



July 2022

1093 South Broadway, Suite 1214 | Lexington, KY 40504
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Highlights

There's Still Time to Register for the O&M Workshop July 30 in Danville

The Danville Orientation and Mobility Clinic will be at the Boyle County Library, July 30. The first 10 participants who are blind or visually impaired and attend at least 2 hours of training will receive a \$40 Wal-Mart gift card upon completion, so be sure to register! This workshop is for individuals who have a vision impairment and wish to improve their confidence and safety in traveling around their home, school, work, and community. All ages and skill levels are invited, whether you have received training in the past or this would be your first experience. Maximum registration is limited to 6 morning and 6 afternoon visually impaired participants; registration is on a first-come, first-served basis. Please join us! [Click here for more information and to register](#). Or you can call Theresa Thomas at 859-259-1834 for more information or to register over the phone.

Calendar

July 2022 Events

July BCB Mentoring Small Groups

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

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 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!

On the menu: Turkey sandwiches with lettuce and tomato on wheat bread with condiments on the side, a fruit cup and a bag of chips.

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 in regard to COVID rates, 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, Boyle 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 Community Outing

Date: Tuesday August 16, 2022

Time: 12 PM to 2 PM

Location: BCB Community Room 1093 S Broadway Suite 1214 Lexington, KY

Program: We will listen and watch the first two parts of the movie *Atta Girl Kelly!* and plan to show part three in September. This is a Disney movie which first aired in 1967, was re-released in 2009 on dvd, and it is about the raising, training and matching of a German Shepherd who becomes a dog guide for a man who is totally blind. The movie is filmed on location at the Seeing Eye, one of the oldest dog guide schools in the country. It is a heartwarming movie suited for the whole family and we invite you to join us for this entertaining and informative showing. While it is not audio described, there is significant narration and dialog and we will do our best to verbally fill in anything else you might miss. This movie was recommended by Linda Stewart, one of our long time blind members who has had considerable experience with dog guides of her own. Please feel free to bring your own lunch and we will provide drinks!

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

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: Independent Living Services for help with low vision and blindness

Speaker: Jenny Ward, Independent Living Counselor with the Kentucky Office of Vocational Rehabilitation, Division of Blind Services will be our featured speaker and will provide updates on the services offered. Jenny has a lot of experience serving people with low vision and blindness and we welcome her back to share ideas on ways to make life easier and increase independence especially in home management.

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 in regard to COVID rates, 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!