



**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](mailto:info@bccsd.org)

**MARCH 2022 NEWSLETTER  
CELEBRATING 72 YEARS**

May the leprechauns dance over your bed and bring you sweet dreams.

**Happy St. Patrick's Day**



**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\*\*](mailto:president@bccsd.org)

phone: 619-298-5021 ext. 208

Vice President Ethel: [\*\*ethel@bccsd.org\*\*](mailto:ethel@bccsd.org)

Business Operations Manager Christie: [\*\*christie@bccsd.org\*\*](mailto:christie@bccsd.org)

BCCSD email: [\*\*info@bccsd.org\*\*](mailto:info@bccsd.org)

Website: [\*\*https://bccsd.org/\*\*](https://bccsd.org/)

## **BOARD OF DIRECTORS**

President: Sharlene Ornelas, Blind Member: [president@bccsd.org](mailto:president@bccsd.org)

Vice President: Ethel Kirtley, Blind Member: [ethel@bccsd.org](mailto:ethel@bccsd.org)

Secretary: Claude Edwards, Blind Member: [secretary@bccsd.org](mailto:secretary@bccsd.org)

Treasurer: Brook Logan, CPA, Associate Member: [treasurer@bccsd.org](mailto:treasurer@bccsd.org)

Past President: Gwendolyn Edwards, Blind Member

Directors:

Business Operations Manager: Lion Christie Greene, Associate Member:  
[christie@bccsd.org](mailto:christie@bccsd.org)

Diane Hall, Blind Member: [dianehall73@yahoo.com](mailto:dianehall73@yahoo.com)

Eric Linebarger, MD, Ophthalmologist, Associate Member

Magdalena Guillen, Blind Member: [nenaguillen6610@gmail.com](mailto:nenaguillen6610@gmail.com)

Lion Mary Manning, Associate Member: [edandmarym@cox.net](mailto:edandmarym@cox.net)

Rochelle Harris, Blind Member: [rdjharris@gmail.com](mailto:rdjharris@gmail.com)

Yvette Lee, Blind Member

Lions Optometric Vision Clinic Representative: Marcia DeRuntz

## **FROM PRESIDENT SHARLENE:**

### **KEEP IT POSITIVE**

Take control of how you think, how you feel, how you act.

Every day is a new day to thrive, prosper, and overcome. Don't let what happened yesterday ruin the possibilities of today. Positivity will help you make the choices that lead to accomplishment. I hope everybody has a beautiful day.

We are working on procedures and policies to reopen the Center. This is

the first step to reopening. It will take some time, but the end of full remote is in sight.

## FOREVER YOUNG

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

The San Diego Braille Club is an organization of the Blind that actually started the BCCSD back in 1927. After expanding of the next approximately 20 years, it grew to the point of needing their own place to meet. That is where Dr. Moran and the Downtown Host Lions built the BCCSD in its current location. The San Diego Braille Club, SDBC, meets the first Friday of each month except July and August. You are entitled to attend. While the Center is closed the SDBC is meeting from 2:15-3:45 via ZOOM. Once the Center opens the time will be 1:30-3:00.

if you would like to attend meetings the link is

<https://us02web.zoom.us/j/86848770794?pwd=VGFSbitDVFFLR2gxSm9ibUgwVXd4dz09>

## LIFE HACKS

What are life hacks?

The definition of life hack is;

Its usually simple and clever tips or techniques for accomplishing some familiar task more easily and efficiently "Life hacks," as they are known, are all about eliminating life's manifold frustrations in simple and deliciously clever ways. The best hacks involve tricks that are free, efficient and stunningly obvious in retrospect, deploying household items for purposes beyond their wildest aspirations. There are lots of life hacks for people that are blind. Come join on Fridays from 10:30-11:45. We have lots of hacks. Let Christie or me know if you know of some good hacks or have a hack you would like to learn.

Be safe

**Sharlene Ornelas**

## **FROM BOARD MEMBER CHRISTIE GREENE:**

Do you have a question or an idea for the BCC or want to hear the most up to date news about the BCC? Please join us for the membership meeting on March 22 at 1 pm, see our calendar below.

Do you want to contribute an article to the newsletter or would you like to make a suggestion about newsletter content? Please send your thoughts to [christie@bccsd.org](mailto:christie@bccsd.org).

What would you like to see included in one of the In-This-This-Together gift bags?

### **Here are three Irish proverbs to celebrate March 2022:**

1. "May today be better than yesterday, but, not as good as tomorrow".
2. "Success consists of getting up just one more time than you fall".
3. "Our last check should be to the undertaker — and it should bounce".

Christie

## **BCC FACEBOOK PAGE**

Thanks to our multi-talented treasurer, Brook Logan, the Blind Community Center's Facebook page is looking GOOD! Check it out and 'like' it.

Did you know? When you 'like' an article on our Facebook page, you are supporting the BCC!

Why not share our Facebook link with friends and family? They will learn about the BCC, our fundraisers, our activities and about our blind and low vision community.

<https://www.facebook.com/bccsdcommunity/>

## **SEE'S SPRING CANDY SALE ENDS ON MARCH 25**

**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 March 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](mailto:christie@bccsd.org)

## **SPECIAL ACTIVITIES**

**ST. PATRICK'S DAY TALENT EVENT  
PRESENTED BY THE NATIONAL CHARITY LEAGUE**

**Saturday, March 12 11:00 a.m. -12:30 p.m.**



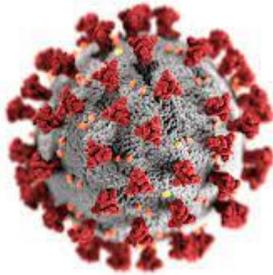
## **Join the talent show by Phone**

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

## **Join the talent show by computer:**

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

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## **COVID-19 SEMINAR BY DR. ESHWAR KAPUR**

**Saturday, March 12, 1:00 p.m. -2:30 p.m.**

Dr. Eshwar Kapur, a sports medicine physician with Kaiser Permanente, will be giving a free seminar on **Saturday March 12th starting at 1:00 pm and ending at 2:30 pm** about COVID-19. He will provide an overview on the latest regarding the pandemic and answer questions. Personal medical questions need to be addressed by your own doctor. To join by smart phone, tablet or computer the link is smart phone, tablet or computer the link is

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

To join by phone use

[+1-510-338-9438](tel:+15103389438) USA Toll+

Access code: [623 586 039](#)

These are the same as TRIVIA. Please join by 12:45 so we can start on time.

## **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.

## **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**

**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**

Wednesday, March 16, Sharlene will step up to the mic and have humor for her presentation. 12:30 – 1:00 p.m. just before TRIVIA.

### **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](mailto:clytiek104@yahoo.com)

### **FRIDAYS**

**LIFE HACKS**

**10:30 a.m. – 11:45 a.m.**

Learn new techniques to make food preparation and other tasks easier.

Here is one kitchen hack; how to know if your cup is filled to the top with hot liquid: Keep a sterile ping pong ball in the kitchen drawer. Drop it in the cup, when the ball reaches the top, the cup is filled, and then simply wash the ball and put it back into the drawer till the next time.

Here is one idea to organize canned foods: Use a rubber band system such as: one band for soups two for sweetcorn, etc.

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](mailto:info@bccsd.org).

You can also message on Facebook link - <https://www.facebook.com/Blind-Community-Martial-Arts-211126265596001>

### **BOARD OF DIRECTORS MEETING**

**Tuesday, March 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, March 22 2021 1:00 p.m. - 3:00 p.m.**

In March our speaker will be from San Diego Parks and Recreation.  
In April we will learn all about '211' services

**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.**

## **13 GOOD-FOR-YOU PROCESSED FOODS.**

### **1. Canned beans**

They are a good source of protein. Look for lower-sodium versions, or rinse beans under the tap for a few seconds to reduce the sodium by 40 percent.

### **2. Dairy or soy milk**

Milk is high in calcium, protein, Vitamin D, potassium and phosphorus. For vegetarians or the lactose-intolerant, go with soy milk. It has 8 grams of protein per glass, all of the essential amino acids of cow's milk and is fortified with calcium and Vitamin D.

### **3. Greek yogurt**

Greek yogurts tend to be high in protein and have quality micronutrients, especially calcium. They often have probiotics that are healthy for the gut. Look for low fat and zero (or little) added sugar (5 to 8 grams). The best thing to do is get a plain yogurt and add your own fruit on top.

### **4. Packaged salads or precut vegetables**

Bagged broccoli, cauliflower or carrots, and eat them raw, steam them in your microwave or add them to a soup.

### **5. Cereal**

All breakfast cereals are fortified with vitamins and minerals such as iron and zinc, vitamin A, assorted B's and D. The key is to look for whole grains as the main ingredient and mix in a high-fiber cereal, or top with chia seeds, which are high in omega-3 fatty acids, calcium and fiber. Add milk and fruit to the bowl for a boost of benefits.

### **6. Frozen or canned fish**

The American Heart Association recommends consuming two seafood servings a week. Watching your sodium intake? Many brands of canned fish (including tuna and salmon) have no-salt-added options.

### **7. Nuts, seeds and nut butters**

Protein helps maintain muscle for people getting into their golden years and nut butters have plenty of protein and heart-healthy fats. Watch serving sizes and check for no added sugar, salt or preservatives.

### **8. Tofu**

Those soft little blocks of soybean curd are versatile enough to throw into a variety of dishes. They can be a protein meal replacement, are low in sodium and have no cholesterol.

### **9. Frozen fruits and vegetables**

Frozen fruits like brain-boosting blueberries are picked in the field and frozen right away, locking in their nutrients and flavor.

The health benefits of fruits are a plenty. They are high in fiber and loaded with potassium, magnesium, and vitamins A, C and K. As for frozen veggies, try to avoid those in sauces, which usually contain extra salt and fat.

### **10. Precooked lentils or whole-grain brown rice**

Lentils are rich in protein and high in fiber and are sources of iron, zinc and magnesium.

### **11. Chickpea pastas**

Looking to swap your standard noodles for something a little healthier and heartier? Garbanzo beans are a powerhouse carbohydrate that helps prevent chronic diseases. Chickpeas are best eaten in whole form; yet these pastas offer a good fiber and plant protein source to complement meals.

### **12. Rotisserie chicken**

Rather than fast-food or frozen chicken nuggets, opt for a precooked rotisserie chicken. Remove the skin (to lower fat and salt content) and eat as an entrée or in a salad.

### **13. Hummus**

Chickpea dips provide plenty of good non-beef vegetarian proteins and have fiber, vitamins and minerals. But look for a short ingredient list: chickpeas, olive oil, tahini paste, seasonings, salt. Pair with raw, pre-cut veggies or, if you must have a cracker, go for a low-sodium, whole-grain version.

### **Honorable mentions**

Protein-rich cottage cheese; olive oil, tomato sauce (make sure it's low in sugar and salt); zero-calorie flavored waters; pickles, fiber- and probiotic-rich sauerkraut; dried fruit for snacking.

### **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!

### **DID YOU KNOW? MARCH 11 is JOHNNY APPLESEED DAY**

Date When Celebrated: March 11 and/or September 26. Why two dates?.....read on

Johnny Appleseed Day honors one of America's great legends. Johnny Appleseed was a real person. Born John Chapman, he was among the American settlers who were captivated by the movement west across the continent. As Johnny Appleseed travelled west, he sold apple trees and seeds to settlers, and planted many apple trees himself along the way. Johnny Appleseed continued planting and selling apple trees for over forty years. With every apple tree that was planted, the legend grew.

A Little About the Legend:

John Chapman (aka Johnny Appleseed) was born on September 26, 1774. He was a nurseryman who started out planting trees in western New York and Pennsylvania. During the life of John Chapman, the "West" was

places like Ohio, Michigan, Indiana, and Illinois. John Chapman was a deeply religious person He was known to preach during his travels. According to legend, Johnny Appleseed led a simple life and wanted little. He rarely accepted money and often donated any money he received. It is believed that he died on March 11, 1845, from what was referred to as the "winter plague". The actual date of his death has been disputed. There is a lot of "legend" in stories written about Johnny Appleseed. By its definition, over the years, legends grow bigger than life. It also appears that there is some link between Johnny Appleseed and very early Arbor Day celebrations.

