



June 2021

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Highlights

Orientation & Mobility Clinic Opens in July; Informational Meeting July 8

BCB has 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, filling 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.

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. If you would like to learn more about this 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 Thursday, July 8, from 7 PM to 8 PM at the BCB office (1093 S. Broadway, Ste. 1214, Lexington, KY 40504) and will be made accessible by Zoom for those who cannot attend in person. **Registration is required for the informational meeting and clinic workshops. To register for the Informational meeting, call 859-259-1834, or email info@bcbky.org. To register for one of the clinic workshops, [click this link](#).** Check future BCB Bulletin newsletters and Calendars of Events for updates on this exciting new program!

Monthly Food Distribution Deliveries Are Moving to Thursdays

Starting in July, we are moving our monthly food distribution deliveries to Thursdays for those people who cannot pick up their food bags in-person at Lunch & Learn meetings. Each month, we distribute a variety of grocery items to people who are blind or visually impaired and in need of food due to financial difficulties or barriers to shopping. During the pandemic, we started delivering those items to people's homes. Now that we are meeting in person again, we will distribute those food items to people who attend Lunch & Learn meetings in person and deliver the items the following day to those who cannot attend and live in Fayette County. (Those who wish to participate in the food distribution and attend the Lunch & Learn meetings in person will be expected to take their food home with them.) For those attending the July Lunch & Learn, food distribution will be at 2 PM, immediately following the meeting. To apply for BCB's food distribution service, please call 859-259-1834 or email info@bcbky.org.

CALENDAR

June Events

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: 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!

Lexington Lions Club Bluegrass Fair

Date: June 10-20, 2021

Location: Masterson Station Park

June BCB Lunch & Learn

Date: Wednesday, June 23, 2021

Time: Noon to 2 PM

Topic: Accessible Pharmacy Services for the Blind

Join us to learn about Accessible Pharmacy Services for the Blind -- a comprehensive, home delivery pharmacy service specializing in the needs of the blind and low vision community. Founded by blind and sighted experts in the areas of accessibility and medicine they are the only provider of its kind. What makes them unique is their ability to educate patients with low to no vision and family members, healthcare providers and caretakers

to implement the best medication plan. Their goal is to achieve the best medical outcomes as well as help patients become more independent. They will coordinate all the details with your doctor and insurance provider, including helping to keep costs as low as possible.

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

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 Community Outing

Date: Monday, July 12

Time: 1 PM to 3:30 PM (end time is approximate)

Location: Cinemark Fayette Mall Theater (3800 Mall Road, Lexington, KY 40503)

Please join us for a Private Watch Party of the new movie "In the Heights". The movie will start at 1 PM. For those using Wheels, reimbursement passes will be provided. **Registration is required.** To register, call the office at 859-259-1834 or email 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: Noon to 2 PM

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

Topic: Therapeutic recreation

Speaker: Jill Farmer, LFUCG Parks and Recreation Department

Jill will be speaking about therapeutic recreation and what is available now that we are beginning to open things back up. She is also looking for feedback and would love for our BCB folks to share recreational opportunities you would be interested in learning more about or the opportunities you would want to participate in if they were made available through the LFUCG Parks & Recreation Department. **If you have**

activities you would like to recommend to the Fayette County Parks Department, such as goal ball, beep baseball or any other adaptive recreation, contact Theresa at 859-259-1834 or info@bcbky.org.

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.

July BCB Food Distribution

Date: Thursday, July 29, 2021

Time: Between 3 PM and 6 PM EST

If you are blind or visually impaired 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 that you can pick up at our monthly Lunch & Learn meetings. (If you cannot attend the Lunch & Learn meetings and live in Fayette County, we can deliver your items to your home.) Any person attending the Lunch and Learn meetings on the 4th Wednesday of each month and who is visually impaired is eligible to participate in the food distribution, regardless of what county they reside in. Distribution is subject to availability. To apply for BCB's food distribution service, please call 859-259-1834 or email info@bcbky.org.

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 clicking this link](#).