



# APRIL 2020

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## Letter from the Executive Director

April 1, 2020

Dear BCB Friends,

Like the rest of the world, the COVID19 virus has interrupted “business as usual” and has sent BCB into “change” mode and we are rapidly identifying and adapting to the actions needed to keep everyone as safe as possible., while doing all we can to continue to meet the needs of our community. I am so proud of the BCB staff and Board of Directors, adjusting to the changes needed and keeping a positive attitude, striving for the best way to continue services, while keeping everyone healthy and safe.



Due to the need for social distancing for the upcoming weeks or months, the BCB staff will work from home. Because of this, it may take a bit longer for us to respond to your inquiries and needs, but please know we value you and your needs and want to do all we can to help you during these uncertain times.

We know that connecting with others through this challenging time is very important and we will do our best to keep our members, consumers and community connected and informed. Please know we are working hard and appreciate your patience.

### Current Changes:

1. We will continue to provide intakes, information and referral services, technology consulting and training and many other services, however, these will be offered via phone calls and by email. We will not take appointments or offer in-office training until we are advised by health professionals that it is safe to resume in-person meetings.

2. We plan to offer mentoring meetings, technology seminars, support group meetings and other services using teleconferencing which can be accessed by phone, tablets or computer. These sessions are simple to join, some with just one touch of a button on your tablet or smart phone. BCB will offer an information and training session via conference call on this on April 7th. Please refer to the calendar of events for all dates and times. For those who may need additional assistance with the, we can have a staff

member contact you to offer individual instructions and guidance on how to join in the conversation.

3. As long as we are able, we plan to continue to offer supplemental food distribution on the 4th Wednesday of each month, by delivery, thanks to some wonderful and dedicated board members and volunteers. This service will be by request and available to persons who are blind or have low vision. If you need additional food, please call our office to schedule a time for a volunteer to drop off what we have available. Call 859-259-1834 at least 2 days before the 4th Wednesday and leave a message. We will get back with you as soon as we are able.

4. We plan to continue publishing the newsletter on the 1st and the Calendar on the 15th of each month. Due to circumstances, please be patient if we are a few days behind.

5. We have built a wonderful community of caring people who are here to support you and be here to help. We encourage you to connect with each other and check on your neighbors and fellow BCB members during this difficult time. If you would like to reach out to others and need contact information, please contact our office and we will do our best to provide information, as we have permission.

Again, we are working hard to continue the level of services that we have offered in the recent past and we appreciate your patience and support. Thank you!

Sincerely,  
Theresa Thomas

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## **Staff Participates in Emergency Preparedness Drill**

TORNADO DRILL!!! BCB staff practice emergency preparedness during the state wide tornado drill on March 4. It's "warm up Wednesday." Shortly following our morning warm up, staff, pictured right, retreated to an internal office with no windows to discuss our procedures for a tornado emergency. Seven staff members, along with two consumers visiting us for an intake appointment retreated to Susan's office for a brief conversation on what to do in a real emergency. We are proud to announce that a policy and procedure will be developed from these conversations. Please stay safe!



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# Hilton Downtown Donates Monitors to BCB

That's a lot of TVs! Thanks to the Hilton Lexington Downtown, we were able to pick up 14 large TVs to be used as computer monitors for people with vision impairments. See the photos below.



Joey Vranicar and Michael Thomas, top left photo, helped pick up tv monitors from the Hilton along with Janice Vranicar, James (Hilton) and Theresa Thomas, top right photo. Pictured right are the 14 monitors.



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# Volunteers Deliver Food to BCB Clients

Front-line HERO BCB volunteer Robert Srodulski, pictured right, drops off a large delivery of food from God's Pantry Food Bank on March 26 to be bagged and delivered by volunteers to BCB clients who are unable to get out and shop for themselves due to the COVID-19 virus. Most of our clients are over age 60 and/or have other underlying health issues that put them at higher risk for complications from the virus and we are working hard to keep them safe while continuing to meet





their needs. Thank you to all who are on the front-line, keeping our seniors and vulnerable populations safe at home. #TeamKentucky #TogetherKY #Patriot #HealthyAtHome

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## **BCB Food Distribution Service Update**

During this time when in-person BCB meetings are suspended and most of our services will be moved to online or by phone, we would like to continue to offer grocery items to those visually impaired consumers who are in need and are unable or concerned about going out. We are able to do this through the kindness of some staff and board member volunteers who will deliver food bags to your home. If you are visually impaired or blind and in need of supplemental groceries, please contact the BCB office, 859-259-1834. We can let you know what items we have available and you can let us know what you need. This service is available because BCB is able to purchase grocery items from God's Pantry Food Bank at low cost. We do not charge a fee for this service or any of our services. We can't guarantee this service every month, due to ever-changing circumstances, but ask that any BCB member or participant who is in need of food and unable to access it, to give us a call. Please leave a message on the voicemail system, as we will be out of the office and checking messages remotely. We will do our best to assist in any way we can through these difficult and uncertain times. Please stay safe and call us if you need additional resources or assistance. Call 859-259-1834 and leave a message.

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## **Local Emergency Resources:**

**Community Action Council:** Funding will help provide non-food essentials to anyone in need, including diapers, baby formula, feminine hygiene products, medical and cleaning supplies, and more. Supplies will be provided to community members and homeless individuals in need across Fayette, Bourbon, Harrison, Madison, Nicholas and Scott Counties. **Contact: 859-233-4600**

**Domestic Violence Concerns:** Call the Amanda Center at the Sheriff Office **859-252-1771 24/7**. Or for immediate intervention, **dial 911**.

**Fayette County Sheriff's Department:** During this time of social distancing, with many people unable to leave their homes, the Fayette County Sheriff's Department is delivering grocery items to people enrolled in the God's Pantry Food Bank program. Here is the process:

**1<sup>st</sup>** - Contact the food bank at 859-259-2308 and make arrangements to have your box ready for pick-up.

**2<sup>nd</sup>**- Contact the Sheriff's Office, with that information, at 859-252-1771 and a Deputy will pick up/deliver your box.

The Sheriff's Office is also willing to pick up, for people who cannot get out, medications or anything specific needed from a pharmacy.

**1<sup>st</sup>**-Contact the pharmacy, by phone, and pay, with a credit card, for the item.

**2<sup>nd</sup>**- Contact the Sheriff's Office at 859-259-1771, a Deputy will pick up/deliver your order. **If** payment by credit card is not possible, a Deputy will come to you to take your payment method before they pick up the item.

**God's Pantry:** God's Pantry will be supplying supplemental nutrition to clients in need by delivering boxes that contain enough food for a family of up to three for five days.

**Contact: 859-259-2308**

**Independent Transportation Network (ITN): Essential in Person Rides:** At this time, we are only providing essential medical, food and medication rides. **To schedule a ride: 859-252-8665**

**New Delivery Services:** ITNBluegrass is now available to pick-up and deliver groceries and medications. You will only be charged for a one-way ride. Order your groceries online or arrange your food pickup with the food pantry. **Funding Assistance:** Many people are experiencing different financial challenges than usual. Do not let fear of the cost of your rides keep you from riding. Please call Jennifer at 859-421-0705 or the main Office number at 859-252-8665.

**National Suicide Prevention Lifeline  
1-800-273-8255**

**RadioLEX:** Funding will help RadioLEX increase awareness and outreach regarding the ongoing COVID-19 pandemic. **Contact: 859-721-5688**

**The Urban League of Lexington:** The Urban League operates senior housing facilities in Lexington for low-income and budget-constrained seniors. Funding will allow the Urban League to conduct in-person needs assessments for each unit, and supply seniors with food, medical needs, household supplies and other items that are necessary as they shelter in place. **Contact: 859-233-1651**

### **Other Emergency Numbers**

National Suicide Prevention Lifeline: 1-800-273-8255

Domestic Violence Concerns: Call the Amanda Center at the Sheriff' Office 859-252-1771 24/7. Or for immediate intervention, dial 911.

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## **Has Coronavirus Impacted You? Take the Survey**

The National Disability Institute is investigating how the coronavirus is impacting people with disabilities from disruption of services to financial well-being. Below are two surveys that they are asking people with disabilities to fill out. It will help them to determine how to best advocate for our needs.

**Financial resiliency of people with disabilities survey:**

[https://ndiinc.formstack.com/forms/financial\\_resiliency\\_during\\_corona\\_virus](https://ndiinc.formstack.com/forms/financial_resiliency_during_corona_virus)

**Impact on people with disabilities survey:**

[https://ndiinc.formstack.com/forms/financial\\_resiliency\\_during\\_corona\\_virus](https://ndiinc.formstack.com/forms/financial_resiliency_during_corona_virus)

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## **Call One Another**

Because of the pandemic, most of us are spending increased time at home and may be missing our friends and social connections. We encourage you to contact each other and catch up on how your BCB friends are getting along. If you want to contact a BCB friend

and don't know their number, you can call the office 859-259-1834, and give permission for us to contact the person, give them your number and ask them to contact you. Due to privacy concerns, we cannot give out anyone's info without their consent.

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## **Charlie Brown's Restaurant Extends Benefit to BCB Members!**

BCB Members, Susan and David Fuller, owners of Charlie Brown's Restaurant, 816 Euclid Avenue in Chevy Chase, are offering a discount of food purchased during this time of social distancing. They offer carryout and curbside service and all you need to do is call ahead and mention you are with the Bluegrass Council of the Blind to place your order and receive the discount. Call 859-269-5701 to place your order.



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## **April 6 "Woodsongs" Outing Postponed, Date TBD**

The Community Outing originally scheduled for April 6 to see Woodsongs has been postponed until a later undetermined time. Woodsongs (Old Time Radio Hour) is an internationally syndicated radio program recorded weekly before a live audience at the historic Lyric Theatre in downtown Lexington. They have temporarily suspended recording shows. According to their website you can watch previous shows on their You Tube channel. Go to [www.YouTube.com/WoodsongsOTRH](http://www.YouTube.com/WoodsongsOTRH), or download the YouTube app and type WoodsongsOTRH in the search box.



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## **ACB Events by Conference Call**

At a time when our country is in a state of social distancing, your ACB family has opportunities for you to connect with others from the comfort of your home.



Below you will find information on how to join ACB's upcoming conference calls so you can stay in touch with your ACB community or visit [acb.org](http://acb.org) and look under community conference calls.

Please note, due to an influx of consumers using remote conference services, you may encounter issues connecting to a call. For Zoom meetings, please try calling in using one of these alternative numbers, and enter in the same passcode listed for the call: 929-436-2866, 312-626-6799, 669-900-6833, 253-215-8782, 301-715 8592 or 346-248-7799.

## **List of Call-In Events: (All Eastern Standard Time)**

**Wednesday, April 1:** Advocacy Open Forum: 8 p.m.

**Thursday, April 2:** Coffee Break Open Chat: 11 a.m., Easy Chair Yoga: 4 p.m.

**Friday, April 3:** Dating In the Digital Age: 9 p.m.

**Sat., April 4:** Blind Information & Technology Specialists, Saturday Night Chat: 8 p.m.

**Monday, April 6:** Essential Oils-Care, Share, and Be Aware: 2 p.m.

**Tuesday, April 7:** Coffee Break Open Chat: 11 a.m.

**Thursday, April 9:** Coffee Break Open Chat: 11 a.m., Easy Chair Yoga: 4 p.m.

**Sat., April 11:** Blind Information & Technology Specialists, Saturday Night Chat: 8 p.m.

**Sat., April 18:** Blind Information & Technology Specialists, Saturday Night Chat: 8 p.m.

**Wednesday, April 22:** Swipe-Tap: 7:30 p.m.

**Sat., April 25:** Blind Information & Technology Specialists, Saturday Night Chat: 8 p.m.

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## **2020 CENSUS-GET COUNTED! Go to 2020census.gov**

BCB encourages you to be sure you are counted! It is so important to complete the 2020 Census and it is so easy! It is available in Braille, large print, online or by telephone. BCB uses census data to apply for funding and grants, so we strongly encourage you to be sure you are counted. You count to US and we want you to be counted by them!



There are several ways that you can contact the U.S. Census Bureau for support. For language support: The 2020 Census can be completed by phone in the following languages. Phone lines are open every day from 7am to 2am Eastern Time.

- English: 844-330-2020
- Spanish: 844-468-2020

(for more languages, visit [www.2020census.gov](http://www.2020census.gov) )

for people who are deaf or hard of hearing: Call the TDD number at 844-467-2020.

Are you missing out on the action in movies? Do you wonder what's so special about a famous painting or national monument? Are you frustrated when there's no information about visual details during live events?

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## **Another Way to Help**

### **Amazon Wish List from the Bluegrass Council of the Blind**

**Visit:** <http://a.co/fAB6YgX>

Supporting BCB has never been easier! Check out our wish list on Amazon. With just a few clicks, you can help us provide vital services for people who are blind or visually impaired. We have listed items needed for our Lunch and learn programs, office supplies, technology needs, items for independent living and more. There are items from all price levels and we appreciate any and all gifts of support!



And, please don't forget to start at [smile.amazon.com](http://smile.amazon.com) and select BCB as your charity to benefit from your purchases. For no additional charge, Amazon will donate a portion of your purchase to BCB.

SHOPPING TIP: If you like using your Amazon app to do your shopping, you can use the app, place the items you want to purchase in your cart, CLOSE OUT of your app and then go online to smile.amazon.com and log into your account. Once you have logged in from Smile.Amazon.com, your items will still be in your cart and you can “proceed to checkout” and your selected charity (BCB) will receive a portion of the proceeds. Thank you for helping us make a difference!

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## **Mentoring Peer Support**

The BCB Mentoring Support Groups will meet via conference call during their regular times this month: Wednesday April 8 from 1 p.m. to 2 p.m. and Monday April 20 from 7:30 p.m. to 8:30 p.m. The topic will be taking care of our mental and emotional health. To join this group, you need to complete a brief ten-minute phone interview beforehand. If interested, call the office 859-259-1834 and leave your number so Susan Ament can contact you. Regular members will receive a reminder email about the call.

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## **BCB Assistive Technology Seminar**

**Date:** Tuesday, April 7

**Time:** 10 a.m.-11 a.m.

**Place:** Attend from your home, or location of your choice, by calling 712-775-7031, when prompted, enter the code number-412298# (phone rates may apply for some carriers)

**Program:** We are excited to announce we are expanding your options for attending meetings! The topic of the April Technology Seminar will explain how participants can access BCB meetings from home. Richard will describe and explain how to access BCB meetings and seminars by phone, a computer or tablet. It's easy! If you can dial a phone, you can use Zoom, an option that allows you a connection to meetings using a landline phone, smart phone, tablet or computer. Here at Bluegrass Council of the Blind, we will begin using this software to provide access to our meetings. Moving forward, if you are not able to be present, in person, you can attend by video conference or by phone.

BCB has a Zoom meeting training video available on our YouTube channel, as well.

<https://youtu.be/1mwsJurpbr8>

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## **BCB April Lunch & Learn**

**Date:** Wednesday, April 22

**Time:** 1 p.m. to 2 p.m.

**Place:** Via Zoom

**Program:** Our regular monthly meeting will be conducted via Zoom. We will host a live call with a board member of A Caring Place. Join us to learn more about this new resource in our area. Sorry we cannot meet in person or provide lunch but you can have lunch beforehand or during the call. Information about how to join online or via phone will be in our April 15 calendar. You can also learn how to access Zoom during the April 7 technology seminar.



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# **BCB Community Outing**

**Date:** Monday, April 27

**Time:** 12 Noon

**Program:** Our April outing will be an Inning this month! Join us for friendly conversation over lunch. You are encouraged to get take out (to support local businesses) and log into a Zoom meeting and discuss what you ordered, if you liked it, the difficulties of that challenge and other ideas for making it easier (like using Uber Eats, Door Dash, restaurant that deliver, etc.). You are invited to join, even if you did not get take-out to see what others liked and what type of experience they had.

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## **Book of the Month**

**“Mammoth Cave Curiosities”**

**Novel by:** Colleen O’Connor Olson

**Book Number:** DBC 08441

**Access:** Downloadable Talking Book

**Reading Time:** 5 hours, 55 minutes

**Read by:** Author

Mammoth Cave tour guide, Colleen O’Connor Olson, uses her experience to provide an insider’s look at the cave’s history.

*Disclaimer: The book recommendations and opinions from staff and others do not necessarily reflect the opinions of Bluegrass Council of the Blind, Inc.*

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# **April:**

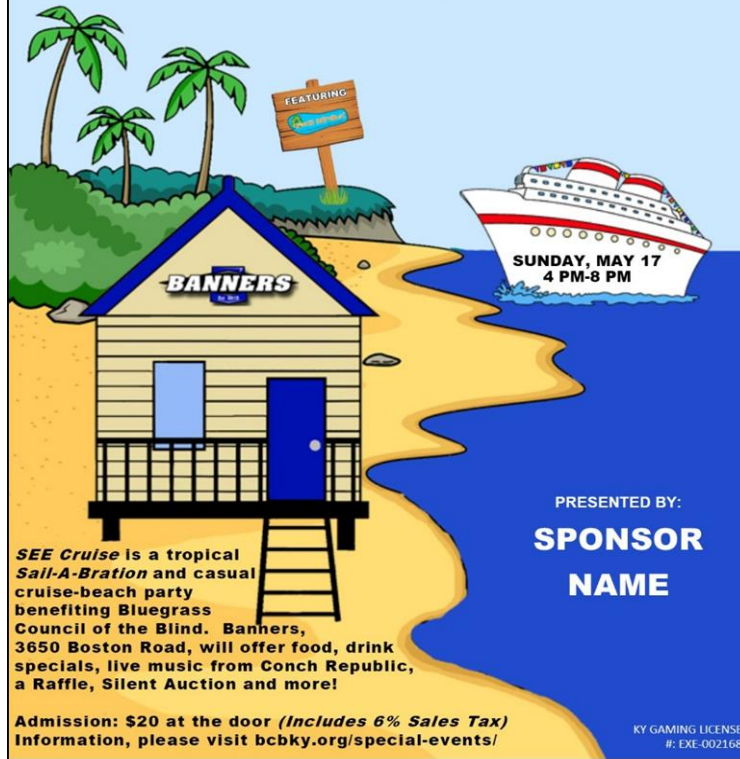
## **Women’s Eye Health & Safety Month**

### **and**

## **Defeat Diabetes Month**



# 2020 SEE CRUISE



**SEE Cruise** is a tropical *Sail-A-Bratton* and casual cruise-beach party benefiting Bluegrass Council of the Blind. **Banners**, 3650 Boston Road, will offer food, drink specials, live music from Conch Republic, a Raffle, Silent Auction and more!

**Admission: \$20 at the door (Includes 6% Sales Tax)**  
**Information, please visit [bcbky.org/special-events/](http://bcbky.org/special-events/)**

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