Mayor Gorton Will Be Presenting at BCB's April Lunch & Learn!

We are so excited to announce that Lexington's Mayor Linda Gorton will be the speaker for BCB's April Lunch & Learn on Wednesday, April 28, at 1 PM via Zoom. Log on or call in to the Zoom meeting to hear remarks from the mayor, after which she will open the floor up for questions. We may all want to thank her for the funding restored to the Extended Social Resources grant, which is assisting BCB in providing essential services to Lexington and the surrounding communities. To register, 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. Carrier rates may apply.

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 or calling the office at 859-259-1834 and to receive the
We Are Sad to Say Good-bye

"Change is inevitable. Change is constant." - Benjamin Disraeli

Change can also be difficult! Especially when that change involves someone you care about! We here at BCB are saddened to report that we have accepted the resignation of Dr. Susan Ament, our Peer Support Program Coordinator, due to family needs. She is starting a new chapter in her life but we are hoping we will still see her among the many faces on a Zoom call here or there, or at a Membership Meeting. From the entire BCB family, Susan, thank you for all you have done here at BCB. You will be greatly missed!

From our Friends at the Kentucky Council at the Blind

The Kentucky Council of the Blind invites you to their next Crossroads Leadership Conference, on Saturday, April 10, from 2 PM to 4:30 PM Eastern Time. Entitled "There Ain't No Mouse in My Clubhouse," this is a great chance for chapters and affiliates to learn ways to use the new Clubhouse app that's all the rage right now to make new contacts on many different levels. Registration for Crossroads is now open. To register, call KCB at 502-895-4598 by Wednesday, April 7, to reserve your seat at the Crossroads.

Promoting Healthy Skin

On March 8, BCB participants were treated to an informative talk on healthy skin care during our March Zoom Community In-ing. Our presenter
Cheryl Adams, a consultant for Mary Kay, shared the five essential things your skin needs to remain healthy: cleansing, moisturizing, exfoliating, toning and protection. She described a skin routine and several products that meet these requirements for face and hands, including a 4-in-1 cleanser, a soothing under eye cream, and a charcoal mask. She also shared information on hand sanitizers and what to look for to keep your hands safe while protecting your skin.

If you missed the presentation, you can contact Cheryl directly at Cheryl.yourmkgal@Gmail.com or 859-489-9643 for a recap of the information shared.

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Thank you, Todd!

Todd E Stephens (pictured above left), State Coordinator of NFB-NEWSLINE Kentucky, was our speaker at the March Lunch & Learn. Todd discussed the variety of content available through NFB-NEWSLINE (including the BCB Bulletin!) and how easy it is to gain access. So informative!

**There's Still Time to Become a Member of BCB!**

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!
Pick Up 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.

There are still some calendars available! To pick up your calendar, please email info@bcbky.org or call 859-259-1834 to schedule a time to come by the office.

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 in in this small group setting to share and learn tips and techniques for living and coping with a vision impairment.

To participate, contact Theresa Thomas at info@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 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 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 Lunch & Learn
Date: Wednesday, April 28
Time: 1 PM to 2 PM
Speaker: Lexington Mayor Linda Gorton
Log on or call in to the Zoom meeting to hear remarks from the mayor, after which she will open the floor up for questions.

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. 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.
May Events

BCB May Mentoring Small Groups
Date: Wednesday, May 12
Time: 1 PM to 2 PM EST
Location: Zoom Meeting
Topic: TBD

Date: Monday, May 17
Time: 7:30 PM to 8:30 PM EST
Location: Zoom meeting
Topic: TBD

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

To participate, contact Theresa Thomas at info@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 May AT Seminar
Date: May 13, 2021
Time: 1 PM EST
Topic: Which Tip Is On Top?!

In this month’s AT group zoom call, we’re taking a virtual trip to compare several of today's top cane tips. We'll be testing a few old favorites and even some new kids on the block! Join Sam as he walks the halls of his house to find out which tip will come out on top!

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. Carrier rates may apply.
BCB May Food Distribution
Date: Wednesday, May 26
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.

Book of the Month
The Answer Is: Reflections on My Life
By: Alex Trebek
Read by: Alex Trebek
Reading Time: 4 hours, 37 minutes
Number: DB99678


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!