



# February 2024

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## Highlights

### You're Invited!

The Bluegrass Council of the Blind (BCB) is holding a new fundraising event that will be an experience like no other: Dining in the Dark! Guests will have the option to enjoy a delicious dinner under blindfold or vision impairment simulation glasses, while helping to raise money that goes to change the lives of people who are blind or visually impaired in Kentucky. The evening will include a sit-down dinner, cash bar, silent auction and 50/50 raffle. Please join us for the fun and to support the work of BCB, a nonprofit organization serving adults with low or no vision from across Kentucky. Tickets for the evening include free parking.



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.** The event has just 200 tickets available, and ticket sales are open 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](mailto:info@bcbky.org) or 859-259-1834 or [click this link.](#)

## March BCB Membership Meeting to Celebrate March Madness

Come dressed in your best Blue & White attire to support UK during March Madness at BCB's First Membership Meeting of the year. We'll be coming together to compete at basketball trivia and enjoy each other's company on Wednesday, March 6.

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 or visit [www.bcbky.org/donate](http://www.bcbky.org/donate) and type in "membership 2024" in the notes section. We even have sponsorships for those who can't afford dues but 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](mailto:susana@bcbky.org).

## Your Responses Can Help Lexington Develop Affordable Housing

Lexington's Office of Housing Advocacy & Community Development is conducting an analysis of Lexington's affordable housing needs now and into the future. The results will help guide their office and the Affordable Housing Board as it allocates funding to new projects. [Please take a few minutes to complete their survey by clicking this link.](#) To learn more about the project, [click here](#).



## 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@bcky.org](mailto:info@bcky.org) to request one be

mailed to you. Quantities are limited.

# Calendar

## **February 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, Feb. 15, 2024

**Time:** 7:30 PM to 8:30 PM EST

**Location:** Zoom meeting

**To participate,** contact Susan Ament at [susana@bcbky.org](mailto: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!

**On the menu:** Pot roast, mashed potatoes and carrots with a roll and butter.

**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](mailto: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 Membership Meeting

**Date:** Wednesday, March 6, 2024

**Time:** Noon until 2 PM

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

**Agenda:** We will be celebrating March Madness so wear your blue and white and come prepared to compete at basketball trivia!

Wheels passes provided for those using Wheels to attend.

**On the menu:** Chicken tenders, mac 'n' cheese and cole slaw with corn bread.

**Registration: Please register at least one week prior but no later than noon**

**Monday, March 4.** It's not too late to join BCB's 2024 membership! Membership in BCB is only \$10 a year and there are sponsorships available to cover the cost if needed.

## 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](mailto:susana@bcbky.org) or 859-259-1834, ext. 6, to register or if you would like more information about participating.

## BCB March Community Outing

**Date:** March 11, 2024

**Time:** 6:30 – 8:15 PM

**Place:** Lyric Theatre, 300 E Third St, Lexington (corner of Third & Elm)

**Event:** Michael Johnathon's Woodsongs Old Time Radio Hour. This will be a live performance featuring The Price Sisters and Randy Steele. The Price Sisters are twin sisters Lauren and Leanna from Kentucky. Both have become versatile instrumentalists, Lauren on mandolin and Leanna on fiddle, and their sibling harmony has carried them to great success in bluegrass music. Randy Steele is an award-

winning banjo master – and career firefighter – from Chattanooga TN. More information is available at [www.woodsongs.com](http://www.woodsongs.com). Tickets are \$10. Call 859-280-2201 after 1 PM M-F, go online, or purchase your ticket at the door. Doors open at 6 PM, please be seated by 6:45. The show starts at 7 and ends about 8 PM. If scheduling transportation, we recommend you schedule your return ride to pick you up at 8:15 PM. There is parking across the street from the Lyric. BCB will have a row reserved for us and Susan will be there to reimburse you for Wheels passes if using Wheels.

**Registration:** Please RSVP to BCB by Thursday, March 7, by emailing [susana@bcbky.org](mailto:susana@bcbky.org) or calling 859-259-1834. If you are riding Wheels, BCB will reimburse you for up to two Wheels passes.

### **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](mailto: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](mailto: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](mailto: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](mailto: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 visit [www.bcbky.org/donate](http://www.bcbky.org/donate) to make a secure online donation today. Thank you!*