



BCB BULLETIN

March 2024

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



Have You Bought Your Tickets Yet?

Please share with your family and friends! 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! Visit https://bit.ly/BCB_Dining 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 or visit <https://bcbky.org/dininginthedark/>.

Have you RSVP'd for the March BCB Membership Meeting?

Registration for the March 2024 BCB Membership meeting is due no later than noon Monday, March 4. Have you registered yet? 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 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.

From LFUCG Housing Advocacy: Join us for a public meeting.

The Affordable Housing Needs Assessment's mission is to address the pressing need for affordable housing in Lexington. LFUCG has dedicated \$38.5 million through the Affordable Housing Fund to create or preserve 3,171 units. Despite these efforts, challenges persist, exacerbated by the COVID-19 pandemic's impact on the rental market. This project serves as a way to reassess Lexington's

housing needs and explore potential solutions. Together, let's work towards securing safe, affordable housing for all Lexington residents. LFUCG is inviting the public to share their insight at one of the public meetings below:

TUESDAY, MARCH 5, 5 to 7 PM, Central Branch Library, 140 E. Main Street, Lexington, KY 40507

TUESDAY, MARCH 12, 5 to 7 PM, Beaumont Branch Library, 3080 Fieldstone Way, Lexington, KY 40513

TUESDAY, MARCH 19, 5 to 7 PM, Northside Branch Library, 1733 Russell Cave Road, Lexington, KY 40505

TUESDAY, MARCH 26, 5 to 7 PM, Tates Creek Branch Library, 3628 Walden Drive, Lexington, KY 40517

THURSDAY, APRIL 4, 1:30 to 4:30 PM, Lexington Senior Center, 195 Life Lane, Lexington, KY 40502

For questions or more information, please contact: Tiffany Masden at tmasden@lexingtonky.gov.

Calendar

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 are reimbursed 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 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. 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 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 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)

Program: This group meeting will be a little different from our usual format. The meeting will be led by August Tuggle, MT-BC. August will facilitate music therapy activities with goals of encouraging self-expression and group discussions about our relationship to disability and adapting to change.

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 can't 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.

April 2024

BCB April Community Outing

Date: Tuesday, April 2, 2024

Time: 1 – 2:30 PM

Location: UK Fayette County Extension Services (1140 Harry Sykes Way, Lexington)

What to Expect: Jacqui Denegri will again be our instructor for this cooking class refresher. This time we will be making sweet and savory quesadillas and Jacqui will be adapting cooking instruction and technique to make it easier to follow for those of us with blindness or low vision. The class is suitable for newcomers or for those who participated in the classes last year.

Registration: We will be recruiting sighted volunteers to help out so please RSVP by Tuesday, March 26, to help us plan. You can register by calling 859-259-1834 or emailing susana@bcbky.org. And let us know if you will need Wheels reimbursement passes; we can reimburse for up to two passes.

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

Date: Thursday, April 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.

April BCB Assistive Technology Group Seminar

Date: Thursday, April 11, 2024

Time: 1 PM to 2 PM

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

Topic: Demonstration of the CloverBook Pro XL Video Magnifier

One of my favorite portable magnifiers has recently gotten a big update! In 2022, I posted my review of the original CloverBook Pro and declared it my favorite portable video magnifier of all time. With over 22,000 views on that video, it seems that a lot of people agree! With the announcement of the new CloverBook Pro XL, the already fabulous video magnifier is now bigger and better! Join me this month for a demonstration of the new CloverBook Pro XL and see if it might be the right device for you!

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.

April 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, April 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, April 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.

April BCB Lunch & Learn

Date: Wednesday, April 24, 2024

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

Speaker and Program: Steve Hoyt, COMS will be our speaker and will be talking about the Orientation and Mobility program provided by Pilot Dogs in Columbus, Ohio. Steve has been a Certified Orientation and Mobility Specialist for 9 years and received his Master's degree in Orientation & Mobility from Western Michigan University. Their program is 2 weeks long in-residence at Pilot Dogs. Lessons include: human guide technique, upper/lower body protective techniques, white cane techniques, analyzing intersections, riding public transportation, cardinal directions, APS, no sidewalk training, grocery store training, independent route travel, traffic lights and more. Services are free, and food & transportation is provided at no cost for those who qualify.

Registration: Please register by Tuesday, April 16, if possible, and no later than noon on Monday, April 22, 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.

April BCB Food Distribution Home Delivery

Date: Thursday, April 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: Please register for Food distribution by Monday, April 15, if possible, but no later than Monday, April 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!*