



# **BCB BULLETIN**

## **August 2021**

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

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### **Would You Like to Be a BCB Board Member?**

The Nominating Committee of BCB's Board of Directors is currently welcoming nominations or volunteers for positions on the BCB 2022-23 Board of Directors. If you are interested in serving on the Board, you are invited to an information session on what makes you a good fit to serve on the BCB Board! You'll learn about the expectations, responsibilities, camaraderie and rewarding experience of serving, in addition to other duties. This session will be held at the BCB office, on Monday, Aug. 16, from 3 PM to 4:30 PM, during the regularly scheduled Board meeting. You may also attend via Zoom. You'll have first-hand insight into how the meeting is conducted.

To express your interest in attending this informative meeting, contact the BCB office at 859-259-1834 and a member of the Nominating Committee will be in touch with you.

**Jump on Board! BCB Needs You!**  
*Judy Potter, Philip Rose & Paula Wiese*  
*BCB Nominating Committee*

### **New Date, New Venue for 2021 BCB SEE Cruise!**

The wait is over! We have finalized plans for the 9th Annual BCB SEE Cruise! The annual fundraiser will be held on Oct. 10, 2021, at O'Neill's on Richmond Road in Lexington. Our Honorary SEE Captain, Bill Meck, will

help us cruise to St. Somewhere for a day of fun and philanthropy! Advanced tickets are \$20 and go on sale by Sept. 1. Tickets will be \$25 at the door. Watch upcoming BCB Bulletins and announcements for SEE Cruise updates and how to buy advanced tickets!

Thanks to the fantastic efforts of our donors and volunteers over the past eight years, **this annual event has raised more than \$100,000 to support life-changing programs for Kentuckians who are blind or visually impaired.** Our goal this year is raising \$20,000!

We are currently seeking event sponsors as well as items for our silent auction and raffle. If you're interested in becoming a sponsor or donating items for the auction, please contact Theresa at [info@bcbky.org](mailto:info@bcbky.org).

## **Heads up! Social Security Is Changing Notice Policy, Affecting People Who Are Blind or Visually Impaired**

AARP recently released an article that there is now a new opt-in process for those who are visually impaired or blind to continue receiving mailed notices from the Social Security Administration in formats such as large print and braille. The article states that many of the hundreds of thousands of Americans with vision loss who receive specially formatted notices from the Social Security Administration (SSA) will stop getting them this summer unless they act now to continue this service.

Starting Aug. 14, Americans who are blind or visually impaired will **only** receive the online version of SSA messages unless you or someone assisting you logs in to your account and "opts in" for paper mailings. If you do that, you will continue receiving special notices in your preferred format along with online notices in the Message Center of your My Social Security account.

### **How to Keep Your Special Notice Option**

According to the AARP article, "if you're a Social Security beneficiary with vision loss, you can take these steps to keep your special notice option intact:

1. Log in to your My Social Security account.
2. Go to Preferences and click on the button to edit Communication Preferences.

3. Set your communication preference to "Send a paper copy and an online copy."

### **How to Set Up Special Notices**

The article also included the following steps for Setting up special notices: "If you do not get special notices and want to start, log in to your My Social Security account and open the Preferences page. Click the Request a Special Notice Option link in the blue information box at the bottom of the page and choose one of these communication methods:

- Standard print notice by first-class mail
- Standard print notice by certified mail
- Standard print notice by first-class mail, with a follow-up phone call
- Standard print and braille notices by first-class mail
- Standard print and large-print (18-point font) notices by first-class mail
- Standard print notice and Microsoft Word file of text on a data CD, by first-class mail
- Standard print notice and voice recording of the text on audio CD, by first-class mail"

You can [click this link to read the full AARP story](#).

### **Terrible Alexa Jokes of the Month**

*What is underdressed and overdressed at the same time? A gorilla wearing a monkey suit!*

*What do mustaches wear on their hiking trips? Their fuman shoes!*

If you're using an Alexa virtual assistant, you can ask her to tell you the date, play your favorite song, answer a question and yes, even tell a joke! Just say, "Alexa, tell me a joke" and get ready to groan ...

### **Need a Ride to Get a COVID-19 Vaccine?**

[Federated Transportation Services of the Bluegrass, Inc.](#) is providing rides to those in need. Call 72 hours in advance to schedule: **888-848-0989**

Thanks to a generous donation from Toyota and the Beulah S. Mays Fund at BGCF, [ITNBluegrass](#) is providing rides to those 60+ years of age and adults with vision impairments. Call **859-252-8665**.

# August Is Children's Eye Health and Safety Awareness Month

According to Consumer Health Digest:

"About 80% of what children learn in school is taught visually, which means if a child has an undetected or uncorrected vision problem, it will affect the child's development and performances in school." They list the following as possible warning signs that your child may be experiencing vision problems:

- Tilting the head or squinting to see the class board better or when watching TV
- Frequent eye rubbing when he or she is trying to concentrate on something.
- Holding a book too close to their eyes or often sitting close to the TV.
- Consistently using his fingers to guide his eyes when reading.
- Closing one eye to read or watch TV.
- Excessive tearing without any tear-causing stimuli.
- Eye discomfort when using a computer or any digital device, i.e., digital eye strain.
- Sensitivity to light, sometimes accompanied by headache or nausea.
- Wandering eyes.

## August Events

### **August BCB Community Outing**

**Date:** Monday, Aug. 2, 2021

**Time:** 1 PM to 2 PM

**Location:** Fayette County Extension Office Gardens (1140 Harry Sykes Way, Lexington, KY 40504). We will meet outside by the back entrance to the building.

Please join us for a multisensory tour of the Fayette County Extension Public Gardens! The BCB August Community Outing will be a fun experience of the scents and feel of herbs, flowers and plants in all their summer glory. The Outing is open to anyone who is interested, whether visually impaired or sighted, and each participant will go home with a couple garden-fresh tomatoes and an herb sample.

**Registration is required. If you are interested, please let us know as soon as possible. If we do not have at least 6 participants for this outing, it will be cancelled.** To register, call the office at 859-259-1834 or [email info@bcbky.org](mailto:info@bcbky.org). For those using Wheels, reimbursement passes will be provided.

### **August BCB Mentoring Small Groups**

Share and learn tips and techniques for living and coping with a vision impairment in these small group settings. Do you have questions and just don't know where to find the answers? Are you trying to deal with challenges due to your vision and wondering how others manage? Join us for a more personal way of sharing and learning. We offer two dates for the mentoring small groups: an afternoon in person meeting and an evening meeting via Zoom.

#### **In-person Mentoring**

**Date:** Wednesday, Aug. 11, 2021

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

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

**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, Aug. 9!

**To participate,** contact Theresa Thomas at [info@bcbky.org](mailto: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!

#### **Mentoring via Zoom**

**Date:** Monday, Aug. 16

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

**Location:** Zoom meeting

**To participate,** contact Theresa Thomas at [info@bcbky.org](mailto: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!

## **August BCB Assistive Technology Group Seminar**

**Date:** Thursday, Aug. 19

**Time:** 1 PM to 2 PM

**Topic:** "Let there be light!"

Do you have certain areas of your house that are a little too dark? Closets, bathrooms, maybe that pesky kitchen pantry? Will in this month's AT group seminar we will be covering all things lighting! We'll talk about several different lighting solutions, such as portable lighting, task lighting, even lights that automatically turn on when you open a door or walk into a room! Better lighting is one of the easiest ways to help with low vision, so mark the date on your calendar and join us for a very "illuminating" conversation! **This meeting is in person at the BCB office! Registration is required at least two days prior, so register by noon on Tuesday, Aug.**

**17! 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](mailto: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.

## **August BCB Lunch & Learn/Food Distribution Pick-up**

**Date:** Wednesday, Aug. 25, 2021

**Time:** Noon to 2 PM

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

**Topic:** Brent Claiborne, LFUCG Parks and Recreation

Brent will be speaking about therapeutic recreation and what is available now that we are beginning to open things back up. He 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](mailto:info@bcbky.org).

**Supplemental food will be distributed after the program. This meeting is in person at the BCB office! Registration is required at least two days prior, so register by noon on Monday, Aug. 23! 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](mailto: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.

### **August BCB Food Distribution Home Delivery**

**Date:** Thursday, Aug. 26, 2021

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

If you are blind or visually impaired and 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, which occur on the fourth Wednesday of each month. If you cannot attend the Lunch & Learn meetings and live in Fayette County, we can deliver your items to your home the day after the monthly Lunch & Learn. Any person attending the Lunch & 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](mailto:info@bcbky.org).

## **September Events**

### **September BCB Mentoring Small Groups**

Share and learn tips and techniques for living and coping with a vision impairment in these small group settings. Do you have questions and just don't know where to find the answers? Are you trying to deal with challenges due to your vision and wondering how others manage? Join us for a more personal way of sharing and learning. We offer two dates for the mentoring small groups: an afternoon in person meeting and an evening meeting via Zoom.

#### **In-person Mentoring**

**Date:** Wednesday, Sept. 8, 2021

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

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

**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, Sept. 6!

**To participate**, contact Theresa Thomas at [info@bcbky.org](mailto: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!

### **Mentoring via Zoom**

**Date:** Monday, Sept. 20

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

**Location:** Zoom meeting

**To participate**, contact Theresa Thomas at [info@bcbky.org](mailto: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!

### **September BCB Assistive Technology Group Seminar**

**Date:** Thursday, Sept. 16

**Time:** 1 PM to 2 PM

**Topic:** "All About Audiobooks"

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

In this month's AT Group Seminar, we will be talking all about audiobooks. We'll discuss what is an audiobook and why you should be listening to them, including some of the best places to get audiobooks for free! Join us on the 16th for some great information! Everyone attending this seminar will have the opportunity to go home with several audio books on CD for free.

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

**14! 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](mailto: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.



## **September BCB Lunch & Learn/Food Distribution Pick-up**

**Date:** Wednesday, Sept. 22, 2021

**Time:** Noon to 2 PM

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

**Topic:** Medicare Updates for 2022 Annual Enrollment

**Speaker:** Pete Alberti, Kentucky Health Solutions

Pete will be reviewing some of the Medicare changes for 2022. Topics will include upcoming changes with Medicare, Medicare Supplement plans, Medicare Advantage, and Part D prescription drug coverage. He will also be sharing some information on the Medicaid/Medicare Advantage plans. Feel free to bring your questions about Medicare.

**Supplemental food will be distributed after the program.**

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

**20!** 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.

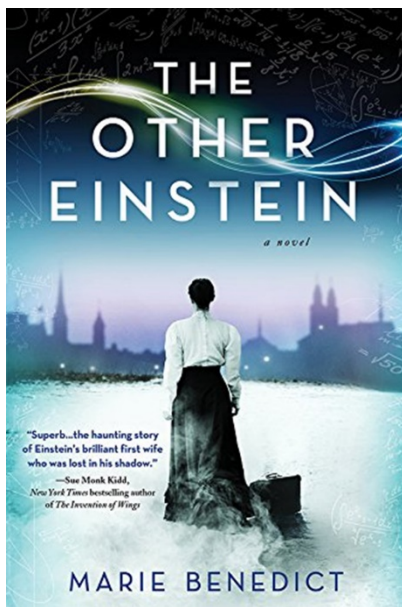
**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) to register or request Zoom access info. Remember, you can use a landline telephone as well as a cell phone, computer or tablet to access a zoom meeting. Carrier rates may apply.

## **September BCB Food Distribution Home Delivery**

**Date:** Thursday, Sept. 23, 2021

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

If you are blind or visually impaired and 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, which occur on the fourth Wednesday of each month. If you cannot attend the Lunch & Learn meetings and live in Fayette County, we can deliver your items to your home the day after the monthly Lunch & Learn. Any person attending the Lunch & Learn meetings on the 4th Wednesday of each month and 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](mailto:info@bcbky.org).



**Book of the Month**  
**The Other Einstein, A Novel**  
**By:** Marie Benedict  
**Read by:** Mozhan Marno  
**Reading Time:** 8 hours, 32 minutes  
**Number:** DB86012

Historical Fiction.  
Twenty-year-old Mitza Maric knows that, for her, math is easier than marriage, so she goes to university in Zurich to study physics. There, she meets fellow student Albert Einstein. When he shows an interest in her, she reconsiders marriage, especially when it might affect her own career. 2016

***Disclaimer: The book recommendations and opinions from staff and others do not necessarily reflect the opinions of Bluegrass Council of the Blind, Inc.***



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