



December 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

Happy New Year!

Our December meetings are over for 2023, but we can't wait to see you again in the new year! Enjoy safe and happy holidays, and we hope to spend time with you in 2024!

IHOP Holding Dine & Donate Event for BCB Dec. 15 (TODAY)

Both Lexington IHOP locations have agreed to donate back 20% of meal tickets purchased by BCB supporters all day on Friday, Dec. 15. (That's today!) Simply let your server know you are there for Bluegrass Council of the Blind, and the restaurant will mark your receipt for BCB. It's that easy. Please take some time today to enjoy a meal out and support BCB! IHOP locations are at 2380 Normal Lane (Off Nicholasville Road, by Regency Center Kroger) and 2306 Palumbo Drive (near Home Goods). [Click here for the menu](#). Don't forget to tell them you are there to support the Bluegrass Council of the Blind!

"Oh, What Fun It Is" ... Getting Together at a BCB Holiday Party!

What a nice time we had at the BCB Holiday Party and Membership Meeting at the UK County Extension on December 6! We enjoyed a lunch from Critchfield's; Santa was there; gifts were exchanged; and even had an ugly sweater contest! None of this would be possible without the help of BCB staff and a group of dedicated volunteers. **Thank You to all who attended and helped to make a fun and cheerful celebration!** We even got our BCB Bylaws approved and updated in the midst of the merriment!





Calendar

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. 4, 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.

January BCB Assistive Technology Group Seminar

Date: Thursday, Jan. 11, 2024

Time: 1 PM to 2 PM

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

Topic: Overview of the Seeing AI app for Android and iPhone

This month, Sam will be talking about one of the most popular apps for the blind and visually impaired community! Seeing AI, which offers Amazing features like text reading, facial recognition, and color identification, has been available on iPhones for six years now and was just released on Android as well! Join the seminar this month to learn more about this amazing app and how to get it!

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.

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 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 clicking the Donate Now button to make a secure online donation today or [click through to our Web site here](#). Thank you!