



THE COURIER

Ashbury Senior Computer Community Center

Volume 31, Issue 4

September - December 2017

Editor, Staff/Volunteers

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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Come Visit Us!

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

ASC³ CELEBRATING 15 YEAR CHRONICLES

- 2002 THE BEGINNING!** Incorporation/organization of Ashbury Senior Computer Community Center (ASC³). Established Board of Directors and incorporated as a 501c3 non-Profit organization. Formed 1st community partnership with Dr. Chisholm, CWRU. Received first donations from business peers and friends to set up 10 workstations and educational curriculum in Senior Lab. First classes began October 1, 2002 and Recognition Ceremony, December 2002, approximately 30 students.
- 2003 Funding.** 1st Annual graduation, 130 students. Applied for and received 1st CDBG City of Cleveland Grant, Cleveland Foundation Adelpia/Time Warner grant, and United Black Fund of Greater Cleveland Grant. Completed 1st full year of training. Expanded schedule and added 5 more classes to program.
- 2004 Giving Back.** Received first computer workstation upgrade with an additional 500 computers donated from Sky Bank to begin ASC³ Computer Ownership Program. ASC³ Alumni and ASC³ Youth Empowered by Seniors (Y.E.S.) groups formed.
- 2005 Meeting community's needs.** Renovation of adjacent store front for expansion of new lab. New equipment included 17 new PC's with monitors and accessories. Recipient of a City of Cleveland Empowerment Zone Grant to address Digital Literacy" - the Computer Learning In My Backyard (CLIMB) Program. Implemented the Internet and Computing Core Certification (IC3) curriculum. Participated in the 1st Connected Community CASE Mesh Collaboration with CWRU.
- 2006 Recognition.** Received the Community Service Award from Eta Phi Beta Sorority at their 25th annual awards banquet. Collaborated with CWRU to participate in the 1st CASE For Community Day, a day of service to the community by CWRU staff and students.
- 2007 Online Education.** Collaborated with the Ohio State University Extension program in the E-4-Me program to introduce online learning techniques to participants, 150 participants.
- 2008 Sharing Out.** ASC³ became a "wireless hotspot" sharing out free internet services to the community with assistance from CWRU and OneCommunity.
- 2009 National Platform.** ASC³ hosted President Barack Obama's Secretary of Commerce, Gary Locke, Ohio State Asst. Attorney General, Lee Fischer & other national high-ranking political officials for the announcement of the president's Broadband Stimulus Plan. A national plan to address broadband disparities in underserved neighborhoods. Collaborated with 6 local agencies to be part of a national proposal (the above announcement) submitted to the US Department of Commerce to address broadband technology training.
- 2010 National Impact.** Named partner in 2-year National Broadband "Connect Your Community" project with OneCommunity, And six other organizations.
- 2011 National Visibility.** Participated in hosting 1st National Community Broadband Adoption Impact and Sustainability Conference (CBAIS) held in downtown Cleveland. ASC³ Director, Wanda Davis was Mistress of Ceremony for the event. Twenty four states, Washington D.C., and Taiwan were represented. Thanks to Councilman Conwell, Ward 9, ASC³'s frontage was renovated, with new lighting, painting and signage.
- 2012 Impact of TEN Years of Continued Growth:**
ASC³Senior & Youth Programs: Trained 2,000+ individuals, & assisted 1,800+ individuals with owning their own refurbished computer. Hosted youth programming and ASC³ back to school Block Party events, reaching 500+ youth annually since 2009. **CYC Project:** ASC³ exceeded CYC goal with 1200+ already trained, with 4 months remaining. Created collaborations and partnerships with over 35 different agencies and organizations. **Hosted our own 10th Annual Graduation Ceremony. What a long, yet Impressive Journey & Rich History...God is Good! Thank YOU!**
- 2013 Established partnership with Mobile Citizen Internet Service** to provide low cost internet service to program participants and greater Cleveland residents in low to moderate income brackets. **Established new partnership with PNC Fairfax Connection**, through PNC Foundation grant to provide introductory digital literacy classes.
- 2014 Expanded the Ashbury Expansion Project** and established new westside training site in partnership with CYC2.0 program. Assisted Bill Callahan, CYC 2.0 in establishing the local Coalition for Broadband Equity for advocacy of low cost internet service and digital literacy training for underserved populations.
- 2015 Re-established satellite learning center** with Helen S Brown, Held 1st "Connect2Lead" class @ASC3, (a class for developing volunteer community leaders). Collaborated with Bill Callahan CYC2.0 program, Adam Perzynski Metro-health Clinic, in establishing the first MyChart pilot program in Greater Cleveland. ASC3 also joined the National Digital Inclusion Alliance (NDIA) for advocacy of low cost internet service and digital literacy training for all underserved populations.
- 2016 Re-established new partnership with Mobile Citizen / Sprint** low cost Internet service. ASC3 has reconnected 300 + individuals with \$10.00 per month for, Feb. 1 - March 12, 2016.

Happy Holidays!

ASC3 Recruitment Flyer from January–June 2018

**Technology Training
Jan 10 - Mar 3, 2018**

TUESDAY & THURSDAY:

Beginning Basic/ Intermediate

() 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 Basic / Intermediate

Word Processing, Email, Internet

() 12:00 pm - 1:45 pm

Beginning/Basic Intermediate Word
Processing, Email/Internet

() 2:00 pm - 3:45 pm

SATURDAY:

Beginning / Basic

Word Processing, Email, Internet

() 11:00 am - 1:00 pm

\$32 donation is requested for supplies
and materials After first session



Trained 6,500 Greater Clevelanders

Ashbury Senior Computer Community Center

****Free Computer Classes
EASTSIDE & WEST SIDE**

Wanda Davis, Executive Director

Contact Us:

Phone: (216) 421-2305

Fax: (216) 229-4151

11011 Ashbury Ave.

Cleveland, OH 44106

Center Hours:

Monday thru Thursday:

10:00 am to 7:45 pm

Friday: 10:00 am to 4:00 pm

Saturday: 11:00 am to 4:00 pm

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. **Classes Available at** PNC Fair Fax Connection 8220 Carnegie, ASC3/CYC2.0 3730 Pearl Road and Salvation Army/Ben Rose
3. 1507 Dean Ave.
4. **Young Adults & Youth** - NorthStar Digital Literacy Assessment, Certification, Specialized Youth Activities and Events available.
5. **Open Lab Access** - Intermittently throughout the week, free

Contact ASC3 for more information regarding any of the program offerings.

**TO REGISTER: RETURN THIS COMPLETED FORM VIA
FAX, IN-PERSON, CALL, OR VISIT OUR WEBSITE.**

PLEASE PRINT CLEARLY.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 Email _____
 Place a check (✓) next to the class section you wish to take.

**ASC3 Celebrating 25 Years honoring Community Leaders
2017 Gala Honorees**



Yvonne Pointer
Nguzo Saba
(All 7 Principles Combined)



Jeffrey K Patterson
Umoja (Unity)



Dr. Margaret Larkins-Pettigrew
Kuichagulia (Self-Determination)



Cathy Kopinsky
Ujima (Collective Work & Responsibility)



Deirdre Jones
Nia (Purpose)



Liz Forrester Lazar
Ujamaa (Cooperative Economics)



Akusika Nkomo-Mackey
Kuumba (Creativity)



Rev. Dr. Curtis Walker
Imani (Faith)

Tech Corner

New Tech Gift Gadgets for the Holidays



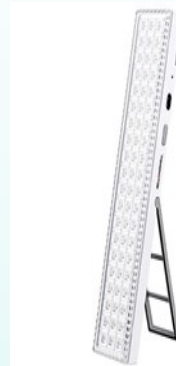
**USB 32GB/16GB/8GB
Spy Camera Wall Mini
USB Charger AC
Adapter Nanny Cam
HD 1080P
PRODUCT DESCRIPTION:**

HD 1080P Spy mini charger nanny cam, 90 degree wide-angle view. Our spy charger records at 30 FPS which is higher than any spy charger on the market today! It doesn't get better than this.

- **Easy Video Recording Mode:** Just plug it in and the recording starts. If the internal memory fills up, the latest recordings will automatically overwrite the oldest files. Records up to 6 hours of continuous footage before overwriting old footage.
- Supports up to 32GB SD card through built-in micro SD slot
- **No indicator light when recording,** it can **charge and take video at same time.** Simply record your footage, plug the spy charger into your USB 2.0 port on your computer with the included USB cable, and review your footage. to load. Very user friendly and a complete no-brainer to use.

See more at amazon.com

**LIGHT BAR by Bell + Howell 60 LED
16.5" Rechargeable, Weather-Proof
Home and Garden Light-
Seen On TV**



· As Seen on TV · rechargeable 60-Bell+Howell

· Set it on a flat surface · Hang it on a wall with

· Carry it with the flipping, auto, home power

· Choose from 2 brightness modes · Produces up to 720 lumens of brilliant white illumination from 60 LEDs · 10,000 plus hours average life, for long lasting use · White · Plastic/general purpose polystyrene · Measures 16.53" L x 2.87" W x 1.77" D · only \$19.95

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Illuminate your space with the Light LED Light Bar by

face with the built-in stand · included mounting hardware

up handle · Perfect for camping outages, or workshops

Looking for something different to give that special person : Give a lifetime Experience! A Trip to Washing DC with our Alumni Seniors!



**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 27-29, 2018**

Traveling with Great Day Tours

Cost: \$325.00 per person, based on double occupancy.

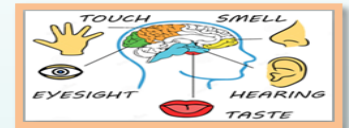
Happy Holidays!

HAPPY HOLIDAYS

HEALTH AND WELLNESS

SAFEGUARD YOUR SENSES

Many Americans suffer age-related losses in at least one of their senses (smell, taste, touch, vision and hearing). Your senses become less acute as you age, and may have trouble distinguishing details. Sensory changes can have tremendous impact on your lifestyle. You may have problems with communication, enjoyment of activities and social interactions. Sensory changes can also contribute to a sense of isolation.



Hearing and vision changes are the most dramatic. But all senses can be affected by

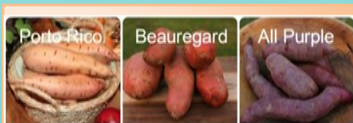


aging. Many changes in the senses can be compensated for with equipment such as glasses and hearing aids or by minor changes in lifestyle. Your ears have two jobs, one is hearing and the other is maintain balance. Your "balance" (equilibrium) is controlled in the inner ear. Normal aging can cause deterioration to the tiny hair cells in your ear that send signals to your brain that don't regenerate. The brain shrinks as you age, and hearing loss can accelerate this shrinking, which can more than double the risk of dementia, you're also more likely to suffer falls since balance gets thrown off when you can't hear your footsteps. Wearing foam earplugs or ear protecting headphones around excessive loud noise could be beneficial in keeping your hearing healthy.

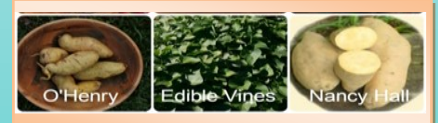
Vision also is combated with age-related changes. They begin as early as your early 30's. Aging eyes produce less tears which has a tendency to cause dry-eye syndrome, which can be quite irritating. Many people find relief using eye drops or artificial tear solution. Focusing up close gets more difficult as the eye-crystal lens stiffen and muscle fibers that controls it weakens. You may also need more light for reading due to lens and pupil changes. Rates of macular regeneration and glaucoma, double between the ages of 45 and 55 and the risk of cataracts double.



Ways to increase healthy vision is to know your family's eye history, eat right to protect your sight, and maintain a healthy weight. Eating more fruit and green vegetables. Remember being overweight and obese increases the risk of developing diabetes and systemic conditions.



SWEET POTATO CASSEROLE



Drain pineapple, reserving syrup. Add enough water to syrup to measure ½ cup. Add syrup, orange juice and seasonings to cream cheese; stir over low heat until smooth. Add sweet potatoes, pineapple and ¼ cup nuts; mix lightly. Spoon into 1-1/2 quart casserole; sprinkle with additional nuts. Bake at 350 degrees, 15 to 20 minutes or until hot.

1 8 1/2 oz. can pineapple chunks undrained

½ cup pasteurized orange juice

1 8-0z pkg cream cheese cube

1/8 teaspoon nutmeg

2 17oz cans sweet potatoes drained

Chopped pecans



www.aarpbulletin.com/health www.nytimes.com/health www.cdc.gov/

Happy Holidays!