



September 2023

2265 Harrodsburg Road, Suite 102 | Lexington, KY 40504
| info@bcbky.org | 859-259-1834

In addition to email, the BCB Calendar of events is recorded and available for listening after the 15th of the month by calling 859-259-1834 and choosing extension 9; the BCB Bulletin is recorded and available for listening after the first of the month by calling 859-259-1834 and choosing extension 8.

Highlights

Don't Forget the Sept. 20 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!

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.

We Are Having a Bake Sale Oct. 12!

Please tell your friends and family! BCB is celebrating World Sight Day, Thursday, Oct. 12, with a bake sale fundraiser benefiting the United Way of the Bluegrass and BCB. This will also be our October Community Outing. Details in the calendar listing below!

Self-Referral for the 2023 God's Pantry Sharing Thanksgiving Program Ends September 29

God's Pantry Food Bank Sharing Thanksgiving program provides 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. Families have the option to "self-refer" by calling the **Sharing Thanksgiving Referral Hotline (859-402-0050)** before 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.

GoodMaps to Host a Free Demo at Frazier History Museum September 21

GoodMaps is hosting a demonstration at the Frazier History Museum in Louisville from 10 AM to 12 Noon, on Thursday, September 21, where local blind community members can come out and try the GoodMaps indoor navigation technology and provide feedback about their experience. GoodMaps has a multitude of installations in the Louisville area and will be sharing more about these newly installed buildings so that local community members can take advantage of accessible indoor navigation. If you are interested in attending, please reach out to Kevin Kline at 270-836-5522 or at kevin.kline@goodmaps.com. Lunch and GoodMaps swag will be provided for visitors after the presentation.

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.

Visit <https://accessiblepharmacy.com/blindness-and-mental-health-webinar> 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.

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=VGVHTk9zcVtQzBHZElyY2w0WWRPQT09>

Meeting ID: 840 0365 9881

Passcode: 092507

One tap mobile

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

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

Calendar

September 2023

September 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, 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.

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. Visit <https://iknowexpo.org/iknowexpo/> 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.

On the Menu: KFC pot pies, thanks to Kentucky Health Solutions.

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 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: 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 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. 11th.

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 or mailed to BCB at 2265 Harrodsburg Road, Ste. 102, Lexington, KY 40504.

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 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 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: 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.

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. 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 visit www.bcbky.org/donate to make a secure online donation today. Thank you!

