



BCB BULLETIN

October 2022

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

Letter to past, current and future BCB members:

It's that time of year again with autumn leaves, brisk temperatures, Halloween costumes, and BCB's Fall Membership Drive!

Starting October 1, BCB will begin accepting renewals and new applications for 2023 memberships. Although membership is NOT required to receive services or participate in most BCB activities, we are hopeful that you will want to join and show your support for our organization! Membership allows you to come to and participate in our Quarterly Membership meetings. This includes the annual Holiday Luncheon, which is our last Membership meeting of the year, regular meetings in March and June, and our annual business meeting with elections next September. Dues can be paid by check, cash or card and are \$10 a year. If you pay dues in October through December this year, your membership extends not only through 2022 but all through 2023.

We would like to have as many new or renewing memberships as possible in by March 1, 2023, in order to count toward memberships in our parent organization, the American Council of the Blind (ACB). This increases our voting power as decisions are made on a national level. Your \$10 membership automatically grants you membership in ACB so you can stay

up on news on legislation, advocacy, the annual convention and other items of interest to the blind and low vision community, such as self driving cars, accessible currency, and audio description, just to name a few.

Also so everyone is aware, BCB offers anonymous sponsorships to cover your dues if the cost of a membership presents a hardship. We do accept donations to help meet this need.

Many thanks to all our past and current members! We would not be who we are without your support and participation.

Sincerely,

Susan Ament

BCB Peer Support Program Manager

October Is a Special Month for Blind and Low Vision Awareness!

October is World Blindness and Vision Awareness Month, Home Eye Safety Month, and the month we acknowledge White Cane Safety Day. A recent Facebook post by the Blind Services Coalition of Kentucky announced a White Cane Awareness Day event at the Kentucky State Capitol, Oct. 21, at 10AM. There will be an Awareness Walk, Capitol Tour and White Cane Day Proclamation. Limited spots are available for the Oct. 21 event. To participate, please RSVP to Jasamyn Degrant at jasamyn.degrant@clark.kyschools.us.

You Will Soon See a New Face Around Here!

BCB Executive Director Theresa Thomas is heading up to Leader Dogs in Michigan to begin training with her first guide dog! Theresa says, "I hope to engage my dog in the work of BCB and use him/her to assist with presentations and fundraising. I plan to have him/her accompany me to work and for most all outings and events. I am looking forward to increasing my mobility and independence as a guide dog team." BCB Member Janice Lewis is also traveling to Leader Dogs in October to attend a class on Orientation and Mobility instruction. The two plan to offer an informative presentation at BCB in the months after their return. We will miss Theresa while she is out, but can't wait to meet our new coworker, who is sure to quickly become the office favorite!

Learn and Connect with Hadley Institute

Hadley is all about distance learning to help people with blindness or low vision. They have been in existence for over 100 years and have recently undergone changes to update their programs adding audio podcasts, discussion groups by Zoom, and short ten minute workshops.

Their programs are accessible directly from their website at Hadley.edu, or you can request they send you a digital cartridge which you can play on your NLS player. They have recordings and discussion groups on daily living, cooking, gardening, travel, dining out, adjusting to vision loss, recreation, technology, braille, employment and all kinds of topics. Signing up is easy at Hadley.edu with your name, email and relationship to visual impairment. You can create your own password to your account. Or just call the help desk at 1-800-323-4238.

2022 Blind Health Expo Registration Now Open

Accessible Pharmacy's first annual 2022 Blind Health Expo is scheduled for Friday, December 2, 2022, from 10 AM to 4 PM Eastern Time! This completely virtual event is expected to be the largest virtual expo of healthcare information, products, services, and medication for individuals who are blind, DeafBlind, or have low vision. Registration is free and is now open for exhibitors and attendees. [Click this link to learn more about the expo](#); email info@accessiblepharmacy.com with questions.

Catch up on BCB's YouTube Channel!

Did you catch BCB's September's meetings and seminars? You can find them on BCB's YouTube Channel. [Click here to access BCB's Channel](#).

In Memoriam

Our beloved and long-time member Patsy Rose passed away Sept. 25, 2022. Our deepest sympathy is extended to her sons Philip and Tim Rose and to her husband Jerry Rose. Patsy was a loyal supporter of BCB, regularly attended meetings, and will be especially remembered for her friendly smiles and home-baked cookies!

Calendar

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

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

Afternoon Mentoring

Date: Wednesday, Oct. 12, 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 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

To participate, contact Susan Ament at susana@bcbky.org or 859-259-1834 for access information.

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 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); 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 positive coping skills for keeping calm under pressure.

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 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 visit www.bcbky.org/donate. Thank you!