

The Rhododendron

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MOUNTAIN STATE COUNCIL OF THE BLIND, INC

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# President’s Message

Dear MSCB Members,

Some days I think spring is finally here, but then on other days, I think winter has returned. Regardless of the weather, MSCB activities continue to happen.

Our monthly community calls continue to go well, and they have brought participants from far and wide. I am guessing we had at least ten different states represented on our last call. If you have any ideas for future community calls, please let me know.

There is less than one month until pre-registration opens for the ACB national conference and convention. I hope many of you will take in some of the convention sessions, and most importantly, exercise your right to cast your vote for the ACB officers, board of directors, and the members of the Board of Publications. I am planning to run for a seat on the ACB board, and I would appreciate your vote.

Take care all and continue to stay safe.

Sincerely,

Donna Brown, President

## MSCB Moment

This month in MSCB history:

Be sure to mark your calendars for November 5-7. That is the weekend of our 2021 virtual convention. The convention committee is ready for all programming suggestions. Ideas can be sent to president@mscbwv.org

It’s 7-Up Time!

Please join us on the second Monday of each month at 7:00 PM for our MSCB community call held on Zoom. Our April call gave us a real taste of spring. Marcia Springston-Dillon shared information about some birds commonly heard in West Virginia.

Our next call will be on May 10, but a specific topic has not yet been decided. Any suggestions?

Get Moving Together with MSCB and ACB!

The 2021 ACB Brenda Dillon Memorial Walk will once again be held virtually. The actual Walk celebration will be held before the opening General session of the ACB convention on Sunday, July 18.

The West Virginia Walkers team is set to get moving. Please consider joining our team and/or making a donation. MSCB receives 50 percent of the funds we raise. A portion of the money we raise from the Walk goes into our scholarship and technology grant funds.

To join our team or to donate, visit:

https://secure.qgiv.com/event/acbwalk2021/team/874084/

### Tech Talk

Passcode Protection

Submitted by Kathy Gerhardt

I took parts of an article from iDrop News. And yes, I did change my passcode after reading this! But no, my passcode was not one of those mentioned here .But I realized it could be better.

One of Apple’s main priorities has always been security. The Apple ecosystem has been attacked countless times, but, for the most part, Apple has been able to fight hackers without compromising user data and comes back more secure than ever. But it doesn’t matter how much privacy and security technology Apple offers if we don’t do our part.

Yes, if we want our iPhones as secure as they can be, we need to use a secure passcode too. We can’t blame anyone but ourselves if someone manages to unlock our iPhone after guessing a “0000” passcode.

Below is a list of the most common iPhone passcodes. Whether your passcode is “0000” or the good old “1234”, consider changing it immediately if you see your passcode on the list.

It’s funny how, in a world that is constantly changing, especially the last couple of years, passcodes seem to remain the same over time. You might think that now in 2021, people are taking their passcodes more seriously, right? Well, actually, not much has changed.

Tarah Wheeler, a famous security expert, revealed in 2019 the most common passcodes on mobile devices, both Android and iPhone. Here are the results:

1234, 1111, 0000, 1212, 7777, 1004, 2000, 4444, 2222, 6969, 9999, 3333, 5555, 6666, 1122, 1313, 8888, 4321, 2001, 1010

Wheeler also revealed 26% of the devices they used were cracked with these codes. In nearly a decade, people are still using the same passcodes, and “1234” remains the most popular on both iPhone and Android devices.

Did you know that there are 10,000 possible combinations we can use with a four-digit code? There’s literally no excuse for us to use any of the most common passcodes on iPhones or iPads. To refresh your memory here is how you can change your passcode on your iPhone.

Open the Settings app. Scroll down and select Face ID/Touch ID & Passcode. You might need to enter your current passcode. Scroll down and select Change Passcode. Enter your old passcode and then your new passcode. Verify your new passcode by entering it again.

Don’t feel bad if you are using one of the most common passcodes for iPhone. You’re taking the first steps to have a more secure device and that puts you ahead of thousands of people. That being said, if you’re not sure how to make your passcode stronger, here are some things you can do.

First, try to avoid years that mean something to you. It would help if you also tried to avoid repeating numbers on your passcode. The more numbers you repeat, the easier it can be for someone to crack your passcode. Don’t use the same 4-digit code on more than one device or platform. If you’re using the same 4-digit passcode for your iPhone and as your ATM Pin, you might run into some trouble if someone gets their hands on it.

Finally, consider changing your passcode on a regular basis. This might be hard for most of us, especially if we tend to forget the passcodes we use, but if you have very sensitive information on your iPhone, and you suspect someone might try to get that information; changing your passcode regularly will help you with that issue.

These suggestions also hold true for those of us using 6-digit passcodes.

#### ACB Action

Create Your ACB Account Now

We hope you will be joining us for our convention in July. To simplify our account process, we are asking you to create a new ACB account (whether you are a member or not). You will use this log in credential going forward. The first time you log in to https://members.acb.org, you will be asked to create a new login, password, and provide your profile information. This will need to be done even if you have previously created other ACB accounts. If you registered for the 2020 holiday auction, no further action is needed. You can use the same credentials you selected for your previous ACB accounts if you wish. We are asking for your name and address (for your profile) to make sure our donor database has your current information, which will help ACB to communicate with you in the future. Please go to https://members.acb.org to create your ACB account by May 15th so you will be ready when convention registration opens on May 20. If you need assistance creating your ACB account, please contact Janet Dickelman at (651) 428-5059.

ACB 2021 National Convention:

The 2021 ACB National Conference and Convention will once again be held virtually July 16-23. Elections for ACB officers and board members will be held, as well as for the members of the Board of Publications. Any dues paying member of MSCB is eligible to vote during this election.

##### Healthy Living

Submitted by Kathy Gerhardt

Editor’s note: This information recently appeared on the AAVL email list. Below the articles is information about AAVL; a special-interest affiliate of ACB.

Accessible Pharmacy Services for the Blind is excited to announce our upgraded and expanded braille printing capabilities for medication.

 Our new label printing system allows us to apply contracted braille labels to anything through our home delivery pharmacy service:

·     Prescription Medication

·     OTC Medication

·     Eye Drops

·     Insulin

·     Vitamins

·     Nutritional Supplements

 We can also apply braille labels to our various accessible packaging:

·     Presorted Disposable Pill Organizers

·     Presorted Daily Pill Packets

·     Standard and Easy Open Bottles

 For braille readers and family members, this is the most robust braille solution in the pharmacy industry. All braille labeling, accessible packaging and delivery are **FREE.**

Simply call 215-799-9900 or contact us through the Specialized Help Section on Be My Eyes to speak with a pharmacist to learn more!

The Alliance on Aging and Vision Loss (AAVL) is a special interest affiliate of ACB. One of the speakers for the upcoming AAVL presentation at the 2021 ACB Conference and Convention will be a representative of Assisted Pharmacy Services for the Blind. The virtual conference will be July 16-23 . Anyone interested in joining the conference presentation or, better yet, joining AAVL can go to their website www.aavl-blind-seniors.org and fill out a membership form/pay dues by PayPal or credit card or keep up with events and check out resources. Not on the internet? Contact MSCB member Kathy Gerhardt at 304-283-7424 or kathy39lg@aol.com for assistance.

### Cook’s Corner

Submissions of recipes, tips for using your favorite kitchen gadget, information about smart kitchen devices and electric kitchen gadgets, etc. is greatly appreciated.

This month’s recipe was submitted by Marcia Springston and would go well with the Macaroni and cheese recipe from March.

Easy Pleasing Meatloaf

2 lb. ground beef

1 pkg. (6 oz.) stove top stuffing mix for chicken

1 cup water

2 eggs, beaten

½ cup barbecue sauce, divided

Heat oven to 375 F.

Mix meat, stuffing mix, water, eggs, and ¼ cup barbecue sauce just until blended.

Shape in to loaf in 13x9 inch greased baking dish. Top with remaining barbecue sauce. Bake 1 hour or until done, (160 F on meat thermometer). Let rest before cutting.

#### Calendar of Events

Monday, May 10: MSCB community call.

Tuesday, May 11: MSCB board meeting.

Monday, June 14: MSCB community call.

Wednesday, June 16: Deadline for paying ACB dues for eligibility to vote at the 2021 national convention.

July 16-23: ACB National Conference and Convention.

November 5-7: MSCB state convention.