



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

FEBRUARY 2022 NEWSLETTER CELEBRATING 72 YEARS

We are lucky to have friends like you on Valentine's Day and every other day, **HAPPY VALENTINE'S DAY FROM THE BCC!**

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

FREE AT-HOME COVID TEST KITS

Use At-home COVID tests to check when you are experiencing symptoms or have experienced exposure. Every home in the US. is eligible to receive **4 free COVID home tests.**

Order your household's tests today at: <https://www.covidtests.gov/>

Or: <https://special.usps.com/testkits>

FREE FACE MASKS

You can now grab free N95 masks at local pharmacies. The N95 masks are from the Strategic National Stockpile. Local pharmacies like CVS, Rite Aid and Walgreens are participating in the distribution program. Just go to your local pharmacy and ask for them.

FROM PRESIDENT SHARLENE:

Nobody can make you feel or do anything. Circumstances affect me but, I choose how to react. So, in the end my thoughts and actions are controlled by me, I choose to live life with my cup half full. May your life be filled with lemonade and not lemons.

Where there is a WILL there IS a way. COVID-19 is still here and will be for a while longer. In time we will find a way to return to an active life and reopen the Center. What would you need in place before returning to the center? Please email your answer to me. If you don't have email, please call a member of the Board and tell them.

Life getting boring and you want to do something different? Have access to You Tube? Pick a key word like "meals" or "Struggle Meals" and see what you find. This can also be done using your search engine, like Google or Android. Another thing you can do is think of something you would like to do. Type key words in your search window and have fun. Check out our Face Book page, managed by board member Brook.

THANK YOU! As President, on behalf of the Members and Participants of the BCCSD, I would like to thank all of our faithful volunteers for their dedication to the BCCSD. From the bottom of our hearts, I would also like to thank Brook, Christie, Dora and Mary, the names are listed alphabetically and not anything else, for all of the countless hours they have volunteered their talents and skills.

As President, on behalf of the Members and Participants of the BCCSD, I would like to thank all of our faithful donors. There are way too many to mention individually, you are the backbone of the finances needed to keep us going. However, because they have soared above the rest, we need to

mention San Diego North Park Lions Club and their Matching Challenge to raise money for needed security equipment at the BCC and the San Diego Center for the Blind. Due to people having too much time on their hands, both Centers have experienced increased vandalism. The North Park Lions matching campaign will match every donation designated for security improvements; If you want more information, please contact board member, Lion Christie Greene at, christie.greene@sbcglobal.net or (619) 997-8058.

As President, on behalf of the Members and Participants of the BCCSD, I would like to thank Rick Hannum for all he has done for the BCCSD for over 40 years. Rick has been a staunch supporter with his time volunteer hours, financial support and gathering support from the many Lions Clubs. I believe he is now our longest serving volunteer.

As President, on behalf of the Members and Participants of the BCCSD, a special thank you to Dr. Eric Linebarger, head of Ophthalmology for Sharp Medical Group.

You may not always get a personal phone call, text or email but, I assure you that you are not forgotten. Keep everyone in your thoughts. If you have someone's phone number, please give them a quick call to cheer up their day. Everyone, take care. Be sure to read your newsletter through to the end. We are trying to add bits of information to make it more interesting.

Be safe
Sharlene

FROM VICE PRESIDENT ETHEL:

Please remember to be respectful when having a group meeting, whether it is for fun or business. It is important to remember that blind and visually impaired persons are, mostly, dependent on their hearing. Below are some helpful reminders.

Muting and unmuting on virtual calls.

With a group, it's important for us all to be able to hear each other. We recommend that everyone stay muted - with their microphone turned off, unless you are actively participating in the conversation. When you have a question or a comment, please feel free to unmute yourself. When you're finished speaking, please mute your microphone again to minimize background noise.

How to mute and unmute yourself on a computer:

You may find the microphone icon at the lower left corner of your screen and click it - if it has a line through it then you are muted. Click it again to unmute yourself.

Or you may use keyboard shortcuts. On a Mac computer, press Command+Shift+A to turn your microphone on and off. On a PC computer, press Alt+A.

How to mute and unmute yourself on the Zoom mobile app
(smartphone or tablet):

The microphone icon will usually be in the lower left corner on smartphones, but may be in the upper right on some tablets. If no icons are showing, tap your screen once to make them appear. Tap the microphone icon to toggle between being muted and unmuted.

Thank you all and enjoy our virtual classes and events!

Ms. Kirtley

FROM BOARD MEMBER CHRISTIE:

Roses are red,
Violets are blue,
I'm missing your faces
And thinking of you.

Roses are red,
Violets are violet,
Here is my number,
Why don't you dial it?
619-997-8058

Christie

SHOP WITH AMAZON SMILE and GIVE to the BCC

Do you order items from Amazon? If so, Amazon donates 0.5% of the purchase price to the Blind Community Center of San Diego when you select us as your supported charity. It costs you nothing, and it provides us with funds to keep putting smiles on our members' faces! Bookmark the link <https://smile.amazon.com/ch/95-6067253> and support us every time you shop. Thank you!

SEE'S SPRING CANDY SALE

Get your See's Candy from the BCC.

The price is the same if you go to the store, so why not buy from our website and get next day shipping. All profits go to support the BCC.

[https://www.yumraising.com/secure/blindcco blind community center of san diego86/candy?h=Chr_Gre3967](https://www.yumraising.com/secure/blindcco_blind_community_center_of_san_diego86/candy?h=Chr_Gre3967)

Chocolate Easter Eggs, Bordeaux Eggs, Truffles, Lollipops, Nuts and Chews, Dark Chocolate, Milk Chocolate, Chocolate Covered Mints and More...

Facts: The BCC will make a 50% profit on all of the \$8.50 items
 20% profit on all 1 lb. and 2 lb. boxes of candy
 Free next day shipping on all orders over \$70

NORTH PARK LIONS continues to sponsor monthly '**We Are Thinking of You**' food deliveries for the BCCSD. **Our next delivery is scheduled for the week of February 14.** Active members and participants will receive a phone call prior to the delivery to coordinate their delivery date.

Please let us know if you have any questions about the deliveries.
Thank You. christie@bccsd.org

ACTIVITIES

WATER SKIING

WITH THE SAN DIEGO MISSION BAY BOAT & SKI CLUB

Mark your Calendars:

May 21, June 25, July 30, August 27, and September 24

Our annual tradition of free blind water ski clinics will continue in 2022.

There will be water skiing, tubing, boat rides, fun in the sun and lunch. You don't need to know how to water ski and you don't have to get your feet wet if you choose to stay on dry land. Details in upcoming newsletters.

WATCH FOR NEW FRIDAY MORNING CLASSES – BLIND AND LOW VISION HELPFUL HINTS AND HACKS - PLEASE SEE FRIDAY CALENDAR

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**

February Topics will include Weird Olympic Events, Clutter and Topics of your choice.

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**

Feb 23 – Humor by **Sharlene**

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

Feb 11 Blind and Low Vision Helpful Hints and Hacks - Kitchen

Feb 19 Blind and Low Vision Helpful Hints and Hacks

Around the House

Feb 25 Blind and Low Vision Helpful Hints and Hacks - Laundry

10:00 a.m. – 11:00 a.m.

Learn new techniques to make food preparation and other tasks easier. Do you have a quick easy suggestion to share?

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, February 8 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, February 22 2021 1:00 p.m. - 3:00 p.m.

Our speaker will be San Diego Center for the Blind, Kimberly Taylor, Program Manager.

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.**

STRESS

A recent letter, worth sharing, from The Lions Sight and Hearing Foundation included the following information about stress and stress relief.

It is known that untreated, ongoing stress can lead to chronic health issues like headaches, upset stomach, raised blood pressure, chest pains, problems sleeping, and overall lack of well-being

We've all heard the classic recommendations: exercise, get enough sleep, and eat good food. Beyond those ideas, here are 8 additional tips that take only a few minutes per day.

1. **Get out** in the sunlight a bit each day.
2. **Do something** to relax. This can be different for everyone: yoga, meditation, or watching a movie with your family.
3. **Pause** to breath properly. Deep breathing helps your body relax. This helps you respond differently to stress, and sends more oxygen to your brain, calming parts of your nervous system. One simple method is to breath in from your nose using your belly (so it rises), then slowly exhale.
4. **Limit** your commitments, and don't be afraid to say "no". Don't overextend yourself.
5. **Ask** for help, and share responsibilities.
6. **Avoid**, or walk away from, angry people.
7. **Listen** to music or podcasts.

Laugh! Laughing brings in oxygen, everything gets a boost, and your body releases feel good hormones. Laughter improves your immune system and reduces pain.

ANOTHER CAUSE OF STRESS CAN BE CLUTTER!

From an article in AARP:

Clutter has been linked to stress and anxiety and can even lead to overeating junk food and procrastinating.

Clutter, according to some minimalists, does more than take up space. Purchasing an item costs money, which can lead to financial stress and the need to work harder to acquire more items which require storage and space, which can lead to mental and psychological stress. And while people's first instinct is to tame clutter by purchasing products to help organize it, some minimalists say this is not the answer.

"Organizing is just well-planned hoarding," Thus, the best way to "organize your stuff," per the experts, is **to keep the things that add value to your life and get rid of any items that don't.**

Here are some suggestions to start eliminating things in order to make room for what matters the most.

1. Get rid of anything that doesn't add value

Ask yourself. How might my life be better with less? This can help you understand why you want to downsize, which is highly individual. For instance, some people want to quit their buying habit for more financial freedom, while others want fewer items to care for and more time to spend with family and friends.

Understanding the why behind simplifying gives us the leverage we need to begin to let go and helps us understand what is excess.

2. Get rid of 'just-in-case items'

To the minimalists, "just in case" are three dangerous words. "If you look around your house, you'll likely find thousands of items you're storing just in case you might need them in some nonexistent hypothetical future." These items can usually be replaced, if need be, for less than \$20 and in less than 20 minutes. The exceptions to this, might be emergency items like first aid kits, which you should definitely keep handy.

3. Toss duplicate photos and paper

Give yourself permission to get rid of duplicate, similar or blurry photos, coupons or mailers you aren't using, bills and statements you can get online, old newspapers and magazines, and things you've ripped out of a magazine.

4. Throw away actual trash

Begin the decluttering by emptying the trash around the house. It's going to get you moving, reduce the overall volume of the mess and help you start to see individual items. Empty your wastebaskets, shred piles of papers you've been meaning to shred and get rid of the junk mail piling up on your kitchen counter.

5. Get rid of damaged items

Holding onto a favorite mug that's chipped or necklace that's fallen apart? Time to let go. Be honest about what things are damaged and toss them. If it's damaged, it probably does not have the value you've been assuming it was going to have one day.

The same goes for things that are missing parts. For instance, White says to store Tupperware with the lids on, and if one is missing a lid, chuck it into the recycling bin.

6. Give away or donate extras/duplicates

This can include coffee cups, measuring cups and spoons, wooden spoons, wire whisks, handbags, sunglasses, pens and so many other things.

7. Get rid of stuff you never use

If you are holding on thinking, "It's not hurting anything", reframe and ask yourself, "How is this helping and contributing to your life?" If it's not, you don't have room for it. This often includes things like random spices and sauces, uncomfortable shoes, empty frames and containers, books you've already read or never plan on reading, junk drawer items (or the whole drawer), knickknacks, freebies or gifts you were given but don't like.

8. Abandoned hobby items are clutter

9. Items from a past phase are clutter

If you don't have a dog anymore and don't plan on getting a new one, give yourself permission to get rid of the dog bed, bowl and leash. And if you're retired, pack up the majority of your professional clothes and office supplies. This will give you more space for items that serve the phase of life you're in right now.

10. Toss the things that bring up bad memories

If an item doesn't make you feel good, send it on its way

12. Give away clothes that don't fit

Your closet should have clothes you look forward to wearing instead of being a place to cast aside what you know you're not going to wear.

Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

We will talk more about de-cluttering on next Tuesday's Table Topics!