



March 2024

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Highlights

Ticket Sales End April 1st for BCB's Dining in the Dark!

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 total tickets available, and ticket sales are only open until April 1! [Click here to buy tickets now.](#)

Attendees 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. Tickets for the evening include a sit-down dinner, cash bar, silent auction, vision impairment experience stations, 50/50 raffle and free parking.

Please join us and our emcee and BBN Tonight's Maggie Davis for the fun and to support the work of BCB!



Special thanks to our Dining in the Dark Sponsors:

Eye Candy Sponsor

Talent Financial Group

Supporting Sponsors

Clark Material Handling Company

Clark Taylor

Kentucky Optometric Association

Inspirational Sponsors

Susie Basham with The Agency

Green's Toyota of Lexington

Tammy and Brian Hershinow

Whitaker Bank

Free Diabetes Expo April 27th

Almost 14% of all Kentuckians have diabetes and 34% have prediabetes, making the state the 8th highest in the country for diabetes prevalence.

Learn how to prevent or manage diabetes! Join the Fayette County Diabetes Coalition for a FREE Diabetes Expo 10 a.m.-2 p.m. Saturday, April 27, at 1140 Harry Sykes Way (the University of Kentucky Cooperative Extension office).

The event will feature more than 25 vendors with cooking demonstrations, Primary Care and Education services, vision screenings, Q&A with experts, free vaccines and much more! Admission is FREE, but there will be a prize drawing for those who pre-register by calling 859-257-5582. You can also pre-register

at: <https://forms.office.com/g/BBSBWUWUsF>.

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 to request one be mailed to you. Quantities are limited.

Calendar

March 2024

March 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, 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.

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.

BCB Dining in the Dark

Date: Wednesday, April 17, 2024

Time: 6:30 PM to 8:30 PM

Location: Hyatt Regency Lexington (401 West High Street Lexington, KY 40507)

BCB's Dining in the Dark is a new fundraising event that will be an experience like no other! 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, vision impairment experience stations, and 50/50 raffle. Please join us and BBN Tonight's Maggie Davis for the fun and to support the work of BCB: providing services to adults with low or no vision from across Kentucky. Tickets for the evening include free parking. Get your tickets before April 1 at https://bit.ly/BCB_Dining.

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