



# September 2022

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1093 South Broadway, Suite 1214 | Lexington, KY 40504  
| [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834

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## Highlights

### Monday Is the Last Day to Register for Next Week's Annual Business Meeting and Elections!

**BCB members:** BCB's Annual Business Meeting and Elections are next week! Please make plans to join us Wednesday, Sept. 21, from noon to 3 PM here at BCB Headquarters for our Annual Business Meeting and Elections. We will enjoy lunch from Critchfield's together, hear reports from our board president and other officers, conduct other business and draw for door prizes. Lunch will be fried chicken, green beans and mashed potatoes. BCB membership is required; registration closes Monday, Sept. 19, at noon. You can register by calling the office at 859-259-1834 (you can leave a message if the office is closed) or emailing [info@bcbky.org](mailto:info@bcbky.org). Be sure to let us know if you will be attending in person or need Zoom access information. 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!

## Calendar

## September 2022

### September 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, Sept. 15, 2022

Time: 7:30 PM to 8:30 PM EST

Location: Zoom meeting

To participate, contact Susan Ament at [susana@bcbky.org](mailto: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. And we will draw for door prizes to keep the energy lively and fun. On the menu: fried chicken, green beans and mashed potatoes from Critchfield's.

**Registration:** BCB membership is required; registration closes Monday, Sept. 19, at noon. You can register by calling the office at 859-259-1834 (you can leave a message if the office is closed) or emailing [info@bcbky.org](mailto:info@bcbky.org). Be sure to let us know if you will be attending in person or need Zoom access information. You may request Wheels passes if riding Wheels. If, at the time of the meeting, COVID levels in Fayette County are in the red zone, 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](mailto: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, COVID levels in Fayette County are in the red zone, 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

Join us for a guided nature walk, discussing plants, animals, and the history of McConnell Springs! McConnell Springs Park is located at the historic

**Program:** 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](mailto: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 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](mailto: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. To participate, contact Susan Ament at [susana@bcbky.org](mailto:susana@bcbky.org) or 859-259-1834.

**Afternoon Mentoring**

**Date:** Wednesday, Oct. 12, 2022

**Time:** 1 PM to 2 PM EST

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

If, at the time of the meeting, COVID levels in Fayette County are in the red zone, 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

**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! Join Sam as he takes a look at some Crazy Cane Technology!

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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, at the time of the meeting, COVID levels in Fayette County are in the red zone, 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](mailto: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, COVID levels in Fayette County are in the red zone, 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 consider clicking the Donate Now button to make a secure online donation today or [click through to our Web site here](#). Thank you!