

## **BLIND COMMUNITY CENTER OF SAN DIEGO**

1805 Upas Street San Diego CA 92103

Phone: 619-298-5021

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

Donate with Credit Card or PayPal at <https://bccsd.org/>

Email: [info@bccsd.org](mailto:info@bccsd.org)

### **APRIL 2021 NEWSLETTER**

**Why was 6 afraid of 7? Because 7. 8 9. April Fools!**

**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:**

In order to keep our community safe, 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: [president@bccsd.org](mailto:president@bccsd.org)

phone: 619-298-5021 ext. 208

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

Board Director Christie - [christie@bccsd.org](mailto:christie@bccsd.org)

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

Website: <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  
Secretary: Claude Edwards, Blind Member: secretary@bccsd.org  
Treasurer: Brook Logan, CPA, Associate Member: treasurer@bccsd.org  
Past President: Gwendolyn Edwards, Blind Member  
Directors:  
Resource Development and Marketing: 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: nenag6610@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 ORNELAS:**

I would like to wish everyone a happy Easter. In some ways it's hard to believe that the Center has been closed for a year. People have gained a new skill which is joining web platforms. Things are moving in the right direction. San Diego County has moved to the red tier which allows more businesses to open and people who have been vaccinated to meet in small groups of family members if everyone has been vaccinated and wearing a mask is still a requirement. So, if you haven't received your vaccination yet, you can call 211 and they will assist you getting an appointment and arrange transportation.

Power in one area equals power in almost everything else because people who win become winners, and winners win.

If you need a passport in the future, call ahead because there are changes. Call the National Passport Information Center to check your application status or get answers to questions at 1-877-487-2778 on Mondays-Fridays from 5:00 a.m. to 7:00 p.m. PT.

### **ACB GROUP OF INTEREST**

Diabetics in Action has events 3 times a month. Their website is [acbda.org@gmail.com](mailto:acbda.org@gmail.com). some events are social and some are informational. You can also call the ACB office and get information about any of the ACB activities. Their toll-free number is (800) 424-8666 the

direct number is (202) 467-5081

**Can't understand the loud speaker messages from the Sheriff's ASTREA** (helicopter) when its flying over the city? Call or text "Hello" to 858.866-HELO (4356) to receive helicopter messages straight to your phone.

**Stay safe, Sharlene.**

**FROM VICE PRESIDENT ETHEL KIRTLEY:**

**I wish all of you a peaceful, healthy Easter. If we all keep wearing our masks, wash our hands and following the national and local guidelines we will be together soon.**

**Starbucks Launches Aira Access in all US Stores**

Starbucks now offers free Aira service in all U.S. company-operated and licensed stores for its blind and low-vision customers. You can use Aira for up to 30 minutes and for any number of tasks while at a Starbucks, including:

1. Reading in-store information
2. Finding amenities such as the order counter, a table, or the restroom
3. Social Distancing in the line
4. Finding Starbucks itself, and mor.

Read more about this groundbreaking partnership here:

<https://aira.io/starbucks>

**E.M. Kirtley V.P. BCCSD**

**FROM BOARD MEMBER MARY MANNING:**

Hi my friends. I have so enjoyed playing Bingo with you all. Fellowships and friendships are so important us to maintain in this social distanced world. When I walk in the morning I tend to think of blessing and

specialness in my life. I want you to know how much I enjoy being a part of the BCC Family. Happy Spring time.

**Mary Manning**

**FROM BOARD MEMBER CHRISTIE GREENE:**

I miss our craft classes, weekday lunches, all of the parties, activities and most of all, EACH and EVERY one of YOU! I can't wait to get back to the BCCSD with all of you. I'm also so happy that many of you are enjoying our virtual games and activities every week. We are having a lot of fun! If you haven't joined us for a board meeting or membership meeting during the pandemic, you may want to consider dialing into the April meetings.

If you have ideas or information to share, please let us know.

Miss you all,

**Christie**

**NORTH PARK LIONS** is sponsoring another '**We-Are-Thinking-Of-You**' special food delivery for actively participating **BCC** members on Saturday, **April 17, 2021**. All active members and participants will receive a phone call prior to the delivery.

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

Thank You. [christie@bccsd.org](mailto:christie@bccsd.org)

**SEE'S CANDY ONLINE FUNDRAISER for the BCC SWEET!**

The BCC is excited to share a year-long opportunity to purchase delicious, American made, See's candy. Our sale for traditional See's candy will last through December. The price is the same as you would pay in the store, but if you buy from us, SEE'S will donate 20% of each item sold to the BCC. For example – if you buy \$65 worth of candy – the BCC will receive \$13. If you combine orders and spend over \$65, shipping is free.

Please forward the following fundraiser link to your friends and family. We appreciate everyone's participation and a percentage of every candy purchase will go directly to the BCC. All candy will be shipped directly from

See's to your home. Thank you.

### **SEE'S FUNDRAISER LINK**

[https://www.yumraising.com/secure/blindcco blind community center of san diego4/candy?h=Chr\\_Gre3967](https://www.yumraising.com/secure/blindcco%20blind%20community%20center%20of%20san%20diego4/candy?h=Chr_Gre3967)

### **ONLINE BLIND COMMUNITY CENTER CRAFTS FUNDRAISER**

**Gifts for everyone**

**All hand made by BCC crafters and Friends of the BCC.**

**New Item - Beaded Easter Egg Lamps- Suggested Donation - \$25**

**New Item - Beaded Bunny Lamps - Suggested Donation - \$25**

**New Item - Small Beaded Bunny - Suggested Donation - \$12**

**Beaded Lamps - Penguin, Santa, Mrs. Santa, Snowmen,**

**Pink Elephants - Suggested Minimum Donation - \$25**

**Beaded Mary Lou Angels - Suggested Minimum Donation - \$12**

**Beautiful Handmade Quilts – Suggested Minimum Donation - \$60**

**Shades of Pink, Blue or Gray Soft Scarves – Suggested Minimum Donation - \$25**

**Loop-it Yarn Soft Blankets - Suggested Minimum Donation - \$25**

**Hand Made Crocheted Slippers - Many colors to choose from**

**Suggested Minimum Donation - \$12 per pair**

**Beaded Candy Canes and Beaded Icicles – \$2 each – Buy 5, get one free.**

**For questions or orders, please email [info@bccsd.org](mailto:info@bccsd.org).**

### **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://riosassociates-dfc7.my.webex.com/meet/pearl.a.mecenas>

Meeting Number: 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 US (San Jose)

Meeting ID: 494 996 8569

**Join by computer:**

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

Meeting ID: 494 996 8569

11:00 a.m. – noon **BCC History, future program discussion, ideas and brainstorming for fundraising and new programs. Everything BCC.** Led by **Christie and Ethel** April topics will include planning for our upcoming Family Feud Fundraiser: Please join the fun and help the BCC at the same time!

**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://riosassociates-dfc7.my.webex.com/meet/pearl.a.mecenas>

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

**TRIVIA** led by **Pearl**  
**NAME THAT TUNE** coordinated by **Shon**

## **THURSDAYS**

10:00 a.m. – 11:40 a.m.

**BLIND COMMUNITY CENTER WRITERS WORKSHOP** with **CLYTIE**  
Please call Clytie for instructions. 760-271-8138

Participants share stories they have written and help each other with constructive tips on how to improve them.

10:30 A.M. – NOON

**USD COMMUNITY ENGINEERING CLASS** begins on **MARCH 4** and runs through **MAY 6 2021**.

**To confirm participation, please contact Dr. Odesma Dalrymple:**  
**443-929-6781 – [odesma@sandiego.edu](mailto:odesma@sandiego.edu)**

In this class, you can share ideas for improving products that are used by blind and low vision people every day to allow more independence in a sighted world. Re-imagine everyday experiences. Join a design team with students from the University of San Diego, the Blind Community Center, the Center for the Blind, the Braille Institute and the National Federation of the Blind. No prerequisites needed, just an inquiring mind and desire to share ideas.

Classes are virtual and are held every Thursday from 10:30 am until noon.

### **Join by phone**

+1-669-900-6833

Access code: 970 4396 5615

### **Join by computer**

<https://sandiego.zoom.us/j/97043965615>

Meeting Number: 970 4396 5615

## **FRIDAYS**

9:30 a.m. -10:30 a.m. **BEGINNING FRENCH** taught by **Theresa**

10:30 a.m.-11:30 a.m. **INTERMEDIATE FRENCH** taught by **Theresa**

11:30 a.m. 12:00 p.m. **TIME TO SOCIALIZE**

**PLEASE USE OUR WEBEX NUMBER FOR ABOVE ACTIVITIES:**

**Join by phone**

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

**Join by computer**

<https://riosassociates-dfc7.my.webex.com/meet/pearl.a.mecenas>  
Meeting Number: 623 586 039

**FOR BINGO, PLEASE USE OUR ZOOM NUMBER:**

**Join by Phone**

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

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

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

**BOARD OF DIRECTORS MEETING**

**Tuesday, April 13 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

**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 April 27 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

## **UPCOMING SPEAKERS**

**April 27th San Diego Futures Foundation:**

Low-cost computers and training.

**May 25th Pat Newman:**

Topic: Being a Sheriff's Department Volunteer

**Remember, Membership Meetings are held every month on the 4th Tuesday using the ZOOM virtual link from 1:00-2:30. All are welcome. 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.**

## **WELLNESS CALLS**

**Please let us know if you would like to sign up to receive a weekly phone call from a friendly BCC volunteer.**

Are you lonely? Do you just need someone to talk to once in a while? Do you want to share thoughts about how we all are doing while many of us are home bound during the pandemic? Would you like to hear a funny story that might help cheer you up? We care about you! Please send Ethel an email if you would like to participate and she will match you up with a volunteer. **Ethel's email: [ethel@bccsd.org](mailto:ethel@bccsd.org)**

## **HAVE SOME FUN LISTENING TO ACB COMMUNITY EVENTS**

**It's Play Time on Fridays at 6pm**

**Trivia, Family Feud and more:**

Meka and Cindy welcome you to join in for another fun Friday night filled with games and laughter.

Join the call:

<https://us02web.zoom.us/j/89252283602?pwd=ZnFiTUNLREVnQkRHc1pGdnNSdnpCZz09>

One tap mobile: +13126266799,,89252283602#

**Phone: 312-626-6799**

**Meeting ID: 892 5228 3602**

**Passcode: 578776**

## **THANK YOU**

**Everyone who supported BCC Fundraisers**

**North Park Lions Club**

**Chula Vista Harbor Lioness Club**

**Chula Vista Host Lions Club**

**Harbison Canyon Lions Club**

**San Diego United Lions Club**

**San Diego Executive Lions Club**

**San Diego County Employee's Charitable Organization (CECO)**

**AT&T Pioneers**

**National Charity League**

**Foundation for Delta Gamma at San Diego State University**

**Rancho Bernardo Lions Club**

**Oceanside Sea Lions Club**

**UCSD Pre Optometry Club**

**San Diego Association of Insurance Professionals**

**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.

**Thank you, North Park Lions,** for putting together a bag full of 'We are in this together' groceries including canned fruits and vegetables, soup,

peanut butter, apples, oranges and cookies. Participants enjoyed this thoughtful and needed gift delivery during their isolation at home in March.

**Thank you, National Charity League,** for giving St. Patrick's Day gift bags which included oranges, a giant snickerdoodle cookie, chocolate coins and a Marie Calendar Chicken Pot pie. Participants enjoyed safe, masked, and distanced visits from mother-daughter teams as the gifts were delivered.

Our sincere thanks to the **San Diego County Employee's Charitable Organization (CECO)** again this year for approving a grant for the BCC. With this money, we will be able to purchase 32 comfortable chairs with padded arms, seats and backs for the craft room. Crafters are in for comfortable seating, in time for our grand re-opening when pandemic restrictions are lifted.

**Thank you again to: Donna Lee and Mike Brandenburg** from the **San Diego United Lions Club**, **Helen Quantanilla** from the **San Diego Executive Lions Club**, and **Luis Tocco and Hua Jin Jeng** from the **Mira Mesa Senior Center** for landscaping another area of the BCC with succulents. This area separates the parking area and front driveway.

**Thanks to San Diego United Lions Club (SDULC)** for lighting help in the craft room and NCL room. **Bud Swartz** from **SDULC** has inventoried both rooms, replaced bulbs and is looking at ballasts that need replacing.  
**Thanks Lion Bud!**

**Thank you to Karen Schon** from AT&T Pioneers for speaking at our virtual March membership meeting about her volunteering experiences with Lions, Tigers and Bears. Karen's presentation was informative and fun. Karen even played an audio recording of lions roaring. When the pandemic is over, we hope to take a field trip to the sanctuary. Thanks again Karen.

**Thank you: San Diego Executive Lions Club** for your generous donation of office supplies and eye glasses to the BCC and the LOVC. Office supplies that cannot be used by the BCC or LOVC will be put up for sale and the proceeds will benefit both organizations. We will post a list of available keyboards, adding machines, 3-hole punches, staplers, one Fujitsu 6230 sheet-fed scanner, one 6130 Fujitsu scanner, monitor

stands, in-basket trays, tape dispensers and other items. All items will be listed for sale at buy-me-now prices at <https://bccsd.org/>.

## **HELP WITH FREE MEALS FOR SENIORS:**

**GREAT PLATES: Free meals delivered to your home**

San Diego County: call [800- 339-4661](tel:800-339-4661)

**To qualify for the Great Plates Delivered program, applicants must be:**

- Individuals who are 65 or older
- Individuals must live alone or with one other program-eligible adult
- Participants must not be currently receiving assistance from other state or federal nutrition assistance programs, such as CalFresh
- Participants must have an annual income within the following range:
  - \$24,981-\$74,940 (single household)
  - \$33,821-\$101,460 (two-person household)
  - Those who have an income BELOW \$24,981 for a single household or \$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.
- Individuals must affirm that they have limitations that currently prevent them from being able to prepare their own meals or independently purchase meals that could be delivered to them (e.g., lack of transportation, lack of knowledge on how to cook, disability, etc.)

## **HELP PROTECT AGAINST THE SPREAD OF COVID-19 VIRUS EVEN IF YOU ARE VACCINATED!**

- Step 1: Wash your hands
- Step 2: Wear a face mask
- Step 3: Avoid touching your face
- Step 4: Disinfect frequently touched surfaces
- Step 5: Practice social distancing
- Step 6: Wash your hands

**BE SURE TO GET VACCINATED!  
AND THEN FOLLOW-UP WITH THE SECOND VACCINATION!**

## **STILL NEED A COVID VACINATION?**

Here is the information to the accessible link for vaccine distribution and to learn if you qualify for the vaccine at this time. You can also call 211 and they will help with scheduling an appointment and a ride to and from.

<https://myturn.ca.gov/?fbclid=IwAR2jgmuRa3WnX5XOV5TBj8UFIMRa8gLLZ1Cpyv3PIhcPAKO9yH6LAEJp0Hc>

## **10 Things the Fully Vaccinated Should (and Shouldn't) Do**

### **1. You still need to wear a mask**

"Until more of the population is vaccinated, masking is important, not just to protect yourself but also other people," says Purvi Parikh, M.D., an allergist and immunologist at NYU Langone Health and an investigator in COVID-19 vaccine clinical trials.

Masking will also help slow the spread of coronavirus variants — and prevent the emergence of new ones — because the virus can't mutate if it is not spreading.

### **2. You could still catch COVID-19**

This is the other reason experts don't want you to put aside your mask just yet. Although all three vaccines authorized for emergency use in the U.S. were found to be highly effective against severe disease and death from COVID-19, there's still a chance you could get infected with the virus.

"The whole point of a vaccine is that it prevents you from dying or ending up in the hospital," Parikh says. "But you may still get sick."

### **3. You could infect someone else**

There's also a small chance that you could get infected with the virus and not even realize it, and then you could transmit it to someone who is not vaccinated, says Kristen Marks, M.D., an infectious disease specialist at New York-Presbyterian/Weill Cornell Medicine who leads COVID-19 vaccine trials.

#### **4. You can visit friends and family**

Fully vaccinated people can gather indoors with others who are also fully vaccinated, without wearing masks or physical distancing if you choose, the CDC says, because the chance of anyone getting infected would be remote.

You can also spend time inside with unvaccinated people from a single household without wearing masks or physical distancing if you choose, the CDC says, as long as no one is at increased risk for severe COVID-19 disease and no one lives with somebody who's at increased risk as well.

That means you can visit (and hug!) your unvaccinated children and grandchildren. What's important, the CDC says, is to keep two unvaccinated households from mingling.

The CDC still recommends avoiding medium-size and large gatherings.

#### **5. You don't have to quarantine after exposure**

You do not have to quarantine or get tested after an exposure to someone with the coronavirus, as long as you aren't experiencing any symptoms, the CDC says. If you develop a cough, fever, shortness of breath, diarrhea or other symptoms of COVID-19, however, you should get tested.

#### **6. You should keep your vaccine record card handy**

In the future, you may need proof of vaccination to travel, work in certain industries or attend large events, Parikh says, "Your vaccine card is your main proof right now."

Your card may also come in handy to confirm which vaccine you received, and when you received it, if a booster dose is required. Some people are laminating their cards; another way to preserve it is to take a photo and store it on your phone. If you didn't hang on to your card, the provider that administered your vaccine should have an electronic or paper record of it.

#### **7. Travel is still discouraged**

"In terms of travel, here's what we know: Every time that there's a surge in travel, we have a surge in cases in this country. We know that many of our variants have emerged from international places, and we know that the travel corridor is a place where people are mixing a lot. We are really trying to restrain travel at this current period of time, and we're hopeful that our

next set of guidance will have more science around what vaccinated people can do, perhaps travel being among them."

## **8. It's a good time to go to the doctor or dentist**

Countless Americans put their health care on hold due to the pandemic. Now that you're vaccinated, it's time to schedule that colonoscopy, dental cleaning or elective surgery you've been putting off. "Being vaccinated, now is the safest it has been to have surgery in well over a year," says Beverly Philip, M.D., president of the American Society of Anesthesiologists.

## **9. You may need a booster shot**

Marks says there are two reasons we might need a booster shot: If our immunity wears off naturally or if the virus changes so much that the immunity we have from the current vaccines proves inadequate.

Researchers still don't know how long immunity from the vaccines will last. "We're collecting data," Marks says. "The phase 3 trials only started last summer, and the data lags a few weeks behind that."

Chances are that we will have to get some kind of COVID-19 shot on a regular basis, perhaps once every three years or every year, like the flu shot.

## **10. A return to normal hinges on herd immunity**

Before life can get totally back to normal, experts say that first we need to reach herd immunity — when enough Americans are vaccinated to significantly slow the spread of the virus. Estimates of when we will reach that point range from this summer to early 2022.

"I'm very optimistic about summertime, when rates will naturally reduce and the number of people we've been able to vaccinate will make it so that the virus is not being transmitted as quickly," Marks said. "The wild card is the variants."

## **FEELING STRESSED, ANXIOUS, WORRIED?**

It is normal to feel stress, anxiety, grief, and worry during this time. But it is just as important to know what support options are available to you no matter how you feel.

Read, save and share this list of helpful resources for anyone having a hard time:

- Get help from the National Suicide Prevention Lifeline. Call or chat for anonymous support 24 hours a day, 7 days a week at 1-800-273-8255.
- Explore the CDC's guide on 'Help Coping with Stress'.
- Support your teen's mental health with this guide from MedlinePlus.

The Disaster Distress Helpline provides crisis counseling to those experiencing emotional distress related to natural or human-caused disasters. Call or text 24/7, 365 days a year at 1-800-985-5990.

**BE WELL**

**BE SAFE**

**TOGETHER WE CAN GET THROUGH THIS!**