



BCB BULLETIN

December 2021

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Please Choose BCB for the Good Giving Challenge



Please choose BCB Nov. 30-Dec 6

The Good Giving Challenge started Tuesday, Nov. 30!
Please visit www.bggives.org/BluegrassCounciloftheBlind between now and Dec. 6 to support BCB either through a donation, a personal fundraiser or just to share the link with friends and family!

The Bluegrass Council of the Blind is the only nonprofit exclusively meeting the needs of adults who are blind or visually impaired in Central Kentucky. Your donation will help BCB continue providing services to blind and

visually impaired adults; their family members and caregivers; and professionals who work with those with low to no vision of all ages. [You can set up a personal fundraiser at the link here anytime](#) between now and the end of the Challenge, but the earlier the better! And of course, please consider donating if you can! Thank you for supporting the Bluegrass Council of the Blind!

Don't Miss BCB's Holiday Party and Membership Meeting on December 8!

Please join us for BCB's in-person Holiday Party and Membership Meeting on Wednesday, Dec. 8, from Noon to 2 PM in the Fellowship Hall of Centenary United Methodist Church, located at 2800 Tates Creek Road, Lexington, KY 40502. The Fellowship Hall has an entrance just off the courtyard that leads to the main administrative offices in the center of the building on the West side of the building. BCB volunteers will be directing guests to the party as they arrive. We'll serve a boxed lunch of baked chicken, mashed potatoes and green beans; play games, sing carols and enjoy each other's company. Santa may even make an appearance! Membership is \$10 and is required to attend; you can pay your membership fees at the door. Each member can bring one guest--a BCB member or nonmember.

Call the office at 859-259-1834 or email info@bcbky.org to register. Registration for the meeting closes two days prior, so be sure to register by noon on Monday, Dec. 6! This meeting will be in person so masks are required while you move about the room.

BCB Executive Director Theresa Thomas Wins Award

During the Kentucky Council of the Blind Convention, BCB Executive Director Theresa Thomas received the KCB Rose & Lewis Cain Advocacy Award. The Cain Award is presented to an individual or organization that has repeatedly "gone the extra mile" to advocate for the rights of blind and visually impaired people throughout Kentucky. And we certainly agree that Theresa has done just that! Congratulations, Theresa!

Holiday Schedule Changes

There will be no Lunch & Learn in December due to the holidays. Food distribution will be delivery only and will occur on Thursday, December 16.

We Need Your Feedback!

Have you used any BCB service since July 1? For example: have you received food distribution, participated in a mentoring or community outing/in-ing, received assistive technology training, etc.? If so, BCB is eager to hear your feedback on our services to help us with grant reporting and evaluating programs. So, we're holding a focus group via Zoom on Wednesday, Dec. 15, from 7 PM to 8 PM. We will also be conducting phone surveys to gather feedback, so you may receive a call from us, too. Thank you in advance!

BCB's 2022 Membership Drive Has Begun!

BCB is the only nonprofit exclusively meeting the needs of adults who are blind or visually impaired in Central Kentucky. We are here to help people with low to no vision cope and navigate these times, and we want you to join us. Thank you to those friends who have already renewed your membership! Connect and support BCB's efforts by becoming a Member for 2022 or renewing your current membership for 2022.

We're here and ready when you are! Connection is just a click away! Dues are \$10 per person (additional donations are welcome). You can join or renew your BCB membership by [clicking through to our Web site here](#) and selecting the "Donate" button (please type "2022 membership" in the Comment box). You can also mail a check to the office at 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and note that it is for your 2022 Membership or call 859-259-1834 to pay by credit card.

BCB's November Meetings Available on YouTube

If you were not able to attend BCB's November Assistive Technology Seminar or 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 November 2021 Assistive Technology Group Seminar on the Scan Jig.](#)

[Click here for the Nov. 11, 2021, Tai Chi for the Visually Impaired.](#)

Calendar

December Events

Good Giving Challenge

Date: Nov. 30-Dec. 6, 2021

Visit www.bggives.org/BluegrassCounciloftheBlind between now and Dec. 6 to donate or start your own fundraiser. And please tell your friends and family!

December BCB Community In-ing Tai Chi for the Visually Impaired

Date: Thursday, Dec. 2, 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. If you are new to the group, you may want to review some of the moves from previous classes on [our YouTube page here](#).

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.

BCB Holiday Party and Quarterly Membership Meeting

Date: Wednesday, Dec. 8, 2021

Time: Noon to 2 PM

Location: Centenary United Methodist Church, 2800 Tates Creek Road, Lexington, KY 40502

Please join us for our in-person Holiday Party and Membership Meeting! We'll sing carols, enjoy some Christmas trivia and serve a boxed lunch of baked chicken, mashed potatoes and green beans. Santa may even join us! Membership is \$10 and is required to attend; you can pay your membership fees at the door. Each member can bring one guest--a BCB member or nonmember.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Registration for the meeting closes two days prior, so be sure to register by noon on Monday, Dec. 6! This meeting will be in person so masks are required while you move about the room and offices.

December BCB Assistive Technology Group Seminar

Date: Thursday, Dec. 9, 2021

Time: 1 PM to 2 PM

Location: Zoom Meeting

Topic: "All about the OrCam!"

The OrCam is a wearable device that detects text and speaks it aloud. The OrCam can also identify various products, US currency, credit cards, and even faces. In this month's A-T group seminar, we will discuss the two types of OrCam devices currently on the market and demonstrate their features. Join us for this exciting look at some of the most current assistive technology available!

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.

BCB Focus Group

Date: Wednesday, Dec. 15, 2021

Time: 7 PM to 8 PM

Location: Zoom Meeting

If you have received any BCB service since July 1 and did not participate in the Nov. 17 focus group, you are invited to participate! BCB is eager to hear your feedback on our services to help us with grant reporting and evaluating programs.

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

December BCB Food Distribution Home Delivery

Date: Thursday, Dec. 16, 2021

Time: Between 3 PM and 6 PM EST

December 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.

December BCB Mentoring Small Groups

Date: Monday, Dec. 20, 2021

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

Location: Zoom meeting

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! To participate, contact Theresa Thomas at info@bcbky.org or 859-259-1834 for access information.

January 2022 Events

Happy New Year!

As long as it is safe and CDC Guidelines allow it, we hope to return to in-person meetings in the new year.

January 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, Jan. 12, 2022

Time: 1 PM to 2 PM EST

Location: BCB Headquarters (1093 S. Broadway, Ste 1214, Lexington, KY 40503)

To participate, contact Theresa Thomas at info@bcbky.org or 859-259-1834.

Evening Mentoring

Date: Monday, Jan. 17, 2022

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.

January BCB Assistive Technology Group Seminar

Date: Thursday, January 13, 2022

Time: 1 PM to 2 PM

Location: BCB Headquarters (1093 S. Broadway, Ste. 1214, Lexington, KY 40503)

Topic: How to easily change the voice on your iPhone or iPad
Does Siri or VoiceOver on your iPhone or iPad sound like a robot? Well, did you know there are other voices available? These voices are much more natural sounding and won't make you feel like you're in an episode of "Lost In Space"! Join Sam for this month's A-T group seminar, where he'll show you how easy it is to get a natural and much more lifelike sounding voice for your Apple device. Bring your apple devices along with you and your questions on IOS settings and join us in person or by Zoom. This will be offered as a hybrid event, and registration is required for either.

This meeting is in person at the BCB office! 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.

January BCB Lunch & Learn/Food Distribution Pick-up

Date: Wednesday, Jan. 26, 2022

Time: Noon to 2 PM

Location: BCB Headquarters (1093 S. Broadway, Ste. 1214, Lexington, KY 40504)

Topic: BCB Programs and Services for 2022

Exciting new services are in the works and we want to let you know all about them! The BCB staff will present new services and cover some basic info on how to access services from BCB and many other services available to people with vision impairments in our community. This will be

the beginning of our BCB 101 Series and will be offered as a hybrid meeting, both in person at the BCB office, and available via Zoom for those who are unable to attend in person.

Please register at least two days prior to the meeting. Lunch will be served from noon – 1 PM and the presentation will be from 1 PM– 2 PM. If joining by zoom, please join at 1 PM.

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, January 24! 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.

January BCB Food Distribution Home Delivery

Date: Thursday, Jan. 27, 2022

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.

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 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.

Wishing you all a happy and safe holiday season!



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!