

Sight Center News



Wellness initiatives at the Sight Center include offering more physical activities for Wednesday Club members like balloon volleyball, yoga classes and new recreational opportunities for participants in our Youth Program.

Improving Organizational Culture:

In an effort to better engage with staff and clients and encourage individuals to lead healthier lifestyles, the Sight Center adopted the theme of Wellness: In Mind, Body and Spirit. At the start of the New Year, the Center implemented several wellness initiatives throughout the organization. “We want to encourage our staff to embrace wellness and have extended opportunities to our clients as well,” said Linda Hackshaw, Executive Director.

One significant change made programmatically was the addition of a Diabetes Prevention program. For this disease, prevention is key. “If we can help alleviate visual impairments due to diabetes, why wouldn’t we?” added Hackshaw. In addition to

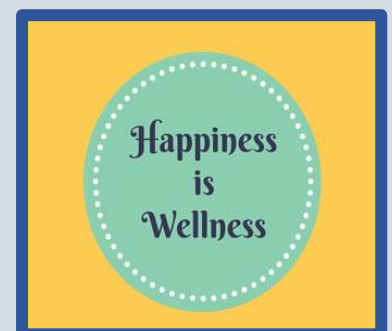
the prevention program, the Sight Center has encouraged wellness through more physical activities being offered to the members of the Wednesday Club and participants in the Children’s program. Even low vision patients are embracing wellness by maintaining their hobbies and recreational activities with the help of devices such as magnifiers, special glasses or simple adaptations and modifications to help them continue participation.

For staff, the Center has coordinated fitness classes on-site including weekly yoga sessions to help employees destress and a flexible work schedule helps staff find a better work/life balance.



Annual Meeting & Luncheon Date Set:

Please join us for our **Annual Meeting & Luncheon** on **Thursday, June 15th** from noon – 1pm at the Ambassador’s Garden Atrium room. You’re invited as we celebrate Wellness in Mind, Body and Spirit. We’ll share personal stories about what it means to take a life-changing journey toward wellness. Registration opens at 11:30 a.m and the program will begin promptly at noon. Please RSVP to Shannon at the Sight Center by Friday, June 9th. Call 455-0995 or email: shannonw@sightcenternwpa.org Reservations are required. Cost is \$25 per person. Hope to see you there!



Program Updates:

PREVENTION SERVICES:

Lana Kunik, the Center's Prevention Services Coordinator, continues to grow our Diabetes Prevention Program. New groups are starting in June and we have recently received support from the Erie County Health Department. We are amazed to hear the results participants are having as they commit to making lifestyle changes to ensure a healthier future. Diabetes can cause a variety of vision impairments. The more people who are at-risk for developing diabetes and take advantage of prevention services, the greater impact we can have on their future vision and overall health.



Summer Calendar Events:

- June is **Cataract Awareness Month**
- **Annual Meeting & Luncheon** – Thursday, June 15th, from 12-1pm at the Ambassador's Garden Atrium Room. Cost is \$25 per person, contact Shannon at 455-0995 to make your reservation.
- Our next **Diabetes Prevention Group** will be starting on Wednesday, June 7th at 2:30 pm. Contact Lana at the Sight Center, 455-0995, if you'd be interested in joining.
- **Hold the Date:** Save-an-Eye Picnic at the Sight Center, Wednesday, July 12th beginning at 5 pm. More details to follow.
- **Hold the Date:** Save-an-Eye Football Game: Friday, July 21st at Erie's Veterans Memorial Stadium.



New Wednesday Clubs Get Underway:

One thing we do really well is provide support to those with vision loss. For years the Sight Center has offered a support group called the Wednesday Club. The Wednesday Club allows us the opportunity to provide education, training, resources, support, socialization and just plain fun to a group of visually impaired adults. The Wednesday Club is directed by staff member Susan McNeish (pictured at left) and her guide dog, Tuscan. With a recent rise in interest, Susan has added a second group that also meets at the Sight Center and a third, whose home base is in Albion. We are excited to be able to meet people where they are and offer resources to help them engage more fully in their life and their community. If you'd like to join our Wednesday Club, contact us at 455-0995.



Our Mission Matters: *To prevent blindness and promote independence for those with vision loss.*



Since moving to West 26th Street in 2010, the Sight Center has envisioned having a garden on-site. Recently, Center staff met with local Master Gardeners to discuss what a garden on our property could look like. As a result, the Center has submitted various grants to seek funding for the development of a garden. Including clients, young and old, in the planting and management of a garden could provide countless benefits. If you would like to donate or have a green thumb and would be interested in volunteering, give us a call today, 455-0995.