



BCB BULLETIN

January 2024

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

Mark Your Calendars for BCB's NEW Fundraising Event!

The Bluegrass Council of the Blind is holding a new fundraising event that will be an experience like no other: **Dining in the Dark!** Guests will be given the option to enjoy a delicious dinner under blindfold or using vision impairment simulation glasses, while helping to raise money that goes to change the lives of people who are blind or visually impaired here in Central Kentucky. The evening will allow folks to get a true sense of what life can be like for those in our community with low or no vision and support BCB, a 45-year nonprofit institution in Lexington. Plus there will be a Silent Auction!

A one-of-a-kind event in Central Kentucky, **BCB's Dining in the Dark will be held Wednesday, April 17, 2024, at the Hyatt Regency Lexington** on the eve of the Kentucky Optometric Association (KOA) annual conference and will be promoted by KOA and the Kentucky Academy of Eye Physicians and Surgeons to their members. The general public and BCB supporters are also invited to attend. The event will have just 200 tickets available, which will go on sale in February. Watch this newsletter for more details and announcements!

If you are interested in being a sponsor of the event or donating to the Silent Auction, please contact Theresa Thomas at info@bcbky.org or 859-259-1834.

Welcome and Thank You to BCB's Board of Directors!

BCB is so lucky to have committed board members who volunteer their time year over year. Thank you to all who have and continue to serve on our Board of Directors! The 2024 BCB board roster is:

Officers:

Arthur Abshire, President

Len Cox, Vice President

Judy Potter, Secretary

Rebecca Parmley, Treasurer

Members at large:

Laura Dake

Kimberly May

Martin Smith

Mac Ferguson

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](#) to support programs for people who are blind or have low vision simply by shopping for groceries! Thank you!

Membership Makes Our Organization Stronger

Have you renewed or applied for your 2024 BCB membership? 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. 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

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: Zoom 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

Location: 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.

February 2024

February BCB Woodturning

Date: Thursday, Feb. 1, 2023

Time: 1 PM to 2 PM

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

BCB offers 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. 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.

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

Date: Thursday, Feb. 1, 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.

BCB February Community Outing

Date: Tuesday, February 6, 2024

Time: 10 AM until 11:30 AM

Place: McLeod's Coffee House (376 Southland Dr., Lexington)

The menu includes ham and cheese croissants, donuts, muffins, sandwiches and

paninis. They have a full espresso bar with lattes, cappuccinos, Americanos and regular coffee. They also have tea and hot chocolate. So come on out, enjoy time with your friends from BCB and make new ones in a relaxed social atmosphere. Each person is responsible for their own purchases. We will have volunteers to assist where needed.

Registration: Please register at info@bcbky.org or 859-259-1834 if you will attend so we know to expect you and can reserve tables. Susan will be there with Wheels reimbursement passes for those using Wheels transportation.

February BCB Assistive Technology Group Seminar

Date: Thursday, Feb. 8, 2024

Time: 1 PM to 2 PM

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

Topic: All about lighting for low vision!

Did you know that one of the easiest ways to help improve low vision is by adding high quality light. If you're struggling to see something, adding in more light could help! This month, Sam will be talking about all types of lighting solutions. From lighting around your house, to lights you can carry with you. With all the different lighting options available, it's truly a bright new world!

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.

February 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, Feb. 14, 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, Feb. 15, 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 February Lunch & Learn

Date: Wednesday, Feb. 28, 2024

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

Speaker: Nora Veblen from Wildwood Music Therapy

Nora will talk about the benefits of music in our lives and introduce us to her role as a music therapist. She will bring along some of the musical instruments she uses and demonstrate some of her methods she uses to help people with emotional healing and better overall health.

Registration: Please register by Wednesday, Feb. 21, but no later than noon on Monday, Feb. 26 by calling 859-259-1834 or emailing info@bcbky.org and let us know if you will need Wheels reimbursement passes. We can reimburse for up to two passes.

February BCB Food Distribution Home Delivery

Date: Thursday, Feb. 29, 2024 (Leap Day!)

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, Feb. 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!