



September 1, 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

\*\*\*\*\*

**FORMAL ANNOUNCEMENT FOR THE SEPTEMBER MEMBERSHIP MEETING  
SEPTEMBER 21, 2017**

The BCB quarterly membership meeting will be on September 21 from noon until 3 PM. During this meeting, the membership will elect representatives to the Board of Directors and will fill the offices of President and Vice President and up to five members at large. The meeting is open to all BCB members, potential members and guests. Only BCB members are permitted to vote in the election. The nominating committee will present board recommendations for the open positions. Additional nominations may be accepted from the floor.

**Lunch will be provided, so please RSVP for the meeting at least two days prior by calling 859-259-1834.**

\*\*\*\*\*

**SEPTEMBER COMMUNITY OUTING – GAME DAY AT BCB!**

BCB will host a Game Day on Monday, September 11 from 1 to 3 PM in our own Community Room. This will be our Community Outing for September. We will have large print playing cards, jumbo checkers sets, and Bingo with braille and large print playing boards. If you wish to bring your own adaptive game, you are welcome to do so. We will have tables set up and will serve drinks and popcorn. You may also bring your own snacks if you wish. Come and join the fun!!!



\*\*\*\*\*

**SEPTEMBER PEER SUPPORT GROUP MEETING, SEPTEMBER 27, 2017**

The September Peer Support Meeting will be Wednesday, September 27, 2017 from noon – 2:00 PM. Pete Alberti of Kentucky Health Solutions will be the featured speaker for the meeting. He will speak about the various Medicare plans available for health insurance including Advantage Plans, Original Medicare, and prescription drug plans. Please RSVP by calling 859-259-1834 by September 25<sup>th</sup>.

\*\*\*\*\*

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

**STAY TUNED FOR A VERY SPECIAL PEER SUPPORT GROUP MEETING IN OCTOBER FOR BLIND AND VISUAL IMPAIRMENT AWARENESS MONTH!!!**

Wheels passes will be available for reimbursement to and from BCB events. Please see the instructions on the next page for Wheels passes.

\*\*\*\*\*

## **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.

\*\*\*\*\*

## **REMEMBERING JOYCE MCGUIRE**



We wish to extend condolences to the family and friends of Joyce McGuire who passed away July 26, 2017. Joyce McGuire, long-time BCB member, past board member and past executive director, will be missed for her tireless commitment and service to the visually impaired community and for her sincere friendship to so many of us. Her obituary appeared in the Lexington Herald Leader on July 29, 2017. The link to her story in the Herald is as follows: <http://bit.ly/2xrsHvJ>. This page will allow you to read or listen to her obituary, share memories or express condolences – or

please see her full obituary below:

**MCGUIRE** Joyce Davis, 85, died Wednesday after a prolonged struggle with respiratory disease. Born in Mt. Sterling, KY, to A. F. and Hattie Forman McGuire, she was a graduate of Transylvania College and ordained to the Christian ministry in 1956 after completing the Masters in Religious Education at College of the Bible (Lexington Theological Seminary). She served D.O.C. churches in Lexington, Beckley, WV, Cuyahoga Falls, OH, Mt. Carmel, IL, Hammond, IN, and Ft. Smith, AR. She returned to graduate study and received her M. Div from The Graduate School of Theology, Phillips University, in 1988, as she began to deal with the challenges of loss of her central vision. Returning to Lexington, and legally blind for the remainder of her life, she nevertheless continued to contribute through service to Blue Grass Council of the Blind, Board member and President, Kentucky Council on Rehabilitation, and Central Kentucky Radio Eye. She loved horses and dogs and enjoyed the fellowship and competition of Kentucky Masters Swimming. She was a long-time member of Central Christian Church. In her later years she enjoyed the assistance and companionship of her Guide Dogs Glider and then Ale. She was predeceased by her parents and her brother, Rev. Franklin McGuire. Survivors include nephews Kevin (Karen) McGuire, Lexington, and Waller McGuire, St. Louis, and niece Melanie McGuire Hillner, Crozier, VA. Her family thanks the staffs of Richmond Place and SJH East ICU and her many friends who provided care and concern, with special thanks to Ms. Bobbie Thompson and Darlene Nall. There will be no visitation or service, except for private interment in Mays Lick, KY, cemetery. Memorial contributions are suggested to Central Christian Church, Central Kentucky Radio Eye, and Guiding Eyes for the Blind, Inc., 611 Granite Springs Road, Yorktown Heights, New York 10598. [www.milwardfuneral.com](http://www.milwardfuneral.com)

\*\*\*\*\*

## EVER WONDER HOW TO ENABLE AUDIO DESCRIPTIONS IN THE NETFLIX APP? IT'S ACTUALLY PRETTY SIMPLE!

First, make sure the app is up-to-date and then follow the steps for your device!

- For Android, after loading and playing the episode, select the Change subtitle and/or audio source language option from the main controls. If you do not find the controls on the main screen, double tap anywhere to reveal them. They will hide after several seconds. From the language screen, select the English with audio description option and your episode will begin to play with the appropriate track.
- For iOS users, pause the audio track using a two finger double tap. This will reveal the controls, including the language options. Select this item, and then select the English audio description track. Be sure to select the track for audio description as opposed to any of the items referring to subtitles.

\*\*\*\*\*

## BOOK OF THE MONTH

A Man Called Ove: A Novel by Fredrik Backman

Book Number: DB84392, Access: Downloadable talking book

Location: <http://hdl.loc.gov/loc.nls/db.84392>

Summary: Ove has always been a grumpy man, and when he loses his wife and his job, he decides to end it all. But when a chatty young couple with two chatty young daughters move in next door it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul; all of which will change one cranky old man and a local residents' association to their very foundations.

\*\*\*\*\*

## KENTUCKY DOUBLE DOLLARS PROGRAM



Bluegrass Double Dollars is a pilot project administered by Bluegrass Farm to Table and Blue Grass Community Foundation; funded by the USDA's Food Insecurity Nutrition Incentive grant program and private donors. This program is designed to make healthy, local produce more readily available to Supplemental Nutrition

Assistance Program (SNAP) users in the Lexington area. Specifically, the program will double the purchasing power (up to \$10 per transaction) of SNAP participants to be used toward local produce at the five Lexington Farmers' Market locations, Good Foods Co-op, Lexington Market East End and three neighborhood Fresh Stop Markets in Lexington. If you'd like more information about this project, contact Ashton Potter Wright at [awright@lexingtonky.gov](mailto:awright@lexingtonky.gov).

\*\*\*\*\*

\*\*\*\*\*

## **INSTACART – THE SAME-DAY GROCERY DELIVERY SERVICE**

Using the Instacart application, customers can select groceries and other products from various retailers and have them delivered to their home by a personal shopper. Instacart's service is mainly provided through the smartphone app, available on iOS and Android platforms, but it may also be accessed online by visiting <https://www.instacart.com/grocery-delivery/lexington-ky> for Lexington area delivery. Lexington retailers utilizing Instacart include: Whole Foods Market, Costco, CVS, Meijer, Kroger, and Petco.

\*\*\*\*\*

## **SUPPORT BCB BY SHOPPING AT KROGER**

Support BCB while you shop at Kroger by linking your Kroger Plus card to Bluegrass Council of the Blind!



- Register online at [krogercommunityrewards.com](http://krogercommunityrewards.com)
- Click on Sign in/Register
- Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password
- Click on Edit Kroger Community Rewards and input your Kroger Plus card number
- Update or confirm your information
- Enter the BCB organization number: 29108 or search the name of our organization, select and click on confirm
- To verify you are enrolled correctly, you will see your organization's name on the right side of your information page
- Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger Plus card when shopping

\*\*\*\*\*

## **MEDICATION SAFETY AWARENESS FOR THE BLIND WEEK SEPTEMBER 9-15, 2017**



Medication Safety Awareness Week is an annual event promoting accessible prescription labels for blind, visually impaired and print impaired people. During this week, September 9-15, 2017, those that are visually impaired would visit local pharmacies to share information and to ask pharmacists to adopt this important, life-changing technology. The Food and Drug Administration Safety Innovation Act makes it possible for you to receive information about your prescription drugs in multiple formats to

educate you, the patient, about what you need to know before you take your medicine. This could make understanding your doctor's instructions much easier if you happen to be blind or low vision.



Several delivery methods are available for producing accessible prescription drug container labels, these methods include:

- Hard copy braille and large print: A pharmacist filling prescriptions produces hard copy braille and large print labels on request, and affixes the accessible labels to the prescription drug containers.
- Dedicated electronic equipment: Some equipment is designed specifically to provide accessible prescription drug container labels. Some dedicated electronic methods can be used with containers of various sizes, shapes, and materials. Examples of dedicated electronic methods include: Digital Voice or Text-to-Speech Recorder.
- Radio Frequency Identification Device (RFID): A pharmacist places an RFID tag on a prescription drug container. A patient who is blind or visually-impaired is equipped with a small, dedicated device that can scan and announce the text on the label. This technology may also provide prescription drug container label information in large print, and has a USB drive.
- Smart devices and computers: Many patients with visual impairments use their own computers and smart devices equipped with electronic braille, large print, and audio technology to access electronic text. Visually impaired computer users, particularly those who are deaf-blind, may request access to prescription drug container labels using their computers and smart devices, either via internet applications (apps) or in combination with dedicated equipment equipped with a USB drive. Methods include pharmacists placing on the prescription drug container a QR code, RFID tag, or other small, electronic unit encoded with the prescription drug container label in electronic text, which visually impaired patients receive on smart devices or computers in electronic braille, large print, or audible format.

*This article is from VisionAware™ and the National Council on Disability*

\*\*\*\*\*

## **THANKSGIVING BASKETS FROM GOD'S PANTRY FOOD BANK**



God's Pantry Food Bank will be distributing Thanksgiving Baskets again this year to Fayette County families in need. If you would like to apply for a basket, please contact Community Action at 859-233-4600. For those with children in school, you can contact the school Family Resource or Youth Service Center of your child's school. Deadlines are approaching and participants are encouraged to contact the referring agency before September 12th.

\*\*\*\*\*

## COOKING TIPS FOR THOSE WITH LOW VISION

- Limit glare in the kitchen or food prep areas. Use gooseneck lamps to provide more light and blinds over kitchen windows that may emit glare.
- Use contrasting colors when measuring or pouring. For example, measure dark brown sugar in a white measuring cup.
- Wear oven mitts that cover up to the elbow.
- Try marking commonly used temperatures on oven and microwave settings with small dots of brightly colored craft paint.
- When using a cutting board, use colored boards that contrast with the food being cut. For example, cut a dark red apple on a white cutting board.
- Use any adaptive tool that is found to be helpful.
- Each person will have preferences for different tools; one item may not be helpful for everybody.



## Healthier Processed Food Options

- Precut and packaged produce
- Frozen fruits and vegetables
- Low-sodium canned foods
- Nutritionally balanced frozen meals
- Frozen “steamable” vegetables or meals

## Shopping Tips

- Try planning simple meals for a week or so and then creating shopping lists based on these menus. Prepare meals including foods that may spoil earlier in the week to avoid waste.
- Ask the butcher to cut meats at the counter before purchasing (if making a stew, for example), which will save time at home and eliminate the need to use a knife.
- When selecting produce, try the following: Thump a watermelon to hear a hollow sound, smell the end of cantaloupes for ripeness, feel the skin of oranges for thinness. Recognizing the freshness of fruits and other produce by their smell and feel will come with time and experience.
- In addition to using senses to purchase good produce, some may find that buying precut fresh produce or frozen fruits and vegetables is easier because they require less preparation and are easier to choose than fresh varieties. Use canned fruits/vegetables as a “backup” to more nutritious fresh/frozen options.

- Using the same brands each time helps you know ingredients, instructions and other information without reading.
- Become friends with the grocery store employees, such as the butcher, produce manager and cashier. Ask for help with shopping at the grocery store (call ahead of time).
- Utilize online grocery shopping and delivery services, which several grocery stores offer. Some stores also may give shoppers the option of phoning or faxing orders. Also, you may ask the supermarket if it can provide a professional shopper who will walk with a person with disabilities and help select foods according to the shopper's needs and price preferences.

*This article is a portion of a published lesson plan from the NDSU Extension Service.*

\*\*\*\*\*

**KENTUCKY COUNCIL OF CITIZENS WITH LOW VISION CONFERENCE CALL  
SEPTEMBER 5, 2017**

Join others at 8 PM on the conference line! Great for those who have begun experiencing vision loss or who have had low vision for several years.

Phone 605-475-6006, access code 294444.

\*\*\*\*\*

**SEPTEMBER DATES TO REMEMBER:**

**SEPTEMBER 5, 2017** – KY Council of Citizens with Low Vision Conf. Call at 8PM

**SEPTEMBER 11, 2017** – Game Day at BCB from 1:00 – 3:00 PM

**SEPTEMBER 21, 2017** – September Membership Meeting from 12:00 – 3:00 PM

**SEPTEMBER 27, 2017** – September Peer Support Meeting from 12:00 – 2:00 PM

\*\*\*\*\*



**A HEARTFELT THANK YOU TO OUR VOLUNTEERS**

**Thank you to the volunteers that came out to Central Bank Thursday Night Live on August 17<sup>th</sup> and helped promote and raise funds for BCB!**

**We raised over \$100 from our donations table and over \$400 from the beer tips!**



\*\*\*\*\*

**Bluegrass Council of the Blind, Inc.  
1093 S. Broadway, Suite. 1214  
Lexington, KY 40504**

**FREE MATTER FOR  
THE BLIND AND  
HANDICAPPED**

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