



# BCB BULLETIN

## October 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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### Please Join Us at Our Bake Sale Fundraiser

On October 12, World Sight Day, we will be showing our gratitude to the United Way of the Bluegrass (UWBG) for their continued support of services for adults with vision impairment in Central Kentucky with a fundraising bake sale! BCB staff, board and members are encouraged to bring in baked goods and snacks to sell to our visitors, neighbors and friends who stop in to support this UWBG/BCB fundraiser from Noon to 2 PM in Suite 103 at BCB Headquarters.

#### How you can help:

1. Drop off home-made or purchased baked goods or snacks by 4 PM on Oct. 11<sup>th</sup>.
2. If bringing baked items to sell the day of the event, please be sure to call and let us know what you plan to bring by the end of the day on Monday, Oct. 9.
3. Stop in between Noon and 2 PM on Oct. 12 to purchase snacks, desserts or just to drop off a donation and say "hello."
4. Can't join us? Donations are welcome and can be made online at [www.bcbky.org/donate](http://www.bcbky.org/donate) or mailed to BCB at 2265 Harrodsburg Road, Ste. 102, Lexington, KY 40504. Please type "bake sale" in the notes section.

Half of the funds raised will go to the UWBG and half directly to BCB to support our programs and services. BCB is proud to be a UWBG partner agency and we are so grateful for the funding they provide to our agency and many others across the Bluegrass to improve the quality of life for our neighbors.

# **BCB Holding End-of-year Food Drive to Benefit Kentuckians Struggling with Vision Loss**

Please share within your own circles of influences, such as churches, clubs or civic groups:

## **Bluegrass Council of the Blind is asking the community's help during Blindness and Visual Impairment Awareness Month in providing supplemental food**

Our food stocks for our clientele are low going into the holiday season; please support our end-of-year food drive this October in observation of Blindness and Visual Impairment Awareness Month.

Shopping can be stressful and difficult for people who are blind or visually impaired. That's why BCB distributes supplemental food packages every month to our clientele in addition to serving meals at our monthly Lunch & Learn gatherings.

"Shopping is a challenge for those of us with vision impairment. BCB's food distribution program is a way we try to reduce the stress of shopping, which is even more challenging during the holiday season, and provide easy-to-prepare foods to those with low to no vision," said Theresa Thomas, BCB Executive Director.

October is Blindness and Visual Impairment Awareness Month, a time to heighten awareness of the realities of living with limited or no sight.

"The majority of BCB consumers are seniors, and beyond vision impairment, most also have some form of additional medical conditions such as hypertension, diabetes, obesity and other conditions we try to address by teaching healthier eating habits and providing healthier foods," Thomas added. "Like everyone else, we are experiencing a rise in food costs, especially when purchasing healthy options, which food banks also struggle to provide. That's why we're reaching out for help from the community."

"The extra food means a lot," said one BCB client. "It has helped supplement my home meals, my financial situation. I live by myself, I'm totally blind and I take care of myself. I'm limited on my funds, and it has allowed me to free up a few dollars. And it has helped supplement my meal menu. I really appreciate it."

"The end of the month gets tight," said another, "and this food helps me not have to schedule another trip to the store. You have no idea how much that helps. It

takes half a day to go anywhere when you can't drive and have to take Wheels or ask somebody to drive you.”

If an individual or a group would like to participate in providing supplemental groceries and items to fellow Central Kentuckians who are blind or visually impaired, they can [click here to visit BCB's Amazon Wishlist](#) to purchase canned goods and other items. For those who would prefer to shop locally, here are some suggestions:

### **Hoped for items:**

Most shelf-stable items welcome. Many of our clients are diabetic so items that are low or no sodium, low or no sugar added and low in carbs are ideal.

- Canned meats
- Canned vegetables (low or no sodium)
- Canned fruit (in natural juices or no sugar added)
- Canned or dried soups (low sodium)
- Canned meals (pastas, stews, etc.)
- Powdered or shelf-stable milk
- Low-sugar cereals
- Bottled water (for support meetings)
- Paper goods for meals at meetings (dessert plates, paper towels, plasticware)
- Assorted color plastic tablecloths for 6 ft. tables (100 needed for the year)
- Sugar-free candies for holiday goodie bags
- Facial tissues
- Clorox or other cleaning wipes
- Soft soaps (pumps)
- Coffee pods (standard sized k-cups) regular and dark roast preferred.

Food donations can be dropped off Monday through Thursday from 9 AM to 4 PM at BCB's office: 2265 Harrodsburg Road, Ste. 102, Lexington. We can also accept financial donations for the food drive on our website at [www.bcbky.org/donate](http://www.bcbky.org/donate); please type "Food Drive" into the notes field. If you would like to know other ways you can help in providing food to those with low or no vision, please contact us [info@bcbky.org](mailto:info@bcbky.org) or call 859-259-1834. We appreciate your support!

## **Save the Date for the BCB Member Holiday Luncheon!**

Our annual BCB Member Holiday Luncheon will be Wednesday, Dec. 6, from 12 Noon until 2 PM at the UK Fayette County Extension Building, Room B. In addition to sharing a holiday lunch together, we'll have an Ugly Sweater Contest and Optional Gift Exchange! Watch this space for more details!

## **Membership Makes Our Organization Stronger**

It's that time of year again with changing leaves, brisk temperatures, Halloween costumes, and BCB's Fall Membership Drive! Starting today (October 1), BCB will begin accepting renewals and new applications for 2024 memberships. Although membership is NOT required to receive services or participate in most BCB activities, we are hopeful that you will want to join and show your support for our organization!

BCB Membership allows you to come to and participate in our Quarterly Membership meetings. This includes the annual Holiday Luncheon, which is our last Membership meeting of the year, regular meetings in March and June, and our annual business meeting with elections each September.

Dues can be paid by check, cash or card and are \$10 a year. If you pay dues in October through December this year, your membership extends not only through the end of 2023 but all through 2024. We would like to have as many new or renewing memberships as possible in by March 1, 2024, to count toward memberships in our parent organization, the American Council of the Blind (ACB). This increases our voting power as decisions are made on a national level. Your \$10 membership automatically grants you membership in ACB so you can stay up on news on legislation, advocacy, the annual convention, and other items of interest to the blind and low vision community, such as self-driving cars, accessible currency, and audio description, just to name a few.

If the cost of membership presents a hardship for you, BCB offers anonymous sponsorships to cover your dues. We do accept donations to help meet this need. Many thanks to all our past and current members! We would not be who we are without your support and participation.

Sincerely,

Susan Ament, BCB Peer Support Program Manager

## 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

### October 2023

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

**Date:** Thursday, Oct. 5, 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.

#### **October 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, Oct. 11, 2023

**Time:** 1 PM to 2 PM EST

**Location:** 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, Oct. 19, 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.

### **October BCB Community Outing**

**Date:** Thursday, Oct. 12, 2023 (World Sight Day!)

**Time:** 12 Noon to 2 PM

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

October 12 is World Sight Day and a great opportunity to show our gratitude to the United Way of the Bluegrass (UWBG) for their continued support of services for adults with vision impairment in Central Kentucky. BCB staff, board and members are encouraged to bring in baked goods and snacks to sell to our visitors, neighbors and friends who stop in to support this UWBG/BCB fundraiser. How you can help:

1. Drop off home-made or purchased baked goods or snacks by 4 PM on Oct. 11<sup>th</sup>.
2. If bringing baked items to sell the day of the event, please be sure to call and let us know what you plan to bring by the end of the day on Monday, Oct. 9.
3. Stop in between Noon and 2 PM on Oct. 12 to purchase snacks, desserts or just to drop off a donation and say "hello."
4. Can't join us? Donations are welcome and can be made online at [www.bcbky.org/donate](http://www.bcbky.org/donate) or mailed to BCB at 2265 Harrodsburg Road, Ste. 102, Lexington, KY 40504. Please type "bake sale" into the notes section.

Half of the funds raised will go to the UWBG and half directly to BCB to support our programs and services. BCB is proud to be a UWBG partner agency and we are so grateful for the funding they provide to our agency and many others across the Bluegrass to improve the quality of life for our neighbors. Lunch is not included at this Community Outing, but you're welcome to bring a lunch and eat it here.

**Registration:** If you plan to come, please let us know by emailing [info@bcbky.org](mailto:info@bcbky.org) or calling 859-259-1834. Please let us know if you will need Wheels reimbursement passes.

### **October BCB Assistive Technology Group Seminar**

**Date:** Thursday, Oct. 12, 2023

**Time:** 1 PM to 2 PM

**Location:** Virtual and in office

**Topic:** New and existing accessible cell phone options

This month, Sam will be demonstrating new and existing accessible cell phones currently on the market. This will include devices such as the BlindShell Classic

2, Smart Vision 3, The RealSAM Pocket, and the Memory phone. Sam will demonstrate how to use these phones, talk about the differences, and be available to answer questions.

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

### **October BCB Woodturning**

**Date:** Thursday, Oct. 19, 2023

**Time:** 1 PM to 2 PM

**Location:** BCB Headquarters, 2265 Harrodsburg Rd, Suite 103, Lexington  
BCB is now offering wood turning for people who are blind or visually impaired on the third Thursday of every *other* month, beginning this month. Class size is limited to two. The first two to sign up will work directly with Richard, our trainer, on creating a keychain. Others who call will be put on a waitlist. If you're interested in learning how to do wood turning, please reach out to Richard at [richard@bcbky.org](mailto:richard@bcbky.org). This activity requires registration and that a liability waiver be signed.

**Registration:** To register, call 859-259-1834; if you have questions, contact Richard at extension 4 or email at [richard@bcbky.org](mailto:richard@bcbky.org).

### **October BCB Lunch & Learn**

**Date:** Wednesday, Oct. 25, 2023

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

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

**Topic and Speakers:** Accessible Pharmacy with Andy Burstein, CEO and co-founder and Ed Henkler, the Blind Guide will join us via Zoom.

Accessible Pharmacy Services for the Blind is a home delivery pharmacy service and healthcare company specializing in patients who are blind and have low vision. They are the only provider of its kind in the world and the largest blind-owned healthcare company in America. Their model merges healthcare and accessibility and empowers patients to live healthier lives while managing their medication and diabetes independently. Be sure to dress up in your Halloween costumes for photos and fun!

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, Oct. 23, 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 reimbursement passes for attending in person.

## **October BCB Food Distribution Home Delivery**

**Date:** Thursday, Oct. 26, 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, Oct. 23.** 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.

## **November 2023**

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

**Date:** Thursday, Nov. 2, 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 hosted by 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.

### **November 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, Nov. 8, 2023



**Time:** 1 PM to 2 PM EST

**Location:** 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, Nov. 16, 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.

### **November BCB Assistive Technology Group Seminar**

**Date:** Thursday, Nov. 9, 2023

**Time:** 1 PM to 2 PM

**Location:** Virtual and in BCB Office, 2265 Harrodsburg Rd, Suite 102, Lexington

**Topic:** "Flexible, Portable Display "

For many of us with low vision, a large display is an essential tool that allows us to access the computer, however, they aren't the most portable! Have you ever wished you could take your large screen with you anywhere? From home to the office, on vacation, even just down to the local coffee shop to get some work done? Well now you can! This month, Sam will be demonstrating a new 24 inch portable display that can connect to all types of devices. This is one AT Seminar you won't want to miss!

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

### **November BCB Community Outing**

**Date:** Tuesday, Nov. 14, 2023

**Time:** 1PM to 3 PM

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

**Speaker:** Larry McNabb, MRC, Certified Rehabilitation Counselor and QPR Suicide Prevention Gatekeeper Trainer

Larry has a Masters in Rehabilitation Counseling from the University of Kentucky and he is a Certified Rehabilitation Counselor through the CRCC. He has been a Certified QPR Suicide Prevention Gatekeeper Trainer since 2010 and he became a Master Trainer with the QPR Institute in Spokane, Wash., in December 2020. Larry's presentation to us at our May Lunch & Learn generated a lot of questions and desire to learn more. At our invitation, Larry graciously

agreed to come back to Lexington for a more in depth presentation on this important topic of suicide prevention. We hope you can join us to learn more about how you might help someone in crisis.

**Registration:** If you plan to come, please let us know by emailing [info@bcbky.org](mailto:info@bcbky.org) or calling 859-259-1834. Please let us know if you will need Wheels reimbursement passes. Because there is no Lunch & Learn in November, if you've registered for food distribution and you attend the Community Outing you can pick up your groceries after the meeting. Those not attending can request to be added to the delivery on Thursday, Nov. 16 between 3 and 6 PM.

### **November BCB Food Distribution Home Delivery**

**Date:** Thursday, Nov. 16, 2023

**Time:** Between 3 PM and 6 PM EST

If you cannot pick up your food distribution at the Community Outing and live in Fayette County, we can deliver your food distribution to your home.

**Registration: Registration for food delivery must be received by Monday, Nov. 13.** 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](http://www.bcbky.org/donate) to make a secure online donation. Thank you!*