



April 2022

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Highlights

Our Second BCB Membership Meeting Is Set!

Be sure to make plans to join us June 1, 2022, for BCB's second Quarterly Membership Meeting here at BCB Headquarters!

We will enjoy a light lunch followed by a presentation from Carla Ruschival from the Kentucky Council of the Blind on all the ways you can access the ACB national convention from your armchair at home! This will include the Alexa device, your phone, via Zoom, using Victor Stream and more. The convention will be in Omaha this year the first week of July and any member of KCB who attends in person will have up to 7 nights of hotel room paid for, double occupancy.

You must be a BCB member to attend. To register for the membership meeting, call the office at 859-259-1834 or email 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.

Bluegrass Council of the Blind has moved to a new location on NFB-NEWSLINE.

Yes, Bluegrass Council of the Blind has a new home on the NEWSLINE service that should be much more convenient for you to access all of the information that you deem most important.

BCB can be found off of the main menu. Just look for State's Information Channel (touch-tone telephone access), Kentucky State Specific Channel (iOS access) and for online access, choose the Web News on Demand link, then Information Specific to Kentucky. The next and final step is to scroll down to The Bluegrass Council of the Blind channel.

Please note that the four access methods for accessing BCB information: touch-tone telephone, iOS, online and Amazon Smart Speaker featuring Alexa is available to you with concise instructions on how to retrieve information as well as how to save to your favorites list. You may find this under the section: Instructions for Accessing and Saving Bluegrass Council Channel to Your Favorites.

Introducing the NEWSLINE \$100 Visa Giveaway...

We now have an opportunity for you to receive credit for each new referral that you make to NEWSLINE. NEWSLINE is a free audio reading service for the print impaired with more than 500 publications available 24-7. The name of any individual who refers a subscriber, or subscribers to the NFB-NEWSLINE® audio reading service for the print impaired will receive one submission per referral to be placed into a hopper for a special drawing. Please note that subscribers to the NFB-NEWSLINE® service are only eligible if they have a qualifying print impairment. For reference, those impairments are in the following categories: vision, fine motor skills and certain cognitive disabilities. Any person working on the NFB-NEWSLINE Kentucky project will not be eligible for this drawing. Self-referrals are not eligible either. Other than this, anyone can participate in this campaign. We will be concluding this contest during the NFB Kentucky State Convention every year going forward. This campaign was introduced in the 2021 NFB Kentucky State Convention during our banquet celebration, and the winner received a \$100 Visa gift card in recognition for her contribution to the NFB-NEWSLINE® project here in Kentucky. The winner need not be present for

the \$100 Visa gift card to win; we will contact you, should your name be drawn.

Calendar

April 2022 Events

April BCB Community Outing

The BCB SILVER Initiative Health Fair

Date: Friday, April 15, 2022

Outing Time: 12 PM to 1:30 PM (fair time is noon 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, 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 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 Mentoring Small Groups

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

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 or 859-259-1834 for access information.

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.

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 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 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: All about the NFB Newsline.

This month Sam will be joined by Todd Stephens, who will tell us all about the NFB Newsline! He'll talk about the Newsline service, all the ways to access it, and how Newsline has made it easier to access the BCB Bulletin using their Alexa skill! Join us for this fun and informative session!

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.

May BCB Community Outing

Date: Wednesday, May 18, 2022

Time: 12 PM to 2 PM

Location: Independence Place, 2358 Nicholasville Rd, Suite 180, Lexington, KY

Program: We will have lunch with Independence Place and then listen to a presentation on Natural Circadian Rhythm and Non-24 Sleep/Wake Disorder. Our speaker will be Magdalena (Maggie) Felton, a registered

nurse with Vanda who has presented to us before via Zoom and is excited to meet us in person! Non-24 is a disorder of the natural sleep cycle that may be prevalent among people with no sight due to the lack of natural light that regulates the circadian rhythm. Getting enough sleep is important to a healthy lifestyle and understanding how natural light affects sleep can help you regulate your own sleep pattern. Lunch will be provided by Vanda. More details to follow!

Registration: Call the BCB office at 859-259-1834 or email susana@bcbky.org to register.

May BCB Senior Center Presentation

Date: Thursday, May 19, 2022

Time: 1 PM to 2 PM

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

Topic: In the Kitchen

Sam will be introducing helpful kitchen hacks and tools to make cooking safer and more enjoyable for people with vision impairment. Must be 60 years or older and a Fayette County resident to attend.

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: New accessible pharmacy option now available for Kentuckians

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 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!