



# BCB BULLETIN

## April 2022

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

**We're back together!**



BCB had its first quarterly membership meeting March 16. We enjoyed lunch together, had a short business meeting and then a BCB 101 talk, door prizes and St Patrick's Day Trivia! So fun to get everyone together

again! Our next quarterly membership meeting is June 1, from noon to 2 PM. Watch upcoming newsletters and calendars for details!



On March 23, BCB held our first in-person Lunch & Learn in a while with 27 people in attendance. Chuck Bowen from Lexington 911 was our speaker and did an outstanding job of covering questions about basic 911 calls and responses. He also talked about Smart 911, which allows first responders access to callers' profiles that includes individualized information such as medical information and the presence of pets on the property. This information is kept private and any information included is up to the individual setting up the profile at [smart911.com](http://smart911.com). Volunteers were on hand to assist attendees sign up online for this specialized service.

As part of BCB's food distribution service, participants in the Lunch & Learn meeting had the opportunity to take home grocery items to supplement their monthly food budget. A total of 187 pounds of food was distributed! Thanks to Pat and Zadie Ryan for their donation of fresh produce from Whole Foods, which was included in the distribution.

## **Don't Miss BCB's SILVER Initiative Health Fair April 15**

*Supported by United HealthCare, Vanda Pharmaceuticals, Accessible Pharmacy Services and Lexington Senior Center*

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 thank our vendors:**

A Caring Place, Inc  
Accessible Pharmacy Services for the Blind  
Bluegrass Area Agency on Aging and Independent Living  
Bluegrass Council of the Blind, Inc.  
Bluegrass Lions Diabetes Project  
God's Pantry Food Bank  
ITNBluegrass  
Kidney Health Alliance of Kentucky  
Lexington Lions Club/ Hearing and Speech Action Committee  
Lexington Lions Club  
Morning Pointe Senior Living and Memory Care  
Nursing Home Ombudsman Agency of the Bluegrass  
The Willows at Hamburg  
The Willows at Fritz Farm  
UK School of Pharmacy Graduate Students  
United Healthcare  
Vanda Pharmaceuticals  
Wildwood Music Therapy

And a special thank you to the Lexington Senior Center and the UK School of Pharmacy for helping us make this happen.



LEXINGTON

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SENIOR CENTER



College of  
Pharmacy

## Calendar

### 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 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, April 13, 2022

**Time:** 1 PM to 2 PM EST

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

To participate, contact Susan Ament at 859-259-1834 or

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

### **Evening Mentoring**

**Date:** Thursday, April 21, 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.

### **April BCB Assistive Technology Group Seminar**

**Date:** Thursday, April 14, 2022

**Time:** 1 PM to 2 PM

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

**Topic:** TBD

**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 Community Outing**

#### **The BCB SILVER Initiative Health Fair**

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

**Time:** 12 PM to 1:30 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, Vanda Pharmaceuticals and the Lexington Senior Center, will host 16 booths focusing on screenings, services and resources for seniors and adults with low to no vision. Exhibitors include BCB, United HealthCare, 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.

# May 2022 Events

## May 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, May 11, 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](mailto:susana@bcbky.org) or 859-259-1834.

### Evening Mentoring

**Date:** Thursday, May 19, 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.

## May BCB Assistive Technology Group Seminar

**Date:** Thursday, May 12, 2022

**Time:** 1 PM to 2 PM

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

**Topic:** TBD

**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.

## May BCB Lunch & Learn

**Date:** Wednesday, May 25, 2022

**Time:** 12 PM to 2 PM (in person); 1 PM to 2 PM (via Zoom)

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

**Topic:** Accessible Pharmacy Services for the Blind

**Speaker:** Andy Burstein is a co-founder of Accessible Pharmacy Services for the Blind, a comprehensive, home-delivery pharmacy service specializing in the needs of the blind, the deaf/blind, and low vision community. They are the only provider of its kind and the largest blind-owned healthcare company in the United States. The company has been in business since April 2020 and currently has 65 employees. Join us as we

listen to Andy tell us how we can live healthier lives by accessing the company's services.

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) to register and let us know if you will be attending in person or need Zoom 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. If you are attending in person let us know if you will need Wheels passes.

### **May BCB Food Distribution Home Delivery**

**Date:** Thursday, May 26, 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!*