



February 2022

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

Highlights

BCB Health Fair Coming in April

With the help of UK pharmacy students, we are planning a health fair on April 15, 2022, from noon to 3 PM. Be sure to check your March 1 BCB Bulletin for full details!

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!

Calendar

February 2022 Events

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

Date: Thursday, 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!

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.

O&M Workshop

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

Time: Morning and afternoon sessions

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 Tuesday, Feb 15, 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 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.

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. 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.

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. 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.

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 telephone as well as a 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: Smart 911

Speaker: Debbie Nantz with Lexington Enhanced 911 will tell us all about Smart 911 that protects you and your family during an emergency by providing specific information to first responders. It involves creating a tailored safety profile that is free, private and secure. The information provided is entirely up to you and is intended to help first responders better provide for your individual and specific needs should there come a time when you need to call 911.

If we are able to 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 telephone as well as a 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

Those who attend the Lunch & Learn are expected to take their food distribution home with them then. If you cannot attend the Lunch & Learn on March 23, are blind or visually impaired, live in Fayette County and need food due to financial difficulties or barriers to shopping, you can sign up for your food to be delivered.

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!