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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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 online 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
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 “I, 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 Sergeant E-8 with a total of twenty-eight years of service. I graduated from the U.S. Army as a Master Sergeant 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.
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.
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.
Well 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.

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

**Free Computer Classes East Side & Westside**

Wanda Davis, Executive Director                  Center Hours:

Contact Us:
Phone: (216) 421-2305                  Monday through Thursday: 10:00 am to 7:45 pm
Fax: (216) 229-4151                  Friday: 10:00 am to 4:00 pm
11011 Ashbury Ave.                  Saturday: 11:00 am to 4:00 pm
Cleveland, OH 44106

Westside: 3730 Pearl Avenue
PNC Connection: 8220 Carnegie Avenue

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.

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

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

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 **SuperTech 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!

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

216-421-2305
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

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.

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.)

On the Horizon at Ashbury...
Annual Back to School Block Party
Bring the kids for fun, games, face painting, cartoon characters, healthy treats, free school supplies, prizes, and food!

Date:
Saturday, August 19th, 2017
Time: Noon–5:00p.m.
Where:
Ashbury East 110th–112th

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!
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!

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

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