



BCB BULLETIN

November 2022

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

In addition to email, the BCB Bulletin is recorded and available for listening after the first of the month by calling 859-259-1834 and choosing extension 8; the abbreviated and updated BCB Calendar of Events is available at extension 9 after the 15th of the month.

We Had a BOO-tiful Time at October's Lunch & Learn



October's Lunch & Learn was such a fun gathering! Friends, costumes, pot pies, Halloween candy and great presentations. Kimberly May and Mary Hague were the costume contest winners! Congratulations! And a very special thank you to Pete Alberti of Kentucky Health Solutions for sponsoring our lunch and costume prizes. As an independent agent, he is available to discuss which insurance plans will best meet your needs. Contact him at 859-312-9646 or email: pete.alberti@kyhealthsolutions.com.

BCB's Food Fair, sponsored by Humana, to Offer Tips and Tidbits



BCB's Food Fair will be a place to gather information, tips and resources for ways to stretch your food budget, access local resources and be sure that we all have access to nutritious foods. You may even learn about foods you've never tried! Sponsored by Humana, the food fair will bring together several agencies to talk about all things food-related, such as how to sign up for God's Pantry Food Bank, eligibility for food stamps, nutrition and diabetes, and additional resources for supplemental food. The Fayette County Extension Office will demonstrate food prep, including tasty samples! God's Pantry Food Bank will be on site to help participants apply for or renew / recertify their existing SNAP case. If you have documents you need to submit, bring them and the representative can help you upload those documents directly into the portal, and let you know if there are any other open document requests.

There will be a sack lunch to take home, and we will hold our monthly food distribution during the event. BCB's food distribution service is for anyone who is blind or visually impaired and could use extra groceries to help with the monthly budget and to help ease the burden of shopping with a vision impairment.

BCB's Food Fair will be held at BCB Headquarters (1093 S. Broadway, Ste. 1214, in Lexington) on Wednesday, Nov. 9, 2022, from 1 PM to 2:30 PM.

Please register by Thursday, Nov. 3, to ensure we have enough food boxes prepared for everyone. You can register by calling 859-259-1834 or emailing info@bcbky.org. Please note there will be no in-person mentoring group this month due to the Food Fair.

BCB's Rick Sawyer Resigns to Focus on Grandparenting

BCB sends our colleague Rick Sawyer, major gifts officer, best wishes as he resigns from his position at the Bluegrass Council of the Blind to take a more active role in caring for his grandkids. He is a familiar face at BCB Lunch & Learns, acting as a greeter and coffee "captain," making multiple pots per meeting! We wish him all the best and hope he will remain an active member and part of the BCB family.

The Good Giving Challenge Starts Nov. 29!

From Tuesday, Nov. 29, through Friday, Dec. 2, BCB is participating in the Blue Grass Community Foundation's [GoodGiving Challenge](#), a week-long online giving extravaganza for the nonprofits of the Bluegrass Region. Please join the movement and help us reach our goal of raising \$7,000 for BCB!

How can you get involved and help BCB? Just choose one of the following options!

- Make a donation anytime between 9 AM Nov. 29 and 11:59 PM Dec. 2 at www.bggives.org/BluegrassCounciloftheBlind.
- Follow us on [Facebook](#), [Twitter](#) and [Instagram](#) and share our Good Giving posts on your social media accounts. We need to get the word out to as many people as possible and you can help us!
- Create a Fundraiser. You can easily create your own social media fundraiser for BCB through the Good Giving Challenge Web site. Just [click here to go to the BCB Good Giving Profile](#), click the 'Fundraise' button and follow the prompts. For example, under summary you might write:

"Join me in supporting Bluegrass Council of the Blind, the only nonprofit exclusively meeting the needs of adults who are blind or visually impaired in Central Kentucky. Your donation will help this organization continue providing services to those who are blind or visually; their family members and caregivers; and professionals who work with those with low to no vision of all ages – and support a cause that is very close to my heart!"

You can set up a fundraiser anytime between now and the end of the Challenge, but the earlier the better!

- Talk about BCB to family and friends! Ask that they also share BCB's posts and consider donating, create a fundraiser of their own and/or participate in yours.
- Ask for or contribute matching funds. If you are part of an organization that provides matching funds (e.g., an employer), ask for matching funds for BCB during the Good Giving Challenge. You can add matching funds to your fundraiser by clicking the box next to "Match Fund Available" and keying in the amount you can match.
- If you aren't online and want to contribute, simply mail in your donation and mark the envelope GGC for Good Giving Challenge. Our mailing address is: Bluegrass Council of the Blind, 1093 S. Broadway, Suite 1214, Lexington, KY 40504

Thank you for supporting the Bluegrass Council of the Blind!

Catch up on BCB's YouTube Channel!

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

Don't Forget to Become a BCB Member!

BCB is 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 are just \$10 a year and can be paid by check, cash or card. If you pay dues in November or December this year, your membership extends not only through 2022 but all through 2023.

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, BCB offers anonymous sponsorships to cover your dues if the cost of a membership presents a hardship. And we 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 Coordinator

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. [Click this link to learn more about the expo](#); email info@accessiblepharmacy.com with questions.

A Message from Lextran WHEELS:

October 14, 2022

Dear Lextran WHEELS Customer,

By now, you are probably aware that the Lextran WHEELS paratransit program has undergone some operational changes. The Lextran WHEELS paratransit service was operated by the American Red Cross for more than 40 years, as a subcontractor to Lextran. However, organizations develop and change over time, and the Bluegrass Chapter of the American Red Cross stepped away from paratransit service to focus on their mission-critical work: disaster relief, emergency preparedness and training, blood services, and support for the Armed Forces. However, many of the familiar faces and familiar voices you're grown accustomed to with your WHEELS service over the years will continue to be present with RATP Dev USA. RATP Dev USA began operations in Lexington on October 1.

RATP Dev USA, headquartered in Fort Worth, Texas, brings more than 50 years of success in managing and operating high-quality, safe, responsive and efficient transit systems throughout the United States. The local management team is proud to serve the city of Lexington and will support the company mission to achieve a more mobile and connected community with the experience and resources of RATP Dev USA.

Lextran will continue to work closely with RATP Dev USA to provide the professional and timely paratransit service that the citizens of Lexington expect and deserve. Lextran is excited about the future of the WHEELS paratransit program and its continued growth and improvement.

While there are some changes underway, there are also things that will remain consistent. What will remain the same:

- For trip reservations, you will continue to call 859-233-3433 – be sure to dial 859!
- If you are currently eligible for Wheels paratransit service, your eligibility does not change.
- Your price you pay per trip will remain the same and you may continue to use your purchased passes.
- The Fayette County service area will remain the same – the locations where your trip can begin and end will not change. • Current subscription trips will remain active.
- The hours and days of service will remain the same.
- Approximately 90% of the current employees have transitioned and will continue to provide service, as employees of RATP Dev.

You can also expect:

- Employee Uniforms – The new RATP Dev shirts are UK Blue instead of the red you're used to seeing.
- Vehicles will be marked with the RATP Dev logo, along with the Lextran WHEELS logo.
- Lextran and RATP Dev are conducting a process known as "trip negotiation," an ADA approved practice that allows for a trip to be scheduled one hour before or after the desired departure time. This practice will allow for greater system efficiencies and the ability to better accommodate more trips.
- We have added more vehicle types to the fleet, including ADA-accessible vans.
- We have added a dedicated telephone line for complaints or commendations at Lextran – call Lextran at 859.244.2030 if want to leave a compliment about your service or have a complaint.
- New faces! RATP Dev is actively recruiting new operators (drivers) to better accommodate your trips and meet the standard of service you expect.

As a reminder, all trip reservations should be made by 5 p.m. the day before the requested appointment. Same-day trip requests may not be accommodated due to capacity limits.

In the near future, we will roll out a smartphone application that will allow customers to see where their bus is located, and the status of the trip in real time. A dedicated phone line will also provide this information for customers without access to a smartphone.

Also coming soon, Lextran and RATP Dev will issue an updated Rider's Guide to all active riders with information that is easier to read and understand. It will also have clear rights and responsibilities for passengers and answer questions about how to schedule a ride and what to expect once onboard.

Thank you for your patience as we navigate this transition together and thank you for riding!

Sincerely,

Jill Barnett
General Manager
Lextran

Calendar

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, sponsored by Humana; Community Outing; 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 new foods.

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. There will be a sack lunch to take home, and we will hold our monthly food distribution during the event. BCB food distribution 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.

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 afternoon 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.

Good Giving Challenge

Date: Nov. 29-Dec. 2, 2021

Please visit www.bggives.org/BluegrassCounciloftheBlind between Nov. 29 and Dec. 2 to donate or you can head to that site early and set up your own fundraiser, which will go live once the Challenge begins. And please tell your friends and family! This is an important fundraiser for our organization, and we need all the help we can get to put our message out there!

December 2022

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

Date: Thursday, Dec. 1, 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's Holiday Luncheon Quarterly Membership Meeting

Date: Wednesday, December 7, 2022

Time: 12 Noon to 2 PM

Location: Centenary United Methodist Church, 2800 Tates Creek Road, Lexington, KY 40502

Please join us for our in-person Holiday Party and Membership Meeting! We will serve a meal and allow plenty of time for fellowship. Stay tuned for more details in the November 15 Calendar of Events and December 1st BCB Bulletin. Membership is \$10 and is required to attend; you can pay your membership fees ahead of time at www.bcbky.org/donate or at the door. Each member can bring one guest—a BCB member or nonmember.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Registration for the meeting closes two days prior, so be sure to register by noon on Monday, Dec. 5!

December BCB Assistive Technology Group Seminar

Date: Thursday, Dec 8, 2022

Time: 1 PM to 2 PM

Location: Zoom Meeting

Topic: The Accessible Kitchen

During this holiday season, we need to focus on the important things in life, friends, family, and most important of all, FOOD! That's why in this month's AT group seminar, we are talking about all the helpful accessible kitchen gadgets that will make this a holiday season to remember!

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Remember, 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.

December BCB Mentoring Small Group

We offer two dates for the mentoring small groups: an in-person afternoon meeting and an evening virtual meeting.

Afternoon Mentoring

Date: Wednesday, Dec 14, 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, Dec. 15, 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!