients**

## Musicians Wanted for Client Band

The Sights for Hope client band is looking for a drummer and a bass player. Interested clients should call Rita Lang at 610.433.6018, Ext. 225.



### Life Skills Education Programs

#### Beginner Braille in Monroe

This is the first class of our new Beginner Braille program in Monroe County, and it is taught by Sights for Hope client Jasmyn Polite.

* + Who Can Participate: **All clients**
  + Dates and Times: **Friday, February 10, 10:30 a.m.- 1 p.m.**
  + Location: **Monroe Services Center**
  + Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
  + Who Can Schedule Transportation: **Monroe 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, February 15, 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, February 2, 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, February 6, 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, February 14, 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**

# February 2023

##### Lehigh Valley Client Calendar

|  |  |  |
| --- | --- | --- |
| **Thursday** | **Friday** | **Saturday** |
| **2**  **Lehigh Vly Group**  **10-11:30** | **3** | **4** |
| **9** | **10**  **Sweet Treats 10:30-1** | **11**  **GLVNFB Mtg 10-12** |
| **16**  **Dominoes 10-11:30** | **17** | **18**  **LVCB Mtg 10-12** |
| **23Visionaries**  **10:30-12:30**  **LV Lions 12:30-1:30** | **24** | **25** |
|  |  |  |

##### 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**

February 1,

8, 15, and 22,

9-10:30

###### Tech Talks

February 2,

9 16, and 23,

2-3:30

# February 2023

**Monroe Client Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** |
|  |  |  | **1** |
| **5** | **6**  **Monroe Group 10-11:30** | **7** | **8** |
| **12** | **13** | **14**  **Valentine Makovers 10-12** | **15** |
| **19** | **20**  **Closed for Holiday** | **21** | **22** |
| **26** | **27**  **Musicians 11-1** | **28NuVisions**  **10:30-12**  **Monroe Lions 1-2** |  |

# February 2023

##### Monroe Client Calendar

|  |  |  |
| --- | --- | --- |
| **Thursday** | **Friday** | **Saturday** |
| **2** | **3** | **4** |
| **9** | **10**  **Beginner Braille 10:30-1** | **11** |
| **16** | **17** | **18** |
| **23** | **24**  **Build a Snow Globe 10-12** | **25** |
|  |  |  |

##### 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**

February 2,

9, 16, and 23,

2-3:30

# February 2023

**Lehigh Valley Client Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** |
|  |  |  | **1** |
| **5** | **6** | **7** | **8** |
| **12** | **13** | **14Women’s**  **Group**  **10-11**  **Crafters 11-1** | **15**  **iOS Devices 11-1** |
| **19** | **20**  **Closed for Holiday** | **21** | **22** |
| **26** | **27**  **Musicians 11-1** | **28** |  |

### Activities

##### Mall Walks

* + - Who Can Participate: **All clients**
    - Dates and Times: **Wednesdays, February 1, 8, 15,**

###### and 22, 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, February 14, 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

##### Valentine’s Day Makeovers in Monroe

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: **Tuesday, February 14, 10 a.m.- 12 p.m.**
    - Location: **Monroe Services Center**
    - Who Can Schedule Transportation: **Monroe clients**

##### Dominoes for Spanish-Speaking Clients

* + - Who Can Participate: **All Spanish-speaking clients**
    - Date and Time: **Thursday, February 16, 10-11:30 a.m.**
    - Location: **Lehigh Valley Services Center**
    - Registration: **610.433.6018, Ext. 246**
    - Who Can Schedule Transportation: **Lehigh Valley clients**

### Activities

##### Visionaries Client Group Activity

February’s activity is the second of a six-part series on mindfulness. Create textured art with Michael Freeman. This activity is organized by the Visionaries client group but is open to all Lehigh Valley clients. Please note that the Lehigh Valley Sights for Hope Lions Club will meet after this activity.

* + - Who Can Participate: **All Lehigh Valley clients**
    - Date and Time: **Thursday, February 23, 10:30 a.m.- 12:30 p.m.**
    - Location: **Lehigh Valley Services Center**
    - Who Can Schedule Transportation: **Lehigh Valley clients**

##### Do You Want to Build a Snow Globe?

Explore your creativity by making this snowy, sensory craft.

* + - Who Can Participate: **All clients**
    - Date and Time: **Friday, February 24, 10 a.m.-12 p.m.**
    - Location: **Monroe Services Center**
    - Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
    - Who Can Schedule Transportation: **Monroe clients**

### Activities

##### Musician Jam Session

* + - Who Can Participate: **All clients who are musicians and/or vocalists**
    - Date and Time: **Monday, February 27, 11 a.m.-1 p.m.**
    - Location: **Monroe Services Center**
    - Who Can Schedule Transportation: **Lehigh Valley and Monroe clients**

##### NuVisions Client Group Activity

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, February 28, 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 monthly meeting. All clients who live in Lehigh and Northampton counties are welcome.

* + - Who Can Participate: **All Lehigh Valley clients**
    - Date and Time: **Thursday, February 23, 12:30- 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, February 28, 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, February 11, 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, February 18, 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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