



# February 2023

---

1093 South Broadway, Suite 1214 | Lexington, KY 40504  
| [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834

---

## Highlights

### 2023 Large-print Calendars Are In!

BCB's popular large-print calendars are available in the office! These calendars are free of charge for Kentuckians with vision impairments, thanks to UK HealthCare Advanced Eye Care. To get yours, please call 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) to schedule a pick-up time or request one be mailed. Quantities are limited.

### In Case You Missed It ... We're Moving!



In case you missed the announcement in the February BCB Bulletin, BCB Headquarters is moving at the end of March 2023 to **2265 Harrodsburg Road, suites 102 and 103**. The new location is a three-story white building with black windows (see photo) at the corner of Harrodsburg Road and Larkspur Drive

**Please note:** We are anticipating quite a bit of change between March and April, so please pay close attention to the locations and addresses given in the calendars and newsletters. For example, due to the move, the March Lunch & Learn will be held at the Fayette County Extension Office, and March food distribution will be delivery only, with possible exceptions for pre-arranged pick up. Details in the calendar below. And please continue to check the March BCB Bulletin and Calendar of Events for updated information.

## Calendar

### February 2023

#### February BCB Mentoring Small Group

**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](mailto:susana@bcbky.org) or 859-259-1834 for access information.

#### 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 Joshua Crider, Executive Director from Oak Street Health. This primary care clinic which accepts Medicare is located on Legends Lane and is now accepting new patients. He will speak on the personalized care offered by Oak Street Health including transportation to and from appointments. On the menu: Chicken tenders, mashed potatoes, and green beans from Critchfield Meats Family Market.

**Registration:** Please register by noon Monday, Feb. 20, by calling the office at 859-259-1834 or emailing [info@bcbky.org](mailto:info@bcbky.org). 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.

### **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.

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](mailto:susana@bcbky.org) or 859-259-1834, ext. 6, to register or if you would like more information about participating.

### **March BCB Community Outing - Cooking It up with Low to no Vision**

**Date:** Tuesday, March 7, 2023

**Time:** 1 PM to 2:30 PM

**Location:** Fayette County Extension Office, Room A, 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.

**Registration:** 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](mailto: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](mailto: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](mailto: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](mailto: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 and Membership Meeting Combined**

**Date:** Wednesday, March 22, 2023

**Lunch & Learn Time:** 12 PM until 2 PM (in person only) **Membership**

**Meeting Time:** 2 PM until 3 PM

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

**Lunch & Learn 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.

**Membership Meeting Description:** For New and Continuing BCB Members. Stay a little longer and participate in our first quarterly membership meeting of the year. We will have a fun and interactive teaching on the basics of running a meeting! Speaker TBA. As always, we will have door prizes. Get to know your BCB organization and your fellow BCB members.

**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.

**Registration:** Please register by noon Monday, March 20, by calling the office at 859-259-1834 or emailing [info@bcbky.org](mailto:info@bcbky.org). Let us know if you will need Wheels passes.

### **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!