

## **Hello from the Blind Community Center** **April 9 2020**

It's been four weeks since the Blind Community closed. We hope you are faring well, all things considered, and staying healthy.

The National Stay at Home Order has been extended until May 1<sup>st</sup>. **The Blind Community Center will remain closed until at least April 30.** Please keep up with Federal and State restrictions to get a better idea of when the BCCSD will be able to reopen. In the meantime, stay healthy and keep in touch with friends.

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We are all feeling the stress of isolation, fear and anxiety; We all have new routines now. Our sense of normal has been taken away, some of us can't go to the grocery store, can't get together in large groups, schools are out and our world has changed. Change can be difficult and that can trigger a lot of emotion.

This is the new normal, so back to the basics.

Get enough sleep, eat right, exercise such as walking for about 10 minutes, remember to maintain social distancing. Try not to get overwhelmed with all of the information about the virus on TV, radio, internet and everywhere. Reach out to family, friends and people who need some type of contact, phone, email, texting.

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You are not alone with your struggles; we are together in these uncertain times. Let's stay in touch to make sure we can support each other.

### **Here are a few messages from your friends at the BCCSD:**

**Sharlene: President BCCSD:** "There are two ways to look at everything. Is your cup half full or half empty? In time we will look back at this and laugh. Every day that passes, is one less day of staying at home."

**Ethel: Vice President BCCSD:** "I hope everyone is staying safe and well." If you need help with SDG&E bills, see if you qualify for a 30% discount – Here is a link:  
<https://www.sdge.com/residential/pay-bill/get-payment-bill-assistance>

### **Christie: Board Member BCCSD: A favorite quote from Maya Angelou:**

"Try to be a rainbow in someone else's cloud." "I miss you all and can't wait to get back to cooking lunch, checking out the craft projects, and the fun we have together at the BCCSD. In the meantime, stay in touch with phone calls, email and texts."

**Jill: BCCSD:** "Stay strong, we'll get through this."

**Nena: Board Member BCCSD:** "Miss you all, with love."

**Joyce: BCCSD:** "Can't wait to see everyone again."

**Jessie:** "We'll be back together sooner than we think."

**Rochelle: Board Member BCCSD:** "I miss and adore all of our time together I can't wait for it to return."

**Pearl: Board Member BCCSD:** "Apart but together. Stay healthy everyone. All the best, Pearl"

**Sandra: BCCSD:** emailed: "I feel like I am 16 again... Gas is cheap and I am grounded!"

**Esther: BCCSD:** "I'm having cabin fever and I know that this too will pass, soon, I hope. I miss our time together at the BCCSD. I pray that you are all staying safe."

**Lyn and Patty: BCCSD:** Patty and I are doing well. I'm spending lots of time reading, watching Netflix movies, I hope everyone is doing well as we wait for the time we can get back to the BCC.

**Clytie: BCCSD Writing Class Volunteer:** "To everyone: please stay safe and healthy and remember your blessings! I wish everyone well and safe, holding all in my heart!"

**Theresa: BCCSD Volunteer:** "Hello to all from the front desk lady! Keep your spirits up, listen to some happy music and we will be together soon."

**Glenn: BCCSD.** "Whatever does not kill us will make us stronger. We will all be able to get through this. Hang on in there, keep the faith and don't give up."

### **Quotes from Helen Keller:**

"We can do anything we want to do if we stick to it long enough."

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

"A happy life consists not in the absence, but in the mastery of hardships."

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**The Blind Community Center** is reaching out to members and participants. Please let us know how you are doing. You can call 619-298-5021 ext. 208 and leave a message for President Sharlene. You can email [president@bccsd.org](mailto:president@bccsd.org) or [info@bccsd.org](mailto:info@bccsd.org).

**The BCC/USD collaboration class** has reconvened, via ZOOM conference calls. Soon you will hear about other virtual connections opportunities using your phone or computer. We will teach you how to access and how to join in. Right now, we are learning ZOOM, and planning remote activities that we can do while we are staying at home.

**Nena's Spanish class, Theresa's French Class and the Writing Group** have all started up with virtual connections. If the schools can carry on with virtual connections learning, then the BCCSD can carry on with virtual connections entertainment and education. Look for opportunities in the next BCCSD communique.

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Every dollar donated helps the BCCSD provide programs for blind and low vision community members, maintain our building and pay for insurance.

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The BCCSD is a 501c3 non-profit charity and our tax ID number is 95-606725350

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To donate, please go to [bccsd.org](https://bccsd.org) and click on the Donate button

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