



# BCB BULLETIN

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

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## **2022 Brings with It a Returning Staff Member and New BCB Board**

Happy New Year! Unbelievably, it's 2022!

As we roll over to a new year, we are so excited to announce the return of Dr. Susan Ament to our staff as the Peer Support Program Manager. Dr. Ament had to leave the staff last year to take care of her family. She is now able to return and we are all so happy to welcome her back! She will be coordinating BCB and ACB membership, the Lunch & Learn support group meetings, the mentoring small group meetings, intake information and referral, supplemental food distribution, and community outings.

Along with Susan, we are welcoming in three new 2022 board members: Mac Ferguson, Kimberly May and Marty Smith have volunteered to lend their time and energy to help lead the organization. Thank you!

**The full BCB Board of Directors is now:**

Rebecca Parmley, President  
Judy Potter, Vice President  
Gary Knack, Treasurer  
Paula Wiese, Secretary

**Members-At-Large**

Arthur Abshire  
Len Cox  
Mac Ferguson  
Daniel Heller  
Kimberly May  
Marty Smith

Looks like a great beginning to 2022!

**BCB's 2022 Membership Drive Is Underway!**

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. We want you to join us! Connect and support BCB's efforts by becoming a Member or renewing your 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 donation page here](#), filling out the payment information and typing "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. Thank you to those friends who have already responded to this Membership Drive!

**We Are Staying Virtual a Little While Longer**

With the holidays just passed and their effects on the rates of COVID-19 cases not yet known, we plan to conduct BCB's January meetings via Zoom for now. Once we have direction from CDC guidelines, we may be

able to change that, but for now, we are erring on the side of caution to keep everyone healthy and safe. We know how important in-person meetings are to all of us, though, so please check the mid-month calendar carefully to see if we have determined it safe to meet together in person again. Our goal is to gather together again as soon as possible.

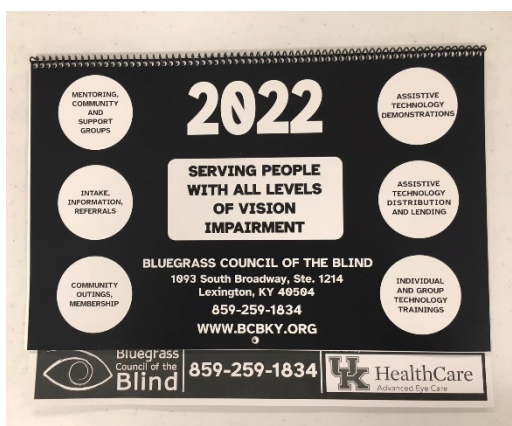
## Kentucky Housing Corporation's Tenant-Based Rental Assistance Program Accepting Applications Jan. 3.

Kentucky Housing Corporation's Tenant-Based Rental Assistance (TBRA) program will begin accepting applications for the Housing Choice Voucher Program at 9 a.m. EST Monday, Jan. 3, 2022, and will close the application portal at 5 p.m. EST Monday, Jan. 31, 2022.

The Section 8 online application will be available in three ways:

- By creating an account in [Applicant RentCafé](#)
- By calling KHC Customer Service at 877-552-7368, ext. 888, to complete an application by phone
- By requesting an application via email at [hcvwaitinglist@kyhousing.org](mailto:hcvwaitinglist@kyhousing.org) and returning the completed application via email

No walk-ins or mailed applications will be accepted. [For more information, please click here to visit KHC's website.](#) Applications are accepted in the order they are received, so KHC encourages everyone wanting assistance to register online. Waiting list applications and registration for new applicants will not be available until 9 a.m. Monday, January 3, 2022.



## The 2022 Calendars Are In!

BCB's large-print 2022 calendars are available! These large print calendars are free of charge for Kentuckians with vision impairments, thanks to UK HealthCare Advanced Eye Care. If you would like a calendar, please call the office at 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) to set up a time to pick one up. Quantities are limited.

## Audio Books Still Available!

It's the perfect time of year to cozy up with an audio book! Bluegrass Community and Technical College donated several boxes of books on CD for you! The collection runs across all genres, including books by Sue Grafton, Dean Koontz and Stephen King; popular titles like The Davinci Code and The Secret Life of Bees; and classics like Jane Eyre, Robinsons Crusoe, Sense and Sensibility, and Beowulf. If you don't have a CD player, you should be able to listen to the CD on a computer with a CD-ROM drive. If you're interested in picking up some books on CD, email [info@bcbky.org](mailto:info@bcbky.org) or call 859-259-1834 and we can send you a list of what we have available.

## Calendar

### January 2022 Events

Happy New Year!

Meetings in January will be held via Zoom for now.

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

**Date:** Thursday, Jan. 6 and Jan. 20, 2022

**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](#) and [here](#).**

**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.

## **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:** Zoom meeting

To participate, contact Susan Ament at [susana@bcbky.org](mailto:susana@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 Susan Ament at [susana@bcbky.org](mailto:susana@bcbky.org) or 859-259-1834 for access information.

## **January BCB Assistive Technology Group Seminar**

**Date:** Thursday, Jan. 13, 2022

**Time:** 1 PM to 2 PM

**Location:** Zoom meeting

**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. Have your apple devices with you and your questions on IOS settings and join us by Zoom.

**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.

## **January BCB Lunch & Learn**

**Date:** Wednesday, Jan. 26, 2022

**Time:** 1 PM to 2 PM

**Location:** Zoom meeting

**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.

**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.

## **January BCB Food Distribution Home Delivery**

**Date:** Thursday, Jan. 27, 2022

**Time:** Between 3 PM and 6 PM EST

At this point, January 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.

## **February 2022 Events**

### **February BCB Community In-ing**

### **Tai Chi for the Visually Impaired**

**Date:** Thursday, Feb. 3 and Feb. 17, 2022

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

**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.

### **February BCB Assistive Technology Group Seminar**

**Date:** Thursday, Feb. 10, 2022

**Time:** 1 PM to 2 PM

**Location:** TBD

**Topic:** DIY Digital Magnification Solutions

Do you have a smartphone or tablet lying around? Did you know these can be used as very capable magnification devices? Along with a few extra items, like a stand and some free apps, you can make an affordable DIY digital magnifier! In this month's A-T Group Seminar, Sam will demonstrate how to use a smartphone or tablet to see things a little more clearly!

**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.

### **February BCB Mentoring Small Groups**

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

#### **Afternoon Mentoring**

**Date:** Wednesday, Feb. 9, 2022

**Time:** 1 PM to 2 PM EST

**Location:** Zoom meeting

To participate, contact Susan Ament at [susana@bcbky.org](mailto:susana@bcbky.org) or 859-259-1834.

#### **Evening Mentoring**

**Date:** TBD

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

**Location:** Zoom meeting

To participate, contact Susan Ament at [susana@bcbky.org](mailto:susana@bcbky.org) or 859-259-1834 for access information.

## **February BCB Lunch & Learn/Food Distribution Pick-up**

**Date:** Wednesday, Feb. 23, 2022

**Time:** 1 PM to 2 PM (If we are able to meet in person, we will serve a lunch and start the meeting at noon, with food distribution at the end of the meeting)

**Location:** Zoom meeting

**Topic:** TBD

**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.

## **February BCB Food Distribution Home Delivery**

**Date:** Thursday, Feb. 24, 2022

**Time:** Between 3 PM and 6 PM EST

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.



*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!*