



# BCB BULLETIN

## October 2021

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| [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834

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**SEE Cruise Advanced Ticket Sales End  
Wednesday, Oct. 6!**



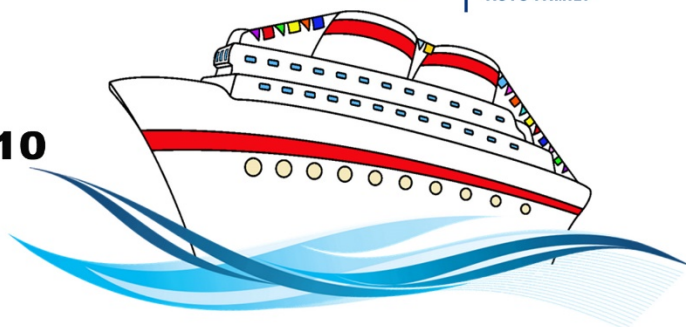
## 2021 SEE Cruise

Presented by Gates Ford



**GATES**  
AUTO FAMILY

**1 to 8 p.m.  
Sunday, Oct. 10  
at**  **Neill's**  
ONEILLSLEXINGTON.COM



BCB's 2021 SEE Cruise presented by Gates Ford is Sunday, Oct. 10, from 1 PM to 8 PM at O'Neill's, 2051 Richmond Road in Lexington. Advanced tickets are \$20 and available now **but only through Wednesday, Oct. 6!** After Wednesday, tickets will be \$30 at the door. [Click here to purchase advanced tickets.](#)

To learn more about the 2021 SEE Cruise presented by Gates Ford, visit [www.bcbky.org/special-events](http://www.bcbky.org/special-events).

## **Thank You to our SEE Cruise Sponsors!**

We are so grateful for the generous support of our 2021 BCB SEE Cruise sponsors:

### **Presenting Sponsor**



Gates Ford

### **Party Barge Sponsors**



RETINA ASSOCIATES OF KENTUCKY  
Retina Associates of Kentucky



United Healthcare

### **Port Sponsors**

Jeffrey & Libby Barber  
Davis & Plomin Mechanical  
Dave & Louise Pendery

### **Tugboat Sponsor**

Kentucky Academy of Eye Physicians and Surgeons (KAEPS)  
R. Allen Schubert

## **New BCB Board Members Elected for 2022**

At the September 30 BCB Membership Meeting, attendees voted on the new BCB board members for 2022. They are:

Judy Potter, Vice President

Paula Wiese, Secretary

Arthur Abshire, elected for his second term as a member at large

Len Cox, elected for his second consecutive term as a member at large.

And three new members:

Martin Smith

Kimberly May

Mac Ferguson (Mac has served on the BCB board of directors in the past and we are glad to have him back!)

## **BCB's September Meetings Available on YouTube**

If you were not able to attend BCB's September Assistive Technology Seminar, Lunch & Learn and Tai Chi, or if you'd like to experience them again, you can find them on YouTube! Just click the links below:

[Click here for BCB's September 2021 Assistive Technology Group Seminar: 'All About Audiobooks'](#)

[Click here for BCB's September 2021 Lunch & Learn: 'Medicare Updates for 2022 Annual Enrollment'](#)

[Click here for the Sept. 16, 2021, Tai Chi for the Visually Impaired](#)

[Click here for the Sept. 30, 2021, Tai Chi for the Visually Impaired](#)

# **October Is World Blindness and Vision Awareness Month**

According to NationalToday.com, "Every October, Blindness Awareness Month brings a heightened focus on the blind and visually impaired community and the realities of living without sight. According to the World Health Organization (WHO), 'everyone, if they live long enough, will experience at least one eye condition in their lifetime.' The proof is in the numbers. An estimated 2.2 billion people around the globe suffer from some form of visual impairment or blindness – including everyone who simply wears corrective lenses. One billion of these cases could have been prevented or is yet to be addressed. So, we should all understand how to maintain optimal eye health and how to navigate life with visual impairments, whether for ourselves or loved ones."

Here at BCB we are celebrating the month with our SEE Cruise Fundraiser on Oct. 10 and our Blind Abilities Celebration on Wednesday, Oct. 27, when we will welcome speaker Wren Blae Zimmerman, a blind equestrian show jumper. Details for both are in the calendar below.

## **What else can you do this month?**

October 15 is White Cane Safety Awareness Day. If you want to learn more about the history of the white cane, [click here to listen to BCB AT Program Coordinator Sam Seavey's presentation "A Staff of Independence."](#)

The Braille Institute is celebrating October with Orientation and Mobility Month! They will be hosting free online workshops and events focused on everything that has to do with O&M! [Click here to learn more.](#)

October is also Medication Safety Awareness for the Blind Month. Accessible prescription labeling options are often available for free at pharmacies throughout the U.S. and Canada. Unfortunately, they are not available everywhere!

In support of the need for safe and accessible prescription labels for people who are blind or visually impaired, BCB is a partner agency with the University of Kentucky Pharmacy program as a Community Service Learning partner, which provides meaningful community involvement and volunteer opportunities for UK Pharmacy students. We have a group of 10 students assigned to our organization for the next three years, to develop and implement a service project that benefits our clients. BCB is providing leadership, guidance and direction to the team of students on this advocacy project to provide accessible prescription labels to patients who are blind or have low vision.

[Click here to learn more about how you can observe, celebrate, and advocate during Blindness Awareness Month.](#)

## **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**.

## **Calendar**

### **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), and loads of fun 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 are available now through Wednesday, Oct. 6! Tickets will be \$30 at the door. [Click here to buy advanced tickets.](#)

### **October BCB Community In-ing Tai Chi for the Visually Impaired**

**Date:** Thursday Oct. 14 and Oct. 28, 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](mailto: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. 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! 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](mailto:info@bcbky.org) or 859-259-1834 for access information.

**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](mailto:info@bcbky.org) or 859-259-1834 for access information.

**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](mailto: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](mailto: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 need 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.



# November Events

## November 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. 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! We offer two dates for the mentoring small groups: an afternoon meeting and an evening meeting.

### Afternoon Mentoring

**Date:** Wednesday, Nov. 10, 2021

**Time:** 1 PM to 2 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.

### Evening Mentoring

**Date:** Monday, Nov. 15, 2021

**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.

## November BCB Community In-ing

### Tai Chi for the Visually Impaired

**Date:** Thursday, Nov. 11, 2021

**Time:** Noon to 1 PM

**Location:** Zoom meeting

**Instructor:** Rachel Eldridge

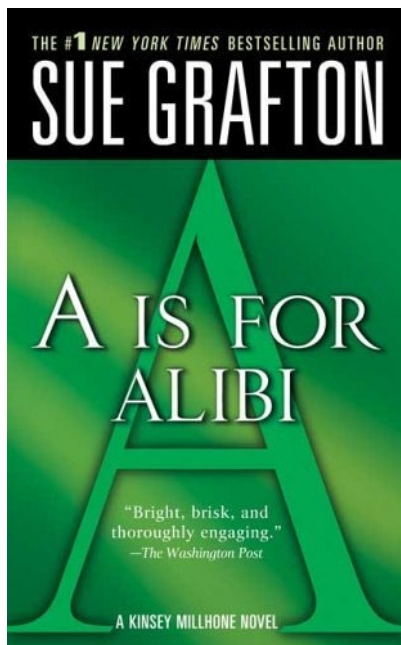
Please join us for Tai Chi for the Visually Impaired, brought to you through a partnership with A Caring Place. This class will use verbal descriptions to familiarize people with vision impairments with the various movements and forms of Tai Chi, a relaxing form of exercise that is also meditative. Movements will be done from a seated position and there will be a short, guided meditation at the end of the class. Sighted guests are welcome to join.

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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.

### **Kentucky Council of the Blind 48th Annual Conference & Convention**

**Date:** Nov. 18-20, 2021

The 2021 Kentucky Council of the Blind Virtual Conference and Convention will be held November 18 - 20 on the Zoom platform and on ACB Media, heard on all Alexa devices, on the computer at [acbmedia.org](http://acbmedia.org), and on any telephone by dialing (518) 906-1820.



### **Book of the Month**

**'A' is for Alibi: A Kinsey Hillhone Mystery**

**By:** Sue Grafton

**Read by:** Mitzi Friedlander

**Reading Time:** 7 hours, 43 minutes

**Number:** DB35069

Mystery / Detective Story

When prominent divorce attorney Laurence Fife was murdered in the picturesque Southern California town of Santa Teresa, his young and beautiful wife was convicted and sent to prison. Eight years later, out on parole, Nikki Fife hires attractive private eye

Kinsey Millhone to find out who really killed her late husband. Some strong language and some explicit descriptions of sex.

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



*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!*