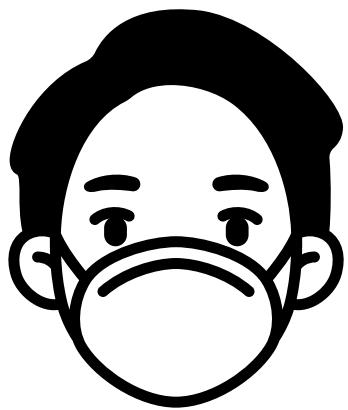


Onda Portadora is a retaken idea that we plan to do monthly to inform our membership and friends of noteworthy information that may be of interest to you and the community.



ONDA PORTADORA

INSTITUTO DE CULTURA HISPANICA DE CORPUS CHRISTI

FROM:
MEMBERS OF THE BOARD

Esperamos que estén bien en tiempos difíciles y que estos nos conviertan en mejores personas para la sociedad...



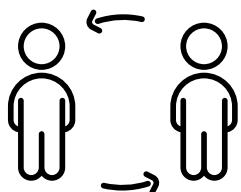
WHAT'S NEW?

- 01 Stay at home**
- 02 Social distancing**
- 03 Gala suspended until 2021**

In light of all that has been happening with COVID-19 and that the City of Corpus Christi is not allowing public and private gatherings until further notice. Thinking ahead of time, we believe that the events planned for spring will be happening in fall. If that is the case, we don't think it will be a good time to host the gala, instead we hope to have a smaller event in the fall so we can gather and celebrate.



1953 DIEGO RIVERA: HISTORY OF MEDICINE IN MEXICO: THE PEOPLES DEMAND FOR BETTER HEALTH



In this time of Social Distancing, we are staying in our homes trying to participate in reducing the impact of the virus that is among us. While at home, it is important to stay physically, mentally, and emotionally healthy. If you turn on the television, you are being bombarded with news that creates anxiety. When you open your social media on your phone, there is a barrage of advertisements that make you think that these companies are reading your mind, that perhaps creates more uneasiness. This is the time to disconnect from the world just a bit to do something new, like learning a new language, reading a recommended book, or taking up a new hobby like painting.

If the later sparked your interest, I want to briefly share with you the impact that painting can have on your mental health. I have been involved in biomedical research over the last 15 years looking at diseases that impact vulnerable populations. One of these areas of research is cognitive health as we get older. Research has demonstrated that expressing yourself through art improves your cognition and overall mood. This is particularly important at this time of feeling isolated. In a study published in the Journal of Alzheimer's Disease, it was identified that those who participated in a regimented month-long painting program indicated a reduction in physical pain and an increase in mood, quality of life and cognition. That being stated, you can start the journey to improving your mental health by drawing a picture of yourself, creating a collage, or making a painted image with imprints of your hands and feet. Afterwards, allow yourself to reflect on your new creation and see if you feel emotionally better. If you do feel better and want to take it a step further, you can order a painting kit online, set up your kit outside and improve your health by painting. A fun retro tip would be to do a Google search of Bob Ross YouTube videos. He is a time-tested home instructor giving you amazing tips during your painting journey. The final goal is to have fun and reduce your anxieties. Whatever you make will be perfect because as Bob Ross says, "we don't make mistakes here, we have happy accidents".

Relato de un estudiante sobre COVID-19

If you do decide that you want to learn a language try following this link to Passport2Fluency:

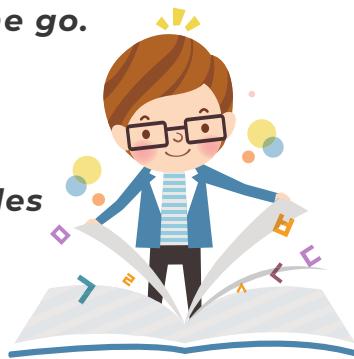
<https://www.facebook.com/Passport2Fluency/>.

If a recommended book is more your style, reach out to our friends out in Kingsville at the Novel Blend: <https://www.facebook.com/thenovelblend/>.

Whatever you do just do something that you never had time to do before because you were always on the go.

Stay Healthy,

**Dr. Xavier Fonz Gonzales
Board President**



We hope the Pandemic
doesn't touch your family.
Stay safe. Stay home!

For any information or collaboration please contact Olga Velasquez at ichcctx@sbcglobal.net or at (361)879-0336.



Cuando cancelaron los vuelos que venían de china, fue cuando le puse más atención al virus. Ya que otro virus en había creado problemas para la sociedad pero esta vez era particular, porque tengo un bebe de menos de una año de edad. Mi bebe ya se había enfermado de influenza B y Corona y quería saber todo sobre el virus desde el nivel de infección a como iba a afectar la comida que el bebe consume.

Unos de los problemas es que le cambiaron el nombre al virus más de tres veces de Corona > Wuhan virus-> COVID 19-> SARS 2 -> SARS Covid 19. Otro gran problema es que la gente iba a crear un caos. Después de haber estado presente en caos con la compra de agua y la compra de gasolina en exceso en eventos pasados.

Después de 4 semanas las cosas han cambiado de mejor a no tan mejor, ya que medidas necesarias han sido tomadas como cancelación de clases, eventos musicales, parques, comida solo para llevar y usar mascarillas al salir. Lo cual tiene sentido al tratar de salvar la vida de la mayor cantidad de personas posibles. Pero ciertas restricciones generan estrés en niños y adultos al no poder relajarse saliendo de casa o tomar un pequeño viaje con amigos.

Al final hay que encontrar paz en tiempos de caos y dar gracias a dios.

Pero entender que ser amables y tener paciencia es nuestra mejor arma. Ya que son esas cualidades las que salvaran a la comunidad y crearan lazos entre nosotros para superar cualquier tipo de evento al que nos enfrentemos.

Eliud Aleman

#stopthespread

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