



BCB BULLETIN

December 2022

1093 S. Broadway, Ste 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.

Please Join BCB and Join Us for the Holiday Party!

If you have already registered for BCB's Holiday Party and Membership Meeting, thank you! We have ordered lunch for you. If you haven't registered yet, but would like to join us, you are welcome, but we may not have a lunch for you, so bring a lunch to enjoy with us or join the party at 1 PM, after the meal, for socializing, caroling and the ugly sweater contest. 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. Dues paid now will pay your membership through 2023. Each member can bring one guest. The party happens Wednesday, Dec. 7, from 12 Noon to 2 PM at Centenary United Methodist Church, 2800 Bates Creek Road, Lexington, KY 40502. More details in the calendar listing below! Hope to see you there!

The Good Giving Challenge Ends Tomorrow! Please help!

BCB is participating in the Blue Grass Community Foundation's [Good Giving Challenge](#), through tomorrow, Dec. 2. This is an 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!

1. Make a donation anytime between before 11:59 PM Dec. 2 at www.bggives.org/BluegrassCounciloftheBlind.
2. 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!
3. 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 (the big blue plus button) and follow the prompts to create your own personal fundraiser. 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!

4. Talk about BCB to your family and friends! Ask that they also share BCB's posts and consider donating, creating a fundraiser of their own and/or participate in yours.
5. 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.
6. 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!

Your Answers Matter to the Lexington-Fayette County Health Department

The Lexington-Fayette County Health Department, in collaboration with the Lexington-Fayette County Community Health Improvement Partnership, has released the 2022 Community Health Survey, and they want to hear from you!

The online survey only takes a few minutes to complete and all surveys are due on or before Sunday, Dec. 4. [Click here to take the survey](#). Thank you for helping Lexington-Fayette County be well!

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 for 2023!

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 December this year, your membership will extend 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.

Calendar

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, Dec. 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 Holiday Party and Membership Meeting! We will serve a holiday meal and have time for socializing with BCB members and friends. If you want anything other than lemonade, water or coffee to drink, you may bring your own. Although not required, you are encouraged to dress in holiday attire and there will be an "Ugly Sweater" contest with prizes. Door prizes too! We are hoping for an appearance by Santa and if so, there will be photo opportunities! Bring your smiles and good cheer!

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. Dues paid now will pay your membership through 2023. Each member can bring one guest.

Registration: Call the office at 859-259-1834 or email info@bcbky.org if you are planning to attend. BCB has already given numbers to the caterer for the BCB Holiday Luncheon and Membership Meeting, but if you haven't registered yet and would like to join us, please do! Just bring your own lunch to enjoy with us or join the party at 1 PM, after the meal. And be sure to let us know if you will be using Wheels as passes will be reimbursed.

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 and Food Distribution

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.

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.

December BCB Food Distribution

Date: Wednesday, Dec. 14, 2022

Time: 1 PM to 2 PM EST

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

If you are attending the afternoon mentoring and registered for food distribution, you can pick up your food distribution following the meeting. If you are not planning to attend the mentoring meeting, you can stop by the office between 1 PM and 2 PM to pick up your food.

December BCB Food Distribution Home Delivery

Date: Thursday, Dec. 15, 2022

Time: Between 3 PM and 6 PM EST

If you cannot pick up your food distribution in the office on Wednesday and live in Fayette County, we can deliver it to your home. **Please register by Thursday, Dec. 8, 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.

January 2023

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

Date: Thursday, Jan. 5, 2023

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.

January 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 and Food Distribution

Date: Wednesday, Jan. 11, 2023

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.

Evening Mentoring

Date: Thursday, Jan. 19, 2023

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.

January BCB Assistive Technology Group Seminar

Date: Thursday, Jan. 12, 2023

Time: 1 PM to 2 PM

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

Topic: The RealSAM Pocket, Accessible Smartphone

The RealSAM Pocket is a new accessible smartphone that might be a good option for those who struggle with traditional smartphones. Using a Samsung Galaxy phone, the RealSAM is controlled by voice commands, which may be easier for some low-vision users. Join us in January for an in-depth demonstration.

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, cell phone, computer or tablet to access the meeting via Zoom. Carrier rates may apply.

January BCB Lunch & Learn

Date: Wednesday, Jan. 25, 2023

Time: 12 PM to 2 PM (1-2 Zoom)

Location: BCB Headquarters 1093 S. Broadway, Community Room, Lexington, KY 40504

Topic: Tips for Preparing and Cooking Food

Speaker: Jacqui Denegri, Senior Program Assistant for SNAP Education with Fayette County Extension Office. Jacqui partnered with us for our Food Fair in November and we welcome her back to share more food preparation and nutrition related tips. Make plans now to join us for a very informative and practical presentation which will boost your healthy eating habits. Jacqui is busy learning methods to help people who are blind and low vision in the kitchen and is excited to share her newfound knowledge combined with years of experience teaching and talking about food! If you've registered for food distribution and you attend the meeting you can pick up your groceries after the meeting.

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 a Zoom meeting. Carrier rates may apply. Let us know if you will need Wheels passes for attending in person.

January BCB Food Distribution Home Delivery

Date: Thursday, Jan. 26, 2023

Time: Between 3 PM and 6 PM EST

If you cannot pick up your food distribution at the monthly Lunch & Learn meeting and live in Fayette County, we can deliver your food distribution to your home.

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