



November 2020

1093 South Broadway, Suite 1214 | Lexington, KY 40504 | info@bcbky.org | 859-259-1834

Virtual SEE Cruise 2020 Raises Over \$16,000

The Bluegrass Council of the Blind wrapped up the 2020 SEE Cruise, a week-long virtual event on Sunday, October 11, raising over \$16,000. Day one kicked off this first-time virtual event on

October 4 with an online auction and raffle, followed by a week of exciting live, online updates, auction package features and giveaways. The Cruise reached its final destination at the Lexington School for Recording Arts, on October 11, with a live online “sail-abration” featuring live music from Conch Republic and lots of fun with



honorary SEE Captain, Bill Meck, LEX18 Chief Meteorologist and local philanthropist.

(Pictured above is, left to right, SEE Captain, Bill Meck and BCB “Cruise” Director Theresa Thomas, social distancing during the live event.)

“Given the circumstances, I am thrilled we were able to raise so much money for essential services, during these difficult times! All of us at BCB are so grateful to the Lexington School for Recording Arts, who offered their venue, technology and staff to enable us to move the event to

a virtual platform,” said Theresa Thomas, BCB Executive Director. “I’m so thankful that our attendees made the change with us and supported this year’s Cruise. We’re looking forward to going back to an in-person event in 2021 and hope we may be able to still stream it live for those who can’t attend in person.”

In addition to the “virtual passengers” who participated in this year’s event, businesses and individuals in the community supported the event through sponsorships and donations.

“We really can’t say enough,” continued Thomas, “the community support that it takes to pull off this event is incredible and the Board and staff are grateful to those who contributed sponsorships, raffle and auction items and to those who participated online. Each of them made this event the success that it was and we are thankful for all the support.”

The 2020 SEE Cruise – Sailing the Air Waves, included new sponsor Gates Ford as our Ship Sponsor, Lexington School for Recording Arts as the Broadcast Sponsor and Retina Associates of Kentucky as a Party Barge Sponsor. Port Sponsors included Anelle Congleton, Davis and Plomin Mechanical, Mark Corrado, Kentucky Institute for Eye Health and Surgery and United Healthcare. Tugboat Sponsors included Susie Basham, Realtor, The Agency; Melody Bell, Independent Insurance Agent; Bluegrass Parrot Head Club; Cassie and Jason Collins; The Delta Gamma Foundation; Kentucky Academy of Eye Physicians & Surgeons; Kentucky Health Solutions, Rick & Brenda Satterwhite and The Sam Shubert Foundation, along with an anonymous sponsor. Thank you to all for a wonderful and fun event!

BCB October Food Distribution – Service with a Smile and a Little Something EXTRA....

BCB is grateful to our volunteers from CLARK Material Handling who arranged an extra surprise with the October food distribution last week! One of our volunteers spoke with the owner of DaRae & Friends Catering about the volunteer work he does for the Bluegrass Council of the Blind and they generously offered to donate a hot meal to be delivered to each consumer receiving supplemental food distribution this month from BCB! Five volunteers from CLARK made home deliveries to 23 individuals, which included two grocery bags of dry goods, one bag of fresh produce (from Costco and our new partnership with GleanKY) and a dinner including a delicious meal of meatloaf, peas and carrots, sweet potato wedges, cauliflower casserole, salad and dessert – a delivery that is certain to make anyone SMILE! Thank you to the kind folks at DaRae & Friends, Clark material Handling and to Pat and Zadie Ryan for picking up 31 pounds of produce from Costco to include with the delivery this month!



Pictured above, photo on left, Paul Bernstein from CLARK Equipment, and Judy Potter, BCB Board President, load food and DaRae’s & Friends meals for BCB’s monthly food distribution program. Photo on the right is Eddy Mercon, a BCB volunteer from CLARK Equipment assisting with food distribution. Check out this YouTube video to hear Paul talk a bit about volunteering with BCB and the generous donation. https://youtu.be/2TMmtZ_FLrM

Cheers to Susan Ament

BCB Friends,
 Dr. Susan Ament, our Peer Support Program Coordinator is recovering from surgery, due to a fall. She’s been an amazing resource during this pandemic, reaching out to many of you for peer support, wellness checks, as well as



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leading us on informative “In-ings” and facilitating Lunch & Learn gatherings. She’ll be out of the office and in recovery for several weeks. We’d like to encourage you to reach out and offer her kind words for a speedy recovery!

You can mail a card or note to the BCB office and we will deliver to her. Mail to:

Susan Ament, C/O BCB, 1093 S Broadway, Suite 1214, Lexington, KY 40504 or you can call BCB at 859-259-1834 and press “1” to leave a message on her voicemail. We’ll be happy to pass these wellness wishes on to her!

BCB’s 2021 Membership Drive is Underway!

Connection is just a click away! You can join or renew your membership with just a couple of clicks by visiting our website and selecting the “Donate” button. Pay your dues online and add “2021 membership” in the Comment box. You can also mail a check to the office and note that it is for your 2021 Membership.

The impact of this outbreak on our personal and professional lives, the uncertainty, the unknown, and the isolation has instilled the desire to connect with like-minded people now more than ever! The heart of the Bluegrass Council of the Blind is community.

“Connecting” is the keyword and that entails being relevant, sensitive and agile. BCB has stepped up to the plate to “connect” with you. Currently, BCB is a key resource to help people who are blind or visually impaired cope and navigate these times, and we want you to join our efforts.

Thank you to those friends who have already responded to this Membership Drive!

You, too, can “connect” and support BCB’s efforts by becoming a Member for 2021 or renewing your current membership for 2021. We’re here and ready when you are!

Dues are \$10 per person (additional donations are welcome) and can be paid by sending a check or cash to: Bluegrass Council of the Blind, 1093 South Broadway, Suite 1014, Lexington, KY 40504 or online at bcbky.org or phone the office at 859-259-1834 to pay by credit card.

Getting to the Polls on November 3!

If you need a ride to the polls for the Tuesday, November 3 election, there are some free and discounted opportunities.

All Lextran and Wheels rides are currently free and are anticipated to remain free through the election. COVID-19 safety procedures remain in place. You must wear a mask on board all buses. Visit the Lextran website, <https://lextran.com/vote2020/>, for route



information or call 859-253-4636. Wheels riders are also eligible to schedule rides to polling locations and should contact Wheels Dispatch at (859) 233-3433.

Contact Uber and you will get a discounted ride on Election Day. See the link below:

<https://www.forbes.com/sites/suzannerowankelleher/2020/09/15/uber-will-help-you-register-to-vote---and-give-you-a-discounted-ride-to-the-polls-on-election-day/>

The Sky's the Limit for KCB 47th Annual Conference!

The Kentucky Council of the Blind is hosting its 47th annual (first-ever) Virtual Conference and Convention, November 4 to November 7. This will be an action-packed star cruise filled with tours, exhibits, technology, information, entertainment, fun and friends. Those who register will receive a Zoom link and dial-in telephone numbers so you can ask questions, participate in discussions, bid in the auction and win door prizes. For more information and to preregister, call: 502-895-4598 or email, kcb@kentucky-acb.org or visit www.kentucky-acb.org.



BCB November Community In-ing

Bob Denham, a BCB Member and Lexington Lions Club Member who prepares lunches for the Lexington Lions Club, will be sharing some tips for preparing delicious foods suitable for a diabetes-friendly lifestyle. He will also include a discussion of ideas and devices that make cooking easier for people with blindness and low vision. This will be a great way to gear up for holiday cooking! You may even discover a new, fun hobby!



Date: Monday, November 9

Time: 1 p.m.

Topic: Preparing Diabetes Friendly Dishes

Presenter: Bob Denham, Lexington Lions Club

Location: Via Zoom meeting

RSVP: Call the office, 859-259-1834, to register and obtain the zoom link.

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BCB November Assistive Technology (AT) Seminar

Alexa, roll the dice. Alexa, remind me to take my medicine at 8 PM. Alexa, what is the 4th Wednesday in December? Alexa, what is 2300 divided by 12? Come learn more about all the fascinating things you can do with an Amazon Alexa Echo device. In this AT seminar, we are going to discuss everything Alexa can do, from reading Kendall books, integrating with security systems

lighting to custom skills to operating appliances. Did you know Alexa can access and read the Bible to you? Here is your chance to learn and share new and favorite skills and commands. Join us to learn new skills and ways to get more out of your Amazon Echo devices and share your favorite ways to interact with Alexa. We will cover as many different special features as we can.

Date: Tuesday, November 17 **Time:** 7 p.m.

Presenter: Richard Sizemore, BCB Acting Assistive Technology and Training Program Coordinator

Location: Via Zoom meeting. Register at the link below:

<https://us02web.zoom.us/meeting/register/tZMuCeChqjovHdwdgaitE6rVyzSCqIV-Cuvk>

BCB November Focus Group

If you have received services in the past six months, please come help us to help you. We are holding a focus group event, in an effort to better our organization, and we need your feedback. During the first hour, the group will be focusing on the Peer Support Program. The second hour focus will be on the Assistive Technology Program. All participants will be entered into a raffle for a chance to win a \$50 gift card. We need as many people as possible to join us and provide feedback on the services provided by BCB to ensure quality services and to continue receiving vital funding.

Date: Wednesday, November 18 **Time:** 1 p.m. to 3 p.m.

Location: Via Zoom meeting

Registration: To participate, please contact the office for the zoom link information or you can preregister by clicking the link below:

<https://us02web.zoom.us/meeting/register/tZYrdOyrrzgjGNyJY1siS9iBucNcSDqZloXX>

Food Distribution Changes to Third Wednesday During Holidays

Due to the upcoming holidays, BCB will move the food distribution in November and December from the fourth Wednesday to the **THIRD** Wednesday. Those dates are November 18 and December 16, from 3 p.m. to 6 p.m. There will be no Peer Support Group meetings in November and December.

We need your help for the GoodGiving Challenge!

The [Good Giving Challenge](#) is happening Dec. 1-7, and BCB is participating this year!

First things first: What is the Good Giving Challenge? The Good Giving Challenge is a week-long online giving campaign designed by the Blue Grass Community Foundation and supports local nonprofits. Contributions of just \$10 or more are amplified through sponsored endowments and matching



incentives. Since its inception in 2011, the Good Giving Challenge has raised \$10 million for local nonprofits. **The 2020 Good Giving Challenge runs from 9 am. Tuesday, December 1, to 11:59 p.m. Tuesday, December 7.**

Wondering how you can get involved? Keep reading!

- 1. Follow us on [Facebook](#), [Twitter](#) and [Instagram](#) and share our Good Giving posts on your social media accounts.** We need to get the word out to as many people as possible and you can help us!
- 2. Tell your friends and family!** Talk about BCB to your family and friends! Ask that they also share BCB's posts and consider creating a fundraiser and/or participate in yours.
- 3. Become a Fundraiser.** You can easily create your own social media fundraiser for BCB through the Good Giving Challenge Web site. Just go to our [BCB Good Giving Profile](#); click the 'Fundraise' button and follow the prompts to create your fundraiser. For example, under summary, you might write:
"Join me in supporting Bluegrass Council of the Blind, the only nonprofit exclusively meeting the needs of adults who are blind or visually impaired in Central Kentucky. Your donation will help this organization continue providing services to blind and visually impaired adults; their family members and caregivers; and professionals who work with those with low to no vision of all ages – and support a cause that is very close to our hearts!"
You can set up a fundraiser anytime between now and the end of the Challenge, but the earlier the better!
- 4. Ask for or contribute matching funds.** If you are part of an organization that provides matching funds (e.g., an employer), approach them now to ask for matching funds for BCB during the Good Giving Challenge. You can add matching funds to your fundraiser by clicking the box next to "Match Fund Available" and keying in the amount you can match.
- 5. If possible, make a donation on Friday, Dec. 4, from 10 to 11 a.m.** The Good Giving Challenge has matching opportunities throughout the week, but the matching window from 10-11 a.m. on December 4, gives us a one-to-one matching opportunity along with prize drawings. You can donate at [BCB's Good Giving Web site](#)!
- 6. Make a donation anytime during the Challenge.** Simply head to [BCB's Good Giving Web site](#) between 9 am., December 1, and at 11:59 p.m., December 7, to make a donation.
- 7. If you aren't online and want to contribute, simply mail in your donation and mark the envelope GGC for Good Giving Challenge.** Our mailing address is: Bluegrass Council of the Blind, 1093 S. Broadway, Suite 1214, Lexington, KY 40504

We are so excited about the opportunities available to us through the Good Giving Challenge and hope you will join our team!

BCB December Assistive Technology (AT) Seminar

In this month's AT seminar, we are going to cover programmable keyboards and mice. You can purchase mice and keyboards you can program with accessibility shortcuts to make your life easier. In this seminar, we will demonstrate some of the cool things you can do with these devices.

Date: Tuesday, December 8 **Time:** 7 p.m.

Presenter: Richard Sizemore, BCB Acting Assistive Technology and Training Program Coordinator

Location: Via Zoom meeting at the link below:

https://us02web.zoom.us/meeting/register/tZEqdu2qrzMoG9JsUkCi9nODeXxgwfjn_pTP

BCB Quarterly Membership Meeting & Holiday Party

BCB Members, you are cordially invited to our quarterly membership meeting and holiday party, via Zoom, on Wednesday, December 9, at 1 p.m.

There will be holiday music, door prizes, memorials, volunteer recognition, entertainment and more. Please dress in your favorite holiday hats, sweaters or festive wear and join by phone or video! We would love to see you for the holidays!

When: Wednesday, December 9 **Time:** 1 p.m.

Location: Zoom

RSVP: Call BCB at 859-259-1834 to register and receive the zoom link.

BCB December Focus Group

If you have received services in the past six months, please come help us to help you. We are holding a focus group event, in an effort to better our organization, and we need your feedback. During the first hour, the group is focusing on the Peer Support Program. The second hour focus will be on the Assistive Technology Program. All participants will be entered into a raffle for a chance to win a \$50 gift card.

Date: Tuesday, December 15 **Time:** 7 p.m. to 9 p.m.

Location: Via Zoom Meeting

Registration: To participate, please contact the office for the zoom link information or you can preregister at the link below.

<https://us02web.zoom.us/meeting/register/tZYpdO6rqDMpHNOF0cFdEGCdleQZI-fil4pT>



Book of the Month

“Grandma Gatewood’s Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail”

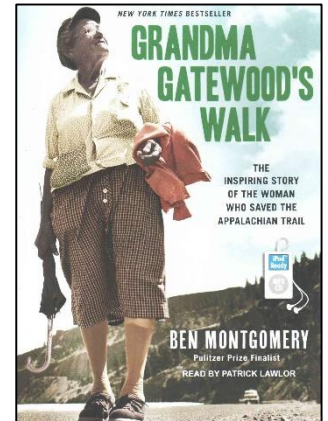
By: Ben Montgomery

Book Number: DB805502 **Reading Time:** 8 hours, 14 minutes

Read by Jennifer Hubbard

Access: Downloadable Talking Book

Emma Gatewood told her family she was going on a walk and left her small Ohio hometown with a change of clothes and less than two hundred dollars. The next anybody heard from her, this genteel, farm-reared, sixty-seven-year-old great-grandmother had walked 800 miles along the 2,050-mile Appalachian Trail. By September 1955 she stood atop Maine’s Mount Katahdin, sang “America, the Beautiful,” and proclaimed, “I said I’ll do it, and I’ve done it.”



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

GET CONNECTED!

BCB would like to share these additional opportunities to connect with others that are interested in specific topics of discussion or activities. These are virtual meetings and open to all.



**American Council
of the Blind**

Together for a bright future

Below is a partial list of meeting titles and topics that are offered daily or weekly from other members and affiliates of the American Council of the Blind. For access to any of these meetings, please follow the links below or call the BCB office for more information. Each of these are offered virtually, by Zoom or by phone, and include some of the following topics: Apps We Like and How to Use Them, Sheltering in Place Together, For All Diabetics, The Joy of Music, Grief Support, Caregiver Support Group, Let’s Talk Low Vision, Grocery and Food Shopping, Easy Chair Yoga, The Magic of an Instant Pot, The Friendship Circle, Tips and Tricks for Around the House, Writer’s Workshop, Do You Want to Be an Author? and many, many more! To sign up for a daily listing of the meetings you can join, see the info below from the American Council of the Blind email:

From the American Council of the Blind:

Join our Community Events email list for a morning email with that day's schedule:

<http://acblists.org/mailman/listinfo/acb-community-events>

Read our expectations for participating in community events: <https://acb.org/community-event-expectations>

Join our ACB Community Facebook group: <https://www.facebook.com/groups/acbcommunity>

Learn more about becoming a member or friend of ACB: <http://www.acb.org/join-ACB>

Learn more about ACB: www.acb.org

BCB NOVEMBER CALENDAR

The **BCB Small Group Meetings** will be canceled for November, due to Susan's limited availability. Please join us in wishing her well as she recovers from her surgery. You can leave her a voicemail message by calling the office and pressing "1" for her direct line and personal voicemail.

November

Diabetic Eye Disease and Native American Heritage Month

November 1: Daylight Savings Time

November 3: Election Day

November 4-November 7: 47th Annual Kentucky Council of the Blind Conference

November 11: Veteran's Day

November 14: World Diabetes Day

November 26: Thanksgiving Day

November 26 -29: The BCB office will be closed for the Thanksgiving holiday

BCB November Community In-ing:

Date: Monday, November 9 **Time:** 1 p.m.

BCB November AT Seminar:

Date: Tuesday, November 17 **Time:** 7 p.m.

BCB November Focus Group:

Date: Wednesday, November 18 **Time:** 1 p.m. to 3 p.m.

BCB November Food Distribution:

Date: Wednesday, November 18 **Time:** 3 p.m. to 6 p.m.

Giving Tuesday:

Date: December 1

The kick-off to the BGCF Good Giving Challenge and your chance to help BCB by sharing our social media posts and spread awareness of the services available to Kentuckians affected by vision impairments.

Good Giving Challenge:

Dates: Tuesday, December 1 – 7

An online event to raise awareness and funds for the Bluegrass Council of the Blind and other worthy charities in our community. Visit www.BGgives.org for more information on how you can do good, give and challenge others to do the same this holiday season through the Good Giving Challenge.

BCB December AT Seminar:

Date: Tuesday, December 8 **Time:** 7 p.m.

BCB Quarterly Membership Meeting & Holiday Party:

Date: Wednesday, December 9 **Time:** 1 p.m.

BCB December Focus Group:

Date: Tuesday, December 15 **Time:** 7 p.m. to 9 p.m.

BCB December Food Distribution:

Date: Wednesday, December 16 **Time:** 3 p.m. to 6 p.m.

