



BCB BULLETIN

January 2023

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.



January Brings in a New Year and New BCB Board President and Secretary!

BCB is so lucky to have committed board members who volunteer their time year over year. This year's BCB board roster is:

Incoming officers:

Arthur Abshire, President

Judy Potter, Vice President

Barbara Abshire, Secretary

Rebecca Parmley, Treasurer

Members at large include:

Len Cox

Daniel Heller

Kimberly May

Martin Smith

Mac Ferguson

Thank you to all who have and continue to serve on our Board of Directors!

Thank you, Lions Club!



Thank you to the Lexington Lions Club for their generous support of the Bluegrass Council of the Blind this year and over decades. BCB was the recipient of their generosity twice this year — once in support of our mission and again this past Wednesday to support a big move forward for our organization that we hope to announce in the next few weeks! Stay tuned and thank you so much to the Lions — true partners in providing services to Kentuckians with vision impairments!

Microsoft Soundscape App Not Available After Jan. 3

On Jan. 3, 2023, the Microsoft Soundscape iOS app will no longer be available for download from the App Store. Existing installations can continue to be used until the end of June 2023. For the full story, [click this link](#).

Healthy Eating and Food Prep with Low Vision

Beginning on Feb. 7, BCB will start a series of classes on healthy cooking and food preparation that will be accessible for people with low to no vision. These will be our monthly community outings. The classes will be held at the Fayette County Extension Office, 1140 Harry Sykes Way and will be led by Jacqui Denegri, Senior Program Assistant for SNAP Education. BCB Peer Support Manager Susan Ament will attend and is recruiting volunteers to assist Jacqui. The classes will be once a month on the first Tuesday, from 1 PM to 2:30 PM, beginning in February and going through August. Participants are encouraged to attend all seven sessions or as many as possible. We will prepare the food in class and there will be small portions to sample. You will also receive small giveaways after each class. Best of all, these classes are free! You will provide your own transportation to and from the extension office, and, if using Wheels, Susan will have passes to reimburse you. Call BCB to register at 859-259-1834 and if you have questions you can contact Susan at extension 6 or email at susana@bcbky.org.

Join BCB's 2023 Membership!

BCB is the only nonprofit exclusively meeting the needs of adults who are blind or visually impaired in Central Kentucky. We are here to help people with low to no vision cope and navigate these times. We want you to join us! Connect and support BCB's efforts by becoming a Member or renewing your membership for 2023. Dues are \$10 per person (additional donations are welcome). You can join or renew your BCB membership by [clicking through to our Web site here](#) and selecting the blue "Donate" button (please type "2023 membership" in the comment box). You can also mail a

check to the office at 1093 S. Broadway, Suite 1214, Lexington, KY 40504 and note that it is for your 2023 Membership or call 859-259-1834 to pay by credit card. 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. Thank you to those friends who have already responded to this membership drive!

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.](#)

Calendar

January 2023

January BCB Community Outing

Date: Tuesday, January 3, 2023

Time: 2 PM to 3:30 PM

Location: Coffee Times Coffee House, 2571 Regency Rd., Lexington
Come join your friends at BCB and make new ones at Coffee Times, a Lexington landmark since 1983. The menu includes coffee, teas, lattes, cocoa and soft drinks as well as soups and sandwiches, chips and pastries. You are responsible for any purchases as well as arranging your own transportation. We will reimburse with Wheels passes for anyone traveling by Wheels paratransit. Make plans now to attend and RSVP soon so we can have tables reserved.

The website for Coffee Times is www.coffeetimescoffee.com.

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

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.

February 2023

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

Date: Thursday, Feb. 2, 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.

February BCB Community Outing

Date: Tuesday, February 7, 2023

Time: 1 PM to 2:30 PM

Location: Fayette County Extension Office, 1140 Harry Sykes Way, Lexington

Please join us for this monthly series of free classes on healthy cooking and food preparation that will be accessible for people with low to no vision. Participants are encouraged to attend all seven sessions or as many

as possible. We will prepare the food in class and there will be small portions to sample. Participants will also receive small giveaways after each class. Participants will need to provide their own transportation to and from the extension office; if using Wheels, BCB will reimburse your passes. Call BCB to register at 859-259-1834 and if you have questions you can contact Susan at extension 6 or email at susana@bcbky.org.

February 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, Feb. 8, 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, Feb. 16, 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.

February BCB Assistive Technology Group Seminar

Date: Thursday, Feb. 9, 2023

Time: 1 PM to 2 PM

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

Topic: Getting the Time

When you lose your vision, sometimes the simple tasks become the most difficult. One of these is the simple task of getting the current time and date. In this month's AT Group Seminar, Sam will be demonstrating a wide variety of tools and gadgets for telling the time! 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.

February BCB Lunch & Learn

Date: Wednesday, February 22, 2023

Time: 12 PM until 2 PM in person, Zoom 1 PM until 2 PM

Location: 1093 S. Broadway, Suite 1214, Lexington, KY 40504

Topic: Taking care of Your Health

Speakers: Dr. Abeni El-Amin and Lateefah El-Amin from Project Ricochet will be our first speakers and will speak on the importance of Covid 19 vaccinations and boosters to protect individuals and communities from severe illness. Today we're in a stronger place to fight Covid and prevent its spread. Our second speaker is Robert Cunningham, Outreach Executive from Oak Street Health. This primary care clinic which accepts Medicare is located on Legends Lane and is now accepting new patients. Robert will speak on the personalized care offered by Oak Street Health including transportation to and from appointments.

February BCB Food Distribution Home Delivery

Date: Thursday, Feb. 23, 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 consider clicking the Donate Now button to make a secure online donation today or [click through to our Web site here](#). Thank you!