



May 2022

1093 South Broadway, Suite 1214 | Lexington, KY 40504
| info@bcbky.org | 859-259-1834

Highlights

Join Us for the Second Quarterly BCB Membership Meeting!

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.

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.

Danville O&M Workshop Moved to July

Check the June BCB Bulletin for the new July date for the Danville O&M workshop.

Spouse & Family Support Group to begin in July!

Due to requests from members and new consumers, beginning in July, we will be starting a new Spouse And Family Encouragement (SAFE) Space group for spouses and family members of people with low to no vision.

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.

These evening meetings will be held on the first Thursday of the month and will meet virtually using the Zoom platform. The SAFE Space group will be hosted by Dr. Susan Ament, BCB's Peer Support Program Manager, and co-hosted by 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.

Calendar

May 2022 Events

May BCB Mentoring Small Groups

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 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 and we will order from DaRae and Friends Catering.

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.

June 2022 Events

June BCB Quarterly Membership Meeting

Date: Wednesday, June 1, 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)

Program: Following a light lunch, from noon to 1, we will open the meeting with roll call, pledge of allegiance and a moment of silence. Carla Ruschival from the Kentucky Council of the Blind will be our guest speaker and will tell about 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.

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.

June 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, June 8, 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, June 16, 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.

June BCB Assistive Technology Group Seminar

Date: Thursday, June 9, 2022

Time: 1 PM to 2 PM

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

Topic: Handheld digital magnification options

In this month's AT group seminar, we will be talking all about handheld digital magnifiers! We will discuss the different sizes and features, and even demonstrate some of the magnifiers we have on hand here at BCB. If you're thinking about buying a new magnifier, or just wanting to learn more about them, join us June 9 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.

June BCB Community Outing

Date: Tuesday June 14, 2022

Time: 11 AM to Noon

Location: McLeod's Coffee House (376 Southland Dr., Lexington)

What to Expect: Get together with friends for coffee or soda and casual conversation at a local establishment in the heart of Lexington. BCB visited McLeod's a few years ago and a good time was had by all. In addition to special coffees, cappuccino, hot chocolate and tea, they serve donuts, croissants, and chicken salad sandwiches. Visit their website at mcleodscoffeehouse.org to learn more about this inclusive-minded business.

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.

June BCB SILVER Initiative Presentation at the Senior Center

Date: Wednesday, June 15, 2022

Time: 10 AM to 11 AM

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

Topic: Resources for helping with reading

Trouble Seeing the Small or Regular Print? Explore Resources with us! Are you having difficulties reading due to your declining vision? Are you finding that your reading glasses just aren't quite strong enough anymore? Then you may want to join us for this eye-opening event! On Wednesday, June 15th at 10 AM, the BCB SILVER Initiative will be hosting a presentation on reading with low vision! They will talk about optical and digital magnification, how simply adding good lighting may be helpful, and demonstrate some devices that will even do the reading for you! The answer to your struggles may already be in the palm of your hand! If time permits, we will also cover a few free apps available on smartphones and tablets that can read the text to you, including reading your mail to you! Come and try out several tips and devices to see what may work for you! Must be 60 years or older and a Fayette County resident to attend.

June BCB Lunch & Learn

Date: Wednesday, June 22, 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: Healthy Eating on a Budget

Speaker: Lisa Garrison, United Healthcare of Kentucky

Description: Learning to eat more healthy can be a challenge on its own, but when you are on a limited budget it can be overwhelming. Join us for a Lunch & Learn where Lisa from UnitedHealthcare Community Plan of KY

shares tips and suggestions on how to make your food dollars or SNAP benefits stretch while making healthy choices. Lisa will also be bringing information about the UHC Medicaid program and food containers that can be used for meal planning.

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.

June BCB Food Distribution Home Delivery

Date: Thursday, June 23, 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!