



BCB BULLETIN

July 2022

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Don't Miss the O&M Workshop July 30 in Danville and a \$40 Gift Card!

The Danville Orientation and Mobility Clinic will be at the Boyle County Library, July 30. And the first 10 participants to register and participate for a session will receive a \$40 Walmart gift card, so be sure to let us know if you would like to attend. [Click this link for details and to register.](#) Or you can call Theresa Thomas at 859-259-1834 for more information or to register over the phone.



Honorable Order of Kentucky Colonels Awards 314 Grants to Kentucky Nonprofits for 2022, Including BCB!

The Honorable Order of Kentucky Colonels (HOKC) has announced \$3.1 million in grants through the Good Works program, supporting 314 nonprofits and impacting more than 3.9 million Kentuckians. BCB is honored to

be among the grant recipients! HOKC grants are made possible through

donations from contributing Kentucky Colonels from throughout the Commonwealth and around the world.

According to Commanding General Gary Boschert: “The year 2021 / early 2022 was a challenging year and the Kentucky Colonels stepped up to the challenges. Through extremely generous individuals we were able to increase our regular grant impact for the Good Works Program by over one million dollars. This year we are awarding 3.1 million dollars, the most money we have ever been able to spend on the program. ... Thank you, Colonels, for your generosity and continued support. Your help allows all the Trustees to help impact millions of Kentuckians.”

The Honorable Order of Kentucky Colonels is a 501(c) (3) entity dedicated to supporting charitable activities throughout the Commonwealth of Kentucky. The “Kentucky Colonel” commission is an honorary title granted by the Governor of the Commonwealth of Kentucky. Since 1951, the organization has pursued its mission through annual grants totaling \$60 million to more than 1,600 nonprofits. Visit kycolonels.org to learn more.

Important Information from Adam Ruschival, Bluegrass Council delegate for the ACB 2022 Conference and Convention:

The 2022 American Council of the Blind National Conference and Convention is here. An incredible array of programs and events are happening from July 1 through July 7, and you can participate from any computer, cell phone or landline phone on Zoom or listen on ACB Media. There are sessions on technology, low vision, advocacy, audio description, transportation, leisure activities, and so much more. Download a program at www.acbconvention.org or browse a calendar at www.acbmedia.org.

ACB will be electing members of its Board of Directors and Board of Publications, and will be discussing resolutions and Constitution and Bylaw Amendments during general sessions at the convention. Opening general session is at 7 PM Central Time on Saturday, July 2. General sessions meet each day, Sunday through Wednesday, from 8:30 AM Central to noon, all day on Thursday July 7, and on Monday, Tuesday and Wednesday evenings, July 11, 12 and 13. All general sessions will be

broadcast on ACB Media 1; listen on your Echo Alexa device, Victor Stream, or telephone.

All BCB members should have already received a separate e-mail from ACB with instructions as to how you can cast your individual vote along with your unique voter code for the Vote Now system. If you have not received your voter code, or if you have questions about how to vote, please call the ACB Minnesota office at 612-332-3242 for assistance.

In addition to your individual votes, BCB will receive 3 affiliate votes in each roll call vote for elections, resolutions or Constitutional amendments. I will be casting those votes for BCB on the convention floor, and I would be very pleased to receive your input as to how you would like me to vote.

Following the close of general session each day, Sunday through Wednesday, July 3 through 7, you are invited to call or text me at 502-303-7042 with your choice for candidates for the Board of Directors or the Board of Publications. Use this same number through July 13 to provide me input on resolutions and amendments that require a roll call vote. Please include your name with your text or voicemail. If you need a return call, please let me know and I will do my best to get back to you. Thank you for the opportunity to serve BCB at the ACB conference and convention.

BCB and ACB Fundraising Benefit Walk

Every year at their convention, ACB hosts the Brenda Dillon Memorial Walk and every affiliate that participates can benefit. You can register to walk on your own in your own neighborhood, gym, or simply donate any amount. Half the amount we raise will benefit BCB and the other half goes to the American Council of the Blind. The Bluegrass Council team name is the Bourbon Trailers!

You don't even have to walk to donate! Simply [click on this link](#) and either register to walk (\$25) or simply donate any amount and choose the Bourbon Trailers in the search box. Or you can call ACB at 612-332-3242.

For your online registration or donation to count for prizes, they need to be made by July 1, 2022. Thank you for supporting BCB in this fun way!

More Accessible COVID-19 At-Home Tests Now Available

On June 22, 2022, the American Council of the Blind (ACB) and the Department of Health and Human Services announced that people who are blind or have low vision may order more accessible COVID-19 at-home tests. When connected to a smartphone application, these tests can provide audible testing instructions and results to make the COVID-19 testing process more private and independent for people who are blind and low vision.

“ACB and our members have long fought for accessibility improvements to our nation’s healthcare system, including accessible home diagnostic tests and durable medical equipment,” said ACB President Dan Spoone. “This announcement and program marks an important first step to provide more accessible COVID-19 at-home tests for people who are blind or low vision.”

“We realize that the accessibility of at-home medical testing is a journey, not a destination, and that these improved offerings from the federal COVID-19 at-home testing service will reduce but not eliminate accessibility barriers for people who are blind or low vision, especially for ACB members and the broader community of people who do not use a smartphone and who do not have access to broadband service,” said ACB Executive Director Eric Bridges. “ACB remains resolute in our advocacy efforts to make all forms of at-home medical testing, remote monitoring, and diagnostic equipment and services independently and privately accessible for people who are blind or low vision.”

To receive the more accessible COVID-19 at-home tests from the federal government, consumers may [click here to order online](#) or call 1-800-232-0233. Each order will include two rapid-antigen tests that are more accessible for people who are blind or low vision. Orders will ship free, while supplies last. For additional information regarding this more accessible at-home testing option, including additional resources from the Department of Health and Human Services, please visit: <https://acb.org/accessible-COVID-tests>.

If these more accessible tests will not meet your at-home testing needs, please contact the Disability Information and Access Line of the

Administration on Community Living for additional COVID-19 testing resources: 1-888-677-1199.

Spouse and Family Support Group Starts July 7; Have You Registered?

Due to requests from members and new consumers, we are starting a new support group for spouses and family members of people with low to no vision. We are calling it SAFE Space, which stands for **Spouse And Family Encouragement**. Beginning July 7, meetings will be held on the evening of the first Thursday of the month and will meet virtually using the Zoom platform. This group will be co-hosted by Dr. Susan Ament, BCB's Peer Support Program Manager, and Julie Jones. We are excited about starting this new service and look forward to talking to anyone who is interested in participating. Please contact Susan at susana@bcbky.org or 859-259-1834, ext. 6, to register or if you would like more information about participating.

Catch up on BCB's YouTube Channel!

Did you catch BCB's June meetings and seminars? [Click here to watch it all on BCB's YouTube Channel.](#)

Calendar

July 2022 Events

BCB Spouse And Family Encouragement (SAFE) Space group for spouses and family members of people with low to no vision

Date: Thursday, July 7, 2022

Time: 7:30 PM to 8:30 PM

Location: Zoom

Join us for a SAFE Space to talk about your challenges and successes as you learn new tips and techniques for living with or assisting a loved one with a vision impairment. This group is designed to offer a safe space to air your frustrations, talk about things that may be difficult to share with others who are not in a similar situation or to ask questions to learn from others who may have similar experiences. Our SAFE Space group is open to spouses, significant others, roommates, parents, children or any other individuals who may be living with or concerned about assisting a person

with a vision impairment. SAFE Space meetings are confidential and everyone in attendance is required to sign a confidentiality agreement prior to participation and expected to be respectful of others. This is strictly a peer support group and any advice, recommendations or information shared are not necessarily the opinions of the Bluegrass Council of the Blind and are not to be intended as professional advice or counseling. The SAFE Space group will be co-hosted by Dr. Susan Ament, BCB's Peer Support Program Manager, and Julie Jones.

Registration: Please contact Susan at susana@bcbky.org or 859-259-1834, ext. 6, to register or if you would like more information about participating.

July 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, July 13, 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. If, at the time of the meeting, Fayette County is in the red zone in regard to COVID rates, please wear a mask. Thank you!

Evening Mentoring

Date: Thursday, July 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.

July BCB Assistive Technology Group Seminar

Date: Thursday, July 14, 2022

Time: 1 PM to 2 PM

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

Topic: Introduction to Wearables!

Have you ever heard someone talking about “wearable assistive technology” and thought, what in the world is that?! Well, you’re in luck! In this month’s AT group seminar, we will be going over an intro to wearables! “Wearables” is a term that refers to vision aids that a person would wear in

place of, or along with glasses, offering various features such as magnification, altered lighting options, audio feedback, OCR, facial recognition, and much more.

Most importantly, we will discuss how they can be helpful to you! So be sure to register and join us on July 14 at 1 PM! If, at the time of the meeting, Fayette County is in the red zone in regard to COVID rates, please wear a mask. Thank you!

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.

July BCB Community Outing

Date: Wednesday, July 20, 2022

Time: 11:30 AM to 1 PM

Location: Zaxby's (1115 South Broadway, Lexington, KY 40504)

Registration: Call BCB to register at 859-259-1834 or contact Susan at susana@bcbky.org so we can be looking out for you and get an appropriate table. Wheels passes will be reimbursed for those who register, ride Wheels, and request passes. If, at the time of the meeting, Fayette County is in the red zone in regard to COVID rates, please wear a mask. Thank you!

July BCB SILVER Initiative Presentation at the Senior Center

Date: Thursday, July 21, 2022

Time: 1 PM to 2 PM

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

Topic: Staying connected with family and friends!

Explore Communication Options For Low Vision

Are you finding it difficult to use your phone due to your declining vision?

Are you looking for an easier way to stay in touch with family and friends?

Well, you might not realize just how accessible your smartphone really is!

In this month's presentation, the BCB SILVER Initiative will demonstrate several accessible phone options. Whether we're using speed dial, pressing large print buttons, or making calls with our voices, it's never been easier to stay connected!

Must be 60 years or older and a Fayette County resident to attend.

July BCB Lunch & Learn

Date: Wednesday, July 27, 2022

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

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

Topic: The Healthy Brain

Speaker: Dr. Gregory Jicha, MD, PhD, is a memory neurologist at UK Healthcare and Director of the Sanders Brown Center on Aging and Alzheimer's Disease Research Center, one of the nation's leading centers on aging. Dr. Jicha will be speaking to us on factors that promote healthy aging and brain function. We are fortunate to have him join us for our July Lunch & Learn!

Registration: Please register by Monday, July 25, if you are attending in person. 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. **If, at the time of the meeting, Fayette County is in the red zone for COVID cases, please wear a mask. Thank you!**

July BCB Food Distribution Home Delivery

Date: Thursday, July 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.

Danville Orientation & Mobility Clinic

Date: Saturday, July 30, 2022

Time: 10 AM to 2 PM

Location: Boyle County Library (307 W Broadway, Danville, KY)

What to expect: Individual Instruction runs 10 AM – noon. Lunch will be

served and group instruction and sighted-guide techniques will begin at 1 PM.

NOTE: The first 10 participants to register and participate for a session will receive a \$40 Walmart gift card, so please be sure to let us know if you would like to attend.

Registration: To register, [click here and complete the form](#). For more info or to register by phone, please call Theresa Thomas at 859-217-2270. If, at the time of the meeting, Fayette County is in the red zone in regard to COVID rates, please wear a mask. Thank you!

August 2022 Events

August BCB SAFE Space group for spouses and family members of people with low to no vision

Date: Thursday, August 4, 2022

Time: 7:30 PM to 8:30 PM

Location: Zoom

Our SAFE Space group is open to spouses, significant others, roommates, parents, children or any other individuals who may be living with or concerned about assisting a person with a vision impairment. SAFE Space meetings are confidential and everyone in attendance is required to sign a confidentiality agreement prior to participation and expected to be respectful of others. This is strictly a peer support group and any advice, recommendations or information shared are not necessarily the opinions of the Bluegrass Council of the Blind and are not to be intended as professional advice or counseling.

The SAFE Space group will be co-hosted by Dr. Susan Ament, BCB's Peer Support Program Manager, and Julie Jones.

Registration: Please contact Susan at susana@bcbky.org or 859-259-1834, ext. 6, to register or if you would like more information about participating.

August 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, August 10, 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. If, at the time of the meeting, Fayette County is in the red zone in regard to COVID rates, please wear a mask. Thank you!

Evening Mentoring

Date: Thursday, August 18, 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.

August BCB Assistive Technology Group Seminar

Date: Thursday, August 11, 2022

Time: 1 PM to 2 PM

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

Topic: Accessible Computer Keyboards

Did you know that computer keyboards can be accessible? Yes, it's true! In fact, adding a large print keyboard is an easy way to help the frustrations of using a computer with low vision! In this month's A-T Group Seminar, Sam will demonstrate some of the most common styles of large print keyboards. We will even talk about some braille options! So be sure to register and join us on August 11 at 1 PM!

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.

August BCB Lunch & Learn

Date: Wednesday, Aug. 24, 2022

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

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

Topic: TBD

Registration: Please register by Monday, Aug. 22, if you are attending in person. 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. **If, at the time of the meeting, Fayette County is in the red zone for COVID cases, please wear a mask. Thank you!**

August BCB Food Distribution Home Delivery

Date: Thursday, Aug. 25, 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!