



January 2024

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

Lextran Wants to Hear from You About Wheels

You are invited to participate in Lextran's upcoming public listening sessions focused on gathering valuable insights and experiences regarding Lextran Wheels paratransit service.

Your input can contribute to a comprehensive understanding of the challenges and successes individuals face when utilizing paratransit.

Below are the dates and times for Lextran Wheels Paratransit Listening Sessions:

Session 1: Tuesday, Jan. 16, 2024, 9 AM, Christian Towers (1511 Versailles Rd.)

Session 2: Wednesday, Jan. 17, 2024, 6 PM, Lextran Administrative Offices (200 W Loudon Ave); Streamed live on YouTube

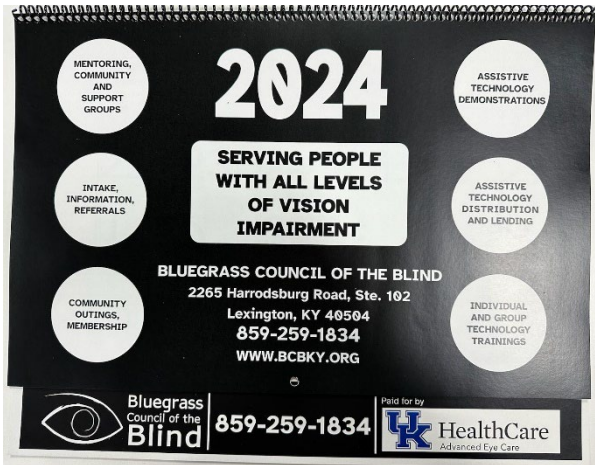
Session 3: Thursday, Jan. 18, 2024, 1 PM, Lexington Senior Center (195 Life Ln.)

Session 4: Friday, Jan. 19, 2024, 2 PM Briarwood Apartments (1349 Centre Pkwy)

After all sessions have been completed, feedback generated will be compiled and shared with the community.

If an individual cannot attend any of the public meetings, you are encouraged to share your feedback and ideas with Lextran by emailing compliance@lextran.com or by calling 859-244-2030 weekdays between 8 AM and 4 PM.

This is a great opportunity to collaborate to make Lextran Wheels paratransit services more accessible and effective.



BCB's Large-print 2024 Calendars Are Available!

Come on by and pick up your large-print 2024 calendar!

These calendars are free of charge for Kentuckians with vision impairments, thanks to UK HealthCare Advanced Eye Care.

To get yours, come by the BCB office (2265 Harrodsburg Road, Ste. 102) or call 859-259-1834 or email info@bckky.org to request one be mailed. Quantities are limited.

Calendar

January 2024

January 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, 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

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.

On the menu: Chili and a baked potato from Wendy's

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, 2024

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

Thank you!