



# 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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## Highlights

### We Are Open!

BCB's new headquarters are open at **2265 Harrodsburg Road, Suite 102!** Suite 103 is our new Community Room for meetings and food distribution. The new location is at the corner of Harrodsburg Road and Larkspur Drive. (Our phone number and email addresses have not changed.) **We can't wait to see you here!**



## FREE O&M Opportunities

Leader Dog has expanded its Orientation & Mobility team, which means more dates available for O&M clients. They have O&M openings as soon as April and May 2023! If you know someone who could benefit from [orientation and mobility services, click here to start an application](#) TODAY! Please send any questions to Leslie Hoskins at [leslie.hoskins@leaderdog.org](mailto:leslie.hoskins@leaderdog.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.

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## **Have You Requested Your 2023 Large-print Calendar?**

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](mailto:info@bcky.org) to schedule a pick-up time or request one be mailed. Quantities are limited.

## **Calendar**

### **April 2023**

#### **April BCB Mentoring Small Group**

We offer two dates for the mentoring small groups: an in-person afternoon meeting and an evening virtual meeting.

##### **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 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) and via Zoom

**Topic:** Interview with Liliana Teixeira, an Independent Living Skills Trainer

This month, Sam will be joined by Liliana Teixeira, an independent living skills trainer based in Mercede, California. In her role, Liliana helps develop skills, strategies, and techniques to aid those dealing with vision loss to function independently. These skills include tasks for daily living such as meal preparation, household management, handling print material, shopping, travel utilizing various modes of transportation, advocacy, and many other skills to aid in remaining independent. Join us on Thursday for a fun and engaging conversation!

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

### **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!