



BCB BULLETIN

June 2022

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

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!

Danville O&M Workshop Postponed to July 30

The Danville Orientation and Mobility Clinic originally scheduled for May has been postponed to Saturday, July 30, and will be at the Boyle County Library. A detailed schedule and registration will be posted soon.

Please contact the BCB office if you are interested in attending. The first 10 participants to register will receive a \$40 Walmart gift card, so please be sure to let us know if you would like to attend.

Call the BCB office at 859-259-1834 or email info@bcbky.org for the registration information.

Spouse and Family Support Group Starts July 7!

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 **S**pouse **A**nd **F**amily **E**ncouragement. 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 May Assistive Technology Seminar that introduces the NFB Newslines? [Click here to watch it on BCB's YouTube Channel.](#)

Calendar

June 2022 Events

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

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: TBD

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.

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!

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 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: TBD

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.

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.



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!