



# Client Bulletin

**March 2024 | Volume 13, Issue 9.1**

This bulletin lists Sights for Hope's life skills education classes, 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 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 DePietro, 570.992.7787, Ext. 224

## ► What's Exciting

# State Rent and Property Tax Rebates Offer Opportunities for Savings

Pennsylvania's rent and property tax rebate program for expenses incurred in 2023 offers eligible individuals a chance to access financial assistance.

This year's application process is now open, and Sights for Hope's caseworkers are available to help clients navigate the application process smoothly. Clients who think they may be eligible should contact their caseworkers.

The deadline for application submission is June 30, and rebates are set to be issued starting July 1. To verify an applicant's information, documents such as proof of age, income, and property taxes or rent paid, can be submitted. Homeowners should provide receipted tax bills, while renters can use a completed rent certificate or a notarized affidavit if they cannot obtain their landlord's signature.

A household must have an annual income of less than \$47,000 to qualify.

# Beacon Lodge Camp Registration, Bus Sign-Ups Have Begun

Registration for the 2024 Lions Beacon Lodge camp for adults with visual impairments has begun. Interested Sights for Hope clients should ask their caseworkers for more information. Bus reservations for this camp also are available. Interested clients should send a check for \$80, payable to Springfield Lions Club, by July 6 to:

John Anderson  
1829 East Madison St.  
Philadelphia, PA 19134  
Phone 215.410.8524



## Accessible Pharmacy Offers Diabetes Prevention Program

Accessible Pharmacy Services is offering a free one-year diabetes prevention program starting in March. The program is designed to help participants lose weight through healthy eating, increase their physical activity, and learn to identify and address barriers to those healthy habits. The program is fully covered by insurance for people at risk of developing type 2 Diabetes. Clients should call Mary Ann Grignon at 570.807.1276 for more information or write to [info@accessiblepharmacy.com](mailto:info@accessiblepharmacy.com).

# **New Beginner Braille Class to form in the Lehigh Valley**

Sights for Hope is looking to form a new beginner Braille class for its Lehigh Valley clients. Interested clients should call Rita Lang at 610.433.6018, Ext. 225.



# **Shakespeare Festival Announces 2024 Audio-Described Shows**

The Pennsylvania Shakespeare Festival is gearing up for its summer season of audio-described performances. The season schedule is as follows:

- The Play That Goes Wrong: Saturday, June 8, 2 p.m.
- The Last Five Years (Musical): Saturday, June 22, 2 p.m.
- The Merry Wives of Windsor: Saturday June 29, 2 p.m.
- Winnie the Pooh & Friends: Saturday, July 27, 10 a.m.
- The Color Purple (Musical): Saturday, July 27, 2 p.m.
- Cymbeline: Saturday, August 3, 2 p.m.

Tickets can be purchased by calling 610.282.9455. To receive a discounted ticket price, clients should tell the box office associate that they will be using the audio-described service.

## ▶ Program Descriptions

### **Monroe Client Group Meeting**

Facilitated by James Van Horn.

- Who Can Participate: **Monroe clients**
- Date and Time: **Monday, March 4, 10-11:30 a.m.**
- Location: **Monroe Services Center**
- Registration: **Lisa DePietro at 570.992.7787, Ext. 224**
- Who Can Schedule Transportation: **Monroe clients**

.....

### **Beginner Braille Classes in Monroe**

This is an ongoing class that meets weekly. It will meet by phone on March 5, 12, and 19, and will meet in person at the Monroe Services Center on March 26. Interested clients who are not registered should call Jennifer Pandolfo at 570.992.7787, Ext. 222.

- Who Can Participate: **All registered clients**
- Date and Time: **Tuesdays, March 5, 12, and 19, 10-11:30 a.m.; Tuesday, March 26, 10-11:30 a.m.**
- In-Person Location (March 26): **Monroe Services Center**
- Phone Conference Number: **1.848.777.1212, passcode 219-9686#**
- Who Can Schedule Transportation: **Monroe clients**

# Depression Support Group Meetings

Facilitated by Dianne Michels.

- Who Can Participate: **All clients**
- Date and Time: **Monday, March 4, and Monday, March 18, 11 a.m.-12 p.m.**
- Location: **Phone conference 1.848.777.1212, passcode 219-9686#**
- Registration: **Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225**

.....

## Mall Walks

- Who Can Participate: **All clients**
- Dates and Times: **Wednesdays, March 6, 13, 20, and 27, 9-10:30 a.m.**
- Location: **South Mall, 3300 Lehigh St., Allentown, PA**
- Who Can Schedule Transportation: **Lehigh Valley clients**

.....

## Tech Talks

- Who Can Participate: **All clients**
- Dates and Times: **Thursdays, March 7, 14, 21, and 28, 2-3:30 p.m.**
- Virtual Connections: **Go to [SightsforHope.org/Events](https://SightsforHope.org/Events)**

## **Lehigh Valley Client Group Meeting**

Facilitated by James Van Horn.

- Who Can Participate: **Lehigh Valley clients**
- Date and Time: **Thursday, March 7, 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**



## **Client Book Club Meeting**

The March selection is *The Secret Life of Sunflowers* by Marta Molnar. Please read or listen to the book in advance and be ready to discuss it.

- Who Can Participate: **All clients**
- Date and Time: **Friday, March 8, 10 a.m.-12:30 p.m.**
- Location: **Phone conference 1.848.777.1212, passcode 219-9686#**
- Registration: **Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225**

► **Descriptions Continue on Page 13**



# March 2024

## Lehigh Valley Client Calendar

Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>
<b>7</b> Lehigh Vly Group 10-11:30 (T)	<b>8</b> Book Club 10-12:30	<b>9</b> GLVNFB 10-12
<b>14</b>	<b>15</b>	<b>16</b> LVCB 10-12
<b>21</b> Texture Painting 10:30-1 (T)	<b>22</b>	<b>23</b>
<b>28</b> Visionaries 10-12 (T) LV Lions 12-1:30 (T)	<b>29</b>	<b>30</b>

### ► Transports

Programs with available transportation are marked with a (T)

### ► Weekly Programs

#### Mall Walks

March 6, 13, 20, and 27, 9-10:30 (T)

#### Tech Talks

March 7, 14, 21, and 28, 2-3:30

# March 2024

## Monroe Client Calendar

Sunday	Monday	Tuesday	Wednesday
<b>3</b>	<b>4</b> Monroe Group 10-11:30 (T) Depression Grp 11-12	<b>5</b>	<b>6</b>
<b>10</b>	<b>11</b>	<b>12</b> Cooking with Dianne 9:30-11 (T)	<b>13</b>
<b>17</b>	<b>18</b> Depression Grp 11-12	<b>19</b>	<b>20</b>
<b>24</b> 	<b>25</b> Band 11-1 (T)	<b>26</b> Braille 10-11:30 (T)	<b>27</b>
<b>31</b>			

# March 2024

## Monroe Client Calendar

Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>
<b>7</b>	<b>8</b> Book Club 10-12:30	<b>9</b>
<b>14</b>	<b>15</b>	<b>16</b>
<b>21</b> Yoga for Relaxation 11-12:30 (T)	<b>22</b>	<b>23</b>
<b>28</b>	<b>29</b> NuVisions 10:30-12:30 (T) Monroe Lions 1-2 (T)	<b>30</b>

### ► Transports

Programs with available transportation are marked with a (T)

### ► Weekly Programs

#### Beginner Braille by Phone

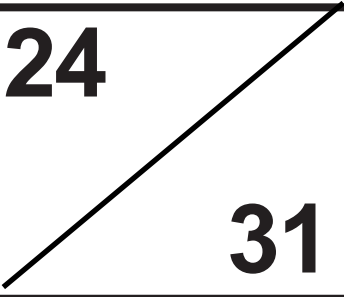
March 5, 12, and 19,  
10-11:30

#### Tech Talks

March 7, 14, 21, and 28,  
2-3:30

# March 2024

## Lehigh Valley Client Calendar

Sunday	Monday	Tuesday	Wednesday
<b>3</b>	<b>4</b> Depression Grp 11-12	<b>5</b>	<b>6</b>
<b>10</b>	<b>11</b>	<b>12</b> Women's Group 10-11 Crafters 11-1	<b>13</b>
<b>17</b>	<b>18</b> Depression Grp 11-12	<b>19</b> Martin Guitar 10-2 (T)	<b>20</b> iOS Devices 11-1
<b>24</b> 	<b>25</b> Dominoes 10-11:30 (T)  Band 11-1 (T)	<b>26</b>	<b>27</b>
<b>31</b>			

## ▶ Program Descriptions

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

- Date and Time: **Saturday, March 9, 10 a.m.-12 p.m.**
- Location: **Denny's Restaurant, 1871 Catasauqua Road, Allentown, PA**
- Additional Details: **Call Cheryl Frazier at 610.802.3050**

.....

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

- Who Can Participate: **All female clients**
- Date and Time: **Tuesday, March 12, 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](https://SightsforHope.org/Events)**

.....

### **Crafters Corner Activity**

- Who Can Participate: **All clients**
- Date and Time: **Tuesday, March 12, 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**

## **Cooking Breakfast with Dianne**

Learn some delicious ways to cook yourself a great breakfast. Facilitated by Dianne Michels.

- Who Can Participate: **All clients**
- Date and Time: **Tuesday, March 12, 9:30-11 a.m.**
- Location: **Monroe Services Center**
- Registration: **Lisa DePietro at 570.992.7787, Ext. 224**
- Who Can Schedule Transportation: **Monroe clients**

.....

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

- Who Can Participate: **LVCB members**
- Date and Time: **Saturday, March 16, 10 a.m.-12 p.m.**
- Location: **Lehigh Valley Services Center**
- Additional Details: **Write to LVCB1993@gmail.com**

## **Visit to Martin Guitar Factory**

Experience a tactile tour, explore the picking parlor, and play an authentic Martin guitar. Please bring money for lunch.

- Who Can Participate: **All clients**
- Date and Time: **Tuesday, March 19, 10 a.m.-2 p.m.**
- Location: **Martin Guitar, 510 Sycamore St., Nazareth, PA**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Who Can Schedule Transportation: **Lehigh Valley 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, March 20, 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**

## **Texture Painting with Dianne**

Learn the secrets of texture painting with Dianne Michels. Please bring a lunch or money to order.

- Who Can Participate: **All clients**
- Date and Time: **Thursday, March 21, 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**



## **Yoga for Relaxation**

Relax and reduce stress while stretching your body.

- Who Can Participate: **All clients**
- Date and Time: **Thursday, March 21, 11 a.m.- 12:30 p.m.**
- Location: **Monroe Services Center**
- Registration: **Lisa DePietro at 570.992.7787, Ext. 224**
- Who Can Schedule Transportation: **Monroe clients**



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

- Who Can Participate: **All Spanish-speaking clients**
- Date and Time: **Monday, March 25, 10-11:30 a.m.**
- Location: **Lehigh Valley Services Center**
- Registration: **Sarah Madden at 610.433.6018, Ext. 246**
- Who Can Schedule Transportation: **Lehigh Valley clients**



## **Client Band Jam Session**

- Who Can Participate: **Members of the Sights for Hope client band**
- Date and Time: **Monday, March 25, 11 a.m.-1 p.m.; subject to change**
- Location: **Monroe Services Center**
- Registration: **Rita Lang at 610.433.6018, Ext. 225**
- Who Can Schedule Transportation: **All clients**

## **Musicians Wanted for Client Band**

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

## **Visionaries Client Group Activity**

Presented by North Penn Legal, this session helps clients know their rights as tenants. This activity is organized by the Visionaries client group but is open to all Lehigh Valley clients. Please bring a lunch or money to order.

- Who Can Participate: **Lehigh Valley clients**
- Date and Time: **Thursday, March 28, 10 a.m.-12 p.m.**
- Location: **Lehigh Valley Services Center**
- Who Can Schedule Transportation: **Lehigh Valley clients**



## **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. Participants are encouraged to bring a lunch or money to order.

- Who Can Participate: **Lehigh Valley clients**
- Date and Time: **Thursday, March 28, 12-1:30 p.m.**
- Location: **Lehigh Valley Services Center**
- Who Can Schedule Transportation: **Lehigh Valley clients**
- Additional Details: **SightsforHope.org/LVLionsClub**

## **NuVisions Client Group Activity**

This activity is rescheduled from January. Learn how to make your own potted succulent plant. The cost of this activity is \$5 per person. This activity is organized by the NuVisions client group but is open to all Monroe clients.

- Who Can Participate: **Monroe clients**
- Date and Time: **Friday, March 29, 10:30 a.m.-12:30 p.m.**
- Location: **Monroe Services Center**
- Registration: **Jennifer Pandolfo at 570.992.7787, Ext. 222**
- Who Can Schedule Transportation: **Monroe clients**



## **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: **Monroe clients**
- Date and Time: **Friday, March 29, 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](http://SightsforHope.org/MonroeLionsClub)**



FREE MATTER FOR  
THE BLIND OR  
PHYSICALLY  
HANDICAPPED  
Post Manual Part 138

## Client Bulletin

This bulletin is a public service  
provided in part by

