



**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)

## **JULY 2021 NEWSLETTER CELEBRATING 72 YEARS**

**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 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](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:

Resource Development and Marketing: Lion Christie Greene, Associate Member:  
[christie@bccsd.org](mailto:christie@bccsd.org)

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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 ORNELAS:**

#### **Is That New Item You Bought on a Recall List?**

Staying up to date on recalls could save your life. It is important to know what products you've gotten are harmful and pose a serious threat. Not sure where to start? Take the first step at [Recalls.gov](https://www.recalls.gov) to find information on recalled products like baby formula, toys, and car parts. [See recent recalls](#) to make sure.

Be safe

Sharlene

### **FROM VICE PRESIDENT ETHEL KIRTLEY:**

How to bring up the ACB-radio streams on your Lady A device. There are now ten streams.

Ethel, Vice President

The new **ACB Media Alexa Skill** has now launched. If you are having issues launching the new **ACB Media skill** on your Alexa device, please follow the steps listed below to correct the error.

These steps will simply remove the history and recordings of your voice that you have made while talking to your Alexa device.

Here is a note [directly from the Amazon site](#):

#### **Delete Alexa Voice Recordings Automatically**

Set your account to automatically delete Alexa voice recordings.

**Note:** This feature is disabled by default.

1. Open the Alexa app.
2. Open **More** and select **Settings**.
3. Select **Alexa Privacy**.
4. Select **Manage Your Alexa Data**.
5. Go to **Automatically delete recordings**, then select **Off** to enable the setting.
- 6 Choose a time period to keep your voice recordings and then select **Confirm**.

When choosing "Don't save recordings," it may take up to 36 hours for our systems to apply this setting. Voice recordings older than the selected time period are deleted automatically.

Please Note: Voice recordings are used to improve the accuracy of your interactions with Alexa. Deleting voice recordings associated with your account may degrade your experience over time.

We suggest you do this only once for each Alexa device and that it should not be required in the future for the **ACB Media skill**. Data associated with third-party services and devices that you may have linked to your home functions with your Alexa devices will not be deleted.

Please follow these steps:

1. Approach your Alexa device and issue this command: "Alexa, Delete Everything I've Ever Said on this device"

**Please Note:** This will need to be done on each Alexa device in your home.

2. Wait 30 seconds and then say: "Alexa, Open ACB Media"

The new ACB Media skill will launch.

As a reminder, ask for the name of the stream that you would like to hear. The list below are the names for each of the ACB Media stream designations:

- ACB Mainstream is now **ACB 1**
- ACB Mainstream 2 is now **ACB 2**
- ACB Treasure Trove is now **ACB 3**
- ACB Café is now **ACB 4**

- ACB Community is now **ACB 5**
- ACB Live Event is now **ACB 6**
- ACB Special Event is now **ACB 7**
- (new) ACB Convention is now **ACB 8**
- (new) ACB Convention is now **ACB 9**
- (new) ACB Convention Information is now **ACB 10**

**FROM BOARD MEMBER MARY MANNING:**

Hi Everyone, we've been working at the BCC, cleaning out store rooms, mopping floors, organizing craft supplies and looking forward to all of your smiling faces.

Can't wait to get back together.

Mary,

**FROM BOARD MEMBER CHRISTIE GREENE:**

For those of you who have enjoyed the water ski events in the past or would like a day in the sun, the Mission Bay Boat and Ski Club is offering a day at Fiesta Island on July 24<sup>th</sup>. Check out the opportunity in the Activities section below.

**NORTH PARK LIONS** is sponsoring monthly '**We-Are-Thinking-Of-You**' food deliveries for the BCCSD. **The next delivery will be on Saturday, July 24.** Active members and participants will receive a phone call prior to the delivery.

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

Thank You.

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

Can't wait to get back to our fun days at the BCC, watch for updates given membership meetings, virtual activities and in the newsletter.

Thinking of you all,

Christie

## **SEE'S SUMMER CANDY FUNDRAISER LINK**

**[https://www.yumraising.com/secure/blindcco blind community center of san diego 90/candy?h=Chr Gre3967&c=ot7064](https://www.yumraising.com/secure/blindcco%20blind%20community%20center%20of%20san%20diego%2090/candy?h=Chr%20Gre3967&c=ot7064)**

## **SEE'S ORIGINAL 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%20Gre3967)**

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## **SPECIAL ACTIVITY FOR SATURDAY JULY 24**

### **BLIND WATER SKIING**

**9:00 AM – 1:00 PM**

**The Blind Community Center of San Diego is not open yet, so this event will be sponsored by the Mission Bay Boat and Ski Club.**

Transportation from the BCC is not available for this event.

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.

- 1. All low vision and blind BCC participants are invited.**
- 2. MUST RSVP and CONFIRM by Friday, 3:00 PM July 16 2021  
Email - [jim@jimgreene.com](mailto:jim@jimgreene.com) or call 619-997-8058**
- 3. If you have a non-MTS ride, drive directly to the Fiesta Island activity site AT 9:00 AM.**
- 4. If you are taking MTS Access, you will receive address information when you CONFIRM.**
- 5. Volunteers will be available to drive you from there to Fiesta Island, then to the Ski Club for lunch.**
- 6. Please make your own reservations with MTS.**

## 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**

### 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.

**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 for the link. 760-271-8138 or [clytiek104@yahoo.com](mailto:clytiek104@yahoo.com)

### **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.

**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, July 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 July 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 MEMBERSHIP MEETING SPEAKERS**

**July 27: USD/Blind Community Collaboration Projects**

**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**

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

**Friends of the BCC**

**PDG Lion Rick Hannum**

**Harbison Canyon Lions Club**

**La Mesa Lions Club**

**Mira Mesa Senior Center Garden Club**

**National Charity League**

**Oceanside Sea Lions Club**

**Rancho Bernardo 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.

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**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.**

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## **RESOURCES FOR STAYING SAFE DURING EXTREME HEAT**

Soaring temperatures will be dangerous for a large segment of the population.

In order to avoid electricity shortages, states like California are asking residents to reduce energy usage in order to prevent service interruptions. Consumers have delivered considerable conservation levels during the past years, and every bit of conservation helps.

It's especially important to limit energy usage from 5 pm to 10 pm. Limit the use of energy during peak hours and over cool your home overnight and in the morning in order to stay cool all day.

Sign up to receive Flex Alert notifications from your utility provider to help California conserve energy during times of grid stress.

## Resources:

- National Weather Service: [Heat Tips & Resources](#)
- [Flex Alerts](#)
- California Department of Public Health: [Extreme Heat](#)
- Cal Fire: [Red Flag Warning & Fire Weather Watches](#)
- Cal OES: [Extreme Heat Safety](#)

## CDC fact sheets for those especially vulnerable to heat exhaustion and stroke:

- [People 65 and older](#) | [Spanish \(en español\)](#)
- [Infants and children](#) | [Spanish \(en español\)](#)
- [People with chronic medical conditions](#) | [Spanish \(en español\)](#)
- [Low income](#) | [Spanish \(en español\)](#)
- [Outdoor workers](#) | [Spanish \(en español\)](#)
- [Athletes](#) | [Spanish \(en español\)](#)

## Conserving Energy at Home

Close window coverings and lower the thermostat to pre-cool your home.

Set your thermostat to 78° or higher between 4pm and 10pm.

Use programmable features to help maintain energy savings when you're not home.

Use fans for cooling. Turn off unnecessary lights.

Unplug unnecessary devices and equipment when not in use.

Avoid using large appliances

Clean or replace dirty filters.

Turn your water heater down to 120 degrees or to the "normal" setting.

Keep pets indoors during the hottest part of the day and provide cool fresh water.

## Before Energy Saving Measures:

Make sure all electronics and portable power banks are charged.

Turn off or unplug electrical appliances that could spark when power returns

Make sure flashlights work and have backup batteries.

Know how to open garage doors manually.

Fill up gas tanks in case outage impacts gas stations.

Keep cash on hand in case outage impacts ATMs.

Stock First Aid supplies and medications for you and your animals.

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## **DON'T LET UP!**

## **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 when required

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!**