



Blind Community Center of San Diego
1805 Upas Street San Diego CA 92103
Phone: 619-298-5021
Donate with PayPal at <https://bccsd.org/>
Email: info@bccsd.org

JANUARY 2022 NEWSLETTER CELEBRATING 72 YEARS

HAPPY NEW YEAR FROM THE BCC!

MEANINGFUL QUOTES TO HELP US IN 2022

“It’s hard to beat a person who never gives up.” – **Babe Ruth**

“The secret of getting ahead is getting started.” – **Mark Twain**

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” — **Helen Keller**

“Smart people learn from everything and everyone, average people from their experiences, stupid people already have all the answers.” – **Socrates**

“Happiness is not something ready-made. It comes from your own actions.” — **Dalai Lama XIV**

“Some people want it to happen, some wish it would happen, others make it happen.” – **Michael Jordan**

BCC 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, recreational and educational, activities. During the pandemic, we are featuring virtual experiences where participants can join by telephone and/or computer.

BUSINESS HOURS:

Activities Remain 100% Remote

We continue to monitor the COVID-19 situation, and have made **the decision to continue with 100% remote delivery of all activities.** At this time, we have not determined an exact date for the re-opening of our center. We appreciate your patience and understanding. Our first priority is to maximize the health and safety of our members, participants, and volunteers.

CONTACTS:

We are here for you:

President Sharlene: **president@bccsd.org**

phone: 619-298-5021 ext. 208

Vice President Ethel: **ethel@bccsd.org**

Business Operations Manager Christie: **christie@bccsd.org**

BCCSD email: **info@bccsd.org**

Website: **https://bccsd.org/**

BOARD OF DIRECTORS

President: Sharlene Ornelas, Blind Member: president@bccsd.org

Vice President: Ethel Kirtley, Blind Member: ethel@bccsd.org

Secretary: Claude Edwards, Blind Member: secretary@bccsd.org

Treasurer: Brook Logan, CPA, Associate Member: treasurer@bccsd.org

Past President: Gwendolyn Edwards, Blind Member

Directors:

Business Operations Manager: Lion Christie Greene, Associate Member: christie@bccsd.org

Diane Hall, Blind Member: dianehall73@yahoo.com

Eric Linebarger, MD, Ophthalmologist, Associate Member

Magdalena Guillen, Blind Member: nenaguillen6610@gmail.com

Lion Mary Manning, Associate Member: edandmarym@cox.net

Rochelle Harris, Blind Member: rdjharris@gmail.com
Yvette Lee, Blind Member
Lions Optometric Vision Clinic Representative: Marcia DeRuntz

FROM PRESIDENT SHARLENE:

Your thoughts can completely change your day. Make sure they change it for the better.

Well, the world is starting a new chapter in the book of life. Let's look forward to a better 2022 than we saw in 2020 and 2021. May the New Year bring success to the BCCSD and to you.

As President, I would like to thank our members and participants for being so passionate and positive while we've been closed. I would like to thank the many volunteers for all of their volunteer hours and the great job they have done. I send a very special thank you to Christie, Dora and Mary for going above and beyond to keep things going while the rest of us had to stay home to be safe. Finally, I would like to thank our many contributors who have been so generous. We have had many building expenses we haven't had to pay in the past. Here's a cheer for the BCCSD to having a successful 2022.

Sharlene Ornelas, President

FROM VICE PRESIDENT ETHEL:

I would like to express my sincere gratitude to all the Lions clubs and volunteer groups that have given so much of your time, energy and financial support over the years. I, and all the members will never be able to thank you enough for everything you have done.

We hope the new year will find us together, healthy and safe.

Happy new year.

Ms. Kirtley

FROM BOARD MEMBER CHRISTIE:

Happy New Year everyone.

Here are some thoughts from literary characters and Walt Disney, which express what I am thinking about you and 2022!

- You're braver than you believe, stronger than you seem and smarter than you think. — **Christopher Robin**
- It never hurts to keep looking for sunshine. — **Eeyore**
- I think we dream so we don't have to be apart for so long. If we're in each other's dreams, we can be together all the time. — **Winnie the Pooh**
- Happiness is a state of mind. It's just according to the way you look at things. — **Walt Disney**
- Remember, you're the one who can fill the world with sunshine. — **Snow White**
- Think happy thoughts! — **Peter Pan**
- I wouldn't trade it for anything. No. Never. Your friendship is the best present ever. — **Tigger**
- You've got a friend in me. — **Toy Story**
- Some people are worth melting for. — **Olaf**

We are in this together!

Christie

FROM BCC MEMBER LYN:

"Here we are almost a month into 2022. I wanted to thank the groups and individuals for the really nice gift bags and Christmas stockings full of goodies. There were several Lions clubs, Telephone Pioneers, other groups who gathered together all the goodies for the BCC members and then packed them into bags and handmade stockings.

In the beautiful bright red hand decorated stockings were several items including homemade strawberry jam, made by board member Mary, candy, snacks, socks, hand crocheted slippers, and a stuffed animal. In the plastic

bag, there were grocery items including assorted canned goods, and more snack items.

I appreciate these gift bags that are so lovingly put together for us each month and delivered to us by Christie, Dora, Mary, Lions, National Charity League moms and daughters, Delta Gamma sorority, and other BCC volunteers. Thank you all and I look forward to seeing many of you in-person at the BCC!"

My thanks to you all for our great BINGO Fridays. I enjoy the addition of the four-corner BINGO and the blackout at the end.

Stay well!

Lyn

FROM BCC MEMBER CLYTIE:

Every single Friday of the year there is one thing we can count on happening. That is, BINGO at the Blind Community Center. The games begin promptly at noon – well sort of promptly, after everyone who is playing that day has joined and greetings have been made all around. We play game after game, usually eight or nine and sometimes more by the time we stop at two o'clock. Each game is over when three Bingos have been claimed. If the third Bingo is claimed by more than one person, all Bingos on that call are counted as winners. The callers repeat each number at least twice, and make them memorable with plays on words. I can't remember how many times I have heard "B 12, Vitamin B 12"! Everyone chuckles at the jokes and puns we hear, and we are happy to congratulate each other when we win. Everyone who wants to play will be sent their own plastic Bingo card. Folks can join by Zoom or by phone and there are always volunteers who can play our cards for us if we can't manage it that day – but we have to be present to win.

I say: Be there, or be square!

Clytie

NORTH PARK LIONS is sponsoring monthly 'We Are Thinking of You' food deliveries for the BCCSD. **Our next delivery is scheduled for the week of January 10th.** Active members and participants will receive a phone call prior to the delivery to coordinate their delivery date.

Our January gifts will include KN95 masks, courtesy of the BCC and AT&T Pioneers.

Please let us know if you have any questions about the deliveries.

Thank You.

christie@bccsd.org

SPECIAL VIRTUAL ACTIVITY

HOW ARE YOU CREATIVE? **FRIDAY JANUARY 14**

10:00 a.m. – 11:00 a.m.

Do you paint, draw, craft, write, sculpt, knit, crochet, cook, garden, innovate, decorate, build? How are you creative?

What are you doing during the pandemic to be creative?

BCC Artist Lanetta, will tell us about her art. Will you join the call and tell us about yours?

Join by Phone

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

WEEKLY ACTIVITY SCHEDULE

MONDAYS

PLEASE USE OUR WEBEX NUMBER FOR SPANISH CLASSES

Join by phone

+1-510-338-9438 USA Toll+
Access code: 623 586 039

Join by computer:

<https://giftedback.my.webex.com/meet/pearl.a.mecenas>
Access code: 623 586 039

12:00 p.m. - 1:00 p.m. **BEGINNING SPANISH** taught by **Nena**

1:00 p.m. - 2:30 p.m. **INTERMEDIATE SPANISH** taught by **Nena**

TUESDAYS

FOR TUESDAY ACTIVITIES, PLEASE USE OUR ZOOM NUMBER:

Join by Phone:

1 408 638 0968 USA Toll+
Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>
Meeting ID: 494 996 8569

10:00 a.m. – 11:00 a.m. TABLE TOPICS Led by **Christie and Ethel**

In December we talked about the pros and cons of New Years Resolutions, hopes for 2022, and bucket lists.

Several members want to stop being lazy about exercises and join Shon's Wednesday exercise class more often. One member admitted that she is failing at social distancing to the refrigerator (aren't we all?). Stop procrastinating was high on peoples lists.

Letting people know what's happening was big on the list. Don't be a recluse even though we are physically isolated.

Hopes for 2022 included the Padres going to the playoffs and winning and the end of covid restrictions.

The bucket list discussion included a pedi-cab ride at the waterfront, a ride on the Wild Animal Park zip line, a hot air balloon ride, a cross country train trip and a visit to Old Town and many other topics.

Please join us on Tuesdays at 10 a.m. for Table Topic Talk.

WEDNESDAYS

PLEASE USE OUR WEBEX NUMBER FOR WEDNESDAY CLASSES

Join by phone

+1-510-338-9438 USA Toll+

Access code: 623 586 039

Join by computer:

<https://giftedback.my.webex.com/meet/pearl.a.mecenas>

Access code: 623 586 039

12:00 p.m. - 12:30 p.m.

BLIND RHYTHM led by **Shon**

12:30 p.m. - 1:00 p.m.

OPEN MIC led by **Pearl**

1:00 p.m. - 2:00 p.m.

TRIVIA led by **Pearl**

2:00 p.m. - 3:00 p.m.

NAME THAT TUNE coordinated by **Shon**

THURSDAYS

10:00 a.m. – 11:40 a.m.

BLIND COMMUNITY CENTER WRITERS WORKSHOP with **CLYTIE**

All are welcome! This a Zoom meeting and is on a different Zoom account than the others listed in the newsletter.

Please call or email Clytie - 760-271-8138 clytiek104@yahoo.com

FRIDAYS

HOW ARE YOU CREATIVE?

FRIDAY JANUARY 14

10:00 a.m. – 11:00 a.m.

Join by Phone

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

BINGO led by **Christie**, with a bingo caller app and sighted volunteers.

12:00 p.m.- 2:00 p.m.

Join by Phone:

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

SATURDAYS

10:00 a.m. -11:00 a.m. **LIVE MARTIAL ARTS ZOOM CLASS** taught by
SENSEI JOSH LOYA

All abilities welcome. If you are interested in attending, please send an email to info@bccsd.org.

You can also message on Facebook link -

<https://www.facebook.com/Blind-Community-Martial-Arts-211126265596001>

BOARD OF DIRECTORS MEETING

Tuesday, January 11 1:00 p.m. - 3:00 p.m.

Join by Phone:

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

Guests are welcome. If you would like to address the board, please call 619-298-5021 ext. 208, 24 hours prior to the meeting to be added to the agenda.

MEMBERSHIP MEETING

Tuesday, January 25 2021 1:00 p.m. - 3:00 p.m.

To Join, please use the ZOOM number below:

1 408 638 0968 US (San Jose)

Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

Membership Meetings are held every month on the 4th Tuesday using the ZOOM virtual link from 1:00-2:30. Members, participants and guests are all welcome to attend. Attendance shows your support and appreciation for the BCC and our generous speakers.

Please connect 10 minutes early so we can get started on time. The meetings are one way to catch up on what is happening at the BCC.

THANK YOU

**AT&T Pioneers
Chula Vista Harbor Lioness Club
Chula Vista Host Lions Club
Del Sol Lions Club
Encinitas Lions Club
Foundation for Delta Gamma at San Diego State University
Friends of the BCC
PDG Lion Rick Hannum
Harbison Canyon Lions Club
La Jolla President's Club
La Mesa Lions Club
Mira Mesa Senior Center Garden Club
National Charity League
Oceanside Sea Lions Club
Rancho Bernardo Lions Club
Rancho Santee Lions Club
San Diego County Employee's Charitable Organization (CECO)
San Diego Executive Lions Club
San Diego North Park Lions Club
San Diego United Lions Club
Singing Hills Lions Club
UCSD Pre Optometry Club
University of San Diego**

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.

The Lions Optometric Vision Clinic is now open by appointment only. It is a non-profit 501C3 agency, located on the third floor of the Blind Community Center building. Their Mission is to provide basic vision care for **low-income** individuals throughout San Diego County. For vision screening or a pair of quality, **low-cost** glasses, **call 619-298-5273 for an appointment.**

American Council of the Blind

Want to know what ACB activities are available?

Join the ACB Community and subscribe to our email list to receive the daily schedule of activities by sending a blank email to:

Acb-community-events+subscribe@acblists.org<mailto:Acb-community-events+subscribe@acblists.org>

Those without email can access this information by phone by dialing 1-800-424-8666 and following the prompts.

The schedule is sent for the week on Sunday and then for each day individually.

If you like old time radio shows you can hear them near twenty- fours a day on "Treasure Trove" Media-three on ACB radio.

Say, "Tell ACB Media to open (media three). Just tell the A-lady on your echo Dot device or device of your choice.

It can be found on [ACB.org/community](https://www.facebook.com/ACB.org/community) Facebook group

There are shows like Our Miss Brooks, Bob Hope, Jack Benny, The Shadow, Fibber Magee and Molly, etc.

BRAILLE INSTITUTE LIBRARY

Download Digital Books and Magazines

Braille and Audio Reading Download (BARD) is a program offered by the National Library Service and Braille Institute Library that allows patrons to digitally download both audio and e-Braille titles from an extensive collection of titles. E-braille users would need a refreshable Braille display to read the books.

To use BARD, you must have a Braille Institute Library account. After you have a library account, you must also obtain an account at the BARD website. In addition, you will need a digital talking book player, a computer with internet access, and a USB storage device if you are using an NLS digital machine. Once you have an account, you can save the books to a

storage device and play them on your digital talking book player. E-mail us at bils@brailleinstitute.org for assistance with this process.

DID YOU GET YOUR FLU SHOT YET?

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu shot every year.

Flu shots are available at doctors' offices, retail pharmacies, and other locations around the County. **PEOPLE WITHOUT HEALTH INSURANCE CAN GO TO A COUNTY PUBLIC HEALTH CENTER.**

COVID-19 Update: Please note flu vaccine cannot be given if the person has COVID-19 symptoms.

Immunization Clinic, **Central Region Public Health Center**
Public Health Services, Health and Human Services Agency, County of San Diego
(619) 229-5400
5202 UNIVERSITY AVE
SAN DIEGO, CA 92105

Immunization Clinic, **South Region Public Health Center**
Public Health Services, Health and Human Services Agency, County of San Diego
(619) 409-3110
690 OXFORD ST
CHULA VISTA, CA 91911

Immunization Clinic, **North Inland Public Health Center**
Public Health Services, Health and Human Services Agency, County of San Diego
(760) 740-3000
649 W MISSION AVE Suite 2
ESCONDIDO, CA 92025

Immunization Clinic, **East Region Public Health Center**
Public Health Services, Health and Human Services Agency, County of San Diego

(619) 441-6500
367 N MAGNOLIA AVE Suite 101
EL CAJON, CA 92020

Immunization Clinic, **North Central Public Health Center**
Public Health Services, Health and Human Services Agency, County of
San Diego
Eligibility
(858) 573-7300
5055 RUFFIN RD
SAN DIEGO, CA 92123

Immunization Clinic, **North Coastal Public Health Center**
Public Health Services, Health and Human Services Agency, County of
San Diego
(760) 967-4401
3609 OCEAN RANCH BLVD Suite 104
OCEANSIDE, CA 92056