



# March 2022

1093 South Broadway, Suite 1214 | Lexington, KY 40504  
| [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834

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## Highlights

### **We Are Live and In Person!**

We are back to meeting in person, and it has been so great reconnecting! Please make plans to join us for our upcoming meetings and seminars. We've missed you! For everyone's safety, masks are expected unless you are eating or drinking. If you are still not comfortable attending meetings in person, you can still enjoy them via Zoom.

### **Free O&M Workshop in Lexington March 26**

Part of the ongoing Orientation & Mobility Clinic produced by the Bluegrass Council of the Blind, University of Kentucky's Orientation and Mobility graduate program, Kentucky School for the Blind, and the Kentucky Division of Blind Services, an O&M workshop for individuals who have a vision impairment and wish to improve their confidence and safety in traveling around their home, school, work and community will be held on Saturday, March 26, 2022, at UK in Lexington. All ages and skill levels are invited. You are welcome whether you've already received some training or if it will be your first experience.

This free workshop will focus on using a white cane and the skills and issues related to safely travel in the community. The two- to three-hour workshop will include both group and individualized instruction provided by University of Kentucky's Orientation and Mobility program, including UK professors who are certified Orientation and Mobility Specialists as well as graduate students in this specialized program.

Each participant will receive a brief assessment to identify their personal travel goals and needs, and to determine their current skill levels. Topics covered in this workshop will include the following indoor and outdoor skills and techniques:

- Human guide instruction, including use of stairs and doorways
- Protective techniques, and trailing
- Search patterns and locating dropped objects
- Familiarization to new environments
- Problem solving techniques
- Introduction to use of the cane
- Cane techniques including locating and traveling on steps and drop-offs
- Requesting or refusing assistance
- Sidewalk and outdoor route travel
- Use of visual skills during travel
- Intersection awareness

The morning session is 9 AM – noon  
Afternoon session is 1 – 4 PM.

[Please click on this link to complete a brief registration.](#) For more information, contact Theresa Thomas at 859-217-2270 or [theresa@bcbky.org](mailto:theresa@bcbky.org). We look forward to meeting with you!

## **Join Us at the BCB Health Fair April 15**

With the help of UK pharmacy students, we are holding a health fair on April 15, 2022, and we've made it our April Community Outing. BCB's SILVER Initiative Health Fair will from noon to 3 PM at the Lexington Senior Center (195 Life Lane, Lexington, KY 40502). To register for the Community Outing, call BCB at 859-259-1834 or contact Susan

at [susana@bcbky.org](mailto: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.

## Calendar

### March 2022 Events

#### March BCB Mentoring Small Groups

##### 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](mailto:susana@bcbky.org) or 859-259-1834 for access information.

#### 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](mailto: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. We will have a few volunteers here to help you create an account and add info to your Smart 911 profile. 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](mailto: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.

### **March BCB Community Inning Tai Chi for the Visually Impaired**

**Date:** Thursday, 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](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.

## **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](mailto: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  
The BCB SILVER Initiative Health Fair**

**Date:** Friday, April 15, 2022

**Time:** 12 PM to 3 PM

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

**Event:** BCB Silver Initiative Health Fair

**What to Expect:** The BCB SILVER Initiative Health Fair, supported by United HealthCare, Accessible Pharmacy Services for the Blind and Visually Impaired, and Vanda Pharmaceuticals, will host 16 booths focusing on screenings, services and resources for seniors and adults with low to no vision. Exhibitors include 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](mailto: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](mailto: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!*