



BCB BULLETIN

FEBRUARY 2021

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A Message from Outgoing BCB President Judy Potter:

I just wanted to say “Thank you” to all the members at the BCB for having confidence in me and for allowing me to serve as President of this great organization.

Thanks to all the Board Members for their assistance and involvement throughout my term. Behind every good leader is her Board!

Also, I want to welcome the new president, Rebecca Parmley, and the new board. I think they will do great things in spite of or because of the coronavirus. Also, I’m asking you to support this new Board and help in any way you can.

Happy New Year and hope to see you on Zoom.



BCB Food Distribution Continues, Includes Masks, Hand Sanitizer and Large-Print Calendars

Thanks to our dedicated food delivery volunteers we have been able to continue our monthly supplemental food distribution. Pictured is BCB volunteer Alan Sutherland from CLARK Material Handling loading up his car. This month we delivered pantry staples such as pasta, sauce, peaches, corn, mac & cheese and a ham, along with fresh mushrooms, squash, zucchini and tomatoes. Hand sanitizer, masks and large print calendars were also included this month.

If you are blind or visually impaired, live in Fayette County and need help getting food due to financial difficulties or not being able to shop regularly, you can sign up for BCB's monthly food distribution service by calling 859-259-1834 or emailing info@bcbky.org.

Catholic Charities Is Here to Help

BCB would like to share a resource for Fayette County residents who may need financial help during the pandemic with paying bills such as rent or utilities. Catholic Charities has funds available for those in need, even if you may not be behind in your payments. For more information and to apply, please call Alex Winn-Marvin at 859-253-3339.

Request Your BCB Large-Print Calendar

Just in time for the new year: The large-print 2021 calendars are in! These calendars are paid for by a grant from the Lexington Rotary Club and are available to Kentuckians with low vision.

A limited quantity is available. To pick up your calendar, please email or call 859-259-1834 to schedule a time. info@bcbky.org or call 859-259-1834

to schedule a time.

A New Face at BCB's Front Desk!

We have a new marketing intern who will be manning the front desk two days out of the week. Below is her introduction to us:

“My Name is Bri Sweatt (pronounced Bree Swett) and I'm the new marketing intern this spring here at Bluegrass Council of the Blind! I am a senior at the University of Kentucky studying Integrated Strategic Communication. I am from Paducah, Kentucky, and moved to Lexington to attend UK three years ago. Being visually impaired myself I have always been passionate about helping others with vision loss so when I saw the opportunity to intern here at BCB I was so excited to work on something that was so important to me. I have experience in graphic design, public relations, and strategic planning and I am so excited to be working with everyone and getting more experience helping others.”

Welcome Bri!

BCB's 2021 Membership Drive Is Underway!

BCB is the only nonprofit exclusively serving the needs of adults who are blind or visually impaired in Central Kentucky. We are here to help people with low to no vision cope and navigate these times. We want you to join us! 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!

Connection is just a click away. Dues are \$10 per person (additional donations are welcome). You can join or renew your BCB membership by [clicking through to our Web site here](#) and filling out the form (please type “2021 membership” in the comment box). You can also mail a check to the office at 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and note that it is for your 2021 Membership or call 859-259-1834 to pay by credit card. Thank you to those friends who have already responded to this Membership Drive!

Kentucky Council of the Blind Opens the Leadership and Legislative Seminar to all KCB Members

The American Council of the Blind invites everyone to participate in the 2021 virtual leadership and legislative seminar, coming up from February

21 to 23. All sessions will be on Zoom, available from any cell phone, landline or computer, and on ACB Radio Mainstream.

When this nationwide conference is in person, KCB usually sends two or three people to participate. This year, because the meetings are virtual and the registration fee is only \$20 per person, and there is no need for travel or hotel, KCB is covering the \$20 registration fee for all KCB members who wish to participate. This is a golden opportunity for everyone to learn about the issues that face us all and help advocate for change that is so important to our community. For more information about KCB membership and this generous offer, please call 502-895-4598.

February Events

February BCB Community In-ing/Outing

Date: Monday, February 8

Time: 1 PM

Location: Zoom

Topic: Dining In with Delivery

Please note, we have changed the focus of this In-ing: Have fun and try ordering lunch from a favorite restaurant using an app such as Door Dash, Grub Hub or Uber Eats! We will share our experiences and maybe inspire others to try doing so for a little variety and spice to life during the pandemic. Splurge a little on yourself and help boost the economy. You can order ahead and ask for your food to arrive at the start of the meeting if you like. If you don't have a computer or smart phone you can use a regular phone and order from a restaurant that delivers to your door such as a pizza place or some Chinese takeout places. Of course, you can join the conversation and learn from others even if you decide ordering food is not for you. Hope you can join us!

Registration: Call the office at 859-259-1834 or email info@bcbky.org for Zoom access info. Remember, you can use a landline telephone as well as a cell phone, computer or tablet to access a zoom meeting.

BCB Mentoring Support Groups

Date: Wednesday, February 10

Time: 2 to 3 PM

Topic: Vision impairment and blindness are normally conceived as a loss and many go through some type of grieving related to this experience of loss. However there is "light" at the end of a tunnel if only in a metaphorical sense and some of us find something of worth to be gained. We will spend

some time talking about the positive aspects of sight loss and how our lives or at least our perspectives may even have improved due to this “loss.” Please join us and share your experience on this interesting topic.

Date: Monday, February 15

Time: 7:30 to 8:30 PM

Topic: We will spend some time updating each other on our progress on the goals we set at our January meetings. It helps to have a group so we can be accountable! If you were not able to join us during January, please feel free to do so now and set some achievable goals for yourself! New members welcome. Please contact Susan Ament if you have any questions about joining in the discussions at Susana@bcbky.org or 859-259-1834. Zoom links will be sent to current group members and to new applicants.

BCB February Lunch & Learn

Date: Wednesday, February 24

Time: 1 to 2 PM

Location: Via Zoom meeting

Speaker: Maggie Felton, MSN, RN, Clinical Nurse Educator, Vanda Pharmaceuticals Inc.

Topic: Non-24 Sleep Wake Disorder. When deprived of natural light, which regulates our sleep and waking states, many people undergo a disruption of their sleep cycle. Ms. Felton will present the possible causes and symptoms of this disorder for which treatment is available and take your questions. There also will be a drawing for a door prize.

Registration: Call the office at 859-259-1834 or email info@bcbky.org for Zoom access info. Remember, you can use a landline telephone as well as a cell phone, computer or tablet to access a zoom meeting.

February Food Distribution

Date: Wednesday, February 24

If you are blind or visually impaired, live in Fayette County and need help getting food due to financial difficulties or not being able to shop regularly, you can sign up for BCB's monthly food delivery service by calling the office at 859-259-1834 or email info@bcbky.org.

February BCB Assistive Technology Seminar

Date: Thursday, February 25

Time: 1 PM

Topic: Choosing the right device for you

In this month's assistive technology group Zoom meeting, we will be talking about how to choose the right device for you. With so many different

options out there right now, it might be difficult to know the best option. Sam will discuss some helpful tips for choosing the perfect magnifier, computer, smartphone, etc.

Registration: Call the office at 859-259-1834 or email info@bcbky.org for Zoom access info. Remember, you can use a landline telephone as well as a cell phone, computer or tablet to access a zoom meeting.

Book of the Month

Hello, Darkness, My Old Friend: How Daring Dreams and Unyielding Friendship Turned One Man's Blindness into an Extraordinary Vision for Life

By: Sanford D. Greenberg

Read by: David Hartley-Margolin

Reading Time: 8 hours, 54 minutes

Number: DB100264

The author describes how losing his eyesight as a Columbia junior affected his life trajectory. He went on to Harvard and Oxford and – among many accomplishments – he invented a compressed speech machine, which speeds up the reproduction of words from recordings without distorting any sound. The title reflects his long friendship with Art Garfunkel. 2020

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

If you would like to help support the BCB Bulletin and the vital services provided by the Bluegrass Council of the Blind, please consider clicking the button below to make a secure online donation today. Thank you!

