# S O U T H C A R O L I N A R E G I O N A L G R O U P

# B L I N D E D V E T E R A N S A S S O C I A T I O N

# N E W S L E T T E R 15 April 2020

**President’s Corner**

 **Welcome! My name is Cheryl Greenleaf. I would like to take this opportunity to accept office for another year as your President! I promise to keep you informed about updates, additions, and changes to our organization in the form of newsletters, meetings, website and/or social media. Because of the pandemic our face to face contact is limited. My goal, as President of the South Carolina Regional Group, is to strive for a continuum of care program for all blinded veterans by:**

* **Elevating the social, economic and cultural level of the blind**
* **Improving educational and rehabilitation facilities**
* **Broadening vocational opportunities**
* **Encouraging and assisting the blind, especially the newly blind, to develop their abilities and potentialities and to assume their responsible places in the community**
* **Cooperating with the public and private institutions and agencies of and for the blind**
* **Providing for the free exchange of ideas, opinions, and information relevant to the concerns of blind people through publication of a newsletter**
* **Conducting a program of public education aimed toward improved understanding of the problems of blindness and of the capabilities of blind people.**

**TOPICS**

* **South Carolina Regional Group Website/Facebook page!**
* **South Carolina Regional Group Annual Meeting/Elections**
* **Financial Report**
* **Notes from Our District Director, Monaca Gilmore**
* **News from our VIST Coordinator, Jeana Brown**
* **The Chief Speaks – Augusta Blind Rehab Center**
* **Suggested Tips to Follow for (COVID-19)**
* **Suggestions for Fund-raising for SCRG BVA**
* **Notes from the Editor**

**South Carolina Regional Group Website/Facebook!**

 **It has been several years since a full out newsletter has been sent to South Carolina blinded veterans. We have a NEW website (scbva.org) This year we are starting a “Blog”. All thoughts are important. Voice yours.. Read the road rules, then start sharing. We are trying to keep up with technology and build a usable website holding lots of information, listing of events happening within the state of South Carolina and also to help get the veteran involved with some great people.**

**South Carolina Regional Group Annual Meeting/Elections**

 **Our meeting this year was a conference call. The Conference Call was available for all members within South Carolina. The meeting was held on 7 May 2020 at 2:00 pm The call did not last no longer than 45 minutes. The following officers were voted/elected:**

**President Cheryl Greenleaf**

**Vice President Gretchen Wilson**

**Secretary Agnes Jefferson**

**Treasurer Cheryl Greenleaf**

**Chaplain George Hallman**

**Sergeant at Arms Noah Love**

**It was voted for Primary Delegate – Cheryl Greenleaf**

**It was voted for Alternate Delegate was Gretchen Wilson**

**to go to the National BVA Convention in Washington, DC – 17-21 August 2020. There were no special speaker nor were there were any special notes or comments. This nomination was approved and seconded. Comments and Questions were answered. Additional comments were given by our District Director, Monaca District Director. The meeting was then adjourned.**

**Financial Report**

 **As of this date, South Carolina Regional Group reports as of this year 2020 is $229.82. Tentatively scheduled for 2020 budget spending is on hold.**

**Words from our District Director, Monaca Gillas**

**Update on Headquarters Changes**

 **Resignation of former Executive Director, Joseph Bogart and the new Interim Executive Director, Don Overton. The Resource Center is still operating effectively.**

**Update on 75th Convention**

 **The National Convention has been cancelled. To review the Official Notice, you may go on the National Website (**[**https://bva.org**](https://bva.org)**).**

**NEWS FROM OUR VIST COORDINATORS**

**COLUMBIA – JEAN BROWN**

 **Our beloved BROS Scott Johnson officially retired at the end of January 2020. This vacancy is yet to be filled at this time. During this uncertain time with COVID-19 main hospital and community-based clinics are reviewing appointments and Veterans may be contacted to reschedule. Veterans are not allowed into the hospital at this time unless you have an appointment or need to be seen in the emergency room. Your VIST Coordinator is performing wellness checks and annual reviews via phone to identify any needs. There is a shift happening to move some services to telehealth where Veterans can schedule an appointment and their provider would be available through video. This is a great way to continue to receive care. The Blind Rehab Center in Augusta, GA has offered to train Veterans on how to use different types of video chat like Facetime, Skype, and the medical center’s software using a video connect service. Please contact your VIST Coordinator if you are interested in learning how to use this service.**

**CHARLESTON VIST – MONICA GROTE (NO ADDED NEWS)**

**UPPER GEORGIA/SOUTHERN SOUTH CAROLINA BORDER**

**VIST – TOMMY BOY TURANSKY (NO ADDED NEWS)**

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**Charlie Norwood Veteran Affairs Medical Center (VAMC)**

**Blind Rehabilitation Center (BRC)**

**Paul Whitten - Chief**

**Under the direction of Central Office, Blind Rehabilitation Services all 13 BRC’s were provided guidance to temporarily discontinue admissions in mid-March due to concerns about COVID-19. ABRC’s last inpatient was discharged during the week of March 23rd.**

**All BRC’s began to develop and implement utilizing telehealth options. ABRC has helped interested veterans gain connectivity to telehealth and is providing refresher training/troubleshooting through telehealth IPhoine, IPad and Computers. In addition, they are exploring providing other types of training through telehealth in the future.**

**In addition, ABRC has conducted Wellness Checks on veterans who were discharged from the inpatient program in the last 18 months. They are continuing to conduct these calls for referring VIST that have requested assistance. Veterans are also asked if they are interested in gaining connectivity to telehealth. Many veterans have done so. We would encourage veterans to contact their VIST if they are interested as this option is something that is being utilized by all healthcare and will probably continue even after COVID-19.**

**SUGGESTED TIPS TO FOLLOW FOR (COVID-19)**

**DAILY**

**TAKE VITAMIN C (1000)**

**VITAMIN E**

**10:00 – 11:00 (SUNLIGHT FOR 15-20 MINUTES)**

**TAKE A REST/7-8 HOURS OF SLEEP**

**DRINK 1.5 LITERS OF WATER AND WARM/OR ROOM TEMPERATURE WATER AT EVERY MEAL (NOT COLD)**

**WHAT WE NEED TO DO TO BEAT COVID-19**

**IS TO CONSUME MORE ALKALINE FOODS ABOVE THE VIRUS’ PH LEVEL.**

**PH IS VERY IMPORTANT. (LEVELS OF 5.5 TO 8.5)**

**SOME OF THEM ARE:**

**LEMON 9.9 PH**

**LIME 8.2 PH**

**AVOCADOS 15.6 PH**

**GARLIC 13.2 PH**

**MANGO 8.7 PH**

**TANGERINE 8.5 PH**

**PINEAPPLE 12.7 PH**

**DANDELION 22.7 PH**

**ORANGE 9.2 PH**

**TUMERIC TEA 7.4 PH**

**SIGNS OF COVID-19**

**ITCHING IN THE THROAT**

**DRY THROAT**

**DRY COUGH**

**HIGH TEMPERATURE**

**SHORTNESS OF BREATH**

**LOSS OF SMELL AND TASTE**

**SO WHEN YOU PAY ATTENTION AND NOTICE YOU MIGHT HAVE SOME OR ALL THESE SYMPTOMS, IMMEDIATELY DRINK WARM LEMON TEA, AND SEEK MEDICAL ATTENTION.**

**FREQUENTLY ASKED QUESTIONS:**

1. **TESTS IF YOU SUSPECT YOU HAVE COME IN CONTACT OR SUSPECT YOU HAVE SYMPTOMS OF COVID-19 OR IF YOUR JOB IS REQUIRING TO GET TESTED**
2. **TEST ARE FREE –**
3. **TEST SITES ARE AT 2 – 4 LOCATIONS WITHIN (NEWBERRY, LEXINGTON, FAIRFIELD, RICHLAND COUNTIES)**
4. **NO WALK-INS (ALL BY APPOINTMENT)**
5. **LINES ARE OPEN MONDAY – THURSDAY (8 AM – 6 PM)**
6. **RESULTS ARE USUALLY BACK FROM 3 – 5 DAYS (MAY VARY)**
7. **NO SPECIAL DIET IS RECOMMENDED**

**THE NUMBER FOR THE COLUMBIA AREA IS WITH COOPERATIVE HEALTH (803) 722-1822**

**OTHERWISE CALL – SC DHEC (855)272-3432**

**SUGGESTIONS FOR ANNUAL FUNDRAISER WITH SCRG BVA**

 A strategic planning for the future of the rest of the year and also the next year’s convention. Within the meeting, it was brought up that we need more monies to continue to provide and keep our membership uplifted with birthday, get well, sympathy and Holiday cards. Calls to each member as wellness checks are always on-gong.

 Among suggestions made were selling handkerchiefs, pens and pencils or doing simple fundraising of edible gifts/activities within the membership because of COVID-19 and also members being strategically spaced out within the region. Another suggestion was to accept donations from those who did not want to fundraise but wanted to help the regional group meet its goal - $1500.00.

 It was decided that our board officers, would come up with a fundraiser for all to participate. Donations always welcomed. It was decided that selling among ourselves would be the easiest and around the Christmas holiday season. It was also suggested that the items not to be expensive around $10-$15 and the fundraiser not last more than 6 months in length. The period of the SCRG BVA annual fundraiser would start in October and last until April the next year. All voted and the plan was seconded.

**NOTES FROM THE EDITOR….**

**Hi everyone! I really enjoyed creating this annual publication for you. I tried not to forget anything. I am on a lot of committees for the veterans – so I feel it is my job to inform you. If you have any suggestions, comments or questions on any of the information contained within this newsletter – please don’t hesitate to write/call or email me. I am an advocate for blinded veterans everywhere. Keep it real…**

**Cheryl Greenleaf**

**Cheryl Greenleaf**

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