



BCB BULLETIN

August 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.



Lexington's 10th District Councilmember Dave Sevigny stands ready to cut the ribbon in front of BCB's community room at the organization's Open House on Monday, July 31, 2023.

BCB's Open House Was Packed!

Thank you to everyone who was able to attend our official open house at our new headquarters at 2265 Harrodsburg Road, Suites 102 and 103. We were delighted to welcome Lexington councilmembers Dave Sevigny (who cut the

ribbon), Denise Gray and James Brown. And a big thank you to the Lexington Lions Club for your support of the move and presence at the official ribbon-cutting! If you were not able to attend, you can [click here to watch the ribbon-cutting ceremony](#) or visit our Facebook page at www.facebook.com/bluegrasscounciloftheblindinc. More pictures follow.



Kimberly May and Lexington Councilwoman Denise Gray enjoying the festivities.



Leslie and Len Cox visit with Tom Cooper in BCB's Community Room.



Lexington Lions Mac Ferguson and Kelly Easton with Susan Ament at the BCB Open House.

Nominations Open for Serving on the BCB Board

On August 21, the BCB Board of Directors will meet and vote on a slate of officers and directors to recommend to the membership at the annual Membership Meeting with Elections on September 6. If you wish to run or nominate someone for a vacant position please contact Arthur Abshire, Board President, or Judy Potter, Board VP and Membership Committee Chair. Positions open are Vice President, Secretary, and two Board Members-at-Large. There will be a special Zoom meeting on August 16 at 8 PM to inform anyone interested in a board position as to the duties of open board positions. This meeting will be conducted by Arthur Abshire, Board President, and Theresa Thomas, BCB Executive Director. Please RSVP to the office if you wish to attend and need the Zoom access link: 859-259-1834 or info@bcbky.org

Schedule Highlights

Please note that the **August Community Outing has been rescheduled to Wednesday, Sept. 5**. There will be no community outing in August. Also, our **September BCB Annual Business Meeting and Election is scheduled for Wednesday, Sept. 6**, from Noon until 2 PM in the Community Room at 2265 Harrodsburg Road, Suite 103. All members are invited and there is still time to pay your \$10 membership before or at the door. More details below!

Families, individuals who receive government assistance now eligible for the Walmart+ Assist program

Families and individuals who receive government assistance, such as SNAP or Medicaid, are now eligible for the Walmart+ Assist program. The idea is pretty simple; you get all of the Walmart+ benefits at half the usual price. That means free shipping, free grocery deliveries, access to Paramount+, and more for \$6.47 a month or \$49 a year.

Walmart+ debuted a few years ago as an Amazon Prime competitor. It normally costs \$12.95 a month or \$98 a year, and it includes several unique benefits. Here's a quick rundown of Walmart+:

- Free shipping from Walmart.com
- Free grocery delivery on orders of \$35 or more
- Free Paramount+ membership
- Ad-free streaming on some Pluto TV content

- Walmart will pick up returns from your home
- Mobile scan-and-go at Walmart stores
- Early access to Black Friday prices
- Save 10¢ per gallon at Exxon, Mobil, and Murphy stations
- A rotating selection of limited-time offers

With Walmart+ Assist, you get all of these benefits at half the usual price. All you need to do is visit the Walmart+ Assist page where your eligibility will be verified through SheerID. (Note that you'll also get a monthlong trial, as long as you're a new member.)

Qualifying government assistance programs include SNAP, WIC, Medicaid, SSI, TANF, TTANF, NSLP, and LIHEAP. If you're on one of these programs, Walmart+ Assist may be worth your consideration. It's certainly a lot cheaper than Prime.

A Walmart+ Assist program may seem like a bit of a luxury. But it can save you time and money. This is especially true for families or individuals who do not own a car (or who cannot drive)—grocery deliveries usually cost a ton of money, but you get free grocery deliveries for just a few bucks a month with this program.

Again, you can sign up for Walmart+ Assist at the Walmart website. [Click here to visit the Web site.](#)

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

August 2023

August BCB Community Outing - CANCELLED / RESCHEDULED TO SEPTEMBER

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 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 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 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 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. 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.

September 2023

September BCB Community Outing

Date: Tuesday, Sept. 5, 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 last session in our 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.

September BCB Annual Business Meeting with Elections

All BCB Members Invited

Date: Sept. 6, 2023

Time: Noon until 2 PM

Location: 2265 Harrodsburg Rd, Suite 103

On the Menu: Fried Chicken, green beans & cobbler

Agenda: After lunch, we begin the meeting with a Welcome, Pledge, Moment of Silence and Roll Call. Officers and Executive Director will give reports and we will proceed with Elections of new officers and directors. All registrants will be eligible for door prizes. Hope you can join this once a year meeting and participate in the life of our organization. If you are not yet a member, you can still join for 2023 by paying your \$10 dues at the meeting. Registration is needed by Friday, September 1, or earlier. To register, call the office at 859-259-1834 or email info@bcbky.org. Wheels passes will be available for those using Wheels to attend.

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

Date: Thursday, Sept. 7, 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 or 859-259-1834, ext. 6, to register or if you would like more information about participating.

September 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, Sept. 13, 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, Sept. 21, 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.

September BCB Assistive Technology Group Seminar

Date: Thursday, Sept. 14, 2023

Time: 1 PM to 2 PM

Location: BCB and Virtual

Topic: TBD

Registration: Call the office at 859-259-1834 or email info@bcbky.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.

September BCB Lunch & Learn

Date: Wednesday, Sept. 27, 2023

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

Location: 2265 Harrodsburg Rd, Suite 103

Speaker: We welcome back Pete Alberti of Kentucky Health Solutions who will discuss with us upcoming changes in Medicare for 2024. He will give us a general overview and points to consider for the open enrollment time period that

begins October 15 and extends through December 7 of this year. Pete and members of his staff will be available to discuss specific plans after October 1 when the details of various plans become available. If you've registered for food distribution and you attend the meeting you can pick up your groceries after the meeting. Wheels passes will be available for those using Wheels to attend.

Registration: Please register by noon Monday, Sept. 25, 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.

September BCB Food Distribution Home Delivery

Date: Thursday, Sept. 28, 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 visiting www.bcbky.org/donate to make a secure online donation. Thank you!***