



# BCB BULLETIN

## APRIL 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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### **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](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.

### **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 and to receive the

BCB PMI. 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.



## **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](mailto:Cheryl.yourmkgal@Gmail.com) or 859-489-9643 for a recap of the information shared.



## **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](mailto: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](mailto: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](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 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](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).

## **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](mailto: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](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.

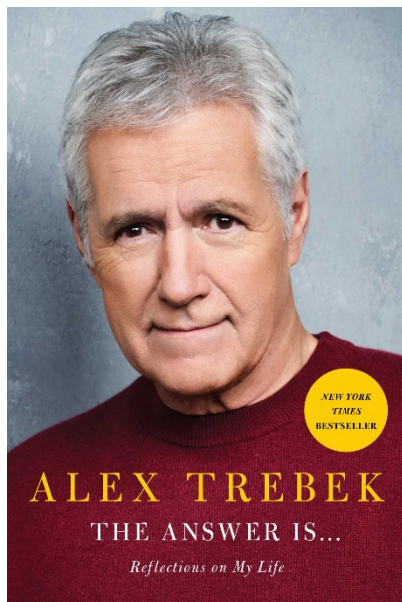


## **BCB May Food Distribution**

**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](mailto: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

Longtime host of the TV game show Jeopardy! shares stories of his life and career. Alongside anecdotes about the show and its contestants, he discusses marriage, parenthood, spirituality, education, philanthropy, and his own battle with cancer. Unrated. Commercial audiobook. 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 Donate Now button to make a secure online donation today or [click through to our Web site here](#). Thank you!*

