



BCB BULLETIN

February 2024

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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, available to purchase now! [Click here to buy tickets and find out more.](#)

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.

BCB Membership Meeting Dates Set!

The BCB Membership Committee has set the dates for our four BCB Quarterly Membership Meetings for 2024! They are March 6, June 5, September 4 (Annual Business & Elections), and December 11 (Holiday Party). These are all Wednesdays and will go from noon until 2 just like our Lunch & Learns. So members, mark your calendars!

If you are not already a BCB member, you can still join for 2024. Dues are only \$10 for the year. It is most helpful if you get them in by March 6 – you can pay at the March membership meeting! Alternatively, you can give now by calling the office and paying by card or sending in a check. We even have sponsorships for those who cannot afford dues yet still want to be a BCB member. While you do not need to be a member to receive BCB services, membership is one way you can give back and become as involved as you wish. We do conduct business at some of our meetings, but we also enjoy social time, getting to know one another, and door prizes. We need you! Call or email us if you have questions about joining: 859-259-1834 or susana@bcbky.org.

UK Holding Its First Audio-Described Dance Performance this Weekend

The University of Kentucky Dept. of Theatre and Dance is holding its first-ever live Audio Description for Dance Service during its Dance Concert this weekend, February 2 through 4, at the Guignol Theatre on UK's campus. Performances are Friday, February 2, and Saturday, February 3, at 7:30 PM, and Sunday, February 4, at 2 PM, at the *Guignol Theatre* (465 Rose Street, Fine Arts Building, University of Kentucky). Friday's performance will be followed by a special Q&A session with artists. Tickets are \$20 for adults and \$13 for students

Audio Description Accessibility:

Any patron who would like an assistive listening device for Audio Description, can email laura.neese@uky.edu ahead of time to reserve a device, or simply request one at Check-in in the Guignol Main Lobby when they arrive for the performance. If you attend and use a device, the Department of Theatre and Dance would welcome feedback on the AD user experience. Please email laura.neese@uky.edu to share your thoughts.

[Click this link for more information.](#)

[Click here to buy tickets.](#)

A Note from BUILD (Building a United Inter-faith Lexington through Direct action): Contact Your Council Member!

BUILD is a group in Lexington that focuses on building a bridge between fixed-route Lextran buses, rideshares, and specialty transport options like Wheels. One of their projects this year is to push the Lexington city government to fund a Microtransit pilot program. Several council members support this dream; they need your help to find enough support to fund the pilot program. If you want to see this dream become a reality there is one very easy thing you can do: write your city council member and/or the council members at large with a personal story in which a lack of transportation has negatively impacted you.

What is Microtransit and how does it function?

Microtransit is an on-demand service that closes the gap between public transportation and private rideshare options like Uber, Lyft, and taxis. Think of it like a minibus that comes when and where you want. Unlike WHEELS, a microtransit ride can be requested in as little as 30 minutes and be used by anyone. The cost is dependent on the transit authority, but typically the ride is subsidized so that riders only pay what they would for bus fare. It should also be ADA-compliant. Most microtransit companies offer a variety of methods for scheduling a ride and their apps are compatible with smartphone accessibility features.

If you wish to help our cause, please get your story in by **Tuesday, February 6th**, as that marks the start of the legislative session in which the council disburses the city budget.

Calendar

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 teach us 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 the methods she uses to help people with emotional healing and better

overall health. This promises to be both fun and educational so you don't want to miss this program!

Registration: Please register by Wednesday, February 21, but no later than noon on Monday, February 26, by calling 859-259-1834 or emailing info@bcbky.org. Let us know if you will be riding Wheels; 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: Please register for Food distribution by Monday, Feb. 19, if possible, but no later than Monday, Feb 26. 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.

March 2024

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

Date: Thursday, March 7, 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 March Community Outing - TBD

March BCB Assistive Technology Group Seminar

Date: Thursday, March 14, 2024

Time: 1 PM to 2 PM

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

Topic: Let's talk about headphones!

As we lose vision, we start to rely on our hearing even more. When it comes to choosing the best headphones for listening to music, audio books, podcasts, etc, How do we know which is the right option for us? This month, Sam will talk about several different headphone options and go over the benefits of each.**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.

March 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, March 13, 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, March 21, 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.

March BCB Lunch & Learn

Date: Wednesday, March 27, 2024

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

Topic: Two Transportation Services

GoGo Grandparent is a membership-driven service that allows you to request a ride with a phone call, order takeout, and have groceries or medications delivered. No smartphones or apps are required. Come learn more about this service that may help you or a loved one. Secondly, Mike Ginter from Bluegrass Independent Transportation Network (ITN) will join us in person to answer questions about this service for seniors and people with vision impairments. Friendly drivers will meet you at your door and get you to where you need to go. Rides are less than the cost of a cab and there may be some scholarship money available for lower income riders. Enjoy lunch and meet others who are challenged with limited vision.

Registration: Please register by Wednesday, March 20, if possible, and no later than noon on Monday, March 25, 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.

March BCB Food Distribution Home Delivery

Date: Thursday, March 28, 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: Please register for Food distribution by Monday, March 18, if possible, but no later than Monday, March 25. 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!