

BLIND COMMUNITY CENTER OF SAN DIEGO

1805 Upas Street San Diego CA 92103

Phone: 619-298-5021 www.BCCSD.org

Donate with PayPal at donation@bccsd.org

Email: info@bccsd.org

MAY NEWSLETTER

BCCSD 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 and recreational activities. During the pandemic, we are featuring virtual experiences where participants can join by telephone or computer.

BUSINESS HOURS:

Temporarily closed following government guidelines during pandemic.

CONTACTS:

President Sharlene - phone: 619-298-5021 ext. 208 email: president@bccsd.org

Board Director Christie - christie@bccsd.org

BCCSD email: Info@bccsd.org

Website: <https://bccsd.org/>

To all Mothers: HAPPY MOTHER'S DAY

Mothers hold their children's hands for a short while, but their hearts forever.

MESSAGES:

From President Sharlene Ornelas:

"Trivia was lots of fun. We even had a surprise person that joined. Questions are in a variety of categories. Remember, 1st, 2nd and 3rd place winners each week."

"Remember to wash your mask with soap and water each time you wear it".

"Remember the song about the ant? It never gives up and finally reaches the goal. Eventually our goal of being together will happen."

From Vice President Ethel: "Thank you, USD Engineering Class. We appreciate all of your knowledge and gifts you have provided to our Center. It has been great getting to know you and sharing your thoughts." Ethel Kirtley, V.P. BCC of San Diego

From Esperanza – BCCSD:

“My prayers are to keep us in touch and to pray for our leaders and doctors. For their outstanding jobs in meeting this crisis. Many blessings, Esperanza

From Volunteer Oscar:

Got a job teaching military medical personnel how to use an internet records program. Anxious to see everybody when this is over.

From Volunteer Marty:

Says: “Hello to everyone; Can’t wait to be back at the BCC” and she misses everyone.

Ralph Waldo Emerson:

“What lies behind us and what lies ahead of us are tiny matters compared to what lies within us.”

Martin Luther King Jr.:

“The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy.”

WEEKLY VIRTUAL CLASSES

For Information on how to access classes:

please email info@bccsd.org.

MONDAYS

1:00 PM – 2 PM

BLIND COMMUNITY CENTER'S BASIC CONVERSATIONAL SPANISH CLASS WITH NENA

TUESDAYS

10:00 AM – 11:00 AM

BRAILLE INSTITUTE'S BLIND RHYTHM WITH SHON MACKAY

1:00 PM – 2:00 PM

BRAILLE INSTITUTE'S HEALING MIND AND BODY WITH SHEILA KIMMEL

WEDNESDAYS

10:00 AM – 11:00 AM

BLIND COMMUNITY CENTER'S TRIVIA WITH SHARLENE AND PEARL

1:00 PM – 2:00 PM

BRAILLE INSTITUTE'S CLICHÉS AND PROVERBS CLASS WITH MARY GARCIA

2:00 PM – 3:00 PM

BRAILLE INSTITUTE'S TRIVIA WITH MARY GARCIA

THURSDAYS

10:00 AM – 11:40 AM

BLIND COMMUNITY CENTER WRITERS WORKSHOP WITH CLYTIE
We do not meet on the first Thursday of each month.
Zoom only allows us 40 minutes so we take a break and resume at 11:00 AM

1:00 PM – 2:00 PM

BRAILLE INSTITUTE'S WOMEN'S PEER SUPPORT GROUP DR. RUTH AND JUDIE KEYS

FRIDAYS

9:30 AM – 10:30 AM

BLIND COMMUNITY CENTER'S BLIND RHYTHM WITH SHON MACKEY

10:30 AM - NOON

BLIND COMMUNITY CENTER'S FRENCH CLASS WITH THERESA

BLIND COMMUNITY CENTER FUNDRAISER

SATURDAY MAY 16 2020 9 AM – 11 AM
and SATURDAY MAY 23 2020 9 AM – 11 AM

TALK WITH A DOCTOR ABOUT COVID19

ABOUT THE WEBINAR: Dr. Eshwar Kapur, M.D., will discuss how the pandemic has affected the community and ways to stay healthy and safe. He will also cover wellness and how to maximize your time at home. We hope you take advantage of this opportunity to Talk with a Doctor about your personal COVID-19 questions.

REGISTRATION AND FEE: To reserve a seat, please go to <https://bccsd.org/donate-2/> and donate a minimum of \$25. Every dollar earned goes to support BCCSD participants and programs. Seats will be limited to 20 individuals per webinar. When signing-up, please include your contact information so we can confirm your registration

ORGANIZER AND MODERATOR:

Pearl Mecenaz, BCCSD Board of Director. Please direct questions to pearl.a.mecenas@gmail.com.

Register early to reserve a seat.

For more information: <https://bccsd.org>

Like and Follow: <https://www.facebook.com/bccsdcommunity/>

THANK YOU

To all of our generous donors: Thank you for your continued, faithful support of our Blind Community Center.

**Chula Vista Host Lions Club
North Park Lions Club
Del Sol Lions Club
Oceanside Sea Lions Club
Rancho Bernardo Lions Club
Rancho Santee Lions Club
INTUIT**

**Chula Vista Harbor Lioness Club
La Mesa Lions Club
Encinitas Lions Club
Spring Valley Lions Club
Harbison Canyon Lions Club
AT&T Pioneers
U.S. Navy**

A special thank you to USD Engineering student, **Eric Estrada** and mask makers **Ernesto Roman and his mother Leticia Roman**. Eric arranged to have Ernesto and Leticia make masks for BCCSD members and participants. Masks were distributed by mail to 80 blind and low vision active participants. We appreciate your extraordinary efforts.

Please visit our web site at www.bccsd.org for more information about our wonderful supporters and find out how they contribute to the Blind Community Center of San Diego.

HOW CAN YOU HELP?

YOU CAN DONATE

It is easy to donate through our website, www.bccsd.org Just click the DONATE button.

YOU CAN BECOME A MEMBER

The BCCSD has two classes of membership, **Blind and visually impaired members**, and **associate members**. Associate members are individuals who support the mission of the BCCSD. Do you want to learn more? Email: info@bccsd.org

REQUEST A FREE WHITE CANE FROM THE NATIONAL FEDERATION OF THE BLIND

To request a white cane, you can fill out our online application or mail a completed application to our office.

- [Free White Cane Online Application](#)
- [Free White Cane Application \(PDF\)](#)

Please mail the completed PDF application to:
Free White Cane Program, National Federation of the Blind, 200 East Wells Street
at Jernigan Place, Baltimore, Maryland 21230

Any blind individual in the fifty states, the District of Columbia, and Puerto Rico can request a cane for their personal use. Requests can be made as often as every six months.

How to Choose Your Cane Size

The canes distributed through our free white cane program are straight fiberglass canes (i.e., not folding or telescoping). All canes are white with a loop on top of the handle and come with a cane tip.

For adult first-time cane users, we recommend measuring from your shoulders to the floor. The cane needs to reach about two steps in front of where you are stepping. The speed of your pace and length of your stride will make a difference. More experienced cane travelers may wish to have a longer cane, measuring at least chin height.

For children, teens, and young adults who are first-time cane users, we recommend measuring from your chin to the floor. More experienced cane travelers may wish to have a longer cane, measuring at least nose height.

NUTRITION

- Call 2-1-1 for resources or visit 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.

To save money, before you buy more food, get creative and use what you already have in your fridge or pantry. **SUPERCOOK, online recipe search**, allows you to enter the ingredients you have on hand and find recipes that match those ingredients. Not everyone has time for cooking from scratch right now, but if you do have extra time on your hands, it's often cheaper to bake your own bread or slice up your own veggies versus buying prepared foods. **Click this link to check it out: [SuperCook](#) **If you need assistance – email: info@bccsd.org****

CORONAVIRUS HUMOR

According to the Mayo Clinic, laughter stimulates the body's organs by increasing oxygen intake to the heart, lungs and muscles, and triggers the release of endorphins. It also helps people handle stress by easing tension, relaxing the muscles and lowering blood pressure.

But considering the pandemic that our world is currently facing, the most important thing is that laughter increases immune cells and infection-fighting antibodies, thus improving our resistance to disease. So, as weird as it sounds, laughing really can help you to fight the coronavirus.

Board Secretary Claude received the following funnies from a friend and is passing them along to us.

Do not call the police on suspicious people in your neighborhood. Those are your neighbors without makeup and hair extensions.

Since we can't eat out, now's the perfect time to eat better, get fit, and stay healthy. We're quarantined! Who are we trying to impress? We have snacks, we have sweatpants – I say we use them!

Day 49 at home and the dog is looking at me like, "See? This is why I chew the furniture."

I never thought the comment "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are.

Me: Alexa what's the weather this weekend?

Alexa: It doesn't matter – you're not going anywhere.

I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.

2020 is a unique leap year. It had 29 days in February, 300 days in March and 10 years in April.

REMEMBER:

TODAY:

YOU ARE BEAUTIFUL.

YOU ARE NEEDED.

YOU ARE ALIVE FOR A REASON.

YOU ARE STRONGER THAN YOU THINK.

YOU ARE GONNA GET THROUGH THIS.

WE ARE GLAD YOU ARE ALIVE.

DO NOT GIVE UP.