



July 2021

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Highlights

First Orientation & Mobility Clinic Workshop to Be Held at UK July 31

Two spots still available!

BCB has partnered with the University of Kentucky Teachers of the Visually Impaired Program, KY Division of Blind Services and the Kentucky School for the Blind 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. The first workshop – "Guide dog teams and using a GPS device when navigating" – will be held at UK's Dickey Hall (251 Scott St, Lexington, KY 40508), Rooms 135 and 109, on July 31. [Registration is required](#) and registrations close July 16.

Each workshop is free of charge and will have multiple optional sessions. The sessions for the July 31 workshop are:

Session 1: Guide Dog Teams

9 AM to 10 AM Informative Lecture

10 AM to 11 AM Break Out for Individual Training

11 AM to 12 Noon Lunch (boxed lunch provided or you may bring your own)

Session 2: Navigation with GPS

12 Noon to 1 PM Group Instruction

1 PM to 2 PM Break Out for Individual Instruction

Session 3: (Optional)

2 PM to 3 PM Basic O&M for parents and family

Family members are welcome to participate. Registration is required for all participants. To register for the July 31 workshop, [click this link](#).

O&M Clinic workshops offer opportunities for people with visual impairments to learn much-needed skills while providing training for future O&M specialists. 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.

Check future BCB Bulletin newsletters and Calendars of Events for updates on this exciting new program! And [click this link](#) to watch or listen to the informational meeting held earlier this month on the new O&M program.

Please Note the Change in the July Lunch & Learn Topic and Rescheduled July Community Outing

Due to a scheduling conflict with scheduled speakers for July, we had to move some things around. Our July Lunch & Learn speaker will now be Roxanne Cheney, who will be discussing the services and activities available at A Caring Place, an organization that works to reduce loneliness. Jill Farmer, with LFUCG Parks & Recreation, who was originally scheduled to speak this month, will present at the August Lunch & Learn. And the July Community Outing has been rescheduled to Monday, July 26.

American Council of the Blind 2021 Convention

For the first time in the history of ACB, every Member has the opportunity to cast a vote in the ACB 2021 election process! You are not required to register for the convention. All ACB members have been sent, via email, a voting code and instructions on voting.

Your ACB Delegates are Adam Rushival and Paula Wiese (Alternate and Nominating Committee). For those of you following BCB's choices, you may contact Paula Wiese at 859-229-6333 for information on those candidates and assistance with the voting process.

ACB Convention registration has reopened and you may still register by going to acbconvention.org or contacting Paula Wiese at 859-229-6333 or pmw1208@gmail.com.

CALENDAR

July Events

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: Monday, July 19

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

Location: Zoom meeting

Come join the conversation and bring your personal questions and concerns about dealing with vision impairments. 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.

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. 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 Community Outing – Game Day at BCB

Date: Monday, July 26

Time: 1 PM to 2 PM

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

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 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

Speaker: Roxanne Cheney, A Caring Place

Come find out more about A Caring Place, here in Lexington. Experts agree the remedy to loneliness is increasing meaningful social connections; relationships that make us feel cared for and understood. A Caring Place's purpose is to meet that strong human need to belong.

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 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: UK's Dickey Hall (251 Scott St, Lexington, KY 40508), Rooms 135 and 109

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

Registration: Registration is required and registrations close July 16. You can [register by clicking this link](#). You do not need to have a cane, device or dog to attend and learn.

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

Come join the conversation and bring your personal questions and concerns about dealing with vision impairments. 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.

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

Come join the conversation and bring your personal questions and concerns about dealing with vision impairments. 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.

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: Jill Farmer, LFUCG Parks and Recreation

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, 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 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.