



BCB BULLETIN

November 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.

It's a Boy!

Congratulations to BCB member Christian Braunig, on the birth of his son, Jaxon Braunig on October 2, 2023. Jaxon and mother Amber are both doing well and Christian could not be more proud!

You're Invited to KCB's Golden Jubilee

The 50th annual Conference and Convention of the Kentucky Council of the Blind is Friday, Nov. 17, to Sunday, Nov. 19, in person at the Best Western Louisville East Inn and Suites at 9802 Bunsen Way in Louisville. The convention will also be virtual on the Zoom platform and live-streamed on [Radiostorm.com](https://radiostorm.com).

The theme is KCB Golden Jubilee - 50 Years of Accomplishments, and you are invited to join the action-packed weekend to learn about the latest technology, healthy living strategies, helpful resources and services, and to take a look back in time to learn about KCB's work on behalf of people who are blind and visually impaired.

If you can't join in person, the Zoom option lets you participate actively from home by connecting on your computer or calling from any landline or cell phone. The convention will also be broadcast on the Internet on [Radiostorm.com](https://radiostorm.com), though this option is listen-only.

Registration

Although you can listen to much of our programming on the Radio Storm, the only way you can actively participate in the conference is to register as an in-person or virtual Zoom attendee. To pre-register, call the KCB office at (502) 895-4598 with your credit or debit card information or register on-line at www.kentucky-acb.com.

The 2-day Best Value In-person Package includes all programs, exhibits, meetings, and meals - \$50 pre-registration; \$60 after November 10. One-day In-person Package (Friday OR Saturday) includes the day's events and meals - \$30 pre-registration; \$35 after November 10. Conference In-person Registration includes programs and exhibits but no meals - \$20 pre-registration. If you register as a virtual attendee, you will receive Zoom links and dial-in telephone numbers so that you not only can listen but also can ask questions, participate in discussions, win door prizes, and vote in elections if you are a KCB member. Virtual (Zoom) registration is \$20. Pre-registration closes on Friday, Nov. 10. You may register after this date, but pre-registration discounts DO NOT APPLY.

If you pre-register, your conference badge and program in large print, braille, or digital format will be waiting for you. For a digital program, be sure to bring an SD card or flash drive. Programs will be emailed to virtual attendees by Thursday, Nov. 16. If you do not pre-register, you may do so at the hotel. The registration desk opens in the hotel lobby on Friday, Nov. 17, at 10:30 AM.

Hotel Accommodations

Hotel accommodations are available at the Best Western Louisville East Inn and Suites, 9802 Bunsen Way in Louisville. Rates are \$94/night plus tax for up to 4 people per room. Subject to availability, rooms may be upgraded to business suites at no additional charge. Check-in time is 3 PM; check-out is 11 AM. Call the Best Western at (502) 499-0000 by November 10 to make reservations; be sure to let them know you are with the Kentucky Council of the Blind in order to receive our convention rate.

Convention Stipends

KCB is offering a \$100 stipend to every member who travels to convention from outside the metro Louisville area. The Greater Louisville Council of the Blind is offering a \$25 stipend for members who live in the metro area. To be eligible for a stipend, you must be a member of KCB, and you must attend both days of the convention. Request the stipend when you pre-register. Stipend checks will be available at the close of the convention on Saturday evening.

If you have questions, call KCB at (502) 895-4598 or e-mail kcb@kentucky-acb.org.

No Lunch & Learn in November or December

Just a reminder that due to the holidays, we will not be holding Lunch & Learns in November or December.

Holiday Party to Include a Little Bit of BCB Business and a Whole Lot of Fun!

BCB Members: You are invited to our annual membership Holiday Party and Luncheon on December 6, 2023, from noon until 2 PM, at the UK Fayette County Extension in Room B – the same place we had our March Membership meeting. The address is 1140 Harry Sykes Way here in Lexington. We hope you can join us!

We have some important business to take care of involving acceptance of current bylaws and two additional proposed bylaw changes. Of course, we also have festivities planned to celebrate the holidays so feel free to wear holiday attire. We will have an Ugly Sweater Contest, an optional Gift Exchange, Goodie Bags and possibly a visit from Santa himself! If you wish to participate in the Gift Exchange, please bring a wrapped gift with a suggested value of \$10 and you will receive a gift in return.

If you haven't renewed your membership by Dec. 6, you can pay your dues at the door. Dues are currently \$10 for the year. We also accept money for sponsorships for those members unable to afford the payment who request assistance.

A copy of the proposed bylaws and amendments to be voted on at the meeting have been mailed for review to all current members we have addresses for. This information will also be emailed to members who provide an email address and a recording of this material has been posted on our voice mail system at extension 7. Members can call the main office to request alternate formats like Braille and print larger than 14 point. Please review the information in advance and direct any questions you may have to BCB Board President Arthur Abshire at president@bcbky.org or Judy Potter, Board Vice President and Bylaws Committee Chair at judapotter@gmail.com. Phone numbers for each of these can be obtained by calling the BCB office at 859-259-1834.

Membership Makes Our Organization Stronger

Letter to past, current and future BCB members:

It's that time of year again: BCB's Fall Membership Drive! BCB is now 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 (coming up Dec. 6!), 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. For new or nonrenewed members, if you pay dues now through December this year, your membership will extend through the end of 2023 and all through 2024. We would like to have as many new or renewing memberships as possible in by March 1, 2024, in order 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

Discussion and Clarification of Wheels Rider Guide

Emily Elliott, Community Relations Manager for LexTran will be our special guest at BCB's mentoring support group on Nov. 8 from 1 to 2 PM. She will go over recent updates in the Wheels Rider Guide and answer any questions. Please register if you would like to attend this special meeting. This will be an in-person meeting in BCB's community room, Suite 103. More details are in the calendar below.

'Phantom Hacker' Scams Target Senior Citizens and Result in Victims Losing their Life Savings

The FBI is warning the public of a recent nationwide increase in "Phantom Hacker" scams, significantly impacting senior citizens. This Phantom Hacker scam is an evolution of more general tech support scams, layering imposter tech support, financial institution, and government personas to enhance the trust victims place in the scammers and identify the most lucrative accounts to target. Victims often suffer the loss of their entire banking, savings, retirement, or investment accounts under the guise of "protecting" their assets. For details on these scams, please [click on this link](#).

Calendar

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.

December 2023

BCB's Holiday Luncheon Quarterly Membership Meeting

Date: Wednesday, December 6, 2023

Time: Noon until 2 PM

Location: UK Fayette County Extension in Room B (1140 Harry Sykes Way, Lexington)

BCB Members are invited to our annual membership Holiday Party and Luncheon! We have some important business to conduct involving BCB's current bylaws and two additional proposed bylaw changes, along with holiday festivities. Feel free to wear holiday attire. We will have an Ugly Sweater Contest, an optional Gift Exchange, Goodie Bags and possibly a visit from Santa himself! If you wish to participate in the Gift Exchange, please bring a wrapped gift with a suggested value of \$10 and you will receive a gift in return.

BCB Membership is \$10 and is required to attend. You can pay your membership fee ahead of time at www.bcbky.org/donate or at the door. Dues paid now will pay your membership through 2024. Each member can bring one guest.

Registration: Call the office at 859-259-1834 or email info@bcbky.org to register. Early registration is encouraged; registration closes at noon December 4. Be sure to let us know if you will be needing Wheels reimbursement passes.

December BCB Woodturning

Date: Thursday, Dec. 7, 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 first Thursday of every other month, Class size is limited to two. This is a wonderful opportunity to make a handcrafted gift for the holidays. 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.

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

Date: Thursday, Dec. 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.

December Community Outing - TBD

December BCB Mentoring Small Group

Afternoon In-Person Mentoring

Date: Wednesday, Dec. 13, 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.

December BCB Assistive Technology Group Seminar

Date: Thursday, Dec. 14, 2023

Time: 1 PM to 2 PM

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

Topic: "Best Magnifying Apps for Android And iPhone "

This month, Sam will be talking about his favorite magnifying apps for both Android and iOS. Not only are these apps incredibly helpful for low vision in a variety of situations, they're also free!! Join the event to find out more and to learn how you can get these apps for yourself!

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.



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!