



January 2022

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

Highlights

Orientation and Mobility Clinic to Be Offered in Louisville, Lexington and Danville

BCB has teamed up with the UK Visually Impaired Program, the Kentucky School for the Blind (KSB) and the KY Office Of Vocational Rehabilitation (OVR) to present several opportunities for Kentuckians to receive Orientation and Mobility (O&M) training, which helps participants learn skills for independent travel. The O&M Clinic will offer a variety of workshops that may include basic mobility using a white cane, GPS devices, guide dogs or other ways of navigating your surroundings.

The next workshop will be held on Saturday and Sunday, Feb. 19 and 20, on the KSB campus in Louisville. If you are 14 or older, have a vision impairment and would like to participate in our workshop in February, [click here to visit our website to learn more](#) and to complete a registration form. No prior O&M training is required. The February clinic will focus on assessments, which would be best for those participants who have had

little to no O&M instruction but is not limited to those. Each participant would need to commit to a 4-hour time slot on one of the two days.

[Click here for more info and to sign up.](#) If you need more information or have other questions, please contact Theresa Thomas at the Bluegrass Council of the Blind, 859-259-1834, ext. 3.

The deadline to sign up for the February 19/20 workshops will be Monday, Feb. 7. Lexington and Danville dates are tentatively set for March 26 and 27. More info to be released soon.

Evening Mentoring Is Moving to Third Thursdays

Each month we hold two group mentoring sessions—one in the evening and one in the afternoon. Starting in February, the evening mentoring session is moving to the third Thursday of the month. The afternoon mentoring session will remain on the second Wednesday of each month. New group members are welcome! Please contact Susan Ament at susana@bcbky.org to participate.

Join BCB as a Member for 2022!

Please join us! Connect and support BCB's efforts by becoming a member or renewing your membership for 2022. Dues are just \$10 per person per year (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 BCB 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 current post-holiday surge in COVID-19 cases, we plan to conduct BCB's January and February meetings via Zoom. 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, and our goal is to gather together again as soon as possible.

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 to set up a time to pick one up. Quantities are limited.

Calendar

January 2022 Events

Due to the surge in COVID, meetings in January and February will be held via Zoom for now.

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.

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 or 859-259-1834 for access information.

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

Date: Thursday, 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. 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 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

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. 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 or 859-259-1834.

Evening Mentoring

Date: Thursday, Feb. 17, 2022

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

Location: Zoom meeting

Please note the new day! Evening Mentoring will now happen on the third Thursday of each month. To participate, contact Susan Ament at susana@bcbky.org or 859-259-1834 for access information.

February BCB Assistive Technology Group Seminar

Date: Thursday, Feb. 10, 2022

Time: 1 PM to 2 PM

Location: Zoom meeting

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 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.

O&M Workshop

Date: Saturday/Sunday, Feb. 19/20, 2022

Time: TBD

Location: Kentucky School for the Blind, 1867 Frankfort Ave, Louisville, KY 4020

For ages 14 or older; no prior O&M training is required.

The February clinic will focus on assessments, which would be best for those participants who have had little to no O&M instruction but is not limited to those. Each participant would need to commit to a 4-hour time slot on one of the two days.

Registration: The deadline to sign up is Monday, Feb 7, 2022. [Click here for more info and to sign up](#). If you need additional information or have other questions, please contact Theresa Thomas at the Bluegrass Council of the Blind, 859-259-1834, ext. 3.

February BCB Lunch & Learn

Date: Wednesday, Feb. 23, 2022

Time: 1 PM to 2 PM

Location: Zoom meeting

Topic: TBD

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.

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!