



BCB BULLETIN

September 2022

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BCB's Annual Business Meeting and Elections Are this Month!

BCB Members: Please make plans to join us Wednesday, Sept. 21, here at BCB Headquarters for our Annual Business Meeting and Elections. We will enjoy lunch together, hear reports from our board president and other officers, conduct other business and enjoy door prize drawings. BCB membership is required; registration closes Monday, Sept. 19, at noon. More specifics are below in the calendar listing.

You're Invited to the 2022 Helen Keller Symposium: Hidden Legacies of Helen Keller

Date/Time: Saturday, Sept. 17, from 8 AM to 7 PM and Sunday, Sept. 18, from 10 AM to 4 PM

Where: The Filson Historical Society at 1310 South 3rd in Louisville
Everyone thinks they know Helen Keller's story. But Keller – an author, activist, fundraiser, advocate, sister, daughter, ambassador, friend, celebrity, and champion of women, people with disabilities and those living in poverty around the globe – defies easy description. This two-day symposium

explores, from dynamic and diverse perspectives across the spectrum of disability history scholarship and experiences, the hidden historical legacy and context of this great American. The talks will be accompanied by highlights from the rich archives of the American Foundation for the Blind (AFB), Keller's employer for 40 years. The AFB collections are now located in the Museum of the American Printing House for the Blind (APH) in Louisville. On Sunday, September 18, there is an additional opportunity, a behind-the-scenes tour of the AFB Helen Keller Archive at the Printing House.

Tickets are \$75 standard admission; \$25 Student Admission; Free to APH Staff and Free to Members of the Filson Historical Society. Visit www.aphmuseum.org for more information on the Hidden Legacies of Helen Keller, sponsored by the American Printing House for the Blind and the Filson Historical Society.

2022 Blind Health Expo Registration Now Open

Accessible Pharmacy's first annual 2022 Blind Health Expo is scheduled for Friday, December 2, 2022, from 10 AM to 4 PM Eastern Time! This completely virtual event is expected to be the largest virtual expo of healthcare information, products, services, and medication for individuals who are blind, DeafBlind, or have low vision. Registration is free and is now open for exhibitors and attendees. For more information, visit www.accessiblepharmacy.com/blind-health-expo or email info@accessiblepharmacy.com with questions.

Tactile Art Exhibit Opens in Dayton in October

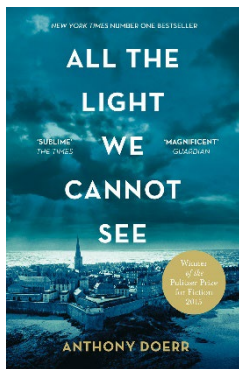
Molly B is a native of the Miami Valley in Ohio. Just over three years ago she lost most of her vision, and late in 2021 she lost all of it. Molly always loved art exhibits, museums, galleries, and any type of art. When she lost her vision, Molly searched for blind-accessible exhibits but found few options and none close to home. She decided to put together an exhibit, and the inaugural exhibit this past spring was a success. So, she is doing it

again. The new exhibit: Beyond Vision: Bringing Art of the Darkness, will be held Oct. 14 and 15 in Dayton, Ohio, at a location still to be determined. There will be new and returning artists, and one artist will be holding a workshop on Oct. 15th on making your own tactile art! Molly is also looking for artists who would like to display their art. Visit www.beyondvisionart.com for more information.

Catch up on BCB's YouTube Channel!

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

Book Suggestion:



All the Light We Cannot See (2014)

By: Anthony Doerr

Read by: Jill Fox

Reading Time: 16 hours, 3 minutes

Number: DB79182

Subjects: Bestsellers; war stories

Description: When Paris is invaded by the Nazis, Marie-Laure LeBlanc's father evacuates her to St. Malo to stay with her great-uncle. Blind since the age of six, Marie-Laure must learn the town by the scale model her father has left. Then, the Germans arrive. Violence, and descriptions of sex. Bestseller. 2015 Pulitzer Prize Winner for Fiction. This book is currently being made into a movie.

Disclaimer: *The book recommendations and opinions from staff and others do not necessarily reflect the opinions of Bluegrass Council of the Blind, Inc.*

Calendar

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 is 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 that first aired in 1967 and was re-released in 2009 on DVD, 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 will be sharing her considerable experience with dog guides of her own. If you missed the first sections, you are still welcome to attend! Please feel free to bring your own lunch and we will provide popcorn and drinks!

Registration: Call the BCB office at 859-259-1834 or email susana@bcbky.org to register. **If, at the time of the meeting, Fayette County's COVID levels are in the red, 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. **If you are attending in person and Fayette County's COVID levels are in the red, please consider wearing a mask. Thank you!**

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's COVID levels are in the red, please consider wearing a mask.

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

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.

Registration: Registration is required two days before the event, so be sure to register **by noon** on Monday, September 19! 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's COVID levels are in the red, please consider wearing a mask. Thank you!**

September BCB Lunch & Learn

Date: Wednesday, September 28, 2022

Time: 12 PM to 2 PM (1 to 2 PM by Zoom)

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

Topic: LexTran and Wheels Transportation: Transition to New Provider

Speaker: Our speaker will be Emily Elliott, Community Relations Manager at LexTran. As you may have heard, The Wheels program at LexTran is transitioning to a new provider and will no longer be managed by the American Red Cross. Emily will be here to tell us about the change and answer any questions you have about the change that may affect this paratransit service. The target date for this transition is on or before October 1. They do not anticipate any disruption of service and are working to ensure a smooth transition. The talk will begin at 1:00 and there will be food distribution of grocery items after the presentation for those who have registered for that service. On the menu for this meeting: Taziki's Signature pasta salad or optional chicken cabobs a-la-cart (which are gluten and dairy-free). When you register, please let us know your preference between the pasta salad and plain chicken cabobs. The salad has grilled chicken, penne pasta, tomatoes, lettuce and feta cheese with a balsamic dressing on the side.

Registration: Please register by noon Monday, Sept. 26, by calling the office at 859-259-1834 or emailing info@bcbky.org. Be sure to let us know whether 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 and using Wheels, let us know if you will need passes. **If, at the time of the meeting, Fayette County's COVID levels are in the red, 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 need to make last-minute changes, it is most helpful if you can talk directly with a staff person, so that your message does not get missed. Thank you.

October 2022

October BCB Community Outing

Date: Tuesday, Oct. 4, 2022 (Rain Date October 11)

Time: 11a.m. until 12 p.m.

Location: McConnell Springs Park, 416 Rebmann Lane, Lexington, KY

Program: Join us for a guided nature walk, discussing plants, animals, and the history of McConnell Springs! McConnell Springs Park is located at the historic springs where the city of Lexington, Kentucky was named. The walk will be a ½-mile paved loop on a hard surface and is accessible with walkers or wheelchair. We will walk at a leisurely pace to accommodate everyone who signs up. Feel free to bring a friend. Let us know if you will need a sighted guide and we will do our best to recruit volunteers to help. Restrooms are located in the education center where we will meet. Please call with any questions.

Registration: Call the BCB office at 859-259-1834 or email susana@bcbky.org to register. You are responsible for your own transportation. However, if you are riding Wheels, we are able to reimburse you with passes.

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

Date: Thursday, Oct. 6, 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 is 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.

October 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, Oct. 12, 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's COVID levels are in the red, please consider wearing a mask. Thank you!**

Evening Mentoring

Date: Thursday, Oct. 20, 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.

October BCB Assistive Technology Group Seminar

Date: Thursday, Oct. 13, 2022

Time: 1 PM to 2 PM

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

Topic: Crazy Cane Technology (in honor of White Cane Awareness Day Oct. 15!)

Although the design of the white cane hasn't changed much, there have been some crazy design ideas over the years! While some design choices have been innovative, others have been truly ridiculous!

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. **If you are attending the meeting in person and Fayette County's COVID levels are in the red, please consider wearing a mask. Thank you!**

October BCB Lunch & Learn

Date: Wednesday, Oct. 26, 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: Positive Coping Skills for Anxiety and Stress

Speaker: Keia Briscoe, AA CPRS & Lisa Garrison, United Healthcare of Kentucky. Keia is the manager of Recovery & Resilience KY. Her responsibilities include development of Peer Support and Community based non-traditional services. She advocates on behalf of consumers as services and policies are developed around Behavior Health. Her experience includes Drop-In Peer Support Centers, Certified Peer Support Services, Supported Housing & employment and Adult Mental Health First

Aid. She will discuss the definition and common causes of Stress and Anxiety and offer new and positive coping skills for keeping calm under pressure.

Registration: Please register by noon Monday, Oct. 24, by calling the office at 859-259-1834 or emailing info@bcbky.org. Be sure to let us know whether 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 and using Wheels, let us know if you will need passes. **If, at the time of the meeting, Fayette County's COVID levels are in the red, please consider wearing a mask. Thank you!**

October BCB Food Distribution Home Delivery

Date: Thursday, Oct. 27, 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 need to make last-minute changes, it is most helpful if you can talk directly with a staff person, so that your message does not get missed. Thank you.



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!