



September 2021

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Highlights

Annual Business Meeting Moved to Zoom

With the continued spike in COVID-19 cases, BCB's Quarterly Membership and Annual Business Meeting will be held via Zoom only – and NOT in person -- on Thursday, Sept. 30, from 1 PM to 3 PM. BCB Membership and registration is required to attend.

We will conduct the annual business meeting with reports from the executive director and board officers. We will also vote on new board members for 2022 through 2023. Positions to be voted on are vice president, secretary, and two at-large members. The BCB board has accepted the following slate of nominees:

Officers

Vice President: Judy Potter

Secretary: Paula Wiese

Members at Large

Leonard Cox

Arthur Abshire

Kimberly May

Marty Smith

Anyone wanting to nominate someone, please email info@bcbky.org using the subject line BCB Board Nomination. If you wish to nominate someone, you must have their permission and willingness to serve. Nominations will be accepted from the floor; all nominees must be present at the meeting. The slate will also be emailed to all current members prior to the business meeting.

To register for the meeting, call the office at 859-259-1834 or email info@bcbky.org. 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.

New Class Offering: Tai Chi for the Visually Impaired!

Please join us for our newest offering: Tai Chi for the Visually Impaired, brought to you through a partnership with A Caring Place. According to the Mayo Clinic, "Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels."

"Tai Chi is a series of slow, focused body movements that were originally designed for self-defense," explains Instructor Rachel Eldridge. "It is a very relaxing activity appropriate for any fitness level. In this class, we will do these movements from a seated position. Each movement is called a form, and with practice we will learn a variety of forms. Once we feel comfortable with them, each form will flow into the next without pause, keeping your body in constant motion. Tai chi connects the body and mind in a way that can be meditative and is a good way to practice mindfulness-focus on the present moment without judgment, which is a wonderful tool to help combat the stress in our daily lives."

There will be a short guided meditation at the end of the class. We will be offering the class every other Thursday, with the first class being Thursday, Sept. 16, from Noon to 1 PM, conducted via Zoom. Registration is required and you can register by calling 859-259-1834 or emailing info@bcbky.org. You can use a landline telephone as well as a cell phone, computer or tablet to access a Zoom meeting. Carrier rates may apply.

Problems with Zoom? We Can Help!

We are happy to help you join our meetings via Zoom. Zoom meetings can be accessed with a landline phone, a cell phone, computer or tablet. Uncomfortable with being on video? You don't have to be! You can dial in for a voice-only experience or you can choose to turn your camera off and watch the class without being on camera. If you'd like help accessing our meetings using Zoom, please call the office at 859-259-1834 during business hours and dial Zero to speak to a staff member who can set you up for Zoom training.

Our Food Distribution Sign Up Process Has Changed

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

How to receive food:

Our food distribution is delivery only at this time. If you are visually impaired, live in Fayette County and would like supplemental food delivered to your home once a month, please call 859-259-1834, press 1 to leave your name, street address and phone number, and state that you would like food delivered. If you are unsure of your availability, please only call when 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.

Food deliveries are made one Thursday a month between 3 PM and 6 PM. Upcoming food delivery dates are in the calendar below.

Calendar

September Events

Tai Chi for the Visually Impaired

Date: Thursday Sept. 16 and Sept. 30, 2021

Time: Noon to 1 PM

Location: Zoom meeting

Instructor: Rachel Eldridge

Please join us for Tai Chi for the Visually Impaired, brought to you through a partnership with A Caring Place. This class will use verbal descriptions to familiarize people with vision impairments with the various movements and forms of Tai Chi, a relaxing form of exercise that is also meditative.

Movements will be done from a seated position and there will be a short guided meditation at the end of the class. We will be offering the class every other Thursday, with the first class being Thursday, Sept. 16, via Zoom. Sighted guests are welcome to join.

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

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 Assistive Technology Group Seminar

Date: Thursday, Sept. 16, 2021

Time: 1 PM to 2 PM

Topic: All About Audiobooks

Location: Zoom meeting

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 via Zoom for some great information!

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

Evening Mentoring

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 Lunch & Learn

Date: Wednesday, Sept. 22, 2021

Time: 1 PM to 2 PM

Location: Zoom meeting

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.

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

September food distribution will be delivery only. 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 offers a pre-determined variety of grocery items we can deliver to your home.

Registration: To register for food delivery, call 859-259-1834 and press 1 to leave your name, street address and phone number, and state that you would like food delivered. If you are unsure of your availability, please only call when 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 Quarterly Membership Meeting and Annual Business Meeting

Date: Thursday, Sept. 30, 2021

Time: 1 PM to 3 PM

Location: Zoom Meeting

With the continued spike in COVID-19 cases, BCB's Quarterly BCB Membership and Annual Business Meeting will be held via Zoom -- and NOT in person. We will be conducting the annual business meeting with reports from the executive director and board officers. We will also be voting on new board members for 2022 through 2023. Positions to be voted on are vice president, secretary, and two at-large members. The board will approve a slate that will be emailed to all current members prior to the business meeting. Nominations will be accepted from the floor and all nominees must be present at the meeting.

Membership is required to attend and membership must be paid in full 30 days prior to the meeting.

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

October events may or may not be held in person, depending on the spread of COVID-19.

BCB 2021 SEE Cruise presented by Gates Ford

Date: Sunday, Oct. 10, 2021

Time: 1 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 are available now! Tickets will be \$30 at the door. [Click this link to buy advanced tickets.](#)

Tai Chi for the Visually Impaired

Date: Thursday Oct. 13 and Oct. 27, 2021

Time: Noon to 1 PM

Location: Zoom meeting

Instructor: Rachel Eldridge

Please join us for Tai Chi for the Visually Impaired, brought to you through a partnership with A Caring Place. This class will use verbal descriptions to familiarize people with vision impairments with the various movements and forms of Tai Chi, a relaxing form of exercise that is also meditative.

Movements will be done from a seated position and there will be a short guided meditation at the end of the class. We will be offering the class every other Thursday via Zoom. Sighted guests are welcome to join.

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

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 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 meeting and an evening meeting.

Afternoon Mentoring

Date: Wednesday, Oct. 13, 2021

Time: 1 PM to 2 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!

Evening Mentoring

Date: Monday, Oct. 18, 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!

October BCB Assistive Technology Group Seminar

Date: Thursday, Oct. 14, 2021

Time: 1 PM to 2 PM

Location: Zoom meeting

Topic: Streaming Accessibility

Are you having trouble seeing the icons on your Apple TV? Do you wish you could talk to your Amazon Fire Stick? You may not realize just how much accessibility the most popular streaming services actually have! Join Sam for this month's AT seminar to learn more about streaming accessibility right into your home!

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

Date: Wednesday, Oct. 27, 2021

Time: Noon to 2 PM

Topic: Blind Ability Celebration

Speaker: Wren Blae Zimmerman

Wren is a blind equestrian show jumper who lives with an invisible disability, competes against able-bodied riders, advocates for para-show jumping to become a paralympic sport, and changes the perception about what the blind and visually impaired are capable of.

If we are able to hold this meeting in person, we will serve a boxed lunch of baked chicken, green beans and mashed potatoes.

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

October BCB Food Distribution Home Delivery

Date: Thursday, Oct. 28, 2021

Time: Between 3 PM and 6 PM EST

October food distribution will be delivery only. 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 offers a pre-determined variety of grocery items we can deliver to your home.

Registration: To register for food delivery, call 859-259-1834 and press 1 to leave your name, street address and phone number, and state that you would like food delivered. If you are unsure of your availability, please only call when 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.