



BCB BULLETIN

June 2021

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

BCB's Mask Policy for June

Even though the mask mandate has been lifted for those who are vaccinated, BCB is requesting that all visitors to our office wear a face covering until they are seated for a meeting or appointment – at least for the month of June. This is for all clients, visitors, guests, members, staff, etc.

We will NOT require proof of having a COVID-19 vaccine, but if a person chooses to attend our activities, we ask that you continue to follow the CDC guidelines and wear a face covering until two weeks following your last vaccine.

BCB will request that volunteers wear a face covering when assisting clients or participants and serving boxed lunches, food or drinks. For the month of June, please be sure to bring a mask or cloth face covering for this reason. We hope to keep everyone as safe as possible and we hope this will be temporary. Thank you for your understanding and compliance with our decisions.

Vaccines Recommended but NOT Required to Participate in BCB Activities

As BCB slowly and carefully returns to in-person meetings, we want to clarify that we are NOT requiring participants to have the COVID-19

vaccine. We understand there are many reasons that some individuals are unable or choose not to be vaccinated, and we will not restrict them from participating or receiving services. There are many health conditions that prevent individuals from being vaccinated and we want to be sure we do not leave anyone out. Since we will not require proof of vaccination, please know if you do attend a group meeting, there MAY be others in attendance who are not vaccinated. We care about your safety and we are encouraging all who are able to be vaccinated to consider it for their safety and the safety of others. For current COVID-19 vaccine information, [click here to visit the official Team Kentucky source for information concerning COVID-19](#) or call the Kentucky COVID-19 Hotline: 800-722-5725 for general COVID-19 vaccine questions.

If you are in need of a vaccine and need help finding a location, getting an appointment, or needing transportation, please call the BCB office and we would be happy to help you with getting vaccinated. Call 859-259-1834.

New Listening Device Making Its Debut at June Membership Meeting!

We will have 30 assistive listening devices available for use at the June Membership Meeting. These devices use ear phones or ear buds to connect to a small receiver so you can hear what the speaker is saying during the meeting.

If anyone is concerned about hearing during the Membership meeting and would like to use one of these devices, please call the office at 859-259-1834 to reserve one of the receivers. They have headphones with them, but you are welcome and encouraged to bring your own ear buds or headphones with an 1/8-inch plug.

BCB and Partners to Offer O&M Clinic

BCB has recently partnered with the University of Kentucky Teachers of the Visually Impaired Program, KY Division of Blind Services (OVR) and the Kentucky School for the Blind (KSB) to produce an Orientation and Mobility (O&M) Clinic to fill the largest identified gap in services in Kentucky for people with vision impairments. The clinic will offer a variety of workshops in Lexington and across the state for individuals of all levels of interest and skills in orientation and mobility. Specific to blindness and low vision, O&M teaches safe, efficient and effective movement and travel skills to people of all ages. "Orientation" refers to the ability to know where you are and where

you want to go. Whether you're moving from one room to another or walking downtown to shop. "Mobility" refers to the ability to move safely, efficiently, and effectively from one place to another, such as being able to walk without tripping or falling, cross streets, and use public transportation. These skills are extremely important in allowing people who are visually impaired to continue living safely and independently, and Kentucky is short on O&M specialists AND available workshops for people with low to no vision. This clinic will offer a variety of workshops in Lexington and across the state for individuals of all levels of interest and skills in orientation and mobility. Workshops offer opportunities for people with visual impairments to learn much-needed skills while providing training for future O&M specialists. Each workshop will have multiple sessions and each session is optional. The first workshop will include the topics of guide dog teams and using a GPS device when navigating. That workshop will be on Saturday, July 31, from 9 AM to 3 PM on the University of Kentucky campus.

If you would like to learn more about this clinic, please join us for a brief overview of what to expect and a question-and-answer session with some of the partner agencies. The informative Q&A session will be held at the BCB office on Thursday, July 8th, from 7 PM to 8 PM and will be made accessible by Zoom for those who cannot attend in person. Registration is required and you can register by calling 859-259-1834, or by requesting a registration link by emailing us at info@bcbky.org. And check future BCB Bulletin newsletters and Calendars of Events for updates on this exciting new program!

In Memoriam

We are sad to announce that we lost two of our own recently: longtime BCB members and supporters Fred Ament, Jr. and Thelma Reed. Fred, father of former BCB Peer Support Manager Susan Ament, passed away on Saturday, May 15, 2021. He was 92. His was a well-known face here at BCB and will be greatly missed. [You can click here for his obituary and tribute page.](#)

Thelma and her sister Ada Hall were both members and devoted volunteers of BCB. Their brother, Bob McCray, was a past BCB board member. Ada was kind enough to call to inform us of her sister's passing on May 21 at the age of 98. [You can click here for Thelma's full obituary.](#)

If you Missed May's Lunch & Learn, You Can Watch It on YouTube.

BCB's May Lunch & Learn on Wednesday, May 26, was a lively sharing of how the individuals on the call had benefited from BCB services – from learning Braille to meeting people who share the same challenges to learning some not-so-obvious tricks to living with vision impairment. You can watch the video recording of this very informative Lunch & Learn by [clicking here on this link](#).

Make Plans for the 2021 Lexington Lions Club Bluegrass Fair!

The 2021 Lexington Lions Bluegrass Fair is June 10-20 at Masterson Station Park in Lexington! The popular fair is not only a highlight of summer here in Central Kentucky but proceeds from the event fund the club's charitable endeavors – like their generous support of the Bluegrass Council of the Blind! We are so grateful for our partnership with the Lexington Lions Club and can't wait to enjoy the fair again! Hope you can make it!

From Our Friends at the American Council of the Blind:

Pre-registration is now open for the 2021 Virtual Conference and Convention of the American Council of the Blind, July 16 through July 23, 2021. Everyone everywhere can participate in this convention; you do not need to be a member of the American Council of the Blind to take part.

To register go to www.acbconvention.org and open the registration link. As a convention registrant you will also be eligible for door prizes! Names will only be drawn from convention registrants; if your name is announced you automatically win!

All convention registrants will receive daily zoom links that will enable you to participate in all sessions via zoom. If you would like assistance registering by phone, please call Janet Dickelman, ACB Convention Coordinator, at 651-428-5059. Leave your phone number, your name, (including the spelling of your last name), and your time zone. It is not necessary to leave the date or time of your call. An ACB telephone registrant will call to complete your form.

Although all convention sessions are listed on the registration form you will not be choosing individual sessions. By registering for the convention you may attend any session. Please feel free to contact Janet with any questions either via phone 651-428-5059 or email janet.dickelman@gmail.com.

June Events

BCB Quarterly Membership Meeting and Picnic

Date: Sunday, June 6

Time: 5 PM to 6:30 PM EST

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504

This meeting is in person at the BCB office!

This second quarterly Membership Meeting is an in-person picnic in the parking lot of the BCB office building (1093 S. Broadway, Suite 1214, Lexington, KY 40504). A boxed meal and drink will be provided and distributed at 5 PM; the business meeting will start at 5:30 PM. We will be voting on bylaw changes, which were mailed out to members for review.

The governor has lifted the mask mandate for outdoor events under a thousand attendees, so no masks are required unless we need to move the meeting inside. (You are welcome to wear a mask if you prefer.) Vaccinations are NOT required and we will NOT be asking if people have been vaccinated.

Registration and Membership Is Required: Call the office at 859-259-1834 or email info@bcbky.org to register. Participants who are not comfortable or able to join in person can still call in or join us by video conference using BCB's Personal ID Zoom Link, which we will send to you upon registration.

June BCB Mentoring Small Groups

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

Date: Wednesday, June 9

Time: 1 PM to 2 PM EST

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504

Topic: Let's share about ways we can help others with low vision or blindness.

What ways can YOU help someone else who is experiencing a change in vision, or maybe their vision is stable, but they are going through other changes that are a struggle with vision loss.

This meeting is in person at the BCB office! We can allow a maximum of 10 participants (the first 10 to register) and masks will be required when you are moving about the office, but can be removed once you are sitting. Registration is required at least two days prior, so register by noon on Monday, June 7! Participants who are not comfortable or able to join in person can still call in or join us by video conference using the Zoom Link.

To participate, contact Theresa Thomas at info@bcbky.org or 859-259-1834. 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!

Date: Monday, June 21

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

Location: Zoom meeting

Topic: Let's share about ways we can help others with low vision or blindness.

What ways can YOU help someone else who is experiencing a change in vision, or maybe their vision is stable, but they are going through other changes that are a struggle with vision loss.

To participate, contact Theresa Thomas at info@bcbky.org or 859-259-1834 for 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!

June BCB Technology Seminar

Date: Thursday, June 10, 2021

Time: 1 PM to 2 PM

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504

Topic: Audio Description and Where to Find It!

In this AT group seminar, we will be discussing what Audio Description means when talking about movies and television. We will also list several ways to access Audio Description, both at home and in the theaters. If you've been looking for a more immersive way to watch your favorite movies, be sure to join the AT group seminar on June 10!

This meeting is in person at the BCB office! Masks will be required when you are moving about the office, but can be removed once you are sitting. Registration is required at least two days prior, so register by noon on Tuesday, June 8! Participants who are not comfortable or able to join in person can still call in or join us by video conference using the Zoom Link.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register or request 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.

June BCB Community Outing

We do not have a planned, organized community outing for the month of June but encourage everyone to get out and enjoy the Lexington Lions Club Bluegrass Fair. This will be a great chance to practice your mobility skills and use the confidence you've gained through other BCB community outings.

June BCB Lunch & Learn

Date: Wednesday, June 23, 2021

Time: 1 PM to 2 PM

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and via Zoom

Speaker: Andy Burstein, Chief Executive Officer, Accessible Pharmacy Services for the Blind

Accessible Pharmacy Services for the Blind is a comprehensive, home delivery pharmacy service specializing in the needs of the blind and low vision community. They are the only provider of its kind and the largest blind-owned healthcare company in the country. Accessible Pharmacy's Andy Burstein will be discussing how their company got started and how they help patients with medication management, diabetes management, etc. Their website is www.AccessiblePharmacy.com.

This meeting is in person at the BCB office! Masks will be required when you are moving about the office, but can be removed once you are sitting. Registration is required at least two days prior, so register by noon on Monday, June 21! Participants who are not comfortable or able to join in person can still call in or join us by video conference using the Zoom Link.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register or request 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.

June BCB Food Distribution

Date: Wednesday, June 23, 2021

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.

July Events

O&M Clinic Informational Meeting

Date: Thursday, July 8

Time: 7 PM to 8 PM

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and on Zoom

Topic: O&M Clinic Program

If you would like to learn more about the new O&M Clinic, please join us for a brief overview of what to expect and a question-and-answer session with some of the partner agencies. The informative Q&A session will be held at the BCB office and made accessible by Zoom for those who cannot attend in person. **Registration is required and you can register by calling 859-259-1834, or by emailing us at info@bcbky.org.**

July BCB Mentoring Small Groups

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

Date: Wednesday, July 14, 2021

Time: 1 PM to 2 PM EST

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504

Topic: Mobility and Independent Travel

From navigating from the house to the mail box to traveling across the country. We'll share information about tools to use, navigation tips and tricks, apps and services available to make it easier to navigate or travel or basic orientation and mobility skills. We'll discuss feelings and emotions that go along with navigating with a vision impairment and how we feel about ourselves and how we feel about how others may see or perceive us when using tools and techniques for navigation.

This meeting is in person at the BCB office! We can allow a maximum of 10 participants (the first 10 to register). Registration is required at least two days prior, so register by noon on Monday, July 12! Participants who are not comfortable or able to join in person can still call in or join us by video conference using the Zoom Link.

To participate, contact Theresa Thomas at info@bcbky.org or 859-259-1834. 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!

Date: Monday, July 19

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

Location: Zoom meeting

Topic: Mobility and Independent Travel

From navigating from the house to the mail box to traveling across the country. We'll share information about tools to use, navigation tips and tricks, apps and services available to make it easier to navigate or travel or basic orientation and mobility skills. We'll discuss feelings and emotions that go along with navigating with a vision impairment and how we feel about ourselves and how we feel about how others may see or perceive us when using tools and techniques for navigation.

To participate, contact Theresa Thomas at info@bcbky.org or 859-259-1834 for 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!

July BCB AT Group Seminar

Date: Thursday, July 15, 2021

Time: 1 PM to 2 PM

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and on Zoom

Topic: "A staff of independence" - The history of the White Cane

Have you ever wondered where the white cane came from, or who invented it? Why is it white and what's up with that red stripe

As we celebrate our nation's independence, we thought we might want to learn a little more about the tool that's brought independence to so many of us! Join Sam as he goes over the history and legacy of the white cane!

This meeting is in person at the BCB office! Registration is required at least two days prior, so register by noon on Tuesday, July

13! Participants who are not comfortable or able to join in person can still call in or join us by video conference using the Zoom Link.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register or request 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.

July BCB Lunch & Learn

Date: Wednesday July 28, 2021

Time: 1 PM to 2 PM

Location: BCB Office, 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and via Zoom

Topic: TBD

This meeting is in person at the BCB office! Registration is required at least two days prior, so register by noon on Monday, July

26! Participants who are not comfortable or able to join in person can still call in or join us by video conference using the Zoom Link.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register or request 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.

O&M Clinic Workshop

Date: Saturday, July 31, 2021

Time: 9 AM to 3 PM

Location: TBD on University of Kentucky Campus

Topic: Guide dog teams and using a GPS device when navigating

Registration is required and you can register by calling 859-259-1834, or by requesting a registration link by emailing us at info@bcbky.org.



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!