



August 2021

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

Highlights

We Are Changing Our Food Distribution Process

Please note: We will no longer be making monthly calls for Food Distribution.

How to participate:

If you are visually impaired, live in any Kentucky county and would like to pick up supplemental food at the monthly in-person Lunch & Learn meetings at the BCB office, please register for the meeting and food distribution by calling 859-259-1834, leaving your name and phone number, and stating that you will attend the Lunch & Learn meeting and will also be picking up food.

If you are not able to join us in person at the Lunch & Learn meeting, live in Fayette County and would like the supplemental food delivered to your home, please call 859-259-1834, leave your name, street address and phone number, and state that you would like food delivered. Food deliveries are made on the Thursday following the Lunch & Learn meetings between 3 PM and 6 PM. If you are unsure of your availability, please only call once you are certain of your arrangements to avoid confusion. If you have questions, please call the BCB office during normal office hours and press zero to talk with a staff member. If you do leave a message but then need to change your request, you must talk with

a staff member to make the change. Changes will NOT be accepted through the voicemail system.

BCB Lunch & Learn meetings and food pick-up occur on the fourth Wednesday of each month, with food deliveries made the following day between 3 PM and 6 PM. Upcoming Lunch & Learn and Food delivery dates are in the calendar below.

Masks Required Again in the Office

With more and more people contracting the delta variant of COVID-19, we are reinstating our mask requirement for in-office meetings. If you come to the BCB Headquarters, we ask that you wear a mask in the waiting area and when moving about the office. For a Lunch & Learn, once you are seated, you may of course remove the mask to eat and drink, but we encourage you to keep it on as much as possible to protect yourself and others! Our mission at BCB is to increase independence, security and quality of life for Kentuckians affected by vision loss through peer support, technology, training and additional resources. And keeping you healthy is a big part of that! Thank you for your cooperation in keeping our offices open and safe.

Mark your calendars for the Upcoming Membership / Annual Business Meeting and the 2021 SEE Cruise

Autumn is going to be busy around here! In addition to our regularly scheduled meetings and gatherings, please mark your calendars for:

- the Quarterly BCB Membership and Annual Business Meeting on Thursday, Sept. 30, from Noon to 2 PM and
 - BCB's 9th annual SEE Cruise fundraiser, Sunday, Oct. 10, from 2 PM to 8 PM. Join us at O'Neill's, 2051 Richmond Road in Lexington, for this cruise-themed event, featuring live music from two popular regional bands (CONCH REPUBLIC and Sammy's Left Eye), a silent auction and raffles, all to raise funds for life-changing services for Kentuckians who are blind or visually impaired.
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CALENDAR

August Events

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.

Mentoring via Zoom

Date: Monday, Aug. 16, 2021

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

Location: Zoom meeting

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, 2021

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? Well, 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! While at BCB

Headquarters, please wear a mask in the waiting area and when moving about the 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: Brent Claiborne, LFUCG Parks and Recreation, and Brandon, personal trainer at Tactile Training

Brent will be speaking first about therapeutic recreation and what is available through LFUCG Parks & Rec. 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.

Brandon, with Tactile Training, is a personal trainer who specializes in working with people with disabilities, including those who are visually impaired. Tactile Training uses verbal cues to describe how movements should feel when performed correctly and safely.

Supplemental food will be distributed after the program. This meeting is in person at the BCB office! While at BCB

Headquarters, please wear a mask in the waiting area and when moving about the 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.

To learn how to sign up for food distribution each month, please refer to "We Are Changing Our Food Distribution Process" above.

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.

To learn how to sign up for food distribution each month, please refer to "We Are Changing Our Food Distribution Process" above.

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! While at BCB Headquarters, please wear a mask in the waiting area and when moving about the 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 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, 2021

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

Location: Zoom meeting

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!

September BCB Community Outing

Date: Monday, Sept. 13, 2021

Time: Around 1 PM (Exact time will be based on movie time)

Location: Cinemark Fayette Mall

Activity: Let's Go to the Movies!

We'll choose a movie closer to the time, but please plan to join us for an audio-described movie at Cinemark Fayette Mall. Thanks to a donation from a generous client, BCB will pay for the first 20 people to register.

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

September BCB Assistive Technology Group Seminar

Date: Thursday, Sept. 16, 2021

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! While at BCB

Headquarters, please wear a mask in the waiting area and when moving about the 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 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! While at BCB

Headquarters, please wear a mask in the waiting area and when moving about the 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 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.

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September BCB Food Distribution Home Delivery

Date: Thursday, Sept. 23, 2021

Time: Between 3 PM and 6 PM EST

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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.

To learn how to sign up for food distribution each month, please refer to "We Are Changing Our Food Distribution Process" above.

BCB Quarterly Membership Meeting and Annual Business Meeting

Date: Thursday, Sept. 30, 2021

Time: Noon to 2 PM

Details to come in the September BCB Bulletin. Membership is required to attend.

This meeting is in person at the BCB office! While at BCB

Headquarters, please wear a mask in the waiting area and when moving about the office. Registration is required at least two days prior, so register by noon on Tuesday, Sept. 28! 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.

October Events

BCB's 9th Annual SEE Cruise Fundraiser

Date: Sunday, Oct. 10, 2021

Time: 2 PM to 8 PM

Location: O'Neill's (2051 Richmond Rd, Ste 140, Lexington, KY 40502)

Please come along on this cruise-themed fundraising event featuring live music from two popular regional bands (CONCH REPUBLIC and Sammy's Left Eye), a silent auction and raffles. 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!