



# **BCB BULLETIN**

## **MARCH 2021**

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**1093 South Broadway, Suite 1214 | Lexington, KY 40504 | [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834**

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### **Membership Dues Deadline Approaching!**

**If you're planning to join BCB's membership, it will help BCB if you can get your \$10 dues to us by March 10 to be included in the American Council of the Blind (ACB) database.**

**Our membership numbers determine the number of votes BCB has at the ACB National Convention, so the more members we have the stronger our voice. Membership numbers also help when we are applying for grants that allow BCB to not only continue our services but expand them.**

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 life safely and independently. We want you to join us! Connect with fellow members and support BCB's efforts by becoming a member or renewing your current membership for 2021.

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!

## **Joining BCB Zoom Meetings Just Got Easier**

Zoom has been a wonderful tool for staying connected throughout the COVID pandemic. There has just been one problem: So many numbers to remember! Well, we have fixed that. We have created a single set of easy-to-remember numbers to use to connect to BCB Zoom meetings. You will see that number referred to in our meeting announcements as the BCB Personal Meeting ID (PMI). We have missed seeing so many faces over the last year and hope that using the BCB PMI will help more of you join us! You will still need to register for each BCB Zoom meeting by emailing us at [info@bcbky.org](mailto:info@bcbky.org) or calling the office at 859-259-1834. Also, if we have more than one meeting going at the same time, we will have to use another meeting ID, so registration is important to be sure you have the correct Zoom information.

## **Welcome to the New BCB Board of Directors!**

Each new year brings a new board of directors here at BCB. The 2021 board is listed below. You'll note some familiar faces and some that are perhaps new to you. Thank you to all the board members past, present and future for the many hours you give to the organization!

### **Officers**

Rebecca Parmley, President

Judy Potter, Vice President

Paula Wiese, Secretary

Gary Knack, Treasurer

### **Members at Large**

Arthur Abshire

Paula Berry

Daniel Heller

Len Cox

Philip Rose

# 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, or receiving home-delivered meals and groceries. 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 859-253-1993, ext. 1041.



## Request Your BCB Large-Print Calendar

Have you picked up your large-print 2021 calendar yet? These calendars are paid for by a grant from the Lexington Rotary Club and are available at no charge to

Kentuckians with low vision.

A limited quantity is available. To pick up your calendar, please email [info@bcbky.org](mailto:info@bcbky.org) or call 859-259-1834 to schedule a time to come by the office.

## BCB's SEE Cruise Is in Dry Dock for Now

Like so many other cruises, BCB's annual SEE Cruise fundraising event is in dry dock. We are hoping to set sail again in August this year! Stay tuned to the BCB Bulletin newsletter and [Facebook page](#) for specifics!

## March Events

### BCB March Mentoring Small Groups

**Date:** Wednesday, March 10

**Time:** 1 PM to 2 PM EST

**Location:** Zoom Meeting

**Topic:** Fears related to Vision Loss

**Date:** Monday, March 15

**Time:** 7:30 PM to 8:30 PM EST

**Location:** Zoom meeting

**Topic:** Share an accomplishment related to adapting to your sight loss that gives you a feeling of joy or achievement. This can be an important achievement or a small step along the way.

Join Dr. Susan Ament in a small group setting to share and learn tips and techniques for living and coping with a vision impairment.

**To participate,** contact Susan at [susana@bcbky.org](mailto:susana@bcbky.org) or 859-259-1834 and she will send you access information. These groups are confidential, and participants are expected to be mindful and respectful of one another's privacy when personal information is shared. New group members are welcome!

### **BCB March Community In-ing**

**Date:** Monday, March 8

**Time:** 1 PM to 2 PM EST

**Speaker:** Cheryl Adams, Mary Kay Consultant

**Location:** Zoom Meeting

**Topic:** "Love the Skin You're In!"

Cheryl will stress the importance of taking good care of your skin and describe products that help nourish your skin. This will include basic skin care for cleansing and moisturizing, men's skin care, and fragrance and body products. There are many options, even products designed for chafing and breakouts from constantly wearing face masks during the pandemic! Your skin is your biggest organ, so be sure that you keep it healthy and give it the love it deserves.

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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. Carrier rates may apply.

### **BCB Quarterly Membership Meeting**

**Date:** Wednesday, March 17 (St. Patrick's Day)

**Time:** 1 PM to 2 PM EST

**Location:** Zoom Meeting

**Theme:** St Patrick's Day!

**Program:** Is the LUCK of the Irish with you? Join in the fun at the March Membership meeting and maybe you will win a prize! Following the pledge of allegiance and the business meeting, which will include approval of the September annual meeting minutes, we will enjoy a game of trivia, hear some great Irish music, and give away some door prizes! The membership committee cordially invites you to wear green and dress in St. Patty's Day attire for this festive occasion.

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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. Carrier rates may apply.

### **BCB March Assistive Technology Seminar**

**Date:** Thursday, March 18

**Time:** 1 PM to 2 PM EST

**Location:** Zoom meeting

**Topic:** WeWalk Navigation App

This month's assistive technology seminar is all about finding your way! Sam will be leading the discussion and demonstrating the newly updated WeWalk navigation app, possibly one of the best navigation apps for the visually impaired community!

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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. Carrier rates may apply.

### **BCB March Lunch & Learn**

**Date:** Wednesday, March 24

**Time:** 1 PM to 2 PM EST

**Location:** Zoom Meeting

**Speaker:** Todd E Stephens, State Coordinator, NFB-NEWSLINE Kentucky

**Topic:** Are you seeking a convenient way to access the news as a person who is blind or low vision? Did you know you could select from hundreds of publications to have read to you over the telephone or by asking Alexa? Come listen and learn about the variety of content available through NFB-NEWSLINE and how easy it is to gain access! Todd will cover the four C's of NFB-NEWSLINE. The four C's are

Content, Convenience, Compliance and Clarity. He will answer any questions and help with registration for the NFB Newslite service.

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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. Carrier rates may apply.

### **BCB March Food Distribution**

**Date:** Wednesday, March 24th

**Time:** Between 3 PM and 6 PM EST

If you are blind or visually impaired, live in Fayette County and are in need of food due to financial difficulties or barriers to shopping, BCB can help. We offer a pre-determined variety of grocery items each month and have volunteers deliver them to your door. To apply for BCB's food distribution service, please call 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org).

## **April Events**

### **BCB April Mentoring Small Groups**

**Date:** Wednesday, April 14

**Time:** 1 PM to 2 PM EST

**Location:** Zoom Meeting

**Topic:** TBD

**Date:** Monday, April 19

**Time:** 7:30 PM to 8:30 PM EST

**Location:** Zoom meeting

**Topic:** TBD

Join Dr. Susan Ament in a small group setting to share and learn tips and techniques for living and coping with a vision impairment.

**To participate,** contact Susan at [susana@bcbky.org](mailto:susana@bcbky.org) or 859-259-1834 and she will send you access information. These groups are confidential, and participants are expected to be mindful and respectful of one another's privacy when personal information is shared. New group members are welcome!

## **BCB April Community In-ning**

**Date:** Monday, April 12

**Time:** 1 PM to 2 PM

**Location:** Zoom Meeting

**Speaker:** Pat Ryan, BCB member, Past President of Lexington Lions Club

**Topic:** How Making Healthy Life Choices Helped Me to Overcome Diabetes

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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. Carrier rates may apply.

## **BCB April AT Seminar**

**Date:** Thursday, April 22

**Time:** 1 PM

**Location:** Zoom Meeting

**Topic:** Make Your Internet Browsing Easier

This month, Sam will demonstrate how to customize your computer's Internet browser to make it easier to use with low vision. He will talk about using custom themes and plug-ins to make things easier to see, and even have those long emails read out loud to you! Be sure to join in the Zoom call on April 22 to learn more!

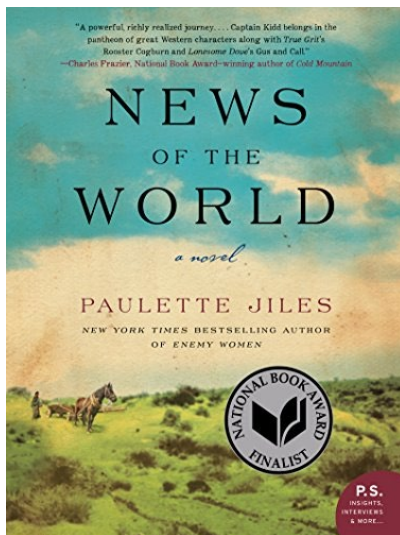
**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) for Zoom access info. Remember, you can use a landline telephone as well as a cell phone, computer or tablet to access a zoom meeting. Carrier rates may apply.

## **BCB April Food Distribution**

**Date:** Wednesday, April 28

**Time:** Between 3 PM and 6 PM EST

If you are blind or visually impaired, live in Fayette County and are in need of food due to financial difficulties or barriers to shopping, BCB can help. We offer a pre-determined variety of grocery items each month and have volunteers deliver them to your door. To apply for BCB's food distribution service, please call 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org).



## Book of the Month

**News of the World: A Novel**

**By:** Paulette Jiles

**Read by:** Clay Teunis

**Reading Time:** 6 hours, 16 minutes

**Number:** DB86668

In this historical fiction novel (now a newly released movie starring Tom Hanks), Captain Kidd rides across Texas delivering the news of the day. He is asked to take 10-year-old Johanna Leonberger, recently rescued

from a Kiowa tribe, to her family near San Antonio. The captain must deal with Johanna's inability to reacclimate to white culture. Some violence and some strong language. 2016.

***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 Donate Now button to make a secure online donation today or [click through to our Web site here](#). Thank you!*