



BCB BULLETIN

August 2022

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We Gathered, We Ate, We Learned About Our Brains!

It was a full house at our July BCB Lunch & Learn! Our speaker was Dr. Gregory Jicha, MD, PhD, 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 spoke on factors that promote healthy aging and brain function. If you missed it, the recording is on BCB's YouTube channel here: <https://youtu.be/nsnyoWN-ir4>



BCB's July Community Outing Headed to Zaxby's

Mike Ropelewski, John Short, Charles Christmeyer, Christie Armstrong, Kimberly May, Susan Ament, Daniel Heller and Judy Potter (not pictured) met at Zaxby's on South Broadway for BCB's July Community Outing. This is the first time we've been able to visit a local food establishment since before COVID, and it was so much fun! Please join us for this month's Community Outing -- a showing of the movie, "Atta Girl, Kelly" here at BCB Headquarters on August 16 from Noon to 2 PM.

Free TV and Movie Audio Resource

The folks at Radio Eye recommended the web site www.audiovault.net -- a database of movie and TV show audio with full audio descriptions. Basically, it's the audio track without the video. The audio files are free to download and use, although you do need to create an account. Just search for a television show or movie, download the audio file and enjoy!

People with Low or No Vision Can Receive 12 Accessible COVID-19 Tests

In a previous BCB Bulletin, we reported that the federal government had a new initiative to expand the availability of COVID-19 testing options that are more accessible for people who are blind or have low vision and who use a smartphone. On July 7, the U.S. Department of Health and Human Services announced the number of tests people will receive with each order of the more accessible tests has been increased from two to 12. They will ship in six separate packages of two, each with its own tracking number. To receive the more accessible COVID-19 at-home tests, [click here to order online](#) or call 1-800-232-0233.

People who placed orders before this change took effect will need to place a new order to receive the additional tests. [Click here to learn more.](#)

Catch up on BCB's YouTube Channel!

Did you catch BCB's July meetings and seminars? You can find them on BCB's YouTube Channel. [Click here to access BCB's Channel.](#)

Calendar

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 consider wearing 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. **If, at the time of the outing, Fayette County is in the red zone in regard to COVID rates, please consider wearing a mask. Thank you!**

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 consider wearing 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.

September 2022

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

Date: Thursday, Sept. 1, 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.

September BCB Community Outing

Date: Tuesday, Sept. 6, 2022

Time: Noon to 2 PM

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

Program: We will be showing the third part of the movie *Atta Girl, Kelly!* where the dog is matched with her human partner and becomes his guide. 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. **If, at the time of the outing, Fayette County is in the red zone in regard to COVID rates, please consider wearing a mask. Thank you!**

September BCB Assistive Technology Group Seminar

Date: Thursday, Sept 8, 2022

Time: 1 PM to 2 PM

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

Topic: Microsoft Office Accessibility

Over the last few years, Microsoft has focused heavily on improving the accessibility of its Office suite of products. In this month's AT group seminar, we will be joined by Matt Philipenko, a Microsoft 365 Apps Ranger, who will talk about and demonstrate some of Microsoft's latest accessibility features!

So be sure to register and join us on Sept 8 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.

September 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, Sept. 14, 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, Sept. 15, 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.

BCB's Annual Business Meeting and Elections (Save the Date!)

Date: Wednesday, September 21, 2022

Time: 12 PM to 3 PM

Location: BCB Community Room, 1093 South Broadway, Lexington, KY

Program: This meeting is our Annual Business Meeting with Elections. It is for BCB members only. We will serve lunch and then open the meeting for business. We will begin with a roll call, pledge of allegiance, and moment of silence. The President, and other officers will give reports. This will be followed by elections of officers and voting on bylaws changes, if any. Of course we will have door prizes during the pauses to keep the energy lively and fun. If you are not already a member, inquire now about becoming a member so you can participate. A membership contribution now will take you through to the end of the year.

Registration: Call the BCB office at 859-259-1834 or email us at info@bcbky.org. You may request Wheels passes if riding Wheels. **If, at**

the time of the meeting, Fayette County is in the red zone in regard to COVID rates, please consider wearing a mask. Thank you!

September BCB Lunch & Learn

Date: Wednesday, Sept. 28, 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, Sept. 26, 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 consider wearing a mask. Thank you!**

September BCB Food Distribution Home Delivery

Date: Thursday, Sept. 29, 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 visit www.bcbky.org/donate. Thank you!