



# BCB BULLETIN

## July 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.



*Christie Armstrong, Mac and Cynthia Ferguson, and Kimberly May enjoy the music and food at the 2023 BCB SEE Cruise*



*CONCH REPUBLIC rocking the house at the BCB SEE Cruise*

## The Last Voyage of the BCB SEE Cruise Rocked!

To those of you who bought tickets, donated amazing raffle prizes, volunteered on site and for weeks before, and generously sponsored: Thank you for making BCB's last SEE Cruise so memorable! And a special thank you to our honorary SEE captain, Bill Meck, for emceeding this event for the last eight years! Watch this space for an update of our next BCB Fundraising Adventure!

### **2023 BCB SEE Cruise Sponsors:**

Party Barge Sponsors: JQ Financial Solutions; Talent Financial Group, LLC  
Port Sponsors: Davis & Plomin Mechanical; Kentucky Health Solutions;  
Stratton Eyes; Tugboat Sponsor: Bluegrass Parrot Head Club

*You're invited*

**BLUEGRASS COUNCIL  
OF THE BLIND  
OPEN HOUSE**



**MONDAY | JULY 31, 2023 | BETWEEN 2 AND 6 PM**

**2265 HARRODSBURG ROAD, STE 102, LEXINGTON, KY 40504**

## **We're Having an Open House!**

BCB is inviting our friends, neighbors and partner agencies that have not visited our new facility yet to an open house for a quick tour, refreshments and an opportunity to say hello to our staff! You can stop in any time between 2 PM and 6 PM, Monday, July 31, 2023, at 2265 Harrodsburg Road, Ste. 102. If you will be using Wheels, a good time to schedule might be a 1:30 to 2 PM pickup and a 3 to 3:30 PM return. Unfortunately, Wheels passes cannot be reimbursed, as this does not fall under client services. RSVPs are not required, but if you know you're going to attend, please call the office at 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) to let us know, so we plan accordingly.

## **ACB 2023 Conference and Convention Update**

The 2023 American Council of the Blind National Conference and Convention has started! An incredible array of programs and events are happening now through July 7, and you can participate from any computer, cell phone or landline phone on Zoom or listen on ACB Media. You can download a program at [www.acbconvention.org](http://www.acbconvention.org) or browse a calendar at [www.acbmedia.org](http://www.acbmedia.org). Adam Ruschival is BCB's delegate to the ACB convention. He will be casting votes on behalf of our organization and would like to hear from our members if you have any input on the current issues before ACB related to resolutions or bylaws changes. You can call or text Adam at 502-303-7078.

## Another Open House

The Charles W. McDowell Rehabilitation Center is celebrating the much-anticipated reopening of McDowell Center's Residential Services with an Open House on Wednesday, July 26, 11 A.M to 3 P.M. You can tour their newly renovated dormitory spaces, meet and talk with instructors and Center students, and learn about the broad range of services offered by the Blind Services Division of the Office of Vocational Rehabilitation. ASL interpreters and privately led tours available upon arrival. Light refreshments will be provided. The Center is located at 8412 Westport Road, Louisville, KY 40242. Please call 502-429-4460 for more information.

## BCB Headquarter Closed 4th of July

BCB will be closed on Tuesday, July 4, in observation of Independence day! Enjoy your holiday and stay safe!

## Lost & Found

Found at BCB Headquarters: White ball cap with "Navy Vietnam Veteran" inscribed on the front. Please contact BCB office if it's yours or you know the owner: 859-259-1834 or [info@bcbky.org](mailto:info@bcbky.org).

## 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

### July 2023

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

**Date:** Thursday, July 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, 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.

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

**Date:** Tuesday, July 11, 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).

### **July BCB Assistive Technology Group Seminar**

**Date:** Thursday, July 13, 2023

**Time:** 1 PM to 2 PM

**Location:** TBA

**Topic:** Highlights from the ACB Conference!

This month, Sam will be attending the ACB Conference and for this AT seminar he will be reporting back on all the new technology and other cool things he discovered there!

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

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

#### **Evening Mentoring**

**Date:** Thursday, July 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.

### **July BCB Lunch & Learn**

**Date:** July 26, 2023

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

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

**Speaker:** Leader Dogs for the Blind's Leslie Hoskins, COMS, Outreach Services and Community Engagement Manager and Alyssa Otis, GDMI, Outreach Specialist and BCB's Executive Director Theresa Thomas,

Leslie and Alyssa will talk to us virtually about their various programs with a focus on the expansion of their free Orientation and Mobility training. This O&M training can even be scheduled to take place in your hometown and help you navigate streets and sidewalks so you can more easily get to where you want to go. Theresa will then speak on her experience of being matched with and receiving a leader dog from this school, and she will demonstrate some of the training techniques and commands with the help of Risa, her beautiful golden retriever leader dog. 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, July 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.

### **July BCB Food Distribution Home Delivery**

**Date:** Thursday, July 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.

### **BCB New Headquarters Open House**

**Date:** Monday, July 31, 2023

**Time:** 2 PM to 6 PM

**Location:** 2265 Harrodsburg Road, Ste. 102, Lexington, KY 40504

Please stop by to say hi at BCB's New Headquarters Open House! You can stop in any time between 2 PM and 6 PM, Monday, July 31, 2023, at 2265 Harrodsburg Road, Ste. 102. If you will be using Wheels, a good time to schedule might be a 1:30 to 2 PM pickup and a 3 to 3:30 PM return. Unfortunately, Wheels passes cannot be reimbursed, as this does not fall under client services. RSVPs are not required, but if you know you're going to attend, please call the office at 859-259-1834 or email [info@bcbky.org](mailto:info@bcbky.org) to let us know, so we can plan accordingly. We can't wait to show off the place!



## August 2023

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

**Date:** Tuesday, Aug. 1, 2023

**Time:** 1 PM to 2:30 PM

**Location:** Fayette County Extension Office, Room A, 1140 Harry Sykes Way, Lexington

Please join us for the last session in a monthly series of free classes on healthy cooking and food preparation that will be accessible for people with low to no vision. 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).

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

**Date:** Thursday, Aug. 3, 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, 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.

### **August 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, Aug. 9, 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, Aug. 17, 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.

**August BCB Assistive Technology Group Seminar**

**Date:** Thursday, August 10, 2023

**Time:** 1 PM to 2 PM

**Location:** BCB and Virtual

**Topic:** The OrCam READ's Latest Update

The OrCam READ is a handheld assistive device that allows the user to access printed text. You can use it to scan the text on various items, and it will quickly and accurately read them out loud. The READ has recently gotten an update which also includes new features. In this month's AT group seminar, Sam will discuss and demonstrate the latest version of the OrCam READ!

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

**August BCB Lunch & Learn**

**Date:** Wednesday, August 23, 2023

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

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

**Speaker:** Heidi Kesterson, Facility Administrator, McDowell Center

**Topic:** Heidi will present on the services of the McDowell Center in Louisville for those who are blind or low vision. She will give an update on the renovation of this facility which offers a residential and also a day



program teaching skills that allow for greater independence in living and working. Although many of us already know about the McDowell Center, it is helpful to get an update on the current status and changes which have taken place especially since the pandemic. Heidi will also talk about the various services offered through the Office of Vocational Rehabilitation, Division of Blind Services with a focus on the track for Independent Living. 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, Aug. 21, 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.

### **August BCB Food Distribution Home Delivery**

**Date:** Thursday, August 24, 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.