

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

JUNE 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. We will keep you informed in this newsletter when the time is right to re-open. Please stay safe and follow government guidelines.

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 Fathers: HAPPY FATHER'S DAY

A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.

MESSAGES:

From President Sharlene Ornelas:

I know it been a while since we've been able to meet face to face. I hope everyone is staying well and wearing their mask when they leave home. Thank you to the members that contributed to the 'Talk With A Doctor' fundraiser. It was very successful and raised over \$1,500.

I would like to give everyone a way to know when we may be able to open the BCC.

First, we need to hear that the 6' social distancing rule has been removed.

Second, we need to be able to meet in groups of up to 40.

Third, is that the order to stay home if you are in a high-risk group, which includes most of us, has been lifted. There may be other restrictions that we don't know about yet.

We have fun meeting virtually for Spanish, TRIVIA, Hodge Podge, Blind Rhythm, French and BINGO. I am monitoring my extension at the Center and my email, not everyday, but frequently. Stay well physically and mentally. If you need anything in the community please call 211. If you need something the center can help you with or would like to just to chat, please feel free to contact someone on the contact list.
Sharlene, President/Executive Director

From Vice President Ethel:

Optimism isn't about ignoring negative feelings. It's about being hopeful about the future, even when the present seems wholly negative. Please let us know if you would like a copy of this entire hopeful article. **Find pleasure in the small things. We will get through this together.**

From Nena Guillen, BCCSD Board member:

I just wanted to say, "Thank you to the BCC and all of the volunteers. Having Bingo and Trivia and classes helps us lower anxiety and keep in touch with each other. Thank you for the masks, the goodie packages, and staying in touch with everybody. We appreciate having someone to talk to even though we can't be together in person. You take time to do the classes and keep us informed and we appreciate it."

From Debbie Jackson BCCSD:

This is Debbie Jackson. I want to let y'all know that Andrall Taylor and I are staying home and we are doing good. I hope y'all are doing good as well. I'm proud to say as of 5/20/2020 I'm a great grandma of a beautiful baby girl. Her name is A'mila (ameilia) Ann. She weighed 7 pounds 3.4 ounces and was 19 inches long. She also has a head full of hair just like her grandpa did when he was born almost to the day. He was born 5/19/1979. Well I guess that's it for now. Miss you all. Stay safe

From Christie Greene, BCCSD Board member:

Hi everyone,

Members of the board, BCC members and volunteers are all working to keep the business of the BCCSD running smoothly while the stay at home order is in effect. Bills are being paid, insurance and maintenance contracts are being reviewed, virtual activities and classes are being held to help bring us together while we are staying apart. I had a good time at Bingo last week. It wasn't the same as Bingo at the BCC, but it was fun to hear everyone on the call at the same time playing Bingo. Here is my thought for the week: **People say you don't know what you've got until it's gone. Truth is, you knew what you had, you just never thought you'd lose it. Miss you all. Christie**

Please let us know if you would like to send a message to everyone in the next newsletter.

WISH YOU HAD BEEN ABLE TO TUNE INTO TALK WITH A DOCTOR?

You still can. For a \$10.00 donation we will email you a link to the recording. Every dollar earned goes to support BCCSD participants and programs.

To purchase, please go to <https://bccsd.org/donate-2/> and donate \$10. Click on 'special instructions' and type 'Recording of Talk With A Doctor'. Be sure and fill in your contact information so we can send the recording to you.

WEEKLY VIRTUAL CLASSES

MONDAYS

1:00 PM – 2 PM

BCC BASIC CONVERSATIONAL SPANISH CLASS WITH NENA

TUESDAYS

10:00 AM – 11:00 AM

Braille Institute BLIND RHYTHM WITH SHON MACKEY

1:00 PM – 2:00 PM

Braille Institute HEALING MIND AND BODY WITH SHEILA KIMMEL

WEDNESDAYS

10:00 AM – 11:00 AM

BCC TRIVIA WITH SHARLENE AND PEARL

11:00 AM – 12:00 AM

BCC HODGEPODGE

1:00 PM – 2:00 PM

Braille Institute CLICHÉS AND PROVERBS WITH MARY GARCIA

2:00 PM – 3:00 PM

Braille Institute TRIVIA WITH MARY GARCIA

THURSDAYS

10:00 AM – 11:40 AM

BCC WRITERS WORKSHOP WITH CLYTIE

1:00 PM – 2:00 PM

Braille Institute WOMEN'S PEER SUPPORT GROUP

FRIDAYS

9:30 AM – 10:30 AM
BCC BLIND RHYTHM WITH SHON MACKEY

10:30 AM - NOON
BCC FRENCH CLASS WITH THERESA

NOON – 2:00 PM
BCC BINGO

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
Foundation For Delta Gamma At San Diego State University
U.S. Navy
University of San Diego
San Diego County Employees Charitable Organization (CECO)

Chula Vista Harbor Lioness Club
La Mesa Lions Club
Encinitas Lions Club
Spring Valley Lions Club
Harbison Canyon Lions Club
AT&T Pioneers
INTUIT



Thank you Board Member Pearl Mecenias and Dr. Eshwar Kapur, M.D.

You both did an exceptional job raising money for the Blind Community Center by holding the 'Talk with a Doctor' fundraiser where **Dr. Kapur** discussed the pandemic that has affected our community. We know how to stay healthy and safe and you provided valuable insight like changing your clothes when you return from essential errands. You explained why not to walk directly behind anyone. Walk to the side so you miss any germs, if they coughed or sneezed. You also explained that using soap and water for 20 seconds is just as good as hand sanitizer if you use it for the full 20 seconds. These are just a few of the helpful suggestions you told us about. Thank you for the gift of your valuable time and knowledge.

Thank you to everyone who supported our 'Talk with a Doctor' fundraiser. All of the funds raised will be used to support BCCSD participants and programs.



A very special thank you to AT&T PIONEERS for the special delivery In-This-Together Cheer Packages. As always, your generosity and thoughtfulness, is very much appreciated. Here are just a few of the happy comments:

"I would like to send out a big thank you to all the wonderful, caring people that delivered the "care packages". Charles and I appreciate the fact that they took the time out of their holiday weekend to spread a bit of kindness. Please thank all of them for Charles and I. It is good to know that there are so many good people in this troubled world." **Ethel Kirtley, V.P. BCC of San Diego**

"A huge shoutout to AT&T Pioneers for their wonderful gift package. It came at a time where so much things are up in the air with me. I loved the mask and the treats. This small wonderful gift came at the perfect time I needed it. In these times it is great to show kindness and love. Thank you Pioneers for your gifts of kindness." **Tina**

"I sure thank the Pioneers for my care package, It was very thoughtful. You guys are always doing something good for us." **Joyce**

"Today, I received the nicest gift package. Perfect for a picnic. Can't wait to out of here and get going to the center again. Thank you so much for thinking of me".
Jill

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

NUTRITION

The County of San Diego is accepting application for delivery of free meals to senior citizen (55 Years and over). You can call 211 for eligibility requirements and further information.

HUNGRY FOR FOOD DEALS?

McDonald's Breakfast Sandwich Deal -- 2 For \$4

6:30 am to 9:00 pm | **\$4.00** | McDonald's – Multiple Locations

Sub of the Day Special at Subway

10:00 am to 9:00 pm | **\$3.99** | Subway – Multiple Locations

Buy-one-get-one FREE sub at Subway

10:30 am to 9:00 pm | Discounted | Subway – Multiple Locations

Burger King: 8 Chicken Nuggets For \$1

10:30 am to 10:00 pm | \$1.00 | Burger King – Multiple Locations

Taco Bell's \$1 Cravings Value Menu

10:30 am to 10:00 pm | \$1.00 | Taco Bell – Multiple Locations

Wendy's: 4 For \$4 Meal Deal

10:30 am to 10:00 pm | \$4.00 | Wendy's – Multiple Locations

Panda Express: \$20 Family Meal

11:00 am to 7:00 pm | \$20.00 | Panda Express – Multiple Locations

Pizza Hut's \$5 'N Up Lineup

11:00 am to 9:00 pm | \$5.00-6.00 | Pizza Hut – Multiple Locations

Domino's: \$7.99 Large, 3-Topping Pizza

11:00 am to 10:00 pm | \$7.99 | Domino's – Multiple Locations

Del Taco: 3 Regular Tacos For \$1.49

3:00 pm to 11:00 pm | \$1.49 | Del Taco – Multiple Locations

LANDSCAPING AT THE BCC

Last Friday, I was at the Blind Community Center and it looks beautiful. A week earlier I checked on the mail at the BCC and encountered two new city gardeners who were working on the irrigation system and maintaining our plants. Everything looked great. From a distance of six feet, I thanked Noe and Dan and told them that I would let their boss know how much we appreciated the care they were giving our plants.

During my visit last Friday, I saw 6 workers weeding, sweeping and giving all of our gardens a facelift. It looks even better than it did the week before. The rosemary by the bus is completely pruned back and it is very easy to walk to the driver's side door, where it was a tangle before. The hibiscus in front of the bus is pruned way back. The overgrown bushes behind the rosemary was about 4 feet high and scraggly. Now it has been shaped into several small trees, with the ground cover underneath. The everlasting flowers on the median in the parking lot have been shaped and thinned out. The ice plant USD students helped us plant was weeded and is spreading. It will be covered with flowers in a few months. Our passion vine, given to us by National Charity League, was watered and looks great. No homeless camp, no trash, and very, very clean. It's nice to know that all is being taken care of while we are away.





"If there ever comes a time when we can't be together, keep me in your heart, I'll stay there forever." Winnie, The Poo.

"Close together or far apart, you're forever in my heart!"

"Everything will be OK."

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" Mr. Rogers

"Alone we can do so little, together we can do so much." Helen Keller