



BCB BULLETIN

April 2024

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In addition to email, the BCB Bulletin is recorded and available for listening after the first of the month by calling 859-259-1834 and choosing extension 8; the abbreviated and updated BCB Calendar of Events is available at extension 9 after the 15th of the month.

Exclusive \$20 off for BCB Friends Extended to Wednesday, April 3!

We're excited to offer \$20 off individual tickets to Dining in the Dark to our newsletter subscribers and friends of BCB! [Simply click here to purchase your tickets using the promo code BCB20 and you'll receive your discount.](#) Tickets must be purchased in advance by April 3. No tickets are available at the door for this event.



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.** Bring your friends and family to experience 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. **We are extending ticket sales to this Wednesday, April 3, to give everyone the opportunity to use the promo code.** Tickets for the evening include a sit-down dinner, cash bar, silent auction, vision impairment experience stations, 50/50 raffle and free parking.

[Click here to buy tickets and find out more](#)

Thank you to our 2024 Dining in the Dark Sponsors!

Dr. and Mrs. Bruce Koffler, Dining in the Dark Chairpersons

Gates Auto Family, Ford, Lincoln, Toyota

Talent Financial Group
United Healthcare
UK Advanced Eye Care

CLARK Material Handling Company
Huffman & Huffman, PSC
Kentucky Academy of Eye Physicians and Surgeons
Kentucky Optometric Association
The Kitchens Family
Clark and Sherry Taylor
University of Kentucky Federal Credit Union

Susie Basham with The Agency
Robert and Jan Canada
Central Bank
James and Lisa Dunnington
Green's Toyota of Lexington

Tammy and Brian Hershinow
Kentucky School for the Blind Charitable Foundation
Lawn Envy by Seth
Retina Associates of Kentucky
Whitaker Bank
The Williams Family
Dominique Wright

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 (including BCB!), 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>.

Calendar

April 2024

BCB April Community Outing CANCELLED DUE TO WEATHER

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 our co-hosts Radio Talk Show Host Jack Pattie and BBN Tonight's Maggie Davis!) 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. **Get your tickets before April 3 at [https://bit.ly/BCB Dining](https://bit.ly/BCB_Dining) using Promo Code BCB20 to save \$20 per ticket. Tickets must be purchased in advance by April 3. No tickets are available at the door.**

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.

May 2024

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

Date: Thursday, May 2, 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 May Community Outing

Date: Sunday May 5, 2024

Time: TBD

Location: Meet at BCB, travel by van to Southland Farmers' Market

What to expect: We will meet at the BCB Community Room and board a van that will take us to the Farmers' Market on Southland Drive. The van is courtesy of the Fayette County UK Extension Office. We are in the process of recruiting volunteers that will help groups of two or three at a time browse the market and select fruits, vegetables or other items such as breads, honey, etc. After an hour at the market, we will board the van and return to BCB. Wheels passes will be provided for those using Wheels for this event and the only expense to individuals will be for items you wish to purchase. More details and specifics on time will follow. Plan now and mark your calendars for this unique opportunity that we expect will be an enjoyable and "fruitful" outing!

Registration: We will be recruiting sighted volunteers to help out so **please RSVP by Monday, April 29**, to help us plan and let us know if you are bringing your own sighted companion. 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.

May BCB Assistive Technology Group Seminar

Date: Thursday, May 9, 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.

May 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, May 8, 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, May 16, 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.

May BCB Lunch & Learn

Date: Wednesday, May 22, 2024

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

Location: BCB Community Room, Suite 103

Speaker and Program: We will have Sarah Richardson in person as our guest speaker. Sarah is an Administrator with the Vocational Rehabilitation office and will talk to us about the STABLE program, which has launched in Kentucky to make savings more accessible for everyone! This program allows qualified individuals with disabilities to save up to \$18,000 a year in an ABLE account without jeopardizing their eligibility for federally funded means-tested benefits, such as Supplemental Security Income (SSI) and Medicaid. The funds in the account can be used for disability-related expenses that assist in increasing and/or maintaining health, independence or quality of life. These accounts are exciting for families and individuals who want to work and earn money to improve their lives but who also rely

on government programs for health insurance or supplemental income. This important development is key in constructing a new framework of financial independence for people with disabilities. Kentucky Revised Statutes § 205.200 establishes the rules for STABLE Kentucky, and the Office of Kentucky State Treasurer manages this program.

Registration: Please register by Tuesday, May 14, if possible, and no later than noon on Monday, May 20, 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.

May BCB Food Distribution Home Delivery

Date: Thursday, May 23, 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, May 13, if possible, but no later than Monday, May 20. 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.