



October 2023

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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.



Governor Makes Blindness and Visual Impairment Month Official

On Oct. 9, Kentucky Governor Andy Beshear signed a proclamation naming October 2023 as Blindness & Visual Impairment Awareness Month in Kentucky. Kelly Easton and Christina Welsh from Visually Impaired Preschool Services

(VIPS) and BCB's Theresa Thomas (and Leader Dog Risa) headed to the Capitol in Frankfort to represent the blind and visually impaired at the signing.

Reminder:

Be sure to wear a costume to the October Lunch & Learn, Oct. 25!

BCB's Bake Sale Fundraiser Was a Sweet Success



Thank you to everyone who contributed baked goods, donated money, volunteered, purchased goodies and spread the word about our bake sale! It was a rousing success, raising funds for both BCB and the United Way of the Bluegrass and providing a fun opportunity for a Community Outing! What a wonderful way to celebrate World Sight Day and show our gratitude to the United Way of the Bluegrass for their continued support of services for adults with vision impairment in Central Kentucky.

Calendar

October 2023

October 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, 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 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. 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.

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