

BLIND COMMUNITY CENTER OF SAN DIEGO

1805 Upas Street San Diego CA 92103

Phone: 619-298-5021 website: <https://bccsd.org/>

Donate with PayPal at donation@bccsd.org

Email: info@bccsd.org

JULY NEWSLETTER

BCCSD MISSION: To enrich the lives of blind and visually impaired adults preparing them for a normal, active life in a society that is principally sighted by encouraging independence.

The Blind Community Center of San Diego gives blind and visually impaired people in our community an opportunity to socialize and interact. It helps members build skills, confidence and self-esteem through our various social and recreational activities. During the pandemic, we are featuring virtual experiences where participants can join by telephone and/or computer.

BUSINESS HOURS:

Our building is temporarily closed following the extended 'Stay at home order'. We will keep you informed in this newsletter when the time is right to re-open. Please stay safe and follow all recommended guidelines.

CONTACTS:

We are here for you:

President Sharlene - phone: 619-298-5021 ext. 208 email: president@bccsd.org

Board Director Christie - christie@bccsd.org

BCCSD email: info@bccsd.org

Website: <https://bccsd.org/>

MESSAGES:

EVERYTHING WILL BE OK!

If we all follow the recommended Stay at Home Mandate, wear face masks, observe the six-foot social distancing rule and wash our hands often, Everything will be OK.

Taken from a CNN Headline:

KEEP CALM

Ahead of attacks on its cities during World War II, the British government issued and displayed three posters with messages written to boost morale and mentally prepare its civilians. One of them, "**Keep calm and carry on,**" has grown in popularity over the years because its message is applicable beyond its original intent. It's also poignant now that coronavirus is invoking some comparisons to World War II.

Similarly, a line from President Franklin Roosevelt's 1933 inaugural address, to a nation paralyzed in the economic fear of the Great Depression, has endured its original meaning because "**The only thing we have to fear is fear itself**" speaks to the psychology of all panic.

For what use is our fear right now? "**Worry is like a rocking chair: It gives you something to do but never gets you anywhere,**" wrote humorist Erma Bombeck.

COMING SOON:

CRAFT FUNDRAISER, PRESENTED BY BLIND COMMUNITY CENTER

In addition to private donations, we are exploring ways the Blind Community Center can raise money with the skills and talents of the community. Our goal is to sell our handmade crafts on our website and Facebook page and eventually in a dedicated space at the BCC.

As we begin to do this work, we will start small, sort through the issues, and build upon the program. To begin, here is what's needed:

1. Crafters who are comfortable making a craft from start to finish without hands-on help.
2. Volunteers who consider themselves intermediate to expert level on specific craft projects.

All materials will be hand delivered to each crafter and when crafters have finished their work, a volunteer will pick it up and when the item passes quality control, the it will be posted on the BCCSD website or Facebook page.

If you would like to sign up for:

1. Loop-it blankets – Call **Pearl at 619-433-4493**
2. Fabric wreaths and rugs – Call **Christie at 619-997-8058**
3. Beaded items (night lights, lamps, candy canes and icicles) Call **Dora at 619-888-2360.**
4. Loomed or crocheted yarn hats and scarves- Call **Sharlene at 619-298-5021 ext. 208**

Volunteers and crafters need to be comfortable sharing their address since supplies will be dropped off at their home.

All craft materials will be provided by the BCC.

If you have questions or would like to learn more about the fundraiser, please reach out to **Pearl Mecen**as by calling **619-433-4493** or emailing pearl.a.mecenas@gmail.com.

SPECIAL OFFER FROM KEVIN KELLY

Keven Kelley is offering private conversations to discuss the Corona Virus and having to stay at home. Please call **Sharlene at (619) 298-5021 Ext. 208** or email at president@bccsd.org to receive a callback from Keven.

NEWS

AUDIO DESCRIPTION MOVIES AND TV ARE AVAILABLE FOR YOU

The Audio Description Project, an initiative of the **American Council of the Blind** has lists of audio descriptive movies and TV shows.

Did you know that you can watch TV shows from ABC, CBS, FOX and NBC with audio description? Here is a link to get you started:

<https://acb.org/adp/tvschedule.html>

THE COMMUNITY LAW PROJECT (CLP) is a law student-run project which provides pro bono legal services to low income people in the greater San Diego community. For Legal Assistance, please email clp@cwsl.edu or call (619) 780- 7498.

NOVEMBER GENERAL ELECTION

Governor Newsom has instituted vote-by-mail for the November general election. This means that all registered, qualified voters will receive a ballot in the mail.

SMILE! DO YOU EVER ORDER FROM AMAZON?

You Can Support the Blind Community Center When You Shop.

Did you know that Amazon donates 5% of the price of eligible items to the non-profit of your choice if you shop through their special donation portal at **smile.amazon.com**? Imagine making charitable donations to support the Blind and Visually Impaired every time you shop.

To enroll in the program, go to <https://smile.amazon.com/>. The enrollment process couldn't be easier and takes less than five minutes. The BCCSD appreciates your support of our programs through all channels, including shopping.

WEEKLY VIRTUAL CLASSES

MONDAYS

1:00 PM – 2 PM

BCC BASIC CONVERSATIONAL SPANISH CLASS WITH NENA

TUESDAYS

10:00 AM – 11:00 AM

Braille Institute BLIND RHYTHM WITH SHON MACKEY

1:00 PM – 2:00 PM

Braille Institute HEALING MIND AND BODY WITH SHEILA KIMMEL

WEDNESDAYS

10:00 AM – 11:00 AM

BCC TRIVIA WITH SHARLENE AND PEARL

11:00 am Program change: Odd numbered Wednesdays - **NAME THAT TUNE**, will debut, led by a very popular person. Prizes for 1st, 2nd and 3rd place.

11:00 AM – 12:00 AM

BCC NAME THAT TUNE - Odd Numbered Wednesdays

11:00 AM – 12:00 AM

BCC HODGEPODGE- Even Numbered Wednesdays

1:00 PM – 2:00 PM

Braille Institute CLICHÉS AND PROVERBS WITH MARY GARCIA

2:00 PM – 3:00 PM
Braille Institute TRIVIA WITH MARY GARCIA

THURSDAYS

10:00 AM – 11:40 AM
BCC WRITERS WORKSHOP WITH CLYTIE

1:00 PM – 2:00 PM
Braille Institute WOMEN'S PEER SUPPORT GROUP

FRIDAYS

9:30 AM – 10:30 AM
BCC BLIND RHYTHM WITH SHON MACKEY

10:30 AM - NOON
BCC FRENCH CLASS WITH THERESA

NOON – 2:00 PM
BCC BINGO

THANK YOU

To all of our generous individual and community partner donors: Thank you for your continued, faithful support of our Blind Community Center programs and facility.



CECO
San Diego County Employees'
Charitable Organization



pioneers
a volunteer network

Chula Vista Host Lions Club
North Park Lions Club
Del Sol Lions Club
Oceanside Sea Lions Club
Rancho Bernardo Lions Club
Rancho Santee Lions Club
Foundation For Delta Gamma At San Diego State University
U.S. Navy
University of San Diego

Chula Vista Harbor Lioness Club
La Mesa Lions Club
Encinitas Lions Club
Spring Valley Lions Club
Harbison Canyon Lions Club
AT&T Pioneers
INTUIT

San Diego County Employees Charitable Organization (CECO)

Please visit our web site at <https://bccsd.org/> for more information about our wonderful supporters and find out how they contribute to the Blind Community Center of San Diego.

HOW CAN YOU HELP?

YOU CAN DONATE

It is easy to donate through our website donation@bccsd.org Just click the DONATE button.

YOU CAN BECOME A MEMBER

The BCCSD has two classes of membership, **Blind and visually impaired members**, and **associate members**. Associate members are individuals who support the mission of the BCCSD. Do you want to learn more?

Email: info@bccsd.org

NUTRITION

NEW STATE PROGRAM DELIVERS FREE LOCAL MEALS FOR SENIORS

The **Great Plates Delivered** program is designed to help adults 65 and older and adults 60-64 who are at high-risk from COVID-19 stay home and stay healthy by delivering three (3) free, nutritious meals a day.

To qualify for the Great Plates program, applicants must:

- 65 years old or older, or 60-64 and at high-risk as defined by the CDC, including one of the following:
 - Have an underlying condition **OR**
 - COVID-19 positive (as documented by a state/local public health official or medical health professional), **OR**
 - Have been exposed to COVID-19 (as documented by a state/local public health official or medical health professional)
- Live alone or with one other program-eligible adult
- NOT currently receiving assistance from other state or federal nutrition assistance programs
 - Those who receive IHSS services, health care coverage through Medi-Cal or other public assistance are eligible to participate in Great Plates Delivered as long as they meet this specific program's criteria for eligibility. Receiving other types of public assistance is allowable, just not state or federal nutrition assistance programs.
 - Those who are already participating in other federally funded food programs, such as Cal Fresh and the Older Americans Act senior meal program, may seek other home delivered food resources by calling 2-1-1 or visiting www.211sandiego.org.
- Have an annual income within the following range:
 - \$24,981-\$74,940 (single person household)

- \$33,821-\$101,460 (two-person household).
- Those who have an income BELOW \$24,981 for a single person household or BELOW \$33,820 for a two-person household are not eligible for the program. However, they may be eligible for CalFresh benefits or other food and meal programs. Please call 2-1-1 to learn about other resources.
- Affirm an inability to prepare or obtain meals

When and how do seniors apply?

The program is being run by Aging & Independence Services, which is a division of our County Health and Human Services Agency. **Eligible seniors are to call the Aging & Independence Services Call Center at (800) 339-4661 and select option "7." Or, they can call 2-1-1. Older adults are encouraged to learn more about the eligibility requirements and apply by visiting www.aging.sandiegocounty.gov/greatplates.**