



March 2023

1093 South Broadway, Suite 1214 | Lexington, KY 40504
| info@bcbky.org | 859-259-1834

Highlights

BCB Office Closed to Visitors March 21-23

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, 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. 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.

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 have arranged a workshop with Dr. Justin Kaiser from the University of Kentucky Orientation & Mobility Program.

Workshop dates and times are:

Wednesday, April 12, 2:30 – 3:30 PM at the new office

Thursday, April 13, 5:30 – 6:30 PM at the new office

People who are visually impaired/blind or those who are sighted are welcome. If you're interested in this training, please contact BCB to register at 859-259-1834 or info@bcky.org. Space is limited.

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@bcky.org to schedule a pick-up time or request one be mailed. Quantities are limited.

Calendar

March 2023

March BCB Mentoring Small Group

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 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. On the menu: Pizza! Please wear green as a belated nod to St. Patrick's Day! March food distribution will be available after the Lunch & Learn.

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 at this meeting.

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 at 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.

New BCB Headquarters Orientation Workshop

Date/Times: Wednesday, April 12, 2:30 – 3:30 PM or Thursday, April 13, from 5:30 – 6:30 PM

Location: NEW BCB Headquarters: 2265 Harrodsburg Rd, Suite 102, Lexington

Dr. Kaiser, with UK's O&M program, will provide this Orientation & Mobility workshop to help familiarize people with BCB's headquarters. All are welcome. Sighted folks are welcome to attend to learn tips for assisting others in navigating the new space. (Volunteers encouraged to attend.)

Registration: Please contact BCB to register at 859-259-1834 or info@bcky.org. Space is limited. Please choose only one of the sessions to attend.

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, Suite 102, 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/Times: Thursday, April 13, 2023

Time: 1 PM to 2 PM

Location: NEW BCB Headquarters (2265 Harrodsburg Rd, Suite 102, Lexington)

Topic: New Canes On The Market

In this month's AT Group Seminar, Sam will talk about two new canes recently released to the market. One can be used for hiking, while the other looks like a lightsaber! You don't want to miss this one!

Registration: Call the office at 859-259-1834 or email info@bcky.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, Suite 103, 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 Wheelchair 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!