



June 2022

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



The Lexington Lions Club Bluegrass Fair Is Open!

The Lions Club Bluegrass Fair runs through this weekend, ending July 19! Head out and enjoy the rides and games, while knowing the Lexington Lions Club gives all proceeds back to various organizations around Central Kentucky, including the Bluegrass Council of the Blind! Last year, BCB was awarded \$19,000 from the Lions to help us continue to provide vital

services to Kentuckians experiencing low to no vision. We are so thankful to them for recognizing and supporting our organization! [Click this link for more information on the Lexington Lions Club Bluegrass Fair.](#)

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.

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 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. Lunch will be a Chic Fil A box lunch with grilled chicken wrap, kale salad, chips & cookie, thanks to LBX Company, who made a generous donation to fund the meals for April, May and June! 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!

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: 7:30 PM to 8:30 PM

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. 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, 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! 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!

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 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: 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. If, at the time of the meeting, Fayette County is in the red zone with 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 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 to complete this form](#). For more info or to register by phone, please call Theresa Thomas at 859-217-2270. 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!



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!