



THE COURIER

Ashbury Senior Computer Community Center

Celebrating 15 Years Serving Greater Cleveland Communities

Volume 31, Issue 3 | June—August 2017 | Editors - ASC³ Advanced Students & Staff

Congratulations 2017 Certification Recipients and Graduates !

OUR MISSION

To bridge the gap in the "Digital Divide" in our inner-city communities by providing high quality, accessible, and FREE technology classes in a supportive, appropriately-paced, and nurturing environment – that encourages personal growth and enhances the quality of life for all participants.

Table of Contents:

- Page 2:
Student Profiles
- Page 3:
Student Collage
- Page 4:
Keynote/Tech Corner
- Page 5:
Health and Wellness
- Page 6:
Recruitment Information
African American Museum Trip
PNC Announcement
- Page 7:
Internet Information MY-Chart
Information Events
- Page 8:
Fundors
Sponsors
Gala Info

Willie Adams
Patrick Alexander
Tanya Allen
Cheri Allen-Tate
Jameel Amir
Howard Barksdale
Mary Bell
Louise Blair
Alice Blake
Valeria Broner
Carlotta Burgan
James Burkes
Emma Caldwell
Clemmie Chappell
Lillie Crawford
Gloria Crawl
Edward Crenshaw
Gail Curry
Mary Daniel
Carol Davidson
Elaine Davis
Rena Domineck
Paulette Dowing
Ramona Drake
Dalin Evans

Cynthia Felder
Stanford Garrett
Malcolm Gordon
Lue Graham
Bevelyn Grimes
Bernice Harris
Arcey Harton
Suzanne Holman
Juanita Jackson
Delores Jarrett
Shelby Johnson
James Jordan
Lillian Keith
Willie Lawson
Robert Love
Michael Martin
Patricia Mcgowan
Johnnietta McGrady
Phyllis McLaughlin
Mabel Messam
Mamie Miles
Laverne Mitchell
Priscilla Moore
Arvy Myers

Mary Palmore
Charlie Parham
Evelyn Parker
Odessa Parks
Fannie Payton
Raymond Payton
Ella Redeemer
Beverly Redfield
Cathy Rias
Jackie Robertson
Anthony Scott
Mary Seawright
Delores Shaw
Ron Tate
Mary Thomas
Mozella Thomas
Elizabeth Turner
Andralee Tyree
Verne Washington
Delores Watkins
Benita White
Carmen Wise
Nora Yisrael
Leonard Young

Directors Message:

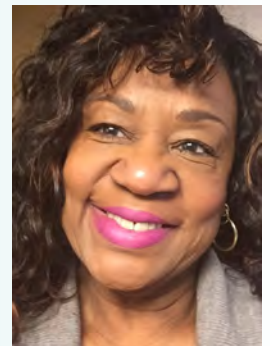
Summer Break is here, but please beware! Spam, Phishing, Fraud, and fake phone sales persons, offering false information about a relative is in distress, your assets are about to be seized by the IRS or that you have won a prize for a drawing you never entered, are all on the rise! Beware.

Practice Makes Perfect!

Remember the lessons learned this past year. KEEP YOUR PASSWORDS SAFE! Do not conduct business with anyone online or over the phone unless you can confirm their identity. If anyone asks you for money or personal data, you didn't solicit, hang up the phone or close the internet down. And report the scam, phishing or fraud encounter to the Federal Trade Commission on line at www.FTC.gov, call (877) 382-4357. Or call 211 for help!

Stay on Top of Your Money and Identity!

Everyone have a great summer and students remember – Open Lab is here for you: Monday – Friday, 1:00pm – 4:00pm, July 19th – September 2, 2017. Classes begin September 7, 2017 at all locations.



Wanda Davis, Executive Director

Come Visit Us!

11011 Ashbury
Avenue
Cleveland, Ohio
44106
(216) 421-2305

www.asc3.org

Patrick Alexander

Lue Graham



I am **Patrick Alexander**.

Greetings to all who have come to celebrate and recognize the students of Ashbury Senior Community Center. We have worked hard to achieve the ability to communicate on websites and the computer world. Once upon a time I had no computer skills. I wouldn't have known what to say if a person working in a grocery store

asked me if I had an e-mail address, I would say no, what is that? They would reply never mind.

Months ago, I started classes at ASC3 with Mrs. Wanda Davis who took the time to bare with me to teach us all about the world of technology. Let us give thanks to this wonder woman Mrs. Wanda Davis. I spoke to her saying "If, I ever become rich, ASC3 would be my favorite charitable organization."

I hope everyone feels the same. Now, because of the fraudulent computer acts happening in the world today I hope all seniors will take computer classes at ASC3. Thank you and God bless you. Amen!

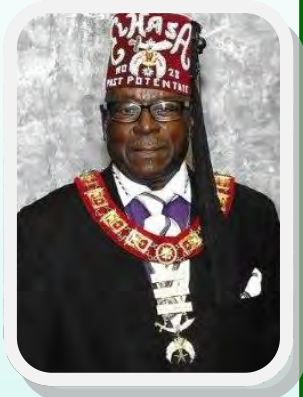
My name is **Lue Graham** I was born June 2, 1937 and just celebrated my 80th Birthday.

I have been an over the road truck driver, a chef in the U.S. Army and have owned three restaurants in the city of Cleveland. I retired from the U.S. Army as a Master Sargent E-8 with a total of twenty-eight years of service. I graduated from Pleasant Valley Travel Academy receiving a diploma as a licensed travel consultant.

I learned about ASC3 from some of my church members and started attending classes. I learned how to create an e-mail account, how to send and receive e-mails, and I even have a Facebook account.

The staff here at **ASC3** is great. My Instructor Mr. James goes at such a pace where everyone has the opportunity to gain beginner knowledge of the computer. I plan to continue to attend class at Ashbury as long as they will let me. I have recommended computer classes to anyone because technology is becoming a way of life.

I have been a member of Mt. Nebo Baptist church for 48 years. I am also a 32nd degree Mason.



ROBERT GRIFFIN

LAVERNE MITCHELL

BERTHA CLARK

I am **Robert Griffin** and I had a great experience in my Computers 101 class at **PNC Fairfax Connection!** I retired from doing contracting / home repair work and I never really used the computer. A friend of mine told me about the class and I am glad he did because **I learned a heck of a lot**. Our instructor, Ms. Mitchell and the PNC staff were encouraging and **cared about our success**. But Ms. Mitchell was the-most-patient-person ever! I don't know how she taught all of us - LOL. Anyway, I learned how to send emails and I can now put pictures on the computer from my phone. I took the class because I want to grow my business, custom-designed wood carvings, specializing in personalized walking canes. I want to post my designs on Facebook and build a website one day, so I will keep taking classes until I learn much more.

EVERYONE who doesn't know computers **should take this class!** I write & love to recite original poetry, and I enjoy spending time with my wife, 6 kids, 9 grandkids, and 2 dogs.

For your custom-made cane or other items, please email me at GrifHeavenlyKreations@yahoo.com.



My name is **Laverne Mitchell**; I am a student at **ASC3**. I retired fifteen years ago from the East Cleveland City School District. I heard about the computer class and enrolled and I have learned a lot of things I didn't know short cuts, techniques and things I was unfamiliar with! The instructors are patient and very helpful. I learned Facebook which I had never used before. Now, I can communicate with family and friends near and far. I also encouraged a friend who is retired to enroll in the class. I attend Lane Metropolitan CME Church. The church needed a secretary and they asked me to "fill in". I enjoy this very much and I am learning all the time. I plan to continue my technology education.



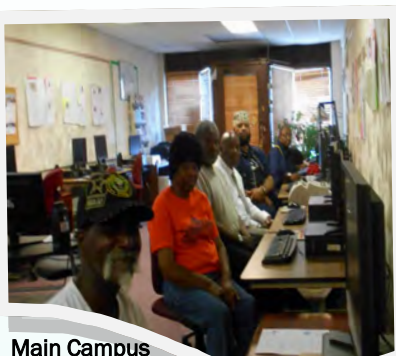
My name is **Bertha Clark** and I have been a part of **ASC3/Connect Your Community program@3730 Pearl Road**, since June 6, 2017. I have truly enjoyed myself and the teacher Mr. Rick Mosely is a very great instructor and a ball of pure fun. He is a very patience teacher. I would recommend any and everyone who wishes to learn how to use a computer to join Rick's class. You'll get the thrill of a lifetime in learning how to use a computer. And if you never used a computer before, don't be afraid he will help you through the whole process. So come and See Mr. Rick Mosely you are guaranteed to learn something new.



ASC3 Main Campus and Beyond the Walls/Across the City



Lutheran Ministries, Men's Shelter



Main Campus
Tues/Thurs 6:00 p.m.



Main Campus Wednesday Friday 12:00pm



Main Campus Tuesday/Thursday 10:00am



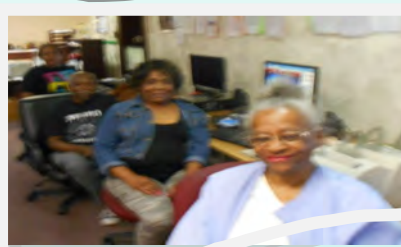
Main Campus Wed/Fri 2:00pm



Main Campus Tuesday/Thursday 2:00



Salvation Army 1507 Doan, East Cleveland



Main Campus Saturday 1:00am-1:00pm

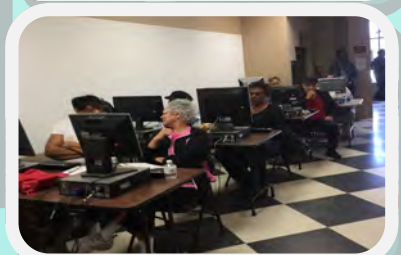
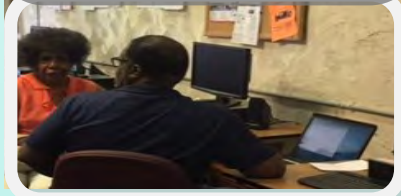


PNC Fairfax Connection
8220 Carnegie



Cedar Estates 2320 East 30th Street

Students and Volunteers enjoyed **SuperTech** days during 2017 at all locations. PNC Connection, ASC3/CYC2.0 (westside), and ASC3 main campus. Thanks Jan Jaworski of AT&T for sponsoring SuperTech Days since 2016. Looking forward to your continued support



Keynote Note: Stephanie Turner



Stephanie W. Turner is Senior Vice President and Regional Corporate Responsibility Officer at KeyBank National Association, in Cleveland, Ohio. In this position, she is responsible for administering and managing the Community Reinvestment Act (CRA) program in Ohio, Indiana, Michigan and Western Pennsylvania.

Stephanie has managed for KeyBank N.A. the City of Cleveland's Neighborhood Reinvestment Program where KeyBank provided over \$1.5 billion dollars in loans and investments. She was the project manager for the Social Compact Drilldown that located 29,000 households in the City of Cleveland not captured by census data and an informal economy worth over \$820 million dollars. The data captured from the Drilldown study provided significant retail investments in the City of Cleveland.

Stephanie or nickname Stevie, is a graduate of Kent State University with a Bachelor of Arts Degree and she obtained her law degree from Cleveland Marshall College of Law. Stevie has served as Vice Mayor and a member of City Council for the city of Shaker Heights. She has also served as an adjunct professor for Political Science at Cuyahoga Community College.

Tech Corner

SUMMER BREAK / SUMMER CLEAN

Tips to making your computer run faster and more responsive!

Keep it Clean and Cool

Don't restrict airflow around your computer. A computer can generate a lot of heat, so the casing has **fans** that keep it from overheating. Avoid stacking papers, books, and other items around your computer.

Many computer desks have an **enclosed compartment** for the computer case. If you have this type of desk, you may want to position the case so it is not against the back side of the desk. If the compartment has a door, you may want to leave it open to improve airflow. **Optical mice** require **no internal cleaning** because they do not contain any rotating parts; however, they can get **sticky** over time as dust collects near the light emitter. This can cause erratic cursor movement or prevent the mouse from working properly.

Mechanical mice are especially susceptible to **dust** and **particles** that can accumulate inside the mouse, which can make it difficult to track—or move—properly. If the mouse pointer does not move smoothly, the mouse may need to be cleaned.

INNER - Keep it Moving!!

Backing up your computer Imagine what would happen if your computer suddenly stopped working. Would you lose any important documents, photos, or other files? It may be possible to repair your computer, but your files may be **lost forever**. Luckily, you can prevent this by creating **backup** copies of all of your files (or just the important ones) on an **external hard drive** or an **online backup service**.

Run the Disk Defragmenter: Windows includes a **Disk Defragmenter** program in the Control Panel. If your computer is running slowly, running Disk Defragmenter can help to speed it up.

Run a Disk Cleanup:

Windows also includes a **Disk Cleanup** program in the Control Panel. It scans your computer for **temporary files** and other files that can be deleted. You can then delete the files to free up space on your hard drive.

Delete files: To delete a file or folder:

If you no longer need to use a file, you can delete it. When you delete a file, it is moved to the **Trash**. If you change your mind, you can move the file from the Trash back to its original location.

HEALTH AND WELLNESS



COMBATING SUMMER ALLERGIES



We'll greet Seasonal Allergic Rhinitis commonly referred to as.....

"hay fever" which has taken over as summer begins. Hay fever affects millions of people worldwide. Symptoms include sneezing, stuffiness, runny nose and itchiness in the roof of the mouth, throat, eyes and ears.



The type of plants that cause allergic reactions varies by location. Those most likely to cause you to sneeze include Ragweed which is the most common, also Cockle weed and Sagebrush, to name a few. Also, many plants have flowers which produce powdery pollen that are easily spread by the wind and cause allergy symptoms. Pollen are tiny grains needed to fertilize many kinds of plants that is easily spread by the wind. Each plant has a period of pollination that does not last very much from year to year.



Seasonal Allergic Rhinitis is often caused by tree pollen, as well, during the early Spring. In late Spring and early Summer, grass often causes symptoms. In late Summer and Fall hay-fever is caused by weed pollen and mold spores that can be almost anywhere, including in soil, plants, and rotting wood. These spores float in the air much like pollen. Outdoor mold spores begin to increase when temperatures rise, reaching their peak in July in warmer states and October in colder states. Your immune system controls how your body defends itself, if you have an allergy to pollen. That immune system identifies pollen as an invader or allergen and produces antibodies to release chemicals causing an allergic reaction.

Allergic reactions in the body is also caused by stings from flying insects such as bees, yellow jackets, wasp and hornets to name a few. These stings can sometime contribute to breathing difficulty. About 3% of people stung by bees and wasp have an allergic reaction to the sting and up to 0.8% of bee sting victims experience the severe life-threatening allergic reaction known as **Anaphylaxis**.

- If stinger is **visible**, gently **scrape** it out with a **flat edge**
- **Wash** the affected area with **soap** and warm water
- Apply **ice** in a **compress**
- **Wrap ice before** placing it on the skin
- Give patient **Motrin** or **Tylenol** to help relieve the pain.



Bee Stings

BANANA SPLIT SUPREME JELLO DESSERT RECIPE

INGREDIENTS

- Banana-strawberry Jell-O
- 3 Large bananas
- crushed pineapple, drained
- 2 small instant pistachio pudding
- canned coconut (optional)
- cool whip
- walnuts and cherries
- 13 x 9 pan

DIRECTIONS

- Make banana- strawberry Jell-O and allow to form.
- Add in layer of cut bananas, then a layer of crushed pineapple.
- Prepare Instant pistachio pudding and pour over pineapple.
- Sprinkle with layer of coconut. (optional)
- Then spread with a layer of cool whip, sprinkle with walnut and cherries to decorate top. Just add in ingredients and then chill.
- And enjoy an easy summer dessert!





Feeling left behind in the world of technology? DON'T BE. . .



Trained 6,500 Greater Clevelanders!

Ashbury Senior Computer Community Center

Technology Training Windows 10 / Microsoft 2013-16

Fall/Winter Sessions 2017

TUESDAY & THURSDAY:

Beginning / Intermediate
Word Processing, Email, Internet

- () 10:00 am - 11:45 am
- () 2:00 pm - 3:45 pm

Advanced MS Office Suite, E-Communications

- () 12:00 pm - 1:45 pm

Beginning / Intermediate Word Processing, Email, Internet

- () 6:00 pm - 7:45 pm

WEDNESDAY & FRIDAY:

Beginning / Intermediate
Word Processing, Email, Internet

- () 12:00 pm - 1:45 pm

Advanced MS Office Suite, E-Communications

- () 2:00 pm - 3:45 pm

SATURDAY:

Beginning / Basic Word Processing, Email, Internet

- () 11:00 am - 12:45 pm

****Free Computer Classes East Side & Westside**

Wanda Davis, Executive Director

Center Hours:

Contact Us:

Phone: (216) 421-2305
Fax: (216) 229-4151
11011 Ashbury Ave.
Cleveland, OH 44106

Monday through Thursday:
10:00 am to 7:45 pm

Friday: 10:00 am to 4:00 pm

Saturday: 11:00 am to 4:00

Westside: 3730 Pearl Avenue
PNC Connection: 8220 Carnegie Avenue

To Register:

**Stop in
PERSON,
CALL, OR
VISIT OUR
WEBSITE:
asc3.org**

E-mail: info@asc3.org

Website: www.ASC3.org

ASC³ Course Offerings Include:

1. **Seniors and Mature Adults** - Structured Technology Classes, see class schedule at left. Classes include: Group and 1-on-1 instruction, enhanced job skills, online banking, health literacy, socialization & volunteer / leadership opportunities, and much more.
2. **Young Adults & Youth** - Certified Customer Service Specialist Training Programs, ages 17 & up. Specialized Youth Activities and Events available.
3. **Open Lab Access** - Intermittently throughout the week, free personal tutoring available.
4. **Northstar Certification** - Nationally recognized digital literacy training certification.



**Ashbury Senior Computer Community Center
Alumni Event**



National Museum of African American
History & Culture
and Day at the Casino Excursion

Washington DC
3 days and 2 Nights
July 2018

Traveling with Great Day Tours

July 27–29, 2018

Cost: \$325.00 per person based on double occupancy;
Deposit will be accepted starting September 15, 2017

216-421-2305

ASC3 receives a \$5,000.00, check, on June 19, 2017. Thanks to Michael Taylor PNC Bank, and-Fairfax connection to expand SuperTech Days and Financial Literacy for the upcoming 2017–2018 Season



The next Super-Tech Day will be held at PNC Fairfax Connection, 8220 Carnegie Avenue, September 14, 2017, 11:00am 4:00pm. Plan early to attend! Reserve your place by calling 216-421-2305. Just ask for James!

Accepting New Subscribers - ASC3 Low-Cost Internet Service!

STAY CONNECTED!

With.....Your own 4G Wi-Fi
 Cost: New subscribers \$226.16
 Annual Renewal \$134.16



Also Available:

Eligible households that are participants of the SNAP and SSI programs may purchase AT&T home internet service @ \$10.00 per month. Log on to at&t.com/access for more information.



INTERNET SERVICE Powered by Sprint

Just follow these simple steps:

Call (216) 202-4292 to schedule an appointment. Leave a voice mail message. Please speak slowly and clearly. Leave your name and phone number, and tell us the best time of day to reach you.

Drop by the center during open access and log on!

MyChart - MetroHealth

We're recruiting eligible participants for MetroHealth MyChart Classes: ASC3 has received a special "President's Grant" from the Mount Sinai Foundation to carry out a year-long demonstration of the value of community training and support for Personal Health Record use by Medicaid and Medicare patients. The project will train and support at least one hundred lower-income MetroHealth patients to make meaningful use of the health system's online "MyChart" tool.

If you're a patient at **MetroHealth**, but you **don't** have a home Internet connection – and you aren't **already** using MyChart – **this program is for you!** The program will include: Free basic computer training if you need it; Assistance with getting a very affordable home **wifi** Internet connection (through AT&T's Access programs or Mobile Citizen), as well as a very affordable home computer system; and A special free two-to-three-hour MyChart training, in which you'll Set up your own personal, secure MyChart account!

Learn how to use your MyChart connection to

- view your test results and other medical records
- keep track of your prescriptions, ask your doctor for renewals
- make or cancel appointments
- email your healthcare provider with questions or concerns.



All from the comfort and convenience of your home computer, tablet or smartphone!

Interested? Call ASC3 right now at 421-2305 for more information about this program.

(ASC3's partners in this project include Connect Your Community and MetroHealth's Center for Health Care Research and Policy.)

Annual Alumni Raffle TICKETS ON SALE!

Only \$10.00 per ticket! Grand Prize **\$1000.00**
 What are you waiting for? There's **NOTHING** to lose; all proceeds benefit ASC-3. **Drawing Held**

December 9, 2017!

4th Annual Caribbean Nite 'N' White

Fantastic Event/Beautiful People,/Great Fun! A magnificent time was had by all whom attended. Prizes won included, Computer Desk Top system, won by Carmen Davis, Laptop, Francine Foster Tablet, Mary Palmore, 32inch smart TV, Lou Graham and over 12 beautiful baskets valued at \$150.00 each all made by our own Mrs. B! Thanks again to our wonderful Sponsor PNC Bank, Michael Taylor, ASC3 Student Judy Montfort for her donation of \$500.00. ASC3 Alumni and all in attendance for celebrating 15 years E-powering the Greater Cleveland Community!



On the Horizon at Ashbury... Annual Back to School Block Party

Bring the kids for fun, games, face painting, cartoon char-acters, healthy treats, free school supplies, prizes, and food!



Date:
Saturday, August 19th, 2017

Time: Noon–5:00p.m.

Where:
Ashbury East 110th– 112th



CELEBRATING 15 YEARS OF SERVICE

25 YEARS HONORING COMMUNITY LEADERS AT OUR ANNUAL GALA

Please Join Us at the
25th Annual Holiday
Fundraising Gala
Extraordinaire...

"An Evening with the Stars"

Date: Saturday, December 9, 2017

Location: Tizzano's Banquet Center,
1361 E. 260th Street in Euclid

As always, the Ashbury Center will honor
our community's local **Stars** / Leaders.

Come have a grand time and show your
support at the **BEST Holiday Affair** around
town!

J
O
I
N
U
S

The Gala Program:

- 6:00—Cocktail Hour, Open Bar
- 7:00—STARS Appreciation & Awards Program
- 8:00—Dinner Served
- 9:00— Fun & Fellowship

Festivities Include: Open Bar, Live Entertainment, Dancing, ASC3 Alumni Raffle, Souvenir Program Booklet, Holiday Gift.

Requested Donation, \$60.00.

Your support will help ASC³ continue free
technology services!

Special Thanks to our FUNDERS / SPONSORS / SUPPORTERS 2016—2017

