



BCB BULLETIN

September 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.

Join Us Sept. 20 for a Woodturning Informational Meeting

Have you wanted a new hobby? Together, the Bluegrass Council of the Blind (BCB), the American Association of Woodturners (AAW) and Ironbridge Woodshop are starting a program to help people who are blind or visually impaired learn to turn wood! **Come on out to the BCB Community Room on Wednesday, Sept. 20, from 1 PM to 2 PM to see a demonstration and get**



information on how you can learn to (safely!) use a wood lathe! After our initial woodturning excursion to Louisville this past June, a lathe was donated to BCB by Powermatic, and tools were donated by Easy Wood Tools.

According to AAW, woodturning is the craft of using the wood lathe with hand-held tools to cut a shape that is symmetrical around an axis of rotation. Like the potter's wheel, the wood lathe is a simple mechanism which can generate a variety of forms limited only by the imagination of the artist or craftsman.

This local program for teaching people with vision impairments to become woodturners was started by Andi Sullivan who is blind and for the past decade has been starting blind Woodturning programs across the U.S. and Canada! Through the program, BCB received its own lathe that will be housed at Iron Bridge Woodshop, a local nonprofit that teaches woodworking skills to those who are homeless or otherwise marginalized.

"Those who are marginalized, whether due to a disability or other life challenge, are often met with low expectations," said BCB Executive Director Theresa Thomas. "I've been visually impaired since age 11 and one of the things that drives me crazy is hearing, 'oh, you probably can't do that.' This woodturning opportunity is an exciting challenge that anyone would be lucky to experience! We are so glad Andi contacted us!"

Robert Littrell started Ironbridge Woodshop as a woodworking program for Kentuckians who are homeless and low income. He is providing space for BCB's lathe to be housed in his facility and the folks in his program will also receive a lathe and instruction. After this meeting, we will schedule regular woodturning sessions at Ironbridge.

Registration: Please register for the Wednesday, Sept. 20, informational meeting by noon Monday, Sept. 18, by calling the office at 859-259-1834 or emailing info@bcbky.org. Please let us know if you will need Wheels reimbursement passes.

New Volunteers

BCB has just been assigned a new cohort of UK Pharmacy students who will be volunteering over the next two years as part of their Community Service-Learning course. Thank you to Dr. Melanie Dicks and her team at UK's College of Pharmacy and to the students. Please say hello if you encounter them. We are hoping they might organize a health fair for us!

Self Referral for the 2023 God's Pantry Sharing Thanksgiving Program Open through September 29

Since 1994, God's Pantry Food Bank Sharing Thanksgiving program has provided all the ingredients needed for a traditional Thanksgiving meal to families facing hunger. Sharing Thanksgiving distributions are held throughout the week before the Thanksgiving holiday. The process involves processing referrals, sourcing meal products, and engaging volunteers to pack and deliver boxes to individuals and seniors at their homes.

In 2023, the Sharing Thanksgiving program will serve families in Clay, Fayette, Floyd, Owsley, Rockcastle, Laurel, Jackson, and Rowan counties. Boxes will be distributed to families in these counties, helping them have an enjoyable Thanksgiving holiday.

Each participating family receives a turkey, butter, eggs, onions, and potatoes, which provides everything needed for a traditional meal for 6-8 people. Additionally, they are given a box of ingredients that includes other essential items to enjoy a traditional holiday meal with family and friends.

Items included in the box: corn muffin mix, stuffing mix, cranberry sauce, peach slices, pear slices, fudge brownie mix, green beans, corn, sweet potatoes/yams, and chicken gravy mix packet.

Families have the option to "self-refer" by calling the **Sharing Thanksgiving Referral Hotline (859-402-0050)** from September 1 – September 29, 2023, Monday – Friday, 10 AM – 1 PM.

For more details please reach out to Mary Alice at mary@godpantry.org or call 859-288-5319.

Let Your Voice Be Heard!

The Office of Vocational Rehabilitation is establishing a plan for the next several years and would like public input. The forums listed below are your opportunity to comment on what the priority areas should be. The forums are via Zoom.

Morning Session:

Date/Time: Tuesday, Sept. 19, 2023, 10 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/87517807873?pwd=U01iUFQxVGdxaFEyNmtjZVVrNDNGdz09>

Meeting ID: 875 1780 7873

Passcode: 569380

One tap mobile

+16469313860,,87517807873#,,,,*569380# US
+13017158592,,87517807873#,,,,*569380# US (Washington DC)

Evening Session:

Date/Time: Tuesday, Sept. 19, 2023 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/84003659881?pwd=VGVHTk9zcVVtQzBHZElyY2w0WWRPQT09>

Meeting ID: 840 0365 9881

Passcode: 092507

One tap mobile

+16469313860,,84003659881#,,,,*092507# US

+13017158592,,84003659881#,,,,*092507# US (Washington DC)

Blindness and Mental Health Webinar Friday, September 29, at 12 Noon ET

From our friends at Accessible Pharmacy:

Please join us as we discuss mental health in the blind and low vision community. Expert presenters will discuss:

- Psychology and therapy for the blind community
- Medications and genomic testing
- Peer and community support resources
- 988 Mental Health Hotline information

This webinar will have captioning and a live ASL interpreter.

[Click here to register](#). After registering, a Zoom link and call-in phone numbers will be sent to your email. If you are unable to attend, please register to receive the recorded audio and video via email.

Info on the National Federation of the Blind's Free White Cane Program.

A BCB member asked that we share the following link to NFB's Free White Cane Program. [Click here to find out more about it!](#)

BCB also has a limited number of canes available for those who have had training and need a replacement cane. To receive a BCB cane, an appointment with BCB Assistive Technology Program Manager Sam Seavey is required to determine if we have something that would be a good fit for each individual.

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

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 provide reimbursement 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 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 reimbursement 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.

Empowered Aging Expo in Danville

Date: Sunday, Sept. 10, 2023

Location: The Showroom, 2405 Lebanon Road, Danville, KY 40422.

Time: 1 PM to 4 PM

This free resource event is geared to connecting attendees with services to support successful aging. [Click here to find out more on their facebook page.](#)

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.

Woodturning Informational Meeting

Date: Wednesday, Sept. 20, 2023

Time: 1 PM to 2 PM

Location: 2265 Harrodsburg Rd, Suite 103

We are offering woodturning lessons! If you'd like a demonstration and more information, please join us in BCB's Community Room for this informational meeting.

Registration: Please register by noon Monday, Sept. 18, by calling the office at 859-259-1834 or emailing info@bcbky.org. Please let us know if you will need Wheels reimbursement passes.

iKnow Expo at Lexington Senior Center

Date: Saturday, Sept. 23, 2023

Time: 10 AM to 2 PM

Location: Lexington Senior Center, 195 Life Lane, Lexington, KY 40502

The **i know expo** is a **FREE event** for people of all ages and life stages: living out their golden years; taking care of someone they love; coping with difficult

health situations or simply smart enough to know it's never too early to start planning for the future. The **i know expo** empowers with information about the services, resources and support available to make the rest of life the best of life. You will learn:

- **how to find services in your community** to help care for a loved one.
- **how to plan** for future physical, emotional and financial well-being.
- **how to choose** the best option for housing.
- **how to stay mobile**, sharp and engaged.
- **how to take care** of yourself if you are a caregiver.
- **how to live as independently** as possible for as long as possible.

And much more. [Click here for more information.](#)

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 reimbursement 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.

October 2023

October BCB Community Outing

Date: TBD

Time: 1 PM to 2:30 PM

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.

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 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: 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, Oct. 19, 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.

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 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 Lunch & Learn

Date: Wednesday, Oct. 25, 2023

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

Location: 2265 Harrodsburg Rd, Suite 103

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.

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, Oct. 23, 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.

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. 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!