



BCB BULLETIN

February 2022

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COVID and Wintry Weather Can't Stop BCB!



While we haven't been able to hold our normal in-person meetings and head out on community outings together, BCB staff and volunteers are still hard at work delivering food and sharing information about our services: As part of MLK Week, BCB's Bri Sweatt and Theresa Thomas manned a booth at UK's Volunteer Fair, sharing volunteer and internship information with UK students and organizations we are interested in collaborating with to provide new opportunities and referrals for our clients. For more than a year, we have been delivering food and other items monthly to people with vision impairments who are staying safe at home during the pandemic. BCB's Assistive Technology Program Director Sam Seavey has been making the rounds at various senior living facilities in the area to share information and give assistive item demonstrations. See the calendar below

for the SILVER initiative presentation coming in March at the LFUCG Senior Center.

Watch BCB Meetings on YouTube

If you are not able to attend BCB's meetings, be sure to visit our YouTube page to watch them (or experience them again!) at your convenience. For January's meetings, just click the links below:

[Click here for BCB's January Lunch & Learn on BCB programs and services for 2022](#)

[Click here for BCB's January Assistive Technology Seminar on how to easily change the voice on your iPhone or iPad](#)

[Click here for the January 20 Tai Chi for the Visually Impaired](#)

Orientation and Mobility Clinic to Come to Louisville Feb. 19-20

The next O&M workshop will be held on Saturday and Sunday, Feb. 19 and 20, on the KSB campus in Louisville. If you 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. This workshop is open to adults and students of all ages, but limited space is available. If you are interested in attending these or ANY Orientation and Mobility workshops around Kentucky, please [click here to complete the registration form](#). The deadline to sign up for the February 19/20 workshops is Monday, Feb. 7. 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.

Hoping to Return to In-person Meetings in March

Our goal is to return to in-person meetings in March, though that is subject to change. As always, your safety and the safety of our staff and board is the driving force. So whether we are able to meet in person again depends on the COVID-19 cases, hospitalizations and the recommendations of state and local officials, along with the CDC guidance.

Reminder: 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!

Request Your 2022 Large-print Calendar!



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.

In Memoriam

David Williams

BCB is saddened to share the news of the passing of David Williams of Lexington. "Dave" was a special volunteer with the Bluegrass Council of the Blind, offering his time and talents primarily with our Board of Directors and staff. For several years, Dave provided an informative and even entertaining interactive training for our Board Orientations on the Robert's

Rules of Order. He titled his presentations “How to Run an Effective Meeting” and was known for his humor and crowd participation during his trainings. Dave was also a trusted advisor during some difficult challenges for the staff and board, and for that, we will always be grateful. We would like to recognize Dave for his sincere commitment to the entire Lexington community through his support of BCB and numerous other nonprofits, where he dedicated his time and talents. We offer our deepest condolences to his wife and family.

Jerry B Young

We are sad to hear of the passing of BCB member Jerry Young. Jerry was involved with the Bluegrass Council of the Blind for many years. He was a member of the Toastmasters Club in Lexington and was a skilled storyteller. Jerry attended BCB membership meetings and shared his input and views to assist the Board and membership with the direction of the organization. We will miss his valued opinions and guidance.

Calendar

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

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, 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 or 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 40206

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. This workshop is open to adults and students of all ages, but limited space is available.

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: Covid 19 and Vaccines: Questions, Concerns & Answers

Speaker: Elisa Argueta, Information and Referral Specialist at Independence Place.

Elisa will give an informative talk on Covid-19 and vaccinations, including research and reliable websites. She will answer questions you may have in a judgment free space, with the emphasis being on informed consent. Prior to her accepting her role at Independence Place, Elisa worked as an educator in the fields of domestic violence and mental health. She is looking forward to meeting with us, providing helpful information and getting to know our needs.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Remember, you can use a landline or 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.

March 2022 Events

March BCB Community Inning

Tai Chi for the Visually Impaired

Date: Thursday, March 3 and March 31, 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 to register. Remember, you can use a landline or cell phone, computer or tablet to access a Zoom meeting. Carrier rates may apply.

March BCB Community Inning

Tai Chi with A Caring Place

Date: Tuesday, March 8, 2022

Time: Noon to 1 PM

Location: Zoom meeting

Instructor: Rachel Eldridge

Please join us for Tai Chi *with* A Caring Place via Zoom. **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 susana@bcbky.org to register. Remember, you can use a landline or cell phone, computer or tablet to access a Zoom meeting. Carrier rates may apply.

SILVER Initiative Presentation

Date: March 8, 2022

Time: 10 AM to 11 AM

Location: LFUCG Senior Center (195 Life Lane, Lexington, KY 40502)

Topic: Kitchen Tools and Tips for people with low vision

Can people with low vision or who are blind cook safely in independently? Absolutely! With the right tools and techniques, many people who have limited vision or no vision at all prepare meals, snacks and nutritious foods both independently and safely, right in their own homes.

Join BCB's Sam Seavey to listen to an informative presentation where he will demonstrate a number of tools and tips that will keep you safe while working in the kitchen. There will be time for questions and for trying out products, first hand. Those who register in advance will qualify for free items (while supplies last). Please call 859-259-1834 and speak with a staff member to register.

March BCB Mentoring Small Groups

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

Afternoon Mentoring

Date: Wednesday, March 9, 2022

Time: 1 PM to 2 PM EST

Location: BCB Headquarters (subject to change) 1093 S. Broadway, Lexington, KY 40504

To participate, contact Susan Ament at susana@bcbky.org or 859-259-1834.

Evening Mentoring

Date: Thursday, March 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.

March BCB Assistive Technology Group Seminar

Date: Thursday, March 10, 2022

Time: 1 PM to 2 PM

Location: BCB Headquarters (subject to change) 1093 S. Broadway, Lexington, KY 40504

Topic: Mobile Screen Reader Basics

It's time to get back to basics! In this month's AT group seminar, we will be going over the basic operations of TalkBack and VoiceOver. If you need a bit of a refresher course in your favorite screen reader, definitely join us on March 10th!

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Remember, you can use a landline or cell phone, computer or tablet to access a Zoom meeting. Carrier rates may apply.

March BCB Lunch & Learn

Date: Wednesday, March 23, 2022

Time: 12 PM to 2 PM

Location: BCB Headquarters (subject to change) 1093 S. Broadway, Lexington, KY 40504

Topic: TBD

If we can meet in person, we will serve a lunch and food distribution will take place after the meeting.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Remember, you can use a landline or cell phone, computer or tablet to access a Zoom meeting. Carrier rates may apply.

March BCB Food Distribution Home Delivery

Date: Thursday, March 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!