

HELLO FROM THE BLIND COMMUNITY CENTER
APRIL 19 2020

It's been more than a month since the Blind Community Center closed its doors. The BCCSD Board of Directors is thinking about you and will continue to explore ways to keep our community together until life gets back to normal.

Earlier this week, Governor Gavin Newsom said that, while getting the economy and the daily lives of Californians back to normal, it is more important to safeguard the health of the citizens of this state. He said it is too soon to make major changes but he will keep us informed and make the appropriate changes when the time is right. **The Blind Community Center will remain closed until further notice.** We will let you know when we re-open. In the meantime, we will continue to offer virtual opportunities and communicate via phone, email, text messaging and letter mail.

Some of the virtual opportunities we send you are being made available by other organizations and they are listed below.

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.

President Sharlene – Phone - 619-298-5021 ext. 208, email - president@bccsd.org
Board Director Christie - christie@bccsd.org
BCC email: Info@bccsd.org
Website: <https://bccsd.org/>

While we are staying at home, BCCSD business is still being taken care of by our all-volunteer management team. Bills are being paid, virtual classes are being planned, and preparations are being made for our eventual re-opening.

Messages:

From Sharlene: President BCCSD: “As we look back over the past month, we have come a long way. When one encounters a hill in their path of life, taking it one day at a time, we get to the top. The other side of the mountain is much easier. The day will come when we will be at BCCSD sharing our experiences we have had.

Now a reminder taken from the **Dr. Eshwar Kapur conference call.**

1. **It is best to take shoes off outside** if you have been in a public area. Wipe them down on tops and bottoms.
2. When you wear a face mask outside, **don't touch your face.** If you have been to a store or public place, **change your clothes** before sitting on anything. (You may have walked through where someone has sneezed or coughed and the germs in the air could be in on your clothes.
3. **Wash your hands and then wash the mask.**

4. If you used your cane, wipe it down completely. If you use a guide dog, wipe its feet and harness and wash your hands.
5. If you need a sighted guide, open your cane to full length. You hold one and your guide holds the other end. Now with the length of the cane and both of your arms, you will be about 6' apart. Remind your guide to verbalize things like turns and stopping. **Hang in there and this too shall pass. Sharlene”**

From Ethel: Vice President BCCSD: I’m keeping myself entertained by reading Debbie Macomber’s **Cedar Cove** series about small town life in the Pacific Northwest. You can download books from the National Library Service at: <https://www.loc.gov/nls/> **Everyone, be safe, stay at home and this will end soon.**

From Christie: Board Member BCCSD: Hi everyone, I hope you are all feeling good and keeping in touch with each other. Please let us know how you are doing. I have been staying at home, taking some virtual classes, and talking on the phone A LOT. I am making hats and scarves for December Nights, and pulling a lot of weeds. Occasionally, when I go out for groceries, I drive by the BCC and it is still there, waiting for us to return. The hibiscus plants out front have lots of purple flowers. Things will be different when we get back, and we will rise to the occasion to make the BCCSD even better. You can help by sharing your ideas and/or becoming a member. Members can vote on important BCCSD issues and can serve on the board of directors. They also support the BCCSD financially with the \$40 per year membership fee. You can be a blind/low vision member or a sighted member. Our newest member is our board treasurer, Brook Logan. Thank you Brook for volunteering, becoming a BCCSD member and supporting our center. To become a member – go to: <https://bccsd.org/> You can make a \$40 dollar donation and it will be applied as your membership fee. **Thank you and I let’s see what we can accomplish, even though we are apart.**
Christie

From Pearl: Board Member BCCSD: “To all, I'd like to share the COVID19 Q&A session recording with you. Although there were slight technical difficulties at the start, the audio is clear after a few minutes. Please note a password is needed to access the recording. Please let me know if you have any questions. info@bccsd.org Thanks, Pearl.”

BCCSD Talk with a Doctor about COVID19 April 15, 2020

Thursday, April 16, 2020

3:51 am | (UTC-07:00) Pacific Time (US & Canada)

[Play recording](#) (1 hr 22 mins)

Recording password: 8KbmpDdV

From Volunteer Marty: “I have completed a half dozen loop-it scarves for December Nights – Yeah! I miss all of you, can’t wait to get back.”

From Tanya, BCCSD: “Now is the time to focus on your body and your health. Exercise. I’m looking forward to getting back with everyone.”

INFORMATION FOR MEALS, VIRTUAL ACTIVITIES, HEALTH AND WELL BEING

SENIOR MEAL SERVICES

Californians ages 65 and older are more likely to get very sick from COVID-19, which is why the state is recommending older adults at elevated risk remain at home until further guidance is issued. If you fall into this group and do not have someone who can pick up groceries on your behalf, please reach out to the following San Diego organizations for assistance:

Governor Newsom signed an executive order to expand support for vulnerable populations. [This order](#) will allow for a 60-day waiver for In-Home Supportive Services (IHSS) program caseworkers to continue their work and be able to care for older adults, as well as individuals with disabilities.

Additionally, seniors struggling with food insecurity during this shelter-in-place can get healthy meals delivered to their door through [Meals on Wheels](#) or San Diego County's [Serving Seniors](#) Program.

San Diego County's [Aging and Independence Services](#) provides resources to older adults, people with disabilities and their family members. This includes, [Live Well San Diego](#), which has numerous activities for senior residents at home like physical fitness, mindfulness, and social connection.

For additional guidance, updates, and information on how to protect yourself from the spread of COVID-19, the California Department of Public Health has information on their website at cdph.ca.gov/covid19.

Live Well @ Home

- **Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home.**
- **Join the Live Well @ Home Challenge for the month of April to help you stay fit and socially connected! follow [Live Well San Diego](#) or join us on [Facebook](#), [Twitter](#) or [Instagram](#) where we will be posting the daily challenges.**

Nutrition

- Call 2-1-1 for resources or visit [GetCalFresh.org](https://www.getcalfresh.org)
- [CalFresh Updates](#) summarized by the San Diego Hunger Coalition
- [San Diego Food System Alliance](#): Seek support or relief for yourself, your family, community, farm, food business, or nonprofit.
- [Eating Healthy at Home](#): Each recipe is designed to be affordable and made with as few widely-available ingredients as possible.

Mental Health & Wellness

- [Teen Guide to Mental Health and Wellness](#)
- [Music Can Boost Your Mental Health](#): Email message from Each Mind Matters (English & Spanish)
- [YMCA Virtual Membership](#): The YMCA and their partners are offering free workout streaming during the COVID-19 crisis

Distance Learning Resources

- [SDCOE Distance Learning Resources for Educators](#) including online resources for students and families
 - [Tips, Ideas and Activities for Children and Families during COVID-19](#) by Kids for Peace
 - [COVID-19 Community Nature Collection](#) by the Agua Hedionda Lagoon Foundation
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