



October 2022

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

Save the Date!

We have scheduled BCB's Holiday Luncheon Quarterly Membership Meeting for December 7, 2022, from Noon to 2. More details to come!

Calendar

October BCB Assistive Technology Group Seminar

Date: Thursday, Oct. 20, 2022

Time: 1 PM to 2 PM

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

Topic: Crazy Cane Technology

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 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.

October BCB Lunch & Learn

Date: Wednesday, Oct. 26, 2022

Time: 12 PM to 2 PM (in person); 12:45 PM to 2 PM (via Zoom)

Location: BCB Headquarters 1093 S. Broadway, Lexington, KY

Topic: Positive Coping Skills for Anxiety and Stress

Speakers: Keia Briscoe, AA CPRS, 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 positive coping skills for keeping calm under pressure. Pete Alberti (Medicare Advantage Plans & dual plans) and Lisa Garrison (Medicaid & United Healthcare) will also be presenting.

Everyone is invited to dress up, be creative and have fun! We will have prizes for the best Halloween Costume.

On the menu: KFC Pot Pies

Registration: Please register by noon Monday, Oct. 24, by calling 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 is in the red zone in regard to COVID rates, 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.

November 2022

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

Date: Thursday, Nov. 3, 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 or 859-259-1834, ext. 6, to register or if you would like more information about participating.

BCB Food Fair and November Food Distribution

Date: Wednesday, Nov. 9, 2022

Time: 1 PM to 2:30 PM

Location: BCB office

Purpose: As the holidays and winter season approach, we want to share information, tips and resources for ways to stretch the food budget, access local resources and be sure that all have access to nutritious foods and maybe even learn about some new foods they have never tried.

Description: We will have several agencies on hand to talk about and distribute information on all things food-related including how to sign up for God's Pantry Food Bank, eligibility for food stamps, nutrition and diabetes, and any additional resources for supplemental food. The Fayette County Extension Office will have some food prep demonstrations and some treats to sample. During this event, we will also hold our own food distribution service. This service is for anyone who is blind or low vision and could use extra groceries to help with the monthly budget and help ease the burden of shopping with a vision impairment.

Please note there will be no in-person mentoring group this month due to the Food Fair.

Registration: Please register by Thursday, Nov. 3, to ensure we have enough food boxes prepared for everyone. Please note there will be no in person Mentoring Group this month due to the food fair being scheduled at that time.

November BCB Food Distribution Home Delivery

Date: Thursday, Nov 10, 2022

Time: Between 3 PM and 6 PM EST

If you cannot attend the Food Fair and live in Fayette County, we can deliver your food distribution to your home. **Please register by Thursday, Nov. 3, to ensure we can get enough drivers for this service. Thank you!**

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.

November BCB Assistive Technology Group Seminar

Date: Thursday, Nov 10, 2022

Time: 1 PM to 2 PM

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

Topic: Add more light to your life!

Did you know, one of the easiest ways to help with low vision is to simply add more light to the situation? For most people, adding high-quality light

will often make things much easier to see! But what type of light and how bright does it need to be? Well that's what we will be talking about in this month's Assistive Technology Group Seminar. We'll answer all those questions about lighting, what areas of the house might benefit from better lighting, and even explain some of those confusing terms like lumens and Kelvin!

So be sure to register and join us on November 10 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.

November BCB Mentoring Small Group

Please note there will be no in-person mentoring group this month due to the Food Fair scheduled at that time.

Evening Zoom Mentoring

Date: Thursday, Nov. 17, 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.



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!