



THE COURIER

Ashbury Senior Computer Community Center

Volume 30, Issue 3

June-August 2016

Editors - ASC³ Advanced Students & Staff

Congratulations 2016 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.

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Director's Message: On behalf of the Board of Directors, staff, volunteers, and most of all, our students, I want to personally send a heartfelt **"Thank You"** to many of our supporters and wonderful funders. Our primary funders include: *Michael Taylor*, Regional VP, PNC Bank and Foundation; *Steven Caviness*, Project Manager, Cleveland Foundation / Time Warner Neighborhood Technology Fund; City of Cleveland Councilmen, *Kevin Conwell*, Ward 9, and *Brian Cummins*, Ward 14; *Maria Thompson*, Regional Manager, Third Federal; *Mylayna Albright*, Asst. VP, AT&T; and *Daniel Cohn*, Program Officer, Mt. Sinai Health Care Foundation. Your Faith in our ability to foster a movement of **"Digital Inclusion"** throughout greater Cleveland has been paramount in our success. Because of people / organizations like you, we can eagerly look forward to continuing our mission of **"E-Powerment"** (electronically empowering) next year.



Have a great summer and **students remember** – **Open Lab** is here for you: Monday – Friday, 1:00pm – 4:00pm, July 18 – August 26! **Classes begin** September 1st at all locations. Thanks to everyone for supporting ASC³, keeping the Faith, and for being...**ALL-IN!** *Wanda Davis*, ASC³ Executive Director



Come Visit Us!

11011 Ashbury Avenue
Cleveland, Ohio 44106
(216) 421-2305
www.asc3.org

Jameel Amir



My name is Jameel Amir. I'm a graduate of Gracemont Elementary School, and an honor student and graduate of John F. Kennedy High School. I earned a football scholarship to the University of California. I am well-traveled internationally; I have been to Jerusalem, Europe, Russia, Central America, Somalia, Mecca, Medina, Saudi Arabia, and Kuwait. I taught English and Martial Arts at United Arab Emirates. I speak several foreign languages: Farsi, Hindi,

Korean, Russian and a few others. I was introduced to Mrs. Davis and the Ashbury Computer Senior Center by Jackie Chambers. My instructor, Wanda Davis, is kind, patient and has a genuine interest in helping people gain knowledge and skills in computer technology. Mr. James Seward is a valued asset to the ASC3 family, and is an instructor who assists Mrs. Davis in teaching. **I am now computer literate** to the point where I realize I must continue to study because I have so much more to learn.

The class is a benefit to all it reaches. I make sure my Tuesdays & Thursdays between 6:00 & 8:00pm are open so I don't miss class. **I would encourage my friends and constituents to enroll**, so they can obtain an amazing educational experience in Internet safety and computer literacy.

Peace, long-life, safety, happiness, health and lots of money to all!

Amen

Jerry Clark

Jerry Clark is my name. I was a manufacturing inspector at Guaranteed Specialties for 32 years. I heard about ASC3 computer classes thru my sister in Christ, Bertha Brown. My interest in technology stems from my desire to keep pace with the technological advancements of modern day society. My experiences in the class allowed me to meet and interact with people from all walks of life. **We learned from and encouraged each another.** Our instructor, Mr. James Seward, is wonderful, informative, patient, caring and knowledgeable. The pace of the class is suitable for my learning and retention of subject matters. I have learned to operate a computer in a controlled environment led by informed leaders in a friendly atmosphere. For me, **the class was a good investment of time.** I am a people person and I love to interact with others. The ASC3 staff and facility gives hope for seniors to gain

knowledge of basic computer technology. You learn how to use computers, the operations of computers, and understanding computer language. **I would gladly recommend ASC3 to others** so they can broaden their computer skills. I plan on continuing my computer education because it rejuvenates my mind and keeps me active in the technology world. I fellowship at Everlasting Missionary Baptist Church and serve on the Mother's Board. I have one daughter, one grandson, and two great grandchildren.

My hobbies are traveling, walking, and bowling. My favorite past time is visiting the sick in various nursing homes.



Robert Griffin

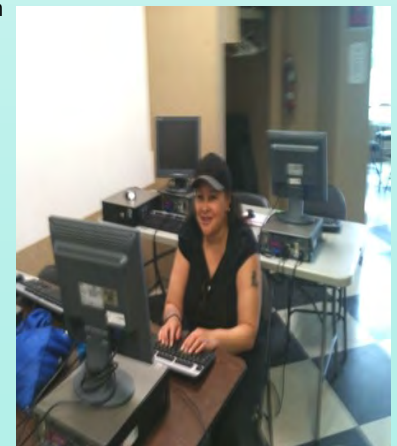
I am Robert Griffin and I had a great experience in my Computers 101 class at PNC Fairfax Connection! I retired from doing contracting / home repair work and I never really used the computer. A friend of mine told me about the class and I am glad he did because **I learned a heck of a lot.** Our instructor, 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, 5 kids, 9 grandkids, and 2 dogs. For your custom-made cane or other items, please email me at GrifHeavenlyKreations@yahoo.com. Yes, I got this email from class!



Patricia Guinea

My name is Patricia Guinea.

I attended the computer class at the ASC3/CYC2.0 Center on the west side. **The class was a really great experience**, as we learned the fundamentals of computer technology. I am now able to communicate with others through e-mail, as well as use the Internet for research and shopping. Our teacher, Rick Mosley is an excellent instructor. He was able to answer all the questions and concerns that I had and he instilled the confidence I needed to perform the different assignments and tasks. **I would highly recommend the class** to anyone who wants to excel in computer technology.



Key Note Speaker: Roderick Houpe – Chief Information Officer, CMSD



Rod Houpe is a well rounded, forward thinking, seasoned information technology professional with over 29 years of experience with extensive knowledge in strategic planning, goals and objectives development, policies and procedures development, and proven leadership and motivation capabilities. Rod believes in the spirit of collaboration and his ability to build relationships with management, outside clients and customers to move projects to completion is proven and well documented. In his role as chief information officer for the Cleveland Metropolitan School District (CMSD), Rod is in charge of coordinating information services for the state's second largest K-12 school system and the nation's most impoverished student population. With, over 100 schools, CMSD is a \$984-million dollar entity that spends \$11 million annually on information technology.

Born on an Air Force base in northern Maine, Rod grew up in central Ohio, attending colleges in Ohio and Oklahoma before settling in for a 22-year stint working for various state agencies in the Buckeye State, 5 years in Education Management, and brief stint in the utilities industry in Central Texas. Houpe's Specialties Include: Leadership, Government, Project Management, Business Partner Relationship Building, & Team Building! Two **Favorite Quotes**, "**KYP—Know Your Personnel**"; this breeds success and "**When you learn better, you do better**"; well...this is what technology (and life) is all about.

TECH CORNER - SUMMER BREAK / SUMMER CLEAN

Tips to making your computer happy, run faster and more responsive!

OUTER - Keep it 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!!

Back 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: If you no longer need to use a file, you can delete (remove) 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. Click and drag the file or folder to the **Trash** icon on the Dock on a Mac, or on the re-cycle can on the desktop if using a PC. Alternatively, you can select the file and press **Command+Delete** on MAC and **Control+Delete** on your PC keyboard.



HEALTH & WELLNESS

Alice M. Blake & Delores Shaw



SUMMER HEALTH HAZARDS



In the summer months, **staying hydrated is more important than ever**, especially during heat waves. The reason for this is simple. Dehydration (extreme loss of fluid) diminishes your ability to regulate body temperatures and thus, the risk of developing heat-related illnesses increases dramatically.



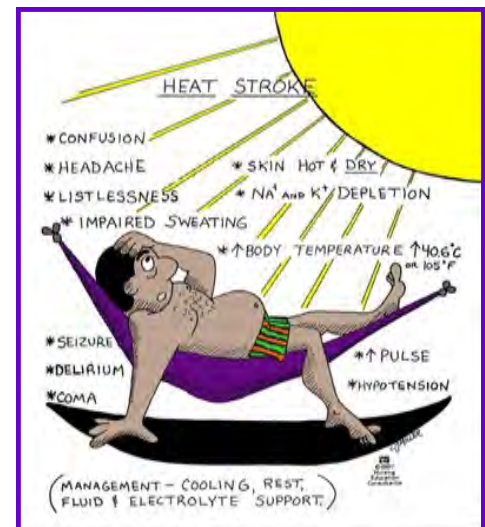
Heat illnesses are of special concern to senior citizens, especially if you have health problems. From 1999-2009, roughly 40% of all heat-related deaths in the U.S.— Nearly 3,000— were over 65 years of age. It is important to **get relief from severe heat quickly**, otherwise you might begin to feel confused, faint, or worse. Seniors over 65 don't sweat as much as younger adults, which unfortunately is one of the body's most important heat regulating functions. Also seniors store fat differently, which complicates regulation in the body further.

Why is this serious? As the external temperatures rise, so does your internal body temperature (100-106° F). Being hot for too long can be dangerous and contribute to heat stroke, among several other heat-related illnesses, called "Hyperthermia" or extremely high body temperature. Hyperthermic conditions include...

Heat syncope: is sudden dizziness experienced after exercising in the heat.

Heat cramps: are painful muscle spasms in the abdomen, arms, or legs following strenuous activity.

Heat exhaustion: is fatigue, sometimes culminating in collapse caused by overexposure to heat.



When The Heat Is On ... be alert for signs of heat exhaustion!

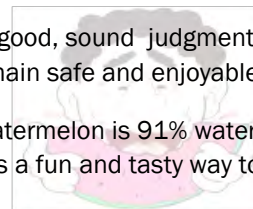
If you experience feelings of nausea or dizziness or if your skin becomes clammy, follow these steps:

1. Drink water.
2. Find a cool place immediately.
3. Loosen your clothing.
4. Lie down with your feet raised.
5. Use a fan or air conditioner if possible.

Heat stroke: can be **Life-Threatening!** Victims of heat stroke almost always die (most are over 50 years of age); seek immediate medical attention when problems first begin. The person with heat stroke has a body temperature above 104° F.

Take preventative measures! With good, sound judgment and knowledge of preventive measures the summer can remain safe and enjoyable for everyone.

Wellness Tip! Avoid dehydration. Watermelon is 91% water. This means that eating watermelon on a hot summer day, is a fun and tasty way to help you stay hydrated!

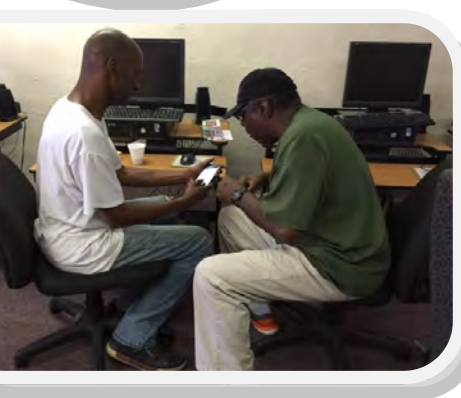
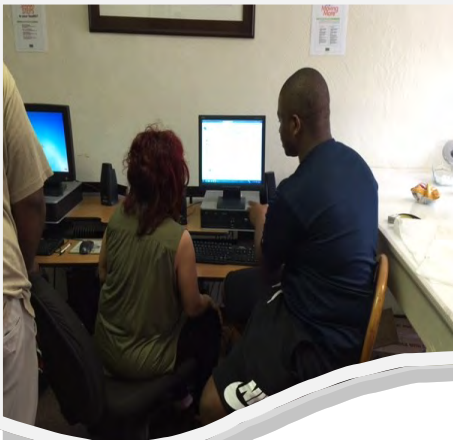


Refs: Bing.com, Google.com, Yahoo.com, Nia.nih.gov, Dripdrop.com/heat-illness

Alumni Raffle is Back!

The ASC³ Annual Alumni Raffle is on! Don't wait! There's NOTHING to lose; all proceeds benefit ASC³. Have fun and take a chance. Tickets will be available at graduation, July 7, 2016—only \$10 each! **Grand Prize is \$1,000!**

ASC³'s Volunteers & Staff assisted **160 seniors** with their tech devices at **Super Tech Gadget Days**: PNC Fairfax Connection, ASC³ / CYC2.0 (west side), and ASC³ main campus (sponsored by At&T & volunteers from CWRU).





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



Join the 6,000+ Greater Clevelanders who are in the Ashbury family! **Sign-up!**

Ashbury Senior Computer Community Center

Free Computer Classes East Side & West Side

- ◆ Main Campus (East) - 11011 Ashbury Ave.
- ◆ PNC Fairfax Connection (East) - 8220 Carnegie Ave.
- ◆ CYC / 2.0 (West) - 3730 Pearl Ave.

For Schedule, Questions & Registration:

Website: www.asc3.org Email: info@asc3.org
Main Campus: (216) 421-2305

During the Annual-Back-to-School Block Party

CLOTHING DRIVE

HELP US FILL THE TRUCK!

Saturday, August 20th

Noon – 5:00P.M. @ ASC³

ASC³ Gives Back...

In Partnership with



Collecting ALL CLOTH ITEMS including:

Clothes, Blankets, Comforters, Sheets, Towels, Rugs, Curtains, Shoes, Purses, Bags, Accessories, etc.

We take just about **EVERYTHING!** Even stained or torn items can be recycled into something else...so **CLEAN OUT** your drawers and closets. You can get bags from ASC³.

Benefiting individuals with disabilities. We challenge everyone to donate at least one bag of cloth. **PLEASE tell your friends and family!**

All donors will receive a tax deductible receipt! If you have any questions or need laundry bags, please feel free to contact Shaleta at SMitchell.WELL4U@gmail.com or at 216-421-2305.

Annual Back-to-School Healthy Block Party

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



Date: Saturday, August 20th , 2016

Time: Noon–5:00p.m.

Where: Ashbury Ave. East 110th– 112th

In conjunction with Ashbury Street Club.

Accepting New Subscribers - ASC3 Low-Cost Internet Service!

We're re-connecting previous subscribers and **accepting new subscribers** with the new Mobile Citizen /Sprint NetGear Fuse 4G LTE Wireless Device.

Harnessing the power of the Sprint's Spark LTE network, the NETGEAR Fuse Mobile Hot-spot allows you to enjoy LTE connectivity on any Wi-Fi enabled device with the touch of a button. It's small enough to fit in the palm of your hand, and it's powerful enough to connect up to 10 Wi-Fi devices and last up to 10 hours on a single charge.

Are you Connected?

Internet access is no longer a Luxury...Internet access is a Necessity for all!

At ASC3, we understand that cost is often a barrier for many to purchase the internet / high-speed broadband adoption. This is why we continue to work hard to provide you with high-quality, yet low-cost internet options so that you can get and / or stay connected.



Low-Cost Internet / Broadband Adoption Options Available:

- 1. Lifeline program** Federal Communications Commission - issued an order on March 31, 2016 to modernize the Lifeline program. The new order provides increased access to high speed broadband by making a \$9.25/ month subsidy available for digital communications.
- 2. SNAP, AT&T** - announced on April 22, 2016 - Resident households receiving **SNAP** benefits will have access to high speed broadband for just \$10.00 each month. Even better news, there are no extra modem or installation charges.
- 3. ASC³ / Mobile Citizen / Sprint** - For everyone not eligible for Lifeline or AT&T, Ashbury's low-cost program continues!

Just follow these simple steps to claim your ASC3 / Mobile Citizen Internet:

Call [\(216\) 202-4292](tel:(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.



MyChart Personal Medical Record- MetroHealth

Good news! 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 use of the health system's online "MyChart" tool.

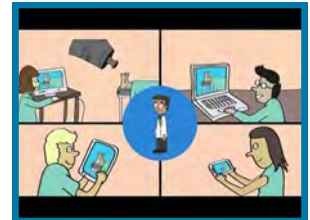
Classes are expected to start in October! - If you're a patient at **MetroHealth**, but you **don't** have a home Internet connection -- and you aren't **already** using MyChart -- **this program is for you!**

The program will include: Free basic computer training if you need it; Assistance with getting a very affordable home **WIFI** Internet connection (thru AT&T's Access program or Mobile Citizen), An affordable home computer system (if needed); 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 to reserve your place in this program.

ASC3's partners in this project include Connect Your Community 2.0 and MetroHealth's Center for Health Care Research and Policy.

Special Thanks to our FUNDERS / SPONSORS / SUPPORTERS / PARTNERS
2015—2016



3rd Annual Caribbean Nite n' White



June 25, 2016
What a Fantastic Evening!

Over 160 folks attended the beautiful summer affair; join us next year!

And the Prizes were Magnificent!

Included: 32" Smart TV, full year Internet service with Hot Spot device, Tablet, & Complete Desk Top PC.



Please Join Us at the

24th Annual Holiday

Fundraiser & Awards Gala

"An Evening with the Stars"

Date: Saturday, December 10, 2016

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

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

Come have a grand time and show your support at the

BEST Holiday Affair around town!