



BCB BULLETIN

March 2023

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| 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 at the End of March!

We are moving BCB's headquarters to **2265 Harrodsburg Road**. Suite 102 will house our staff offices, and Suite 103 will be our Community Room for meetings and food distribution. The new location is at the corner of Harrodsburg Road and Larkspur Drive.

Please note: Due to the move, the current office will be closed to in-person visits March 21 to 31, so we can get everything packed up and moved. Also, all March meetings have been changed to new locations or Zoom only. Please check the calendar below carefully for details. For example, 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. We will be open for business at our new location on Monday, April 3!

This is a big transition, so please be patient with us through the next couple of months, as things will be hectic and we may not be able to get back with folks as quickly as we would like.

Welcome 2023 Members!

Thank you to all those who have joined the membership for 2023!

Annual dues are just \$10 and are still being accepted. 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.

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.

New Office Orientation & Mobility Workshop

For those who may need a little extra time and assistance with learning the layout of the new BCB Headquarters, we are arranging a workshop to assist with orientation and mobility. We are currently working with Dr. Justin Kaiser from the University of Kentucky O&M Program to recruit Orientation and Mobility Specialists and students from their program to assist us with providing personal guidance and training so each person joining us for our activities and programs can feel completely confident in navigating the new BCB space.

If you are interested in this training, please contact the BCB office to register and we can share more details once we have the specific dates and times. We hope to offer one day session and one evening session. Space will be limited, so if you have any questions, please contact Theresa Thomas at 859-217-2270 or email at theresa@bcbky.org.

Unique Opportunity to Learn Something New

BCB is looking for a few individuals interested in joining us as special guests at the American Association of Woodturners Symposium on June 2nd in Louisville, Ky. Anyone interested in a day of learning about woodturning and how it can be accessible to individuals who are blind or have low vision are invited to contact Theresa Thomas about this unique opportunity. Registration is required and space is limited. For more information, please call Theresa at 859-217-2270 or email theresa@bcbky.org.

From the American Council of the Blind

Hello everyone,

As I write this it's the end of January and nearly feels like the holidays have ended. As difficult as it seems, it is time to start thinking about those resolutions to be submitted for our summer 2023 convention.

As you all may recall, last summer we adopted an amendment to our constitution and bylaws laying out the timeline for resolutions. It now states that resolutions are due in to the resolutions committee 60 days prior to the opening of the summer convention. I just learned that the opening session is planned for June 19th. Therefore resolutions are due in by April 20th. Please submit your resolutions by email to advocacy@acb.org. You may submit them as either an MS word, txt, or brf attachment or in the body of an email.

Immediately after April 20th the resolutions committee will meet and determine the schedule for resolutions. We will make sure that schedule gets sent out through the various ACB email lists so that anyone who has an interest in the resolutions process in general or a specific resolution will know when a resolution will be discussed and will be able to attend the meeting.

If anyone has any questions about this process or would like assistance

with a resolution please reach out to me as the committee chair. You can reach me by email at Gabe.griffith@ccbnet.org or by phone at -925-222-5762.

More ACB News

ACB's Presidents' Meeting and Legislative Seminar will take place virtually from March 4-7, and will include a Fireside Chat on Sunday, March 5. Podcasts will be made available afterward. Watch your BCB newsletters for links!

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

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 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.

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 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. 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.

April 2023

April BCB Community Outing - Cooking It up with Low to no Vision

Date: Tuesday, April 4, 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 susana@bcbky.org.

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

Date: Thursday, April 6, 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.

April 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, April 12, 2023

Time: 1 PM to 2 PM EST

Location: NEW BCB Headquarters (2265 Harrodsburg Rd, Suite101, Lexington)

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

Evening Mentoring

Date: Thursday, April 20, 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.

April BCB Assistive Technology Group Seminar

Date: Thursday, April 13, 2023

Time: 1 PM to 2 PM

Location: NEW BCB Headquarters (2265 Harrodsburg Rd, Suite101, Lexington)

Topic: TBD

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.

April BCB Lunch & Learn

Date: April 26, 2023

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

Location: NEW BCB Headquarters (2265 Harrodsburg Rd, Suite101, Lexington)

Speaker: Hazel Teichen, PACE Outreach Coordinator

Topic: PACE stands for Program for All-inclusive Care for the Elderly, and is for people age 55 and older. The program provides comprehensive care to help a person maintain independence in their own home including everyday tasks, and transportation to and from the PACE Center as needed. If you qualify, services are covered 100% by Medicare and Medicaid.

Registration: Please register by noon Monday, April 24, by calling the office at 859-259-1834 or emailing 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.

April BCB Food Distribution Home Delivery

Date: Thursday, April 27, 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!