



THE COURIER

ASHBURY SENIOR COMPUTER COMMUNITY CENTER

Volume 32, Issue 3 • Holiday Gala Edition 2018

26th Annual “Evening with the Stars” Success!



The 2018 Holiday Gala was a resounding success in honoring this year’s Stars and raising some of the necessary funds to support ASC³ programs and services. The awards are based on *Nguzo Saba* - the seven principles of Kwanzaa, with a special honor given to those who embody all seven principles.

Geoffrey and Peaches Ledwidge (*right*) received the top honor for their outstanding leadership in both business and the local community. (see *Gala photos page 2*)

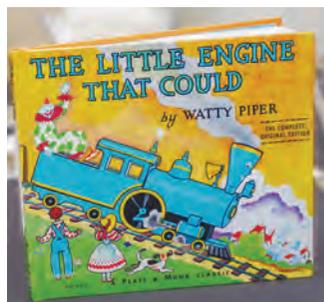


OUR MISSION

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.

Director’s Message

The Little Engine That Could - “Small but mighty”



These idioms characterize the very essence of Ashbury Senior Computer Community Center. Our successes over the years demonstrate that a robust infrastructure filled with passionate people, dedicated staff, a supportive Board, giving partners, and generous funders working together can get the job done.

Even though ASC³ is small in stature, we are big in productivity and Year 2018 was no exception to excellence. We Hosted three SuperTech Gadget Days at various partner venues; co-hosted the 10th Annual Healthy Back-to-School Block Party with the Ashbury Street Club; completed a MyChart Training Pilot in partnership with MetroHealth; expanded offerings to 12 satellite facilities throughout greater Cleveland and Assisted in hosting a very successful 3rd Annual National Digital Inclusion Conference.

There is still much to do. If you are interested in making a donation, volunteering, or providing other support, please contact ASC³ at your convenience. Alternatively, you can make a donation via PayPal at www.asc3.org.

ASC³
11011 Ashbury Avenue
Cleveland, Ohio 44106
216-421-2305
www.asc3.org

ASC³ Gala Photo Gallery by Wake Up Call Media

See more photos at asc3.org/2018-annual-gala.html



Understanding Stroke

What is a stroke? A stroke is a medical emergency that occurs when blood flow is interrupted or diminished to the brain by a blood clot that deprives the brain tissue of oxygen and nutrients, which can cause brain cells to quickly die within minutes.



Stroke is one of the leading causes of disability and death in the United States. Each year about 795,000 people in the U.S. are affected by stroke, of these incidents 137,000, of the population suffer death. Approximately 600,000 of these

cases are strokes for the first time. The American Stroke Association reports about 185,000 people will experience another stroke episode within the next five years.

There are 3 major kinds of strokes, TIA, Hemorrhagic, and Ischemic. Ischemic makes up about 87% of all strokes and Hemorrhagic cover the remaining 13%.

Type of Strokes: Ischemic (clots)

A transient ischemic attack (TIA) is sometimes called a mini-stroke, with stroke symptoms that last less than 24 hour and disappear generally not causing permanent brain damage.

An ischemic stroke results from the breakage of fatty deposits of plaque from the inner lining of a blood vessel that breaks off and interrupts blood flow to the brain.

An embolic stroke is a blood clot traveling from one part of the body to another part via the bloodstream blocking blood flow to the brain.

A Thrombotic stroke is caused by a clot forming in an artery in the brain stopping blood flow.

Hemorrhagic stroke: (Bleeds)

There are 3 main types of hemorrhagic strokes. **The aneurysm** which results when part of an artery in the brain weakens allowing it to widen abnormally limiting blood flow to the brain. **An Intracerebral stroke** occurs when there's bleeding within the brain and **subarachnoid** involves bleeding in the area between the brain and the tissue covering the brain.

Symptoms of a stroke:

The different stroke types causes similar symptoms because they affect blood flow in the brain. Only medical doctors can determine what type of stroke you may be experiencing. A doctor may order tests to view your brain.

The national Stroke Association recommends the FAST method to identify the warning signs of a stroke:

Face: Does the face look uneven? Ask them to smile.

Arm: Does one arm drift down? Ask them to raise both arms.

Speech: Does their speech sound strange? Ask them to repeat a phrase.

Time: Every second brain cells die. Call 9-1-1 at any sign of stroke!

FAST Key: Face, Arm, Speech, Time.

Is it a stroke? Check these signs FAST!

Call 9-1-1 at any sign of stroke.

Resources:

American Stroke Association, www.strokeassociation.org/
www.mayoclinic.org, www.Webmd.com

Gala Raffle Winners

A total of 11 prizes were won. The GrandPrize of \$1,000.00 went to Mike Jones, of Dalton IL,

Ten donated prizes of beautiful baskets each valued between \$75.00 – \$150.00 were also won.

A good time was had by everyone.





Team up to host
**Super Tech & Mobile
 Gadget Day!**

FRIDAY, FEBRUARY 1, 2019 • 1:00PM -- 4:00PM
ASC³, 11011 ASHBURY AVENUE



Sessions designed for those seeking help
 with new (or not so new) tech gadgets.

Bring your gadgets and receive one-on-one help from volunteers
 eager to show you how to best use them.

Bring smart phones, laptops, digital cameras, recorders, iphones, androids, fitness
 trackers, Roku, Chrome Stick, and any other kind of technical device.

Everyone receives help with their technology.

Get help with Email and social media such as Facebook and Twitter!

Sign up at <http://www.asc3.org/super-tech-day.html>

ASC³ Alumni
 Presents:

**Caribbean
 Nite 'n' White**

Saturday, June 29, 2019
7:00 P.M. - Midnight

Lizzano's
 1361 East 260th St, Euclid, Ohio 44132

Saturday, June 29, 2019
7:00 P.M. - 12:00 A.M.

Tropical heavy hors d'œuvre buffet • 8:00 P.M. – 9:30 P.M.

Cash Bar • DJ • Games
Awesome Prizes & Giveaways

Tickets: \$30.00 per person
 Buy online: www.asc3.org/nite-n-white.html

**Accepting New Subscribers ASC³
 Low-Cost Internet Service!**

**STAY CONNECTED, With your own
 4G Wi-Fi through Mobile Citizen**

Cost: New subscribers \$252.16
Annual Renewal: \$134.16



Just follow these simple steps:

1. Call (216) 421-2305 to schedule an appointment.
2. 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.