



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

**OCTOBER 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:

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.

Because of the uncertainty of the situation, we don't want to fix a date for reopening because it may not work out and we don't want to get peoples hopes up, only to be disappointed.

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

FROM PRESIDENT SHARLENE ORNELAS:

Don't let the ghosts and goblins get you! Can you believe it, it's already October.

Our membership prize drawing will be held at the end of Bingo on Friday October 8th. If you are not planning to play bingo, you may still join the call at 1:45 pm to hear the drawing. Please enter with your phone muted, until bingo play ends. We will first draw for the talking calculator, then the TARGET gift card, next will be the WAL-MART gift card and last will be the air fryer. You do not have to be present to win. Winners will be contacted. Thank you and good luck to all

OCTOBER IS MENTAL HEALTH MONTH.

With the pandemic, mental health and loneliness are problems for some. Here are few free resources for those seeking help:

If you feel you are an immediate threat to yourself, the National Suicide Prevention Lifeline: 1-800-273-8255

Emotional Listening Support Hotline for if you could really use someone to talk to, but aren't feeling like an immediate threat to yourself: 1-800-932-4616

The Samaritans is an emotional support hotline for any who calls feeling lonely or depressed or just needs someone to talk to: 1-877-870-4673

Crisis Text Line, for if you need someone to talk to, but aren't comfortable talking on the phone: Text HOME to 741741

Be safe

President Sharlene

FROM VOLUNTEER BUSINESS AND OPERATIONS MANAGER CHRISTIE GREENE:

NORTH PARK LIONS is sponsoring monthly 'We Are Thinking of You' food deliveries for the BCCSD. **The next delivery is scheduled for Saturday, October 23 2021.** Some packages will be delivered during the week. Active members and participants will receive a phone call prior to the delivery to coordinate their delivery date. This month every package will contain a special surprise from our newest board member, Mary Manning. Yeah!

Our November deliveries will include a special gift from the National Charity League.

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

Thank You.

christie@bccsd.org

SEE'S CHRISTMAS CANDY FUNDRAISER LINK

The BCC is excited to announce special Christmas candy selections and gift cards added to our online See's Candy Fundraiser. 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.

https://www.yumraising.com/secure/blindcco_blind_community_center_of_san_diego_54/candy?h=Chr_Gre3967&c=ot4245

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

10:00 a.m. – 11:00 a.m. TABLE TOPICS Led by **Christie and Ethel**

October Table Topics: If life is so short, why do we do so many things we don't like and like so many things we don't do?

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

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, October 12 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 October 26 2021 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.

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.

Thank you National Charity League

Moms and daughters of the National Charity League (NCL) arrived at the Blind Community Center on a bright and sunny Sunday morning in September, armed with empty bags and buckets and happy attitudes. In an effort to help the BCC with vandalism issues, they removed loose rocks and sticks from the property. NCL members quickly filled their bags and buckets and took the offending items away with them when they left. Thank you NCL!

When the NCL first arrived on site, at the center, they brought lots of beautiful, pre-cut fabric squares and ribbons with them. The girls cut the fabric at a special fabric cutting party they held for the BCC. BCC crafters are using the squares to create fabric Holiday wreaths.

Thank you NCL for supporting the BCC in so many ways!

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**.

AGE WELL SERVICES: resources and classes for adults 55 years+
www.sandiego.gov/agewellservices
619-525-8247

FROM LIVE WELL SAN DIEGO:

A few ideas to Live Well:

- Learn to meditate to help reduce stress
- Build a 72-hour Emergency Supply Kit
- Drink water instead of sugary beverages
- Read a book
- Track and review your financial statements
- Establish an evacuation route
- Get your blood pressure checked
- Go to a CoolZone to avoid heat waves
- Record your thoughts in a daily journal
- Get to know your neighbors
- Register for Alert San Diego
- Take stretch breaks throughout the day
- Talk to a military Veteran
- Enjoy art and culture
- Go for a hike in a nearby park
- Make duplicates of important documents
- Earn your high school diploma or GED
- Beautify your yard with drought-tolerant plants
- Eat 5 servings of fruit and vegetables daily
- Report any potential abuse you see
- Keep immunizations up-to-date

- Learn a new language
- Try a money free weekend
- Have a picnic in the park