



BCB BULLETIN

May 2023

**2265 Harrodsburg Road, Suite 102 | Lexington, KY 40504
| 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. 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.

Familiar Faces; New Roles

We are so happy to welcome Barbara Abshire as our new office manager! Hers is the face that greets you when you visit our offices and the voice that (usually) answers when you call. She has been involved with BCB since 2018 and became a member in 2019. She decided to accept the job as BCB's office manager after volunteering in the role for a few months; her history and knowledge of the organization helped make this a virtually seamless transition for all of us. And thank goodness, because we may not have managed the office move without her!

We are also so thankful to long-time BCB member and board member Len Cox for agreeing to serve as the organization's board secretary. Thank you, Len, and all our board members and volunteers for your dedication and time.

Mark Your Calendars to Board the Last SEE Cruise, June 25!

The Last SEE Cruise – BCB's annual fundraising event – will be embarking on June 25, from 4-8 PM at O'Neill's on Richmond Road in Lexington. There will be music, dancing, and a silent auction with loads of items to bid on. Please plan to join us one last time for what has become a favorite event full of fun camaraderie and support of this organization, our members and clients. After our last cruise, we'll be moving on to another exciting fundraising event! Watch this space for updated details!

Save the Date for BCB's 2nd Quarterly Membership Meeting

BCB's June Membership Meeting is June 7 from noon until two. We have quarterly membership meetings to discuss goals for BCB and provide opportunities for leadership, in addition to providing a meal and social time with old and new friends. More details to come soon.

It's not too late to join BCB's 2023 membership! Membership in BCB is only \$10 a year and there are sponsorships available to cover the cost if needed. 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 2265 Harrodsburg Road, Ste. 102, Lexington, KY 40504 and note that it is for your 2023 Membership or call 859-259-1834 to pay by credit card.

Lexington Lions Club Bluegrass Fair Runs June 8-18

The 2023 Lexington Lions Bluegrass Fair returns to Lexington's Master Station Park June 8-18! The popular fair is not only a highlight of summer here in Central Kentucky, but proceeds from the event fund the club's charitable endeavors, like their generous support of the Bluegrass Council of the Blind! We are so grateful for our partnership with the Lexington Lions Club and can't wait to enjoy the fair again! Hope you can make it!

ACB Convention 2023 Registration Opens Soon

In-person and hybrid dates for the 2023 ACB conference and convention in Schaumburg, Ill., are June 30 through July 7, with Zoom-only sessions being held June 22 through 24. Registration for ACB members is \$35 and opens May 18 at 7 AM Central time. Registration for nonmembers is \$50 and opens open May 25. Registration closes Friday, June 16 at 10:59 PM Central time. BCB members are also members of ACB. Non-members have the option of joining ACB as a member at large for \$10.

You can register online at acbconvention.org, or by calling (651) 428-5059.

Transit Planning 4 All Virtual Town Halls

Tuesday, May 9, 2023 | 10 AM–12 PM ET; 6–8 PM ET

The ACL-funded Transit Planning 4 All (TP4A) program is hosting two virtual town halls to identify unmet and emergent transportation accessibility barriers, obstacles, and needs for people with disabilities and older adults across the nation.

People with disabilities, older adults, and caregivers are encouraged to share their lived experiences around transportation access and inclusion in transit planning and operations. Staff and volunteers with transit agencies, regional planning organizations, government agencies, and human service agencies also are welcome to share their experiences.

Both sessions will be held on **Tuesday, May 9** — one from **10 AM to Noon ET**, and the other from **6 to 8 PM ET**. The sessions will be identical, so please select ONE of the two sessions. Registration should be completed by May 3, 2023.

An ASL interpreter and captioning will be provided. For any additional accommodations to participate in the town hall, please e-mail lee@ctaa.org. Click here to register: <https://transitplanning4all.org/virtual-town-halls/>

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

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.

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 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 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 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 Merced, 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@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.

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.

In addition to recent statistics on the prevalence of suicide, Larry will present on warning signs, risk factors, resources and steps to help someone that may be suicidal. In 2019 and 2020, we saw documented suicide numbers decrease for the first time in fifteen years but in 2021 (most current data) we saw almost a four percent increase from 2020, with teens and young adults being the hardest hit group for mental health disorders since the pandemic.

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

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.

June 2023

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

Date: Thursday, June 1, 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.

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

Date: Tuesday, June 6, 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.

June BCB Membership Meeting

Date: Wednesday, June 7, 2023

Time: Noon until 2 PM

Location: New BCB Headquarters (2265 Harrodsburg Rd, Suite 103, Lexington)

More details to come soon.

It's not too late to join BCB's 2023 membership! Membership in BCB is only \$10 a year and there are sponsorships available to cover the cost if needed.

Lexington Lions Club Bluegrass Fair

Date: June 8-18, 2023

Location: Masterson Station Park

June BCB Assistive Technology Group Seminar

Date/Times: Thursday, June 8, 2023

Time: 1 PM to 2 PM

Location: Virtual Only

Topic: Windows 11 Accessibility Features

Have you considered upgrading to Windows 11 and wondered about the new accessibility features? In this month's Assistive Technology Group Seminar, Sam will demonstrate the helpful accessibility features for the blind and visually impaired. Be sure to join the Zoom call and ask lots of questions!

Registration: Call the office at 859-259-1834 or email info@bckky.org to register. Remember, you can use a landline telephone, cell phone, computer or tablet to access the meeting via Zoom. Carrier rates may apply.

June 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, June 14, 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, June 15, 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.

BCB's Last SEE Cruise Voyage!

Date: Sunday, June 25, 2023

Time: 4 PM until 8 PM

Location: O'Neill's, 2051 Richmond Road in Lexington

A wonderful evening of competitive silent auction bidding, music, dancing, food and fundraising! Ticket information to come.

June BCB Lunch & Learn

Date: June 28, 2023

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

Location: 2265 Harrodsburg Rd, Suite 103

Topic: TBD

Registration: Please register by noon Monday, June 22, 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.

June BCB Food Distribution Home Delivery

Date: Thursday, June 29, 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!