



June 1, 2017

Bluegrass Council of the Blind, Inc.
1093 South Broadway, Suite 1214
Lexington, KY 40504
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COMMUNITY OUTING TO THE ROC ON MONDAY, JULY 17, 2017

Our July Community Outing will be on the third Monday July 17. It will be a Walk at the ROC and is scheduled from 10 to 11 AM. You may choose to walk or jog on the track and/or visit the café. For those of you unfamiliar with the ROC the letters stand for Recreational Outreach Center and the ROC is part of Immanuel Baptist Church on 3100 Tates Creek Rd. Immanuel Baptist Church has been very good to work with and kindly offers the use of their indoor air conditioned track free of charge to us. BCB is encouraging attendance at these outings, especially for health and fitness, so I will give a little orientation so that you may feel at home when you visit.

As you enter the lobby the desk is at the left and is staffed by a volunteer. They may ask you to sign in and fill out a card and can show you to the door of the indoor track. There are tables and chairs in the lobby and a comfortable seating area to the right of the entrance where you can wait for your ride home. There are lockers available and a coat rack but no locks provided so if you need to store something it is advisable to bring your own lock. There is also a cafe accessible from the lobby. The cafe is open from 8:30 a.m. to 2 p.m. and serves breakfast items and lunch items such as burgers, chicken fingers, quesadillas, wraps, cookies, muffins, soft drinks, juice and coffee. A vending area and restrooms are just off the lobby.

The indoor track is located just beyond the information desk on the left. The track is shaped like a rectangle with rounded corners. People generally move around the track in a clockwise direction so turn left after entering and continue around. When I was there in January, it was not crowded. There were a few other walkers and one jogger, both men and women, including younger adults and those of a more mature age. Easy listening Christian music was playing over the speaker system part of the time and other times no music. There is a railing on the inside of the track, which overlooks a basketball gym on the floor below. If you want to you could feel the railing as you walk and count the poles around which number 32. There is also a small sign on the railing across from the entrance that you could feel to tell you when you are at the main door. You could also tie a scarf around the pole at the entrance. I was told that 17 times around the track equal one mile.

It is a nice facility and although there is usually a charge to use the track we are allowed to use the track for free for our outing. You can learn more on their website at ibclex.com. To RSVP call the BCB office at 859-259-1834.

JULY PEER SUPPORT GROUP MEETING, WEDNESDAY, JULY 26, 2017

The July Peer Support meeting will be Wednesday, July 26, 2017 from noon – 2:00 pm. Our Peer Support Group presentation will feature Carla Ruschival of the Kentucky Council of the Blind. She will present her knowledge and experience on the topic of Child Care as a Blind Caregiver. This will be relevant to blind parents, grandparents, babysitters and childcare providers in its many forms. Being blind or low vision does not exclude one from taking on such responsibilities as raising or looking after one’s own or other people’s children! Come prepared to be inspired and learn about meeting one of life’s important challenges, even if you are not currently engaged in childcare activities. This presentation is applicable to blind and low vision consumers, their family, friends, guests as well as professionals seeking to expand their awareness of what is possible. Please RSVP at 859-259-1834 by July 24th.

FOOD DISTRIBUTION – WEDNESDAY, JULY 26, 2017

We will do food distribution after the Peer Support meeting for those who qualify for God’s Pantry Food Bank. If you received food last month, please bring your reusable grocery bag to the Peer Support meeting on July 26th.

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

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.

As a courtesy to the BCB staff, we respectfully ask that you schedule your Wheels rides or other transportation as close to the beginning and ending times of your appointment or BCB event. This allows the staff enough time to get their work done with minimal interruptions. Thank you.

NEEDING VOLUNTEERS FOR THURSDAY NIGHT LIVE, AUGUST 17, 2017

Our Thursday Night Live fundraiser is approaching quickly! We need volunteers to pour beer, to work the information stand and the booth selling water and drinks, and to give away free BCB items. First shift is 4:15 – 7:00 PM and second shift is 6:45 – 9:30 PM. We need 10 people for each shift. The location is the Fifth Third Pavilion at Cheapside Park, 251 W. Main Street in Lexington. Volunteers working the beer tent must be at least 18 years old. If you are interested or know anyone who would be interested in volunteering, please call 859-259-1834.

LEXINGTON JUNIOR LEAGUE CHARITY HORSESHOW, JULY 3 – 8, 2017

Created in 1937, to help fund the Junior League's community works project, the horse show has grown to be the world's largest outdoor American Saddlebred show and the first leg of the Saddlebred "Triple Crown".

We encourage everyone to come out with family and friends to watch some of the finest American Saddlebreds compete at the Red Mile, July 3rd - 8th, 2017!

General admission tickets may be purchased at the door for \$5 Monday through Thursday, and \$10 Friday & Saturday. Children under six are admitted free.

Morning Sessions are free to the public. Proceeds benefit local and regional charitable organizations sponsored by the Junior League of Lexington.

The Junior League of Lexington has been a valuable partner to BCB for many years, so please go out and show your support and appreciation. For information call 859-252-8014 or go to <https://www.lexjrleague.com/horseshow>.

LEXINGTON LION’S CLUB BLUEGRASS FAIR, JULY 15 & 16, 2017

For over 55 years the Lexington Lions Club has presented the Bluegrass Fair that raises funds for community organizations to provide vision and hearing services to people who cannot afford them.

Over the last decade, the club has contributed more than \$2 million dollars for the purchase of eyeglasses and provided the funds for eye related surgeries in Lexington. They have also offered financial assistance to a variety of local agencies that have programs related to vision or hearing problems. This also includes the establishment of a hearing aid bank, a retreat for adults and children with hearing or vision disabilities, and the support of state and international projects in these areas.

The Lexington Lion’s Club Bluegrass Fair will be at Masterson Station Park, 3051 Leestown Road, Lexington. If you are interested in volunteering at the fair, or for more information call 859-327-8378 or go to <http://thebluegrassfair.com/>.

JULY BIRTHDAYS:

- Michael Lutz – July 2nd**
- Jeanne VanArsdall – July 6th**
- Susan Fuller – July 8th**
- Alice Kinkead and Kevin Minor – July 9th**
- Bertha Hoover – July 10th**
- Jill Sawyer – July 16th**
- Marlene Mason – July 20th**
- Laura Dake – July 21st**
- Mike Hartsock – July 23rd**
- Mary Fister-Tucker – July 27th**
- Melissa Darnell – July 28th**
- Marlene Thompson – July 29th**



AT LENDING SMOKE-FREE ENVIRONMENT POLICY

There are several great technology items for demonstration and lending at BCB. Due to insuring the protection of BCB technology items, we will only be able to loan items to smoke-free environments. However, there are items for distribution that you can keep. For more information, call Sam Seavey at 859-259-1834.

ITEMS FOR DISTRIBUTION

The BCB Assistive Technology Access Center (ATAC) has some extra cassette and CD players for distribution. We also have iPhone 4 and 5 cases for distribution. BCB has acquired a donation of batteries in various sizes that are available to our consumers for distribution from the Assistive Technology program. If you are in need of batteries for devices such as: task lamps, cassette players, hand-held magnifiers or other helpful devices, please contact our office at 859-259-1834. We also have 9 Volt batteries available for smoke detectors.

PHONE APPS FOR DISTRIBUTION

We still have KNFB Reader and Digit Eyes phone apps available for distribution.

1. The **KNFB Reader** app is an essential tool for anyone with low vision, visual impairments, difficulty reading, reading disabilities such as dyslexia, as well as blind individuals. It reads anything from menus, bills, documents, signs, mail, PDFs and JPEG files and more for immediate and easy access!

How It Works: Simply take a picture of any text with your device and the app reads it aloud or displays it with a connected Braille display. The app uses high-quality speech to text and OCR for accuracy. The app helps you get a good photo with viewfinder assist, tilt assist, and automatic text detection. It navigates by line, sentence, word, or character and has synchronized text highlighting.

2. **Digit-Eyes** - Scan UPC / EAN codes and hear the names of over 37 million products! Make your own QR code labels on the Digit-Eyes website and print them on inexpensive address labels. These barcoded labels may contain text that VoiceOver reads aloud or they can be used to record audio on your phone or tablet that is played back whenever the bar code is scanned.

Record your own labels. Make text-based labels. Use the manufacturer's product code to find out what the item is. Print labels directly from your phone on your Bluetooth-connected printer. Use Digit-Eyes with any blue-tooth connected laser scanner, integrated as a single unit. Use of the free Digit-Eyes website comes with the product. The website contains extensive tutorial material designed for users who are low to no vision. There is also included free online support and tutoring. For more information or for a demonstration of the KNFB Reader or Digit Eyes app, call Sam Seavey at 859-259-1834.

The KNFB Reader and Digit Eyes apps were purchased with grant funds due to the generosity of The Honorable Order of Kentucky Colonels and funding from the Blue Grass Community Foundation Early Childhood and Literacy Grant.

JULY BOOK OF THE MONTH

This month we will be submitting two book recommendations by Todd Stephens:

1. **A Painted House** [sound recording]: a novel / by John Grisham.

Book number: RC 51331; Description: 2 sound cassettes (C-90)

Downloadable: DB51331 Narrator: Narrated by: Chuck Benson.

Annotation: Arkansas, 1952. Seven-year-old Luke Chandler, who lives with his parents and grandparents in a house that has never been painted, recounts the events during cotton-picking season. As Luke faces the daily grind of harvesting, he witnesses a murder, a birth, and a storm that changes their lives forever. Some violence. Bestseller. 2001.

2. **The True Confessions of Charlotte Doyle**

Book No (downloadable) DB33473: 5 hours, 28 minutes.

Narrator: Pam Ward.

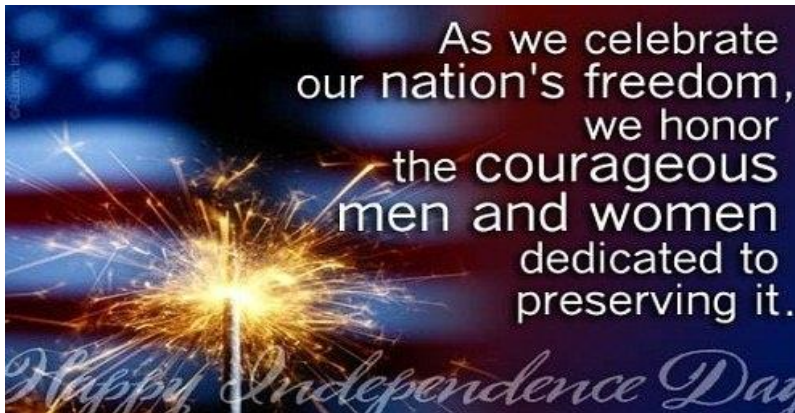
Adventure: In 1832 Charlotte Doyle, thirteen, returning from school in England to join her family in Rhode Island, embarks on a seedy ship with a mad captain and a mutinous crew. Refusing to heed warnings about Captain Jaggery, Charlotte seeks his guidance and approval, only to become his victim. Newbery Honor.

RETURNING CASSETTE TAPES TO BCB

For those who are receiving the Newsletter via cassette tape, please send back the plastic tape boxes as soon as you receive them. You may keep the tapes and send them back at a later time. To return the tape boxes, please flip the index card on the front of the box over so our return address is showing and put box in mail.

For those who are receiving the cassette Newsletters in an envelope, we will be providing a return address label in the envelope so you can return the tapes after you are finished with them. Just place the return address label over the address label, place the cassette tape into the envelope, close the envelope with the clasp and mail back to BCB.

Returning cassette tapes and plastic cassette boxes will save BCB money so we can continue to provide Newsletters and information via cassette tape. If you have any questions, please call the BCB office at 859-259-1834.



Independence Day, also referred to as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence 241 years ago on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer part of the British Empire.

NEWSLETTER INFORMATION

Beginning in July, we will be sending the Newsletter on the 1st of the month only. On the 15th of each month we will send a Calendar of Events to keep you updated with what is going on at BCB.

JULY CALENDAR:

July 3 – 9, 2017 – Lexington Junior League Charity Horse Show, 1200 Red Mile Road, Lexington.

July 15 & 16, 2017 – Lexington Lion’s Club Bluegrass Fair at Masterson Station Park, 3051 Leestown Road, Lexington.

Monday, July 17, 2017 from 10:00 to 11:00 am – BCB Community Outing to the ROC, Immanuel Baptist Church, 3100 Tates Creek Road, Lexington.

Wednesday, July 26, 2017 from noon – 2:00 pm – BCB Peer Support Meeting at BCB, 1093 S. Broadway, Suite 1214, Lexington.

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**FREE MATTER FOR
THE BLIND AND
HANDICAPPED**

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