



BCB BULLETIN

July 2021

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BCB Adopts New Mission Statement

At the BCB membership meeting June 6, members voted on several amendments to the organization's bylaws, one of which was a new Mission Statement. The official newly adopted Mission of the Bluegrass Council of the Blind reads:

To increase independence, security and quality of life for Kentuckians affected by vision loss through peer support, technology, training and additional resources.

Thank you to all our dedicated members. Your input and participation are so important in steering our organization – **the only nonprofit exclusively serving the needs of adults who are blind or visually impaired in Central Kentucky.**

Mark Your Calendars for 2021 BCB SEE Cruise!

The 2021 BCB SEE Cruise will be a hybrid of online AND in person this year, launching virtually on Thursday, Aug. 19, with an online auction of awesome auction and raffle packages. The auction will close during **our live in-person event on Sunday, Aug. 22!** Our Honorary SEE Captain, Bill Meck, will help us Cruise to St. Somewhere for a day of fun and philanthropy! Time, location and activities are still being finalized, so watch

your upcoming BCB Bulletin 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. Sponsors will be featured throughout the week on social media and the auction website, and auction packages will be open for bidding from August 19 to August 22. If you're interested in becoming a sponsor or donating items for the auction, please contact Theresa at info@bcbky.org.

BCB Receives Funds from the Kentucky Colonels and LFUCG

We are honored and grateful to be one of 275 Kentucky nonprofits receiving a Good Works grant from the Honorable Order of Kentucky Colonels. Through the generosity of the Kentucky Colonels, \$2.1 million was donated to Kentucky nonprofits this year. We will be putting these funds toward items such as talking meat thermometers, liquid level indicators and other assistive technology tools that help people with low to no vision continue to live safely and independently.

BCB was also one of only 12 agencies to receive funding in the Community Wellness and Safety category from the Lexington Fayette Urban County Government. We are so thankful to receive these funds that are vital to us continuing to provide services to Kentuckians who are blind or visually impaired.

If You Missed June's Lunch & Learn or AT Seminar, You Can Watch Them on YouTube.

Did you miss BCB's June seminars? No worries! You can watch them on the BCB YouTube Channel!

At BCB's June 10 Assistive Technology Seminar "Audio Description and Where to Find It!", BCB AT Program Manager Sam Seavey discussed what Audio Description means when talking about movies and television, and lists 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, this is the seminar for you! [Click here to watch the full seminar.](#)

BCB's June 23 Lunch & Learn was an exciting and informative presentation by Accessible Pharmacy Services for the Blind, 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 and others discussed how their company got started and how they help patients with medication management, diabetes management, etc. [Click here to watch the full presentation on YouTube.](#)

You can [click here to access BCB's full YouTube Channel.](#)

Foundation Fighting Blindness Highlights BCB's Sam Seavey

The Foundation Fighting Blindness recently posted a fantastic blog post on BCB's own Sam Seavey. [Click here to learn more about him.](#) We are so proud of Sam – not only for the work he does here at BCB but also on his YouTube Channel, The Blind Life, which has more than 34,000 subscribers from around the world.

From Our Friends at the American Council of the Blind:

The 2021 Virtual Conference and Convention of the American Council of the Blind runs July 16 through July 23, 2021. There will be an Opening General Session on Sunday, July 18, from 7 PM to 10:30 PM that you can listen to on ACB radio. We will also share a link to the Opening General Session in the July Calendar of Events.

CALENDAR

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 – Game Day at BCB

Date: Monday, July 12

Time: 1 PM to 2 PM

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

Please Join Us for Game Day at BCB to play bingo! Kathy Holder with United Healthcare will join us, providing snacks and prizes. **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/Food Distribution Pick-up

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.**

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, 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 Home Delivery

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, 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.

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: Registration is required and you can [register by clicking this link](#).

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)

Join us for a multi-sensory tour of the Fayette County Extension Office Gardens led by Extension Agent Jamie Dockery.

For those using Wheels, reimbursement passes will be

provided. **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.

August 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, Aug 11, 2021

Time: 1 PM to 2 PM EST

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

Topic: Dealing with the struggles of transportation and navigation as you deal with vision loss.

We'll talk about orientation and mobility training and skills and how you can regain your independence by learning to navigate independently.

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! 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, Aug. 16

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

Location: Zoom meeting

Topic: Dealing with the struggles of transportation and navigation as you deal with vision loss.

We'll talk about orientation and mobility training and skills and how you can regain your independence by learning to navigate independently.

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!

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 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: TBD

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 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 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, 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.



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!