



# BCB BULLETIN

## April 2023

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2265 Harrodsburg Road, Suite 102 | Lexington, KY 40504  
| [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834

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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.

### Can't Wait to Welcome You to BCB's New Office!



We are still emptying boxes, putting things away and then moving them again as we settle into our new offices at **2265 Harrodsburg Road, suites 102 and 103**. The new location is at the corner of Harrodsburg Road and Larkspur Drive.

The South Broadway office is now completely closed; we will be open for business

at our new location on Monday, April 3!

While our location has moved, our phone number (859-259-1834), email addresses and Web site are the same. Thank you so much for your patience through this exciting transition!

**New Office Orientation & Mobility Workshop** If you would like 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, 2265 Harrodsburg Road, Suites 102 and 103

**Thursday, April 13, 5:30 – 6:30 PM** at the new office, 2265 Harrodsburg Road, Suites 102 and 103

People who are visually impaired or blind and 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](mailto:info@bcky.org). Space is limited. Please choose only one of the sessions to attend.

## **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](mailto:theresa@bcbky.org).



## **Don't Miss the Lexington-Fayette County Diabetes Expo April 29**

BCB will be one of the many vendors at the Lexington-Fayette County Diabetes Expo on Saturday, April 29, from 10 AM until 1 PM.

The expo will be held at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. Health experts will be on site to answer your questions. There will be cooking demonstrations, primary care services, insurance representatives, free vaccinations, monitoring products, a silent auction to benefit Camp Hendon, plus free screenings for A1C, diabetes vision, blood pressure, Alzheimer's/Memory and more.

Admission is FREE and there will be a prize drawing for all who pre-register by calling 859-257-5582.

### **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

## 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](mailto: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 hosted by Julie Jones, M.A., spouse of Michael 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.

### **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, Suite102, Lexington

Dr. Kaiser, with UK's O&M program, will provide this Orientation & Mobility workshop to help familiarize people with BCB's new 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@bcbky.org](mailto:info@bcbky.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, Suite102, Lexington)

**To participate,** contact Susan Ament at [susana@bcbky.org](mailto: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](mailto: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, Suite102, 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@bckky.org](mailto:info@bckky.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, Suite103, 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](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.

## **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.

## **May 2023**

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

**Date:** Tuesday, May 2, 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).

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

**Date:** Thursday, May 4, 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.

### **May 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, May 10, 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](mailto:susana@bcbky.org) or 859-259-1834.

#### **Evening Mentoring**

**Date:** Thursday, May 18, 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.

### **May BCB Assistive Technology Group Seminar**

**Date/Times:** Thursday, May 11, 2023

**Time:** 1 PM to 2 PM

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

**Topic:** TBD

**Registration:** Call the office at 859-259-1834 or email [info@bcbky.org](mailto: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.



## **May BCB Lunch & Learn**

**Date:** May 24, 2023

**Time:** Noon until 2 PM (1-2 by Zoom)

**Location:** 2265 Harrodsburg Rd, Suite 103

**Speaker:** Larry McNabb, M.A., Certified Rehabilitation Counselor and QPR Suicide Prevention Gatekeeper Trainer

**Topic:** More than Statistics. Warning Signs and Steps to take for Preventing Suicide.

**Registration:** Please register by noon Monday, May 22, 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.

## **May BCB Food Distribution Home Delivery**

**Date:** Thursday, May 25, 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!*