



# BCB BULLETIN

## May 2024

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2265 Harrodsburg Road, Suite 102 | Lexington, KY 40504  
| [info@bcbky.org](mailto:info@bcbky.org) | 859-259-1834

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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.

### Thanks to All Who Helped Make Dining in the Dark a Success!

What an evening we had! Thank you to everyone who volunteered, worked, organized, hosted, bid on auction items, ate, wore blindfolds, bought raffle tickets, sponsored, donated and supported in so many ways BCB's inaugural Dining in the Dark fundraising event! Y'all helped us raise over \$18,000 to help provide services to



Central Kentuckians who are blind or visually impaired! It took every one of you to make the evening such a success. Can't wait to do it all again next year! A final thank you to our 2024 sponsors listed below. For more photos, [click here to go to the Facebook Dining in the Dark photo album](#). And, even though the bidding is over, [if you'd like to see the impressive list of silent auction items and who donated them, click here](#).

## **2024 BCB Dining in the Dark Sponsors**

**Dr. and Mrs. Bruce Koffler** - Dining in the Dark Chairpersons and Mask Sponsor

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**Gates Auto Family, Ford, Lincoln, Toyota** - Bib Sponsor

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### **Lexscape Productions**

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Dr. Anthony Bisotti, O.D.  
Talent Financial Group  
United Healthcare  
UK Advanced Eye Care

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CLARK Material Handling Company  
Davis & Plomin Mechanical  
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

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Susie Basham with The Agency  
Bluegrass Parrot Head Club  
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

## Please Welcome our new Deputy Director!



Jackie Johnson has joined the BCB staff as the new Deputy Director. Jackie has an extensive background in grant writing and fundraising and says she's excited to see how she can put those skills to use for BCB! Please introduce yourselves and give her a warm welcome should you encounter her around the office.

Our former Deputy Director Susan McDaniel who was with us for almost 5 years decided to retire early. You may still find her lurking around the office at times, though, as she helps Jackie transition into the position.

## Calendar

### 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](mailto: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

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

**Time:** Schedule rides to arrive at BCB by 12 noon and your return ride from BCB at 2:30 PM. We will be at the Market from about 12:30 until 1:30 PM.

**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. (If you receive SNAP benefits, be sure to bring your EBT card, and if you are a WIC or SFNMP participant, be sure to bring your vouchers. SNAP beneficiaries receive double the buying power at the market. There is a booth about halfway up the vendor line with a red tablecloth where you can get your tokens.) 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 purchase at the market. 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 Wednesday, May 1, 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](mailto:susana@bcbky.org). And let us know if you will need Wheels reimbursement passes; we can reimburse for up to two passes.

### **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](mailto: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](mailto: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](mailto: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.

## June 2024

### **BCB June Community Outing**

Date: June 4, 2024

Time: 1-2 PM

Location: BCB Community Room, Suite 103

What to expect: "BCB Vocal Rehearsal and Sing Along".

Are you interested in using your voice to sing along or accompany a vocalist as a performer or simply as an audience member? We will be using this hour to rehearse possible songs for future use at BCB membership meetings or other events. The songs chosen will be popular numbers and no musical training is necessary. In fact if you simply want to clap your hands and just feel the rhythm you are welcome to do just that. We will be choosing a song or two to use at our BCB Membership meeting the next day on June 5. Come, relax and join in the fun! Questions? Call the office at 859-259-1834.

RSVP by June 3, 2024. Wheels passes reimbursed for those using Wheels to attend this event.

### **BCB Membership Meeting**

**Date:** June 5, 2024

**Time:** 12 Noon to 2 PM

**Location:** BCB Community Room, Suite 103

**Program:** We will serve an "indoor picnic" lunch, followed by a short musical presentation prior to opening up the meeting. We will then open

with the pledge, a moment of silence and roll call with all members introducing themselves. Theresa will provide a director's report with an update on Council progress including a newly created short promotional video. There will also be door prizes and t-shirt giveaways. Membership in BCB is \$10 for 2024, and can be paid at the meeting, by calling the office and paying by card, or sending in a check, or by visiting [www.bcbky.org/donate](http://www.bcbky.org/donate) and entering "membership 2024" in the notes section. Sponsorships are available for anyone who cannot afford to pay; call the office for more information. **RSVP by Thursday, May 30** by calling the office at 859-259-1834 or [info@bcbky.org](mailto:info@bcbky.org). Wheels passes available for those using wheels to attend this meeting.

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

**Date:** Thursday, June 6, 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 is 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.

### **June BCB Assistive Technology Group Seminar**

**Date:** Thursday, June 13, 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.

### **June 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, June 12, 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, June 20, 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.

### **June BCB Lunch & Learn**

**Date:** Wednesday, June 26, 2024

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

**Location:** BCB Community Room, Suite 103

**Speaker and Program:**



**Registration: Please register by Tuesday, June 11, if possible, and no later than noon on Monday, June 24,** 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.

### **June BCB Food Distribution Home Delivery**

**Date:** Thursday, June 27, 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, June 17, if possible, but no later than Monday, June 24.** 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](http://www.bcbky.org/donate) to make a secure online donation. Thank you!*