



BCB BULLETIN

March 2022

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Come See Us in Person!

We are happy to announce we will be holding our meetings in person this month at BCB's Headquarters (1093 S. Broadway, Ste. 1214). That means we'll be able to have lunch together at the Lunch & Learn on Wednesday, March 23, so that meeting will start at noon. **For everyone's safety, we are asking that masks be worn unless you are eating or drinking.** We can't wait to spend time together again! For those of you who are not able to attend in person, we will continue to offer access to the meetings via Zoom.

Don't Miss the First Quarterly Membership Meeting of 2022!

BCB is having its first quarterly membership meeting Wednesday, March 16, from noon to 2 PM at BCB Headquarters. We'll enjoy lunch together, then have a short business meeting, including roll call, pledge of allegiance, reading of September minutes, a BCB 101 talk and announcements.

Starting at 1 PM, the business portion of the meeting will be available for members to participate virtually from home via Zoom. We will conclude the afternoon with door prizes and St Patrick's Day Trivia. Wear your green and get ready to enjoy some social time with other BCB members! **Masks will be expected unless you are eating or drinking.**

Membership is required to attend. If you have not joined the membership for 2022 yet, dues are just \$10 per person per year (additional donations are welcome), and 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. Membership and registration are required two days in advance, so be sure to register by Monday, March 14, by calling the office at 859-259-1834 or emailing info@bcbky.org.

You're Invited to BCB's SILVER Initiative Health Fair

Supported by United HealthCare, Kentucky Health Solutions and Accessible Pharmacy Services

The Bluegrass Council of the Blind is working with graduate students from the UK School of Pharmacy to offer a health fair on Friday, April 15, from noon to 3 PM at the Lexington Senior Center at 195 Life Lane, Lexington, KY 40502.

This health fair is open to adults of all ages in Central Kentucky and door prizes will be offered. Vendors will be offering health screenings and exams and information on managing health for seniors and people with vision impairments. At the time of this printing the Senior Center is currently requiring face coverings for all staff, vendors and visitors to the Lexington Senior Center. Thank you for your cooperation.

Screenings and exams may include:

- Blood pressure screenings
- Vision screenings
- Hearing screenings
- Diabetes screenings
- Diabetes foot exams
- Kidney screenings
- Info and referrals for adults with vision impairments
- Low-vision services and technology for living independently with vision loss
- Medication consultation – bring a list of medications you are currently taking and talk with a pharmacy student on potential drug interactions or ways you can optimize your medication effectiveness.

We would like to recognize the support from our vendors:

United HealthCare, Kentucky Health Solutions, Accessible Pharmacy Services, Lexington Lions Club, Kidney Health Alliance, UK Advanced Eye Care, UK School of Pharmacy, Vanda Pharmaceuticals and more!

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 February's meetings, just click the links below:

[Click here for BCB's February Assistive Technology Seminar on DIY Digital Magnification Solutions](#)

[Click here for the February 17 Tai Chi for the Visually Impaired](#)

Orientation and Mobility Workshops Coming to Danville and Lexington

On March 26 and 27, the O&M Clinic partnership will offer workshops in Danville and Lexington for people wishing to learn more about orientation and mobility for people with vision impairments. The structure of the workshops will include some group instruction and assessments, along with individual training on white cane and human guide techniques. These are open to anyone interested in learning the techniques for navigating with a vision impairment or assisting a person with a vision impairment. All ages are welcome.

Workshops will begin at 9 AM and time slots will continue through the day until 4 PM. The Danville location is still being determined. The Lexington O&M Clinic will be held on the University of Kentucky Campus at 251 Scott St, Lexington, KY 40508

If you are interested, please call or email Theresa Thomas at 859-217-2270 or theresa@bcbky.org.



Get Your 2022 Large-print Calendar!

Have you picked up your 2022 calendar yet? 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

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 or Tai Chi, you may want to review some of the moves from previous classes on [our YouTube page here](#) and [here](#). These recorded sessions were made especially for those with sight impairment and are described verbally.**

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

We will be joining the regular Tai Chi class with A Caring Place via Zoom; this class is not specifically for visually impaired. If you are new to the group or tai chi, we recommend you watch some of the moves from previous audio-described classes on [our YouTube page here](#) and [here](#). These recorded sessions were made especially for those with sight impairment.

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 the Zoom session. Carrier rates may apply.

March BCB Mentoring Small Groups

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

Afternoon Mentoring

Date: Wednesday, March 9, 2022

Time: 1 PM to 2 PM EST

Location: BCB Headquarters (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 (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, if you can't join us in person, you can use a landline telephone as well as a cell phone, computer or tablet to access the meeting via Zoom. Carrier rates may apply.

March Quarterly Membership Meeting

Date: Wednesday, March 16, 2022

Time: Noon to 2 PM

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

Theme: St. Patrick's Day

We will serve lunch at noon, after which we will have a short business meeting followed by a BCB 101 talk. Starting at 1 PM, the business portion of the meeting will be available for members to participate virtually from home via Zoom. We will conclude the afternoon with door prizes and St Patrick's Day Trivia. Wear your green and get ready to enjoy some social time with other BCB members! **For everyone's safety, masks will be expected unless you are eating or drinking.**

Registration: Membership is required. Call the office at 859-259-1834 or email info@bcbky.org to register by Monday, March 14. 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: Noon to 2 PM

Location: BCB Headquarters (1093 S. Broadway, Ste. 1214, 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.

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, March 21!

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Remember, if you can't join us in person, you can use a landline telephone, cell phone, computer or tablet to access the meeting via Zoom. 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 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 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.

April 2022 Events

April BCB Community Inning

Tai Chi with A Caring Place

Date: Tuesday, April 12, 2022

Time: Noon to 1 PM

Location: Zoom meeting

Instructor: Rachel Eldridge

We will be joining the regular Tai Chi class with A Caring Place via Zoom; this class is not specifically for visually impaired. If you are new to the group or tai chi, we recommend you watch some of the moves from previous audio-described classes on [our YouTube page here](#) and [here](#). These recorded sessions were made especially for those with sight impairment.

Registration: Call Susan Ament at 859-259-1834, extension 6, or email susana@bcbky.org. She will see that you receive access information. 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.

April BCB Community Outing

Date: Friday, April 15, 2022

Time: 12 PM to 2 PM

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

Event: BCB Silver Initiative Health Fair

What to Expect: Up to a dozen vendors will have booths including BCB, United HealthCare, Kentucky Health Solutions, Accessible Pharmacy, Lions Vision and Hearing Screenings, Lions Diabetes Screenings, and more. UK Pharmacy students will have booths for diabetes foot exams, hypertension (blood pressure) screenings, and medication counseling (bring a list of medications you are currently taking for a consultation on how food and other medications may interact). Enjoy an afternoon out and discover ways you can improve or maintain your current healthy lifestyle.

Registration: This event is open to adults of all ages. To register, call BCB at 859-259-1834 or contact Susan at susana@bcbky.org so we can be looking out for you. Wheels passes will be available at the BCB booth for those who register and request passes. At the time of this printing the Senior Center is currently requiring face coverings for all staff, vendors and visitors to the Lexington Senior Center. Thank you for your cooperation.

April BCB Lunch & Learn

Date: Wednesday, April 27, 2022

Time: Noon to 2 PM

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

Topic: Resources for seniors and people with disabilities

Speaker: Dana Davidson, a social worker with the Aging and Disability Resource Center, will give an overview of services available and how to access them. These services may include help in the home and meal delivery, among others. She will provide information on applying for a fee waiver through Medicaid. Her talk will be short to allow plenty of time to address specific questions that you may have so bring your curiosity and you may leave with a wealth of useful knowledge!

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, April 25!

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Remember, if you can't join us in person, you can use a landline telephone as well as a cell phone, computer or tablet to access the meeting via Zoom. Carrier rates may apply.

April BCB Food Distribution Home Delivery

Date: Thursday, April 28, 2022

Time: Between 3 PM and 6 PM EST

If you cannot attend the Lunch & Learn meeting and live in Fayette County, we can deliver your food distribution to your home the day after the monthly Lunch & Learn.

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!