



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

AUGUST 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, recreational and educational, 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

phone: 619-298-5021 ext. 208

Vice President Ethel: ethel@bccsd.org

Board Director 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:

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: 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

What it means to be a member of the Blind Community Center.

Sharlene Ornelas: The strongest message we can send to our donors is that we are supported by our membership through membership fees and donations. Who better than you knows the importance of the BCCSD and how it improves lives and gives confidence to individuals who are blind or visually impaired.

Cindy Caler: I have been with the BCC since 1965 and feel like BCC membership is part of my life as a blind person. I am part of that community. Let's keep our hearts and minds open and things will turn around for us. As a member of the BCC, its future is in our hands.

Ethel Kirtley: As part of the BCC community, I always enjoyed working together, socializing and enjoying one another's company. I am looking forward to returning to the BCC when it is safe to do so. We will have a new store on the third floor where we sell our crafts and can buy a snack. If you would like to help map out new ideas and help the BCC move forward, become a member.

Nena Guillen: When the BCC re-opens, I am looking forward to gathering with others who experience the same issues I have. During the pandemic I can talk to others while playing Bingo and Trivia and make new friends. I can let people know about our organization. We are very lucky in San Diego because not every state has this type of organization where I can just be me, be independent and enjoy myself.

Christie Greene:

As a sighted member of the BCC since 2006, I have the opportunity to work with great people. Some are sighted, some are blind and some have low vision. All are great people. As a member of the BCC, I am able to serve on the board of directors and help make important decisions that affect our blind

and low vision community. We work side-by-side to ensure that the BCC will be around for another 72 years and beyond.

Blind Community Center Membership Raffle

Everyone who pays their 2021-2022, \$40 membership fee, by September 30 2021, will be entered into a raffle.

You could win: an air fryer or a talking calculator or a \$50 Walmart gift card or a \$50 Target gift card.

Entry Deadline – September 30 2021

FROM PRESIDENT SHARLENE ORNELAS:

Time is flying, we are heading for the end of summer. Good things are happening at the Center. We have U.S. Navy groups and others who are volunteering with projects.

Here is information that I think you will like. Please let me know what you think.

Stop Drips in Their Tracks - Add milk to your coffee without making a mess. I heard that if you rub a little butter on the lip of your creamer, you'll have no more drips.

The Disability Information and Access Line (DIAL) is available to help people with disabilities get vaccinated. The hotline connects callers to COVID-19 vaccine appointments at locations in their communities and answers vaccine-related questions and concerns. For additional information and services that promote independent living and address fundamental needs like food and housing call 888-677-1199 Monday through Friday from 9 a.m. to 8 p.m. ET for help.

BENEFITS.GOV INFORMATION

Are you looking for general financial assistance, healthcare, disaster and

medical assistance? Curious about what pandemic relief programs you may be eligible for? Connect with [Benefits.gov](https://www.benefits.gov).

The Benefit Finder search tool will help you identify what assistance programs are available. The questionnaire can help you find federal or state benefits you may be eligible to receive and direct you to the appropriate agency to apply.

STAY SAFE AND SECURE ONLINE

The internet makes a lot of daily activities easier and more convenient. Yet it's important to remember that scammers can steal your personal information if you aren't careful. Keep these tips in mind wherever and however you connect:

1. Public Wi-Fi connections are convenient but not always secure. Using them for sensitive transactions can let thieves misuse your accounts. Use only secure networks and websites that encrypt your financial information.
2. Many mobile apps don't encrypt information. You might be at even greater risk by using them on unsecured Wi-Fi networks. If you must use an unsecured network, skip the app and check whether the company's mobile website shows that it's secure. Look for 'https' in the web address. Encrypt your personal information before sending.
3. Make your password long, strong and complex. Select security questions where only you know the answers. Use the added protection of multi-factor authentication.
4. Think twice before plugging in your device. Scammers sometimes use free USB charging stations to carry out a malware tactic called "juice-jacking".
5. Protect access to your devices. Consider using programs that track your devices' location if they're stolen.

WAYAROUND

A system of tags that have optical character recognition, (OCR), and uses a smart phone to insert the name of an object. Tags come in several types and are in bags of 25 for purchase. The app is free for

Android and iPhone. There are demo films on You Tube. An email address for info is connect@wayaround.com

Be safe
Sharlene Ornelas
President/Executive Director

FROM VICE PRESIDENT ETHEL KIRTLEY:

WayAround is an app for your smart device that provides on-demand details about everyday things. The simple tag-and-scan approach lets you quickly and easily identify things around you. It also provides extra details, like how something works or when it expires.

The result? Doing more of the things you want, with more confidence and more independence.

Check out this you tube video. It explains how WayAround works.

https://www.youtube.com/watch?v=MCn7T2YC_BQ

WayAround link: <https://www.wayaround.com/>

Don't forget to join us for virtual fun like Bingo, Trivia and Name That Tune.

Ethel Kirtley

NORTH PARK LIONS is sponsoring monthly '**We-Are-Thinking-Of-You**' food deliveries for the BCCSD. **The next delivery is scheduled for Saturday, August 21.** 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

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)

SPECIAL SUMMER ACTIVITIES

BLIND WATER SKIING AUGUST 21

9:00 AM – 1:00 PM

SPONSORED by the San Diego Mission Bay Boat and Ski Club.

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.

Transportation not available from the BCC.

- 1. All low vision and blind BCC participants are invited.**
- 2. MUST RSVP and CONFIRM by Friday, 3:00 PM August 13 2021
Email - 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.**

ENCINITAS LIONS BLIND SURF EVENT SEPTEMBER 12, 2021

9:00 AM TO 2:00 PM

SAN DIEGO'S VISUALLY IMPAIRED WILL ONCE AGAIN HIT THE WAVES AT SOUTH PONTO BEACH MARK YOUR CALENDAR.

The Encinitas Lions Club in partnership with Urban Surf 4Kids and Stella Maris Surfing will hold their 24th Annual Surfing Clinic for the blind and

visually impaired. All participants will be eligible for a drawing for two Disneyland tickets. Surfers are provided wet suits, surfboards and instruction, in the water by Certified Surfing Instructors as they challenge themselves to balance atop surfboards.

Breakfast and a BBQ lunch for all our guests will be included, if you surf or come to enjoy a day at the beach. Of course, there will be no charge and no age limit. Free Surfing Instruction Free: Breakfast & BBQ Lunch Free: Commemorative T-Shirts Free: Transportation for those in need from transportation centers to the beach

Directions: In Carlsbad, from the 5 Freeway, take the Poinsettia turn off, go west to Pacific Coast Highway. Turn left (south) and proceed about two miles to South Ponto Beach on your right. You will see our canopy from the street and can park free For more information: jim@jmgreene.com

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

FRIDAYS

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.

You can also message on Facebook link -

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

BOARD OF DIRECTORS MEETING

Tuesday, August 10 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 August 24 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.

UPCOMING MEMBERSHIP MEETING SPEAKERS

August 24 2021 – MTS will provide new information

September 28 2021 – Board member Diane has invited Wanda from the Braille Institute to speak with us.

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.

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.**

COOL ZONES FAN PROGRAM

To help beat the heat, the County of San Diego, in partnership with SDG&E, provides free electric fans to those who are living on limited incomes. To be eligible, a resident must not have access to an air-conditioned space at their home or apartment building. To learn more about the Cool Zones Fan Program or to request a fan, call Aging & Independence Services at **800-339-4661**.

TIPS TO BEAT THE HEAT

- Slow down. Be your most physically active during the coolest part of the day, usually between 4-7 a.m. Pace yourself when engaging in physical activity.
- Stay indoors as much as possible. If air conditioning is not being used, stay on the lowest floor. Keep shades down and blinds closed, but windows slightly open.

- Electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Take a cool shower, bath or sponge bath.
- Avoid using the oven.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect away some of the sun's heat.
- Air out hot cars before getting into them.
- Never leave children or pets inside vehicles at any time, even with the windows cracked. Temperatures inside a vehicle can reach lethal levels no matter what the weather is like.
- Drink more fluids than usual even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine; they make the heat's effects on your body worse.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increases metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- If you take diuretics, ask your physician about a lower dosage during hot weather.
- If it is safe to do so, leave windows open at night. Open windows on two sides to create cross ventilation.
- Place a piece of cardboard covered with aluminum foil in sunny windows to reflect sunlight and heat away from the house.
- Vacuum, clean or replace air filters regularly for maximum cooling efficiency.
- If affordable, install outdoor awnings or sunscreens.
- Call your physician if you feel you may be experiencing a heat-related illness.

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!**

POPULAR RESTAURANTS THAT OFFER SENIOR DISCOUNTS:

1. Applebees: 10% discount
2. Burger King: 10% discount and discounts on drink items
3. Denny's: senior menu with discounted prices
4. IHOP: senior menu as well as 10% off
5. Sonic: 10% discount
6. Golden Corral: discounted menu prices for 60 and over
7. Subway: 10% discount
8. Wendy's: free drink (or 10% at some locations)
9. Outback Steakhouse: 10% off for AARP members

Many other businesses have senior discounts and birthday specials. Don't be too shy to ask for them.