



**May 15, 2017**

Bluegrass Council of the Blind, Inc.  
1093 South Broadway, Suite 1214  
Lexington, KY 40504  
[info@bcbky.org](mailto:info@bcbky.org) 859-259-1834

**BARD MOBILE APP CLASS, WED., MAY 31, 2017 FROM 1:00-2:00 PM**

BCB will host a class on how to download books and use The National Library Service for the Blind and Physically Handicapped **BARD** app. The BARD Mobile app provides access to braille and talking books directly from the NLS Braille and Audio Reading Download (BARD). BARD contains nearly 80,000 books, magazines, and music in audio and braille formats. For more information, or to RSVP for the class, call Sam at 859-259-1834.

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**PEER SUPPORT GROUP MEETING, WEDNESDAY, MAY 24, 2017**

The May Peer Support meeting will be Wednesday, May 24<sup>th</sup> from noon until 2pm. Our guest speaker will be Carla Guthrie, Family Support Mentor from Provision Living. She will talk about how best to communicate with people who have dementia. As Family Support Mentor, Ms. Guthrie helps families with disease education, community resources, care options and consultation. She held various senior level positions in which she was responsible for developing programs, managing and training staff, and providing support, mentoring and guidance. Ms. Guthrie also worked as a program manager for the Best Friends Adult Day Program for the Alzheimer Association of Greater Kentucky and Southern Indiana. She was awarded Professional Caregiver of the Year in 2013 by the Alzheimer Association of Greater Kentucky and Southern Indiana, an award based on peer nomination. To RSVP for the meeting, please call 859-259-1834. It is Important to call at least two days in advance to ensure an accurate count for lunch. **PLEASE GET YOUR WHEELS PASSES UPON ARRIVAL FOR THE MEETING.**

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**JUNE COMMUNITY OUTING, MONDAY, JUNE 19, 2017 6:45 – 8:15 PM**

For our June community outing we will go to the Lyric Theatre for the Woodsongs Old Time Radio Hour. This will be on the evening of June 19, the third Monday of June. The doors open at 6:15 and they ask everyone to be seated by 6:45 for the 7:00-8:15 p.m. show. The show will consist of two performances - The Looping Brothers: A Bluegrass band from Germany, and Still on the Hill: a duo playing traditional Appalachian music. Normally tickets sell for \$10, but we will receive tickets at a discount of \$5 each. Everyone is responsible for their own ticket and will purchase their ticket at the box office when they arrive. Be sure to mention that you are with the Bluegrass Council of the Blind to receive your discounted ticket for \$5. The Lyric Theatre is located at 300 East Third Street in Lexington. To attend please RSVP at 859-259-1834, by Thursday, June 15, 2017. Please pay for your Wheels ride and BCB will reimburse you after you arrive at the theatre.

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**JUNE PEER SUPPORT GROUP MEETING, WEDNESDAY, JUNE 28, 2017**

Rebecca Shepherd-Smith, a registered dietician and personal chef will be our June Peer Support guest speaker. Rebecca will be working with BCB to begin discussions on health and nutrition (see article below).

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**PEER SUPPORT GROUP MEETINGS ARE THE 4TH WEDNESDAY OF THE MONTH EXCEPT NOVEMBER AND DECEMBER.**

**Wheels passes will be available for reimbursement to and from BCB events. Please see the instructions below for Wheels passes.**

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**INSTRUCTIONS FOR REIMBURSEMENT FOR WHEELS PASSES**

1. When you RSVP for an event, please state how many passes you will need.
2. Please get your Wheels passes upon arrival at BCB events and outings.
3. When attending outings, you will need to pay for your ride when boarding Wheels and we will provide reimbursement passes to you at the event.

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**NUTRITION DISCUSSION GROUP**

Ninety percent of health issues are dietary related or can be helped with dietary changes. This includes diabetes, heart disease, high blood pressure, high cholesterol, obesity and others. Rebecca Shepherd-Smith is a registered dietitian and personal chef. She will be offering small group discussions on the topic of diet and lifestyle including nutrition consultation and advice on meal planning. These discussions will be held at the BCB office. We do not yet have a start date but the groups will likely be held on Thursdays. Please contact the office if you are interested in participating. Susan Ament will be coordinating this activity and needs to know if there is sufficient interest. Rebecca will also be our speaker at the June support group meeting. For information call Susan at 859-259-1834.

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**ITEMS NEEDED FOR PEER SUPPORT: PAPER TOWELS, NAPKINS, PLATES, TRASH BAGS, CLOROX WIPES.**

**ITEMS NEEDED FOR AT: New pots & pans for cooking classes, phones & tablets. All donated items are tax deductible!**

***THANK YOU FOR YOUR KINDNESS AND GENEROSITY!!!***



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**MAY BIRTHDAYS:**

- Peggy Knack - May 8**
- Jenne Culbertson - May 16**
- Cleo Caudill - May 19**
- James C. Chesser – May 24**
- Avery Baggett – May 25**
- Kim Rich – May 27**
- Katherine Pennington – May 29**

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## THESE GLASSES READ TEXT OUT LOUD TO PEOPLE WHO ARE VISUALLY IMPAIRED! SPEC-TACULAR!

Raise your glasses! OrCam is a device that reads text aloud to people who are visually impaired or legally blind. All someone has to do is attach the device to their glasses, point at text and the gabby gizmo will speak the words into their ear.

Wearers can also program the OrCam device to recognize commercial products, personal items and people's faces.

For instance, if you wanted your device to recognize a specific person's face, you would stand in front of that person, push a button and say that person's name.

"From then on the camera and the computer has recognized you, memorized who you are, and every time you turn your head and look at that person, it will tell you their name," Tom Perski, senior vice-president for rehabilitation at the Chicago Lighthouse for the Blind, told ABC.

The device, which costs between \$2,500 and \$3,500 apiece, includes two pieces — a base and head unit. The base unit, which acts as a computer, is about the size of a glasses case and can fit in one's pocket. The head unit, which weighs less than an ounce and clips onto glasses' frames with a magnet, includes a mini camera and a bone-conduction speaker to offer clear speech to the user.

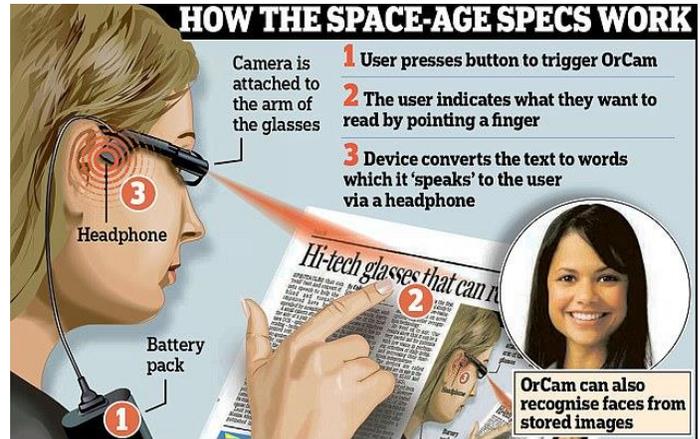
"The OrCam will take a picture of that section of the text, send it to the processor which will then make it into words and then the words will speak it out loud back to the processor. All within a few seconds," Perski told ABC.

This kind of technology can be life-changing to those who have macular degeneration, Stargardt disease or one of many other conditions that cannot be corrected by glasses or surgery who have to rely on cumbersome devices to read books, newspapers, menus and signs.

"It's like having a friend read to you," Moshe Fischer, who has been legally blind from childhood, said in the video, [OrCam](#). "Reading the newspaper has become a really relaxing experience now. I'm able to sit back, scan the newspaper quickly and read it in a comfortable easy chair rather than sitting at a table, holding a magnifying glass." (Huffington Post Article from 2016)

BCB has the OrCam device for demonstration. If you would like to come in to the BCB office for a demo, please contact Sam Seavey at 859-259-1834. Click on this video link for [Sam's OrCam Demo](#).

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**THE HISTORY OF EYEGLASSES**

(www.museumofvision.org)

A simple historical timeline of eyeglasses starts with their invention, believed to be between 1268 and 1289 in Italy. The inventor is unknown. The earliest eyeglasses were worn by monks and scholars. They were held in front of the eyes or

balanced on the nose. The invention of the printing press in 1452, the growing rate of literacy and the availability of books, encouraged new designs and the eventual mass production of inexpensive eyeglasses.

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**MAY & JUNE CALENDAR:**

**Wednesday, May 24, 2017 from noon – 2:00 pm – Peer Support Meeting**

**Wednesday, May 31, 2017 from 1:00 – 2:00 pm, BARD mobile app class**

**Thursday, June 15, 2017 from noon – 2:00 pm June Membership Meeting**

**Monday, June 19, 2017 from 6:45 – 8:15 pm – Community Outing at the Lyric Theatre, 300 East Third Street, Lexington.**

**Wednesday, June 28, 2017 from noon – 2:00 pm – Peer Support Meeting**

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**Please RSVP at least two days prior to BCB events and meetings.**

**Wheels passes are available for reimbursement for attendees using Wheels transportation to attend BCB events or access BCB services.**

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**FREE MATTER FOR  
THE BLIND AND  
HANDICAPPED**

**«Name»  
«Address»  
«City», «State» «Zip»**