

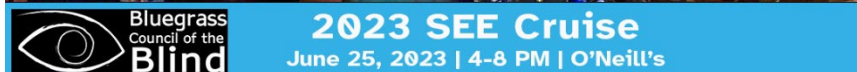


May 2023

2265 Harrodsburg Road, Suite 102 | Lexington, KY 40504
| info@bcbky.org | 859-259-1834

Highlights

Ticket sales are open for the FINAL BCB SEE Cruise! Don't miss our last voyage!



The SEE Cruise – BCB's annual cruise-themed FUNd-raising event – will be embarking on June 25 from 4-8 PM at O'Neill's on Richmond Road in Lexington. There will be music and dancing courtesy of popular local band

CONCH REPUBLIC, friendly but competitive(!) silent auction action and raffle prizes to vie for. 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 more details!) Tickets are \$20 in advance; \$25 at the door.

Visit <https://BCBSEECruise2023.eventbrite.com> to buy yours!

Calendar

May 2023

May 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, 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 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. If you've registered for food distribution and you attend the meeting you can pick up your groceries after the meeting.

On the menu: Meatloaf, green beans, mac 'n' cheese with cornbread from Critchfield Meats.

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)

Agenda: We will open with the pledge of allegiance and moment of silence. Following will be a roll call with each person introducing themselves. Information will be provided on the upcoming ACB annual convention in Schaumburg, Illinois. We will also tell how you can listen to

many parts of the convention virtually. There will be time for fellowship, ideas for organizing socials, and door prizes. Wheels passes provided for those using Wheels to attend.

On the menu: Fried chicken, loaded mashed potatoes, and cherry cobbler from Critchfield Meats.

Registration: Please register at least one week prior but no later than noon Monday, June 5.

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@bcky.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! Tickets on sale NOW at <https://BCBSEECruise2023.eventbrite.com>.

June BCB Lunch & Learn

Date: June 28, 2023

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

Location: 2265 Harrodsburg Rd, Suite 103

Speaker: Emily Elliott, Community Relations Manager of Lextran

Emily will talk about accessing the public bus and assistance available for finding your route, including using the bus stop at our new location. She will also update us on the latest concerning the operation of Wheels paratransit. Additionally, she will provide a recap of the Transit Planning 4 All Virtual Town Hall that was held May 9 to identify unmet needs and barriers to transportation for people with disabilities and older adults. We welcome Emily back to our group on topics concerning so many of us in our community. If you've registered for food distribution and you attend the meeting you can pick up your groceries after the meeting.

Registration: Please register by noon Monday, June 26, 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!