



BCB BULLETIN

February 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.

We're Moving!

After almost 30 years -- yes! 30 years! -- at our current location, BCB Headquarters is moving! At the end of March 2023, the BCB staff will pack up and make the very short hike up the road to **2265**

Harrodsburg Road, where we will occupy

suite 102 with our staff offices and Suite 103 with our Community Room for meetings and food distribution. The new location is a three-story white building with black windows (see photo) at the corner of Harrodsburg Road and Larkspur Drive -- on the same road and same side of the street we are currently on, just closer to New Circle Road.



Thank you to the Lexington Lions Club for donating funds to pay for the move and buildout of the new space.

"I am overwhelmed and deeply grateful for the outpouring of support from so many people, especially the Lexington Lions Club, who not only contributed financially, but also helped us feel confident in making this move!" said BCB Executive Director Theresa Thomas. "There were so many moving parts to make this happen, and they have all seemed to come together at just the right time to allow us to take the next step toward better serving Kentuckians affected by vision loss."

We can't wait to welcome you to our new address!

Please note: Due to the move, the March Lunch & Learn will be held at the Fayette County Extension, and March food distribution will be delivery only, with possible exceptions for pre-arranged pick up. Details in the calendar below. And please check the March BCB Bulletin and Calendar of Events for updated information on meeting locations.

Join BCB's 2023 Membership!

2023 membership dues are requested to be paid to BCB by March 1 in order to be included in the American Council of the Blind

Membership. This gives BCB a stronger voice when it comes to national affairs affecting Americans with blindness and low vision. 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!

News from ITN Bluegrass

ITN Bluegrass is accepting applications for the Toyota Inclusive Senior Mobility Scholarship. According to ITN: "These scholarships are generously

supported through a grant from Toyota Kentucky. Low-income riders who qualify can receive up to a \$500 scholarship and a free one-year membership." If you would like to receive an application, please contact ITN at (859) 252-8665 or email info@itnbluegrass.org.

A Quick Primer on Audio Description

Audio Description (AD) is information on a secondary audio track that will give individuals who are blind or visually impaired access to visual content on the screen. Audio Description is also sometimes referred to as Video Description; Descriptive Video Service; and SAP Second Audio Program. AD is required when important information is visually shown on the screen that cannot be observed by a blind or vision-impaired individual. The AD should describe any visual content displayed on screen that isn't accessible by the visually impaired.

Audio Description is free to everyone and is available on:

- most streaming video players, such as Apple TV, Roku, Fire Stick, etc.;
- Streaming video networks, such as Netflix, Hulu, Disney+, etc.;
- Cable Networks

How to turn AD on depends on the platform. There is also educational and medical AD. Apps for accessing audio description include:

- MovieReading
- Earcatch
- Greta and Starks
- Audible Magic
- Actiview
- Spectrum Access

For more information, [click herer to access the ACB's Audio Description Project page](#).

Free AudioBooks!

We have received several more bags of audio books, all on CD. If you have a CD player and would like any of these books, please contact us at info@bcbky.org or 859-259-1834. They are free!

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

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 - Cooking It up with Low to no Vision

Date: Tuesday, Feb. 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: How to use an accessible COVID test

BCB has recently partnered with Ellume to offer accessible COVID tests to our consumers. In this month's AT Group Seminar, Sam will demonstrate how these tests work and how you can take the test independently with the help of a smartphone app.

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, Feb. 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.

March 2023

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

Date: Thursday, March 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.

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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.

March BCB Mentoring Small Group

We offer two dates for the mentoring small groups. **Please note:** The normally in-person afternoon meeting has been changed to Zoom only for March.

Afternoon Mentoring

Date: Wednesday, March 8, 2023

Time: 1 PM to 2 PM EST

Location: Zoom meeting

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

Evening Mentoring

Date: Thursday, March 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.

March BCB Assistive Technology Group Seminar

Date: Thursday, March 9, 2023

Time: 1 PM to 2 PM

Location: Zoom Meeting Only

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 for this Zoom-only seminar. Remember, you can use a landline telephone, cell phone, computer or tablet to access the meeting via Zoom. Carrier rates may apply.

March BCB Lunch & Learn

Date: Wednesday, March 22, 2023

Time: 12 PM until 2 PM in person

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

Topic: Inspiring Stories

Speakers: BCB Members

Description: Come and listen to fellow BCB members as they take the mic and tell about their journey toward acceptance of their visual status, and what they learned along the way.

Please note: There will be no Zoom option or food pick up at this meeting. March food distribution will be delivery only with possible exceptions for pre-arranged pick up.

March BCB Food Distribution Home Delivery

Date: Thursday, March 23, 2023

Time: Between 3 PM and 6 PM EST

If you live in Fayette County, we can deliver 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!