



August 2023

2265 Harrodsburg Road, Suite 102 | Lexington, KY 40504
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Highlights

Join BCB now to Attend the September Membership Meeting

You still have time to join BCB and attend the Membership Meeting. BCB's third quarterly membership meeting is Wednesday, Sept. 6, from noon to 2 PM at BCB Headquarters, 2265 Harrodsburg Road, Ste. 102. BCB membership is \$10 a year and can be paid online with a credit card at www.bcbky.org/donate (please type "membership 2023" into the notes field), or you can pay with a check at the door. Membership meeting registration is required by noon on Friday, Sept. 1. Register by calling the office at 859-259-1834 or emailing info@bcbky.org. Be sure to let us know if you will be attending in person or need Zoom access information. You may request Wheels reimbursement passes if riding Wheels. More program details are below in the calendar listing.

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

Calendar

August 2023

Informational Meeting for potential BCB Board members

Date: Wednesday, August 16, 2023

Time: 8 PM

Location: Zoom meeting

This meeting is being held to inform anyone interested in a board position as to the duties of open board positions, and 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

August 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, Aug. 17, 2023

Time: 7:30 PM to 8:30 PM EST

Location: Zoom meeting

To participate, contact the office at 859-259-1834 or info@bcbky.org for access information.

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 reimbursement 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: Registration for food delivery must be received by Monday, Aug. 21. 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: Wednesday, Sept. 6, 2023

Time: Noon until 2 PM

Location: 2265 Harrodsburg Rd, Suite 103

On the Menu: Fried Chicken, green beans & cobbler from Critchfields

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: 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@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: Registration for food delivery must be received by Monday, Sept. 25. 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.