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Client Bulletin

###### May 2023 | Volume 12, 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 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**



## 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
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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 to be Closed Monday, May 29 for Memorial Day

Sights for Hope will be closed on Monday, May 29 in observance of Memorial Day. No services will be available on that date.

## Updated Information Provided for Beacon Lodge Transportation

Transportation information has been updated for this year’s Pennsylvania Lions Beacon Lodge camp. The bus will depart from the former Kmart store on Tilghman Street in Allentown on Saturday, July 15 and return on Tuesday, July 25.

The updated information is that interested clients should send a check by Wednesday, July 5 for $80, payable to Springfield Lions Club, by mail to:

John Anderson

1829 East Madison St. Philadelphia, PA 19134

Phone 215.410.8524

### Life Skills Education Programs

##### Tech Talks

* + Who Can Participate: **All clients**
	+ Dates and Times: **Thursdays, May 4, 11, 18, and 25,**

###### 2-3:30 p.m.

* + Virtual Connections: **Go to SightsforHope.org/Events**

#### Accessible Shopping Methods

Facilitated by Dianne Michels.

* + Who Can Participate: **All clients**
	+ Date and Time: **Tuesday, May 16, 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**

#### Beginner Braille in Monroe

Our Beginner Braille program in Monroe County is taught by Sights for Hope client Jasmyn Polite.

* + Who Can Participate: **All enrolled clients**
	+ Dates and Times: **Tuesday, May 16, 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**

### Life Skills Education Programs

#### 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, May 17, 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**

#### How to Cope with Depression

* + Who Can Participate: **All clients**
	+ Dates and Times: **Thursday, May 18, 10-11:30 a.m.**
	+ Location: **Monroe Services Center**
	+ Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
	+ Who Can Schedule Transportation: **Monroe clients**

### Peer Support Groups

##### Monroe Client Group

Facilitated by James Van Horn.

* + Who Can Participate: **Monroe clients**
	+ Date and Time: **Monday, May 1, 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**

##### Lehigh Valley Client Group

Facilitated by James Van Horn.

* + - Who Can Participate: **Lehigh Valley clients**
		- Date and Time: **Thursday, May 4, 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**

### Peer Support Groups

##### Women’s Client Group

* + Who Can Participate: **All female clients**
	+ Date and Time: **Tuesday, May 9, 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**

### Activities

##### Mall Walks

* + Who Can Participate: **All clients**
	+ Dates and Times: **Wednesdays, May 3, 10, 17, 24,**

###### and 31, 9-10:30 a.m.

* + Location: **South Mall, 3300 Lehigh St., Allentown, PA**
	+ Who Can Schedule Transportation: **Lehigh Valley clients**

### Activities

##### Lions Club Day of Fishing

This annual day of fun and fishing, **sponsored by the Moore Township Lions Club**, will be held in Bath, PA. Breakfast and lunch will be served, and a fun awards ceremony will be held. Please register even if you plan to have your own transportation.

* + Who Can Participate: **All clients**
	+ Date and Time: **Saturday, May 6, 8 a.m.-1 p.m.; rain date Saturday, May 13**
	+ Location: **2792 Valley View Drive, Bath, PA**
	+ Registration - Lehigh Valley Clients: **Rita Lang at 610.433.6018, Ext. 225**
	+ Registration - Monroe Clients: **Lisa Metcalf at 570.992.7787, Ext. 224**
	+ Who Can Schedule Transportation: **All clients**

##### Crafters Corner Activity

* Who Can Participate: **All clients**
* Date and Time: **Tuesday, May 9, 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**
* **Descriptions Continue on Page 13**

# **May 2023**

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

|  |  |  |
| --- | --- | --- |
| **Thursday** | **Friday** | **Saturday** |
| **4****Lehigh Vly Group****10-11:30** | **5** | **6****Lions Day of Fishing 8-1** |
| **11****Farmers Market 11-1:30** | **12** | **13****GLVNFB Mtg 10-12** |
| **18** | **19****Makeovers and Lunch 10:30-1** | **20****LVCB Mtg 10-12** |
| **25Visionaries****10:30-12:30****LV Lions 12:30-1:30** | **26** | **27** |
|  |  |  |

##### 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**

May 3, 10,

17, 24, and

31, 9-10:30

###### Tech Talks

May 4, 11,

18, 25,

2-3:30

# **May 2023**

**Monroe Client Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** |
|  | **1****Monroe Group 10-11:30** | **2** | **3** |
| **7** | **8** | **9** | **10** |
| **14** | **15** | **16****Braille 10:30-1** | **17** |
| **21** | **22****Musicians 11-1** | **23** | **24** |
| **28** | **29****Closed for Holiday** | **30 NuVisions****10:30-12****Monroe Lions 1-2** | **31** |

# **May 2023**

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

|  |  |  |
| --- | --- | --- |
| **Thursday** | **Friday** | **Saturday** |
| **4** | **5** | **6****Lions Day of Fishing 8-1** |
| **11** | **12****Tie Dye Shirts 10-11:30** | **13** |
| **18****How to Cope****10-11:30** | **19** | **20** |
| **25** | **26** | **27** |
|  |  |  |

##### 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**

May 4, 11,

18, 25,

2-3:30

# **May 2023**

**Lehigh Valley Client Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** |
|  | **1** | **2** | **3** |
| **7** | **8** | **9 Women’s****Group****10-11****Crafters 11-1** | **10** |
| **14** | **15** | **16****Accessible Shopping 10-11:30** | **17****iOS Devices 11-1** |
| **21** | **22 Dominoes****10-11:30****Musicians 11-1** | **23** | **24** |
| **28** | **29****Closed for Holiday** | **30****Rose Garden Walk****10:30-12:30** | **31** |

### Activities

##### Visit to Allentown Farmers Market

Enjoy purchasing farm fresh foods and other interesting items from local vendors. Sights for Hope will provide sighted guide volunteers. Please bring money for purchases and lunch.

* + - Who Can Participate: **All clients**
		- Date and Time: **Thursday, May 11, 11 a.m.-1:30 p.m.**

###### Location: Allentown Farmers Market, 1825 Chew St., Allentown, PA

* + - Registration: **Rita Lang at 610.433.6018, Ext. 225**
		- Who Can Schedule Transportation: **Lehigh Valley clients**

##### Make Your Own Tie Dye Shirt

Bring a white shirt and use your skills to make your own tie dye shirt to wear during the summer.

* + - Who Can Participate: **All clients**
		- Date and Time: **Friday, May 12, 10-11:30 a.m.**
		- Location: **Monroe Services Center**
		- Registration: **Lisa Metcalf at 570.992.7787, Ext. 224**
		- Who Can Schedule Transportation: **Monroe clients**

### Activities

##### Makeovers and Lunch

Treat yourself to a day of pampering. Enjoy a free haircut, manicure, chair massage, lunch, and much more.

* + - Who Can Participate: **All clients**
		- Date and Time: **Friday, May 19, 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**

##### Dominoes for Spanish-Speaking Clients

* + - Who Can Participate: **All Spanish-speaking clients**
		- Date and Time: **Monday, May 22, 10-11:30 a.m.**
		- Location: **Lehigh Valley Services Center**
		- Registration: **Stephanie Guillen at 610.433.6018, Ext. 246**
		- 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, May 22, 11 a.m.-1 p.m.**
		- Location: **Monroe Services Center**
		- Who Can Schedule Transportation: **Lehigh Valley and Monroe clients**

##### Visionaries Client Group Activity

Learn how the Blind Shell cell phone’s accessible raised button feature can help people with visual impairments do more and take part in the fifth of a six-part series on mindfulness. 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, May 25, 10:30 a.m.- 12:30 p.m.**
			* Location: **Lehigh Valley Services Center**
			* Who Can Schedule Transportation: **Lehigh Valley clients**

### Activities

**Outdoor Walk at Allentown Rose Garden** Explore the Malcolm Gross Rose Garden in Allentown, PA. Please wear comfortable shoes and bring a lunch.

* + - Who Can Participate: **All clients**
		- Date and Time: **Tuesday, May 30, 10:30 a.m.- 12:30 p.m.**

###### Location: Malcolm Gross Rose Garden, 3000 Parkway Blvd., Allentown, PA

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

##### NuVisions Client Group Activity

The Pennsylvania Lions Hearing Research Foundation will make an informative presentation. 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, May 30, 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, May 25, 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, May 30, 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, May 13, 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

Please bring a lunch or money to order.

* + - Who Can Participate: **LVCB members**
		- Date and Time: **Saturday, May 20, 10 a.m.-12 p.m.**
		- Location: **Lehigh Valley Services Center**
		- Additional Details: **Write to** **L****VCB1993@gmail.com**

## 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.

## 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 Enid Cruz, Client Services Assistant, 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 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**

##### This bulletin is a public service provided in part by

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