



BCB BULLETIN

December 2023

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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.

Thank you, Lions!

Thank you to the Lexington Lions Club for their generous support of the Bluegrass Council of the Blind this year. The kindness and generosity of the Lexington Lions Club exceeded expectations at their annual Gifting Night in November, where they granted charitable awards to local nonprofits with proceeds from this year's Lexington Lions Club Bluegrass Fair to help them better serve our community. Nonprofits like the Bluegrass Council of the Blind! Their motto of "We Serve" was certainly shining and illuminated all of Lexington!



BCB is honored and humbled to have received support from the Lexington Lions Club for more than four decades! Thank you to each Lion who has donated their

time, talents and treasures to serve our Lexington community through the great works of the Club! And be sure to enjoy the Lexington Lions Club Bluegrass Fair June 6-16, 2024!

IHOP Holding Dine & Donate Event for BCB Dec. 15

Both Lexington IHOP locations have agreed to donate back 20% of meal tickets purchased by BCB supporters all day on Friday, Dec. 15. Diners can simply let their server know they are there for BCB, enjoy a meal and the restaurant will mark your receipt for BCB. It's that easy!

IHOP locations are at 2380 Normal Lane (Off Nicholasville Road, by Regency Center Kroger) and 2306 Palumbo Drive (near Home Goods). Mark your calendars now!

December Meeting Updates

There will be no BCB Lunch & Learn and no Zoom/virtual group mentoring in December. In-person group mentoring will be Wednesday, December 13, from 1 until 2 PM. We will resume the Zoom mentoring meetings on January 18.

Food distribution will take place after the in-person mentoring support group for those who sign up for supplemental food. If you are unable to attend, we are working on scheduling delivery for December 14.

The topic at the Dec. 13 support group will be "Tips for Surviving the Holidays". Come share your best tips and listen and learn from others on how they manage to survive and even thrive during this season of gatherings and good cheer. Hope you can join us! If you are using Wheels to attend, we can reimburse you for up to two passes. Soft drinks, water and coffee provided by BCB.

Holiday Party Happens Dec. 6!

BCB Members: Don't forget BCB's 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. Registration was required by Nov. 29.

Hart-Supported Living Program Helps Those with Disabilities Remain at Home

The Hart-Supported Living program provides funds for supports to help Kentuckians with disabilities live in their homes and communities and avoid institutionalization.

The statute enabling the state Hart-Supported Living Program, [KRS 210.770](#), provides that the program makes grants for a broad category of flexible, individualized services that, when combined with natural unpaid or other eligible paid supports:

- Help a disabled person live in a home of the person's choice, typical of living arrangements for persons without disabilities;
- Encourage participation in the community with persons among the general population;
- Promote rights and autonomy;
- Enhance skills and abilities to live successfully in the community; and
- Enable acceptance in the community by promoting home ownership or leasing arrangements.

For more information on this program, [click here to visit their web site](#).

Have You Signed up for the Kroger Gives Back Program?

Please share with your family and friends! This is an easy way to help provide services to Kentuckians with low or no vision! Did you know you can link your Kroger Rewards Card to the Bluegrass Council of the Blind and BCB will receive a percentage of your purchase from Kroger? The Kroger Community Rewards program makes it easy to donate to your favorite local organization through the shopping you do every day. Once you link your Kroger Rewards Card to BCB, all you have to do is shop at Kroger and swipe your Shopper's Card. Kroger takes care of the rest!

Last quarter BCB received \$166 from Kroger's Community Rewards program. That means more than you know to a small organization like ours! [Please click here to link your Kroger card to the Bluegrass Council of the Blind](#) so your holiday grocery shopping will support programs for people who are blind or have low vision. Thank you!

Membership Makes Our Organization Stronger

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 regular meetings in March and June; our annual business meeting with elections each September; and the annual Holiday Luncheon in December.

Dues can be paid by check, cash or card and are \$10 a year. For new or nonrenewed members, if you pay dues through December this year, your membership will extend this month 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.

You can pay your dues with a card online at www.bcbky.org/donate (please type "2024 membership" in the notes field) or by calling 859-259-1834. Checks can be mailed to BCB at 2265 Harrodsburg Road, Ste., 102, Lexington, KY 40504; please write "2024 membership" in the memo section. If the cost of a membership presents a hardship for you, BCB offers anonymous sponsorships to cover your dues. You can talk to Susan Ament about the scholarships. 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.

Calendar

December 2023

BCB's Holiday Luncheon Quarterly Membership Meeting

Date: Wednesday, Dec. 6, 2023

Time: Noon until 2 PM

Location: UK Fayette County Extension, 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 fees ahead of time at www.bcbky.org/donate or at the door. Dues paid now will pay your membership through 2024.

Registration: Registration closed at noon Wednesday, Nov. 29.

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 BCB Mentoring Small Group

We will only have one small group mentoring session this month due to the

holidays. The discussion topic will be "Surviving the Holidays". Food distribution will take place after the in-person mentoring support group for those who sign up for supplemental food. If you are unable to attend, we are working on scheduling delivery for December 14.

Afternoon In-Person Mentoring

Date: Wednesday, Dec. 13, 2023

Time: 1 PM to 2 PM EST

Location: BCB Headquarters (2265 Harrodsburg Rd, Suite 103, 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.

December BCB Food Distribution Home Delivery

Date: Thursday, Dec. 14, 2023

Time: Between 3 PM and 6 PM EST

If you cannot pick up your food distribution at the In-Person Mentoring Group and live in Fayette County, we can deliver your food distribution to your home.

Registration: Registration for food delivery must be received by Monday, Dec. 11. 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.

January 2024 Happy New Year!

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

Date: Thursday, Jan. 5, 2024

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.

January 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, Jan. 10, 2024

Time: 1 PM to 2 PM EST

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

To participate, contact Susan Ament at susana@bcbky.org or 859-259-1834.

Evening Mentoring

Date: Thursday, Jan. 18, 2024

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.

BCB January Community Outing

Date: Tuesday, Jan. 16, 2024

Time: Noon to 1:30 PM

Place: Oak Street Health, 208 Legends Ln, Suite 160 (Off N Broadway, next to Dollar General)

Program: We will enjoy a light lunch provided by Oak Street along with an informative talk on staying healthy during the winter months. There will be time for a tour of the facility and a chance to ask questions about what Oak Street Health has to offer in the way of services.

Registration: Please RSVP to BCB by Thursday, Jan. 11, by emailing info@bcbky.org or calling 859-259-1834, and hope for good weather! If you are riding Wheels, BCB will reimburse you for up to two Wheels passes.

January BCB Assistive Technology Group Seminar

Date: Thursday, Jan. 11, 2024

Time: 1 PM to 2 PM

Location: Virtual and in office

Topic: TBD

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.

January BCB Lunch & Learn

Date: Wednesday, Jan. 24, 2024

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

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

Speaker: Sgt Benjamin Baker, Lexington Police Department

Topic: Internet and Telephone Scams. Sgt Baker will bring us up to date on the latest scams out there including internet and telephone scams! He will tell us what we need to be watchful for and what we can do to better protect ourselves from potential scammers. 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, Jan. 22, 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; we can reimburse you for up to two passes.

January BCB Food Distribution Home Delivery

Date: Thursday, Jan. 25, 2024

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, Jan. 22. 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!*