



THE COURIER

Ashbury Senior Computer Community Center

Volume 31, Issue 2

March - May 2017

Editors - ASC³ Advanced Students & Staff

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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ASC³ re-connects basic technology classes in East Cleveland!

Thanks to our generous funder PNC bank and foundation, ASC3 continues free basic computer classes for seniors in the new Salvation Army / Benjamin Rose Program, 1507 Doan Avenue, East Cleveland, Ohio 44112. The Benjamin Rose Senior program re-located from the Cathedral Life Church, to the new facility in East Cleveland the first week of March. All East Cleveland seniors are welcomed to attend the



free computer classes as well as participate in all the new programming the Salvation Army has to offer. What a welcomed new asset to the city of East Cleveland. Please contact **Tracey Kirksey** (216-249-4334) the new program administrator of the Ben Rose program. The seniors welcomed instructor Rick Mosley with open arms on March 12, 2017 when the ASC³ class resumed!

Beth-el African Methodist, Rev. Doctor Curtis T. Walker Sr., Pastor honored several Glenville community leaders at its 2nd annual Community leadership Awards Luncheon on April 8, 2017, at Hilton Gardens, downtown Cleveland. Many prestigious organizations were recognized and among them was our own Wanda Davis of ASC3 .



Beth-El African Methodist Episcopal Zion Church 1428 E 110th 44106 is a 77-year-old well established church located in an area heavily populated by African American persons. For the past 20 years Beth-El has assisted with meals, clothing and shelter for the needy in greater Cleveland. Thanks Beth-el! Great Job ! Well Done!

ASC3 is assisting with

"Connecting the Unconnected!"

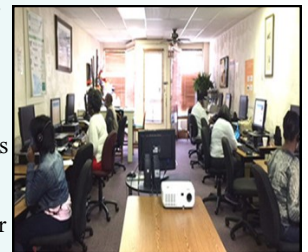
Cuyahoga Metropolitan Housing Authority (CMHA) and DigitalC launched the "Connect the Unconnected," the first high speed broadband and digital literacy program for public housing residents on May 11, 2017 at Cedar Estates, 30th Community College. ASC3 will be the basic digital literacy computer training provider in the project! Classes will begin late May for all residents. **Congratulations DigitalC, CMHA, Residents, and ASC3 on a winning partnership!**



Ashbury, together with Sam Schartman/Connect Your Community (CYC), recently launched a **Services Call Center.**

The Call Center will be offering non profit customer basic services such as research design, survey creation and survey programming.

ASC³ center graduates receive work force training through the program as call center surveyors.



For more information:

cyc.samantha@gmail.com or call 216.990.4267

Come Visit Us!

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

www.asc3.org

Shanavia Stovall



My name is Shenavia Stovall, prior to taking this class I would become quite frustrated when I wanted to use the computer and had to call my children and ask them what to do. It was this frustration that motivated me to upgrade my computer skills. My introduction to ASC3 came at the perfect time, which was the summer of 2016 .

Thanks to a great learning environment , and a patient instructor, Mr. Seward, I have learned how to accomplish many things using the computer. The highlight of the class came when we learned how to use the cut and paste short cut. This tool will definitely help me typing future documents. I look forward to continuing my learn-ing process. Perhaps, I will be the one showing my family and friends how to complete certain tasks using the computer!!

Doug Smith



I owe a great deal of gratitude and appreciation to "Connect Your Community" and its incredible staff. Prior to taking this cost free, basic computer class I knew very little regarding electronic communicating. Wow, everything has changed. I know how to understand and navigate the computer's vast contents. I can find information about any subject I can imagine. Just with a click of a button, I can customize emails, make charts, and find music.

My dream is to someday have a great job, where I can use my skills that I've learned. Through the help from some truly compassionate people at CYC.2.0. My advice to you, is challenge yourself--come through these doors, and you'll be glad you did.

Betty Kidd

I, Betty Kidd a current student of the new Salvation Army ASC3 technology training class. I was also a former student of Helen S Brown in 2010 and have continued to update my computer skills and maintain my email account. I am a very diligent learner and have recommended this informative class to many of my peers. I am a prime example of the fact that "the ability to learn is ageless."

My ultimate challenge to you is to join me in the 21st century to become digitally literate.



PNC Fairfax Connection

Basic technology students at PNC Fairfax Connection are learning the keyboard, sending emails and doing basic computer functions in class.

These new students are challenging the digital divide, which assists them in becoming "Tech Savvy" seniors in the 21st century.

Thanks ASC3!

LaVerne Mitchell



My name is LaVerne Mitchell a student at the 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 Face Book which I had never used before. Now, I can communicate with family and friends near and far. I 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 at ACS3.



Tech Corner

Enjoy spring and summer outdoors with these new gadgets!

Wooden Induction Speaker



LSLYA(TM) wooden wire-less speaker Portable Stereo NFC Speaker USB charging Audio Speaker for mobile phone and tablet.

No need for audio line, does not need blue tooth connection, just gently put the mobile phone on it and through induction send out amplified sound!

XTRA 3 in 1 Clip-On 180° Fisheye Lens + 0.67X Wide Angle + 10X Macro Camera Lens Kit for iPhone 7/7+/Se/6s/6/6 Plus, iPad, Samsung Galaxy S7/S6/Edge, Note 5/4, LG G5, Moto X/G, Nexus & Android Phones



Three Great Lenses in One Kit: 3 awesome lenses to help you get the most out of your mobile photography. Macro lens can take clear photos of small objects; 0.67 Wide-angle lens can shoot larger range of scenery; 180 degrees of the scene can be captured by Fisheye lens, which can let you enjoy the unreal world.

Canyoze Screen Magnifier 3d Smart Mobile Phone Movies Amplifier with Pu Leather Foldable Holder Stand for Any Smartphone iPhone 4 5 6 7s Plus, Samsung Galaxy Note 6 5 4 3 Edge All Smart Phones



This Canyoze Screen Magnifier can magnify the smartphone screen 3 times which will relieve the discomfort and visual fatigue causing by long time focusing on small screen. Simple and Stylish design make this product a wonderful gift for your friends or loved ones!

Take HD zoom optical technology, no Battery needed thus no radiation. ABS + 3D screen, materials used for this product are environmental and smell less. All these device can found on amazon.com

JOIN US! 2017 NITE n WHITE

asc3
Caribbean Nite 'n' White
 Saturday, June 24, 2017
 7:00 P.M. - Midnight
 Pizzano's
 1361 East 260th St, Euclid, Ohio 44132

ASC³ Alumni Presents:
Caribbean Nite 'N' White
 Annual Fundraiser
 Saturday, June 24, 2017 • 7:00 P.M. - 12:00 A.M.
 Tropical heavy hors d'oeuvre buffet • 8:00 P.M. - 9:30 P.M.
 Cash Bar • DJ • 50/50 Raffle • Games
 Awesome Prizes & Giveaways
 Tickets: \$30.00 per person
 Buy online: www.asc3.org/nite-n-white.html
 Contact ASC³:
 James Seward or Wanda Davis 216-421-2305
 Cynthia Felder 216-851-3326
 Valeria Bronner 216-451-8025
 All proceeds to benefit the
 Ashbury Senior Computer Community Center
 Attire: All White

HEALTH AND WELLNESS

THE EFFECTS OF AGING ON THE DIGESTIVE SYSTEM



Fiber Food Reduce Constipation Bloating

WHAT IS DIVERTICULOSIS & DIVERTICULITIS?



Diverticulosis is a condition of the large intestine (colon) that occurs as people age. Aging and heredity are primary factors in the development of diverticulosis and diverticulitis. It tends to occur in people over the age of 40, with as many 50% of people over the age of 60 showing signs of the disease.

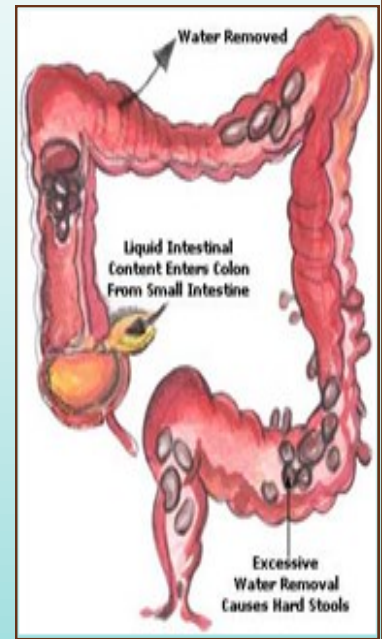
In diverticulosis, the wall of the large (colon) develops weak spots which bulges outward to form pockets, which are called diverticula. When these diverticulum become inflamed or infected, it's called diverticulitis. Diverticulosis and diverticulitis are known as diverticular disease.

A school of thought is that not enough fiber in the diet is responsible. The lack of fiber (roughage) leads to increased bowel strain to move hard stools (constipation) through the colon. That then causes increased local pressure that leads to the formation of pouches at weak points in the colon wall. The increased pressure along with undigested food caught in the pouches can erode the diverticular wall, causing inflammation and possible bacterial infection, which can result in diverticulitis.



Food with fiber should be consumed each day along with drinking eight (8) glasses of water to prevent constipation. If constipated, prunes or prune juice can serve as a natural laxative. Follow a low-fat diet; as fat slows down the passage of food through the intestine. Get tested for food allergies to identify foods that irritate your system so you can avoid them. If you

have a mild case of diverticulosis your doctor may recommend you eat a high fiber diet to make sure your bowels move regularly and to reduce the odds of getting diverticulitis.



DIET AND CONSTIPATION

When it comes to constipation, it comes down to going or not going. Below are a list of foods to avoid and a list of foods to stock up on.

FOODS THAT SLOW

- | | |
|--|---|
| <p>Low-fiber foods</p> <ul style="list-style-type: none"> • White bread • White rice <p>Processed foods</p> <ul style="list-style-type: none"> • Potato chips • Corn chips • Instant mashed potatoes • French fries • Pizza <p>Red meat</p> <ul style="list-style-type: none"> • Pork • Beef | <p>Dairy products</p> <ul style="list-style-type: none"> • Cheese • Milk • Ice cream <p>Sugar/desserts</p> <ul style="list-style-type: none"> • Pastries • Candy <p>Caffeine</p> <ul style="list-style-type: none"> • Coffee • Soda • Chocolate <p>Nuts</p> <p>Bananas</p> |
|--|---|



FOODS TO GO

- | | | |
|---|--|---|
| <p>High-fiber foods</p> <ul style="list-style-type: none"> • Whole grains • Brown rice • Psyllium husk • Apple pectin • Popcorn • Oatmeal <p>Fruit</p> <ul style="list-style-type: none"> • Prunes • Apples • Berries • Dates • Figs | <ul style="list-style-type: none"> • Apricots • Plums • Pears <p>Vegetables</p> <ul style="list-style-type: none"> • Spinach • Beets • Okra • Broccoli • Sweet potato <p>Nuts and seeds</p> <ul style="list-style-type: none"> • Pumpkin seeds • Peanuts • Flaxseed | <ul style="list-style-type: none"> • Brazil nuts • Walnuts • Almonds • Pistachios <p>Beans and Legumes</p> |
|---|--|---|