



March 1, 2018 

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



Bluegrass Council of the Blind
Presents
SEE CRUISE
Featuring Conch Republic

SUNDAY,
APRIL 22, 2018
4-8 P.M.
BANNERS
BAR & GRILL
3650 BOSTON RD #196

SEE Cruise is a tropical sail-a-bration and casual cruise / beach party benefiting Bluegrass Council of the Blind (BCB).
Banners will offer food and drink specials, live music with Conch Republic, a Raffle, Silent Auction and more!
Admission: \$15 (tax deductible)
For more information please visit www.bcbky.org

Bluegrass Council of the Blind
CONCH REPUBLIC
www.CONCHREPUBLICBAND.COM

GET READY FOR SEE CRUISE 2018!
Join BCB and our “honorary SEE Captain”, Meteorologist, Bill Meck on April 22nd from 4 – 8 p.m. at Banners Bar & Grill for the 6th Annual SEE Cruise event to benefit Bluegrass Council of the Blind. This fun and festive cruise-ship-themed fundraiser, presented by Retina Associates of Kentucky, will feature live music from Conch Republic, food & drink specials, raffles, live & silent auctions, dancing & more! Slip on your favorite flip flops and get ready to party for a purpose! Every dollar raised goes directly to fund programs for Kentuckians who are blind or visually impaired.
No tickets necessary, admission is only \$15 at the door. For more information and a list of our generous sponsors and donors, visit the

special events page at www.bcbky.org/special-events. Don't miss out! We always have a ton of great items in the raffle and auctions, so come prepared for some awesome packages! TOPS IN LEX.com will be there to take plenty of photos, so be sure to wear your favorite “Cruise-wear” and look ship-shape!
See you at the SEE Cruise!!!

LEX TRAN FEEDBACK NEEDED

Lex Tran is holding a public meeting March 5th and 6th, inviting seniors and people with disabilities to comment on local gaps in transportation services. We need BCB member’s help in providing feedback that could improve this important local service. This would include improvements to existing services like Lex Tran and Wheels, and specific gaps in services including areas Lex Tran might not be traveling to, absence of bus stops in certain areas, or difficulty in locating bus stops. You can provide feedback to BCB Board Member, Jeremy Smith by emailing your comments directly to him at jeremy-smith5@gmail.com or by calling (502) 619-9587. Jeremy will compile the results and provide everyone’s feedback at one or both of the March meetings.

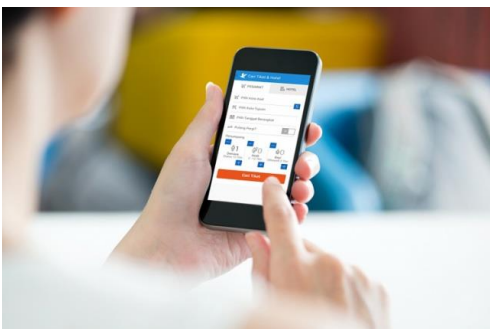
BCB QUARTERLY MEMBERSHIP MEETING – MARCH 8th

The BCB quarterly membership meeting is scheduled for March 8th from noon to 2 p.m. We will have lunch, and there will be a 50/50 raffle, door prizes and Trivia! Join us and enjoy connecting with your fellow BCB members! If you plan on attending, please RSVP by calling the BCB office at (859) 259-1834.

BCB COMMUNITY OUTING – MARCH 12th

The March Community Outing will be lunch at Charley Brown’s Restaurant and will be from noon to 1:30 p.m. on Monday, March 12th. Charley Brown’s has been a Lexington and Chevy Chase tradition for over 30 years and is a rustic spot for sandwiches, appetizers & beverages in a cozy setting with books, a fireplace and a patio. Hopefully in March we will have nice weather and can enjoy the patio seating. Charley Brown’s is located at 816 E Euclid Avenue. Call the BCB office soon to RSVP.

SMARTPHONE LIFE HACKS! – MARCH 20th



On March 20th, Sam Seavey will be leading an informative class on smartphone “life hacks.” In this group session Sam will discuss several smartphone tips and tricks that can help in our everyday lives, such as reading a menu or finding something you dropped on the floor! There will also be time at the end of the class to share your favorite smartphone life hacks! As always, the group session will be from 1 - 2 p.m. Call the BCB office to RSVP.

MENTOR TRAINING – MARCH 22nd

For All BCB Current Mentors, Anyone Interested in Becoming a Mentor, Anyone Interested in Building Relationship Skills, **Special Invitation to Spouses of Blind and Vision Impaired Mentors and Mentees**

Presenters: Susan Ament, Ph.D, Peer Support Program Coordinator along with Jeremy Smith, Licensed Professional Clinical Counselor

When: March 22, 2018 from 1-3 p.m.

Where: BCB Community Room

RSVP by: Noon on March 20

We will provide an overview of the mentor program here at BCB (this will be a brief review for those already trained), discuss topics of special interest, teach relationship skills, and provide a forum for answering questions and receiving your suggestions for improving the program. Call (859) 259-1834 to sign up for this exciting opportunity to learn and share ideas.

MARCH PEER SUPPORT GROUP MEETING – MARCH 28th

The BCB Peer Support Group Meeting will be from noon to 2 p.m. on Wednesday, March 28th in the BCB Community Room. The topic of the meeting will be Accessible Voting. As always, we will enjoy lunch before the presentation. Please remember to be polite and courteous during guest presentations. There will be time for questions and answers at the end. If you plan on attending, please RSVP by soon by calling the BCB office at (859) 259-1834.

HANDS-ON NUTRITION & COOKING CLASSES WITH UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION



Starting on Wednesday, April 4th, BCB and the UK Cooperative Extension Office are teaming up to offer a series of **SEVEN hands-on nutrition education classes and cooking classes** to anyone that would like to attend! Classes will be the 1st and 3rd Wednesday of each month from 1:30-2:30 p.m. **The classes are FREE** and will be customized for

individuals with low to no vision and will also focus on nutrition for those with diabetes. This is going to be a fun and interactive experience and we hope you all will join us! Each class will offer tasty snacks or light meal and a lesson on how to prepare them. Everyone will also take home a variety of kitchen freebies, large print recipes, and much more! Participants that attend all 7 classes will graduate from the program at the last class. The first class on April 4th will be at the BCB office, and classes will alternate locations, with every other class being at the Extension office at 1140 Harry Sykes Way, Lexington.

If you'd like to attend this course, call the BCB office today at (859) 259-1834.

“MUST HAVE” ASSISTIVE ITEMS AND DEVICES

On April 12th Sam Seavey will be leading a session where participants will explore several "must have" items and devices which can help just about any visually impaired individual! Sam will talk about items that will fit any budget and even some that are available here at BCB! As always, the group session will be from 1 - 2 p.m. Call the BCB office to RSVP.

DON'T FORGET TO REMEMBER TO RENEW YOUR MEMBERSHIP FOR 2018!

Members are crucial to the development and leadership of our organization. Our members provide guidance and direction for BCB staff and programs. For just \$10 per year, you can become a part of the community that is changing lives of the blind and visually impaired. Membership with BCB also includes membership with the American Council of the Blind (ACB).

To make a membership payment, visit our website at www.bcbky.org, or mail your check to the BCB office: 1093 S Broadway, Suite 1214, Lexington, KY 40504.

We sincerely appreciate your support!



BOOK OF THE MONTH

Dune

Novel by Frank Herbert

Book Number: DB44126

Access: Downloadable talking book

Location: <http://hdl.loc.gov/loc.nls/db.44126>

Reading time: 22 hours, 47 minutes.

Read by: J. P Linton.

In this science fiction novel with sociological and religious overtones, an exile with psychic powers becomes the prophet of the savage people on the planet Dune.

Disclaimer: The book recommendations and opinions from staff and others do not reflect the opinions of Bluegrass Council of the Blind, Inc.

ASSISTIVE TECHNOLOGY ITEMS FOR LENDING & DISTRIBUTION



BCB currently has several items available for lending and distribution. If you are in need of any of these items, please give us a call. For “extended lending” items, an application will be required for staff review. These items are given on a need-basis and are subject to availability.

Items Available for Extended Lending: iPads, iPods, Large Screen Computer monitors, & CCTVs

Items Available for Distribution: 10x Dome Magnifiers, Large Button Phones, Talking Body Weight Scales, Talking Books on CD, Baby Monitor, Talking Blood Pressure Monitors, Talking Glucose Monitors, Cassette players (some have CD players), High contrast cutting boards, KNFB Reader Apps, Digit Eyes Apps, Talking First Aid Kits

COMPREHENSIVE STATEWIDE NEEDS ASSESSMENT

Every three years the Office for the Blind along with the State Rehabilitation Council conducts a statewide needs assessment of individuals who are blind and visually impaired. Please take the time to participate in this survey and answer questions about your individual needs. By participating in this survey you assist them in identifying service needs and trends. As a member of the community your knowledge and experience will provide them with important information. The more responses received in this questionnaire, the more knowledge and understanding is gained of where the greatest service needs are in our state.

If you have any questions, please call Cora McNabb at 1-800-321-6668 or by email at cora.mcnabb@ky.gov. The survey closes Wednesday, March 7th.

Survey link: <https://www.surveymonkey.com/r/CSNAOFB>

ACB FAMILIES

ACB Families provide assistance and peer support to families who experience blindness or low vision. They are proudly affiliated with the American Council of the Blind.

No matter who you are, no matter where you live, you can participate in ACB Families. ACB Families holds informational teleconferences on a variety of topics. Last year they hosted calls on stretching the family dollar, attending the national convention on a shoestring, holiday gift ideas, and fun and educational Amazon Alexa skills. ACB Families January 2018 teleconference provided valuable information on the new Federal income tax law; join ACB Families for 2018 and receive an audio CD copy of this excellent presentation. They will be announcing convention activities for 2018 very soon.

ACB shares information through email lists and their Facebook page. Join the email list by sending a blank message to families-subscribe@acblists.org.

Find them on Facebook at facebook.com/acbfamilies.

ACB Families dues are \$8.00 per person, and include an audio CD of the income tax teleconference. Please make checks payable to ACB Families and mail to:

Adam Ruschival, Treasurer
ACB Families
148 Vernon Avenue
Louisville, KY 40206

Skip the hassle of writing a check. Pay dues by phone with your credit card by calling 502-897-1472, or go to www.paypal.com and send money to families.acb@gmail.com.

BLIND IDOL 2018 CONTEST



Legally blind? With a great voice? A Brighter Path Programs and IFB Solutions invite YOU to audition for a chance to compete in the 2018 Blind Idol competition. Blind Idol is a national singing competition that celebrates the musical talents of Americans who are legally blind. Here's a quick summary of how it works: record an audio clip of yourself singing and submit it between February 12th and March 30th. The Blind Idol team will then select 20 semifinalists to compete live in two regional semi-final auditions. Four finalists will go on to compete in a live finale.

The winner receives a prize package that includes \$2,000 cash, recording studio time and head shots with a total value of \$4,000.

Blind Idol Competition Selection Process: Twenty semi-finalists, chosen by IFB Solutions staff from the recorded submissions, will be notified by April 16, 2018 that they are invited to one of two live semi-final auditions; one in Little Rock, Arkansas on June 2, 2018 and one in Durham, North Carolina on June 16, 2018. Semi-finalists will perform at whichever location is closest to their home address. For more information or to submit an audio clip, visit: www.blindidol.com

Entry Guidelines

<https://abrighterpathprograms.org/blind-idol/contest-guidelines/>

Entry Form

<https://abrighterpathprograms.org/blind-idol/contest-entry/>

CROSSROADS - LET YOUR JOURNEY BEGIN

A message from Carla Ruschival, Treasurer, Kentucky Council of the Blind

The Kentucky Council of the Blind conducted three highly-successful Crossroads Leadership Conferences in Louisville in 2013, 2014 and 2015. Each included attendees from several states, and each was a two-day event packed with information and presentations on timely topics.

Plan now to attend the 2018 Crossroads Conference on April 6th and 7th in Louisville, Kentucky and let your journey begin. The 2018 Crossroads Conference is a skills-based weekend open to anyone interested in individual or professional development. Crossroads will include interstates (general sessions) and side roads (topics) targeting a range of skills. Create your own unique roadmap as you choose the side roads that best meet your need. Some examples of side roads include looking your best for any occasion; event planning, funding, and volunteer management ideas; member recruitment and retention, team-building, and public relations how-to's; and the basics for effective meetings and organizations. A complete list of topics and sessions will be included on the pre-registration form.

Crossroads is hosted by the Kentucky Council of the Blind. It is open to any state or special-interest affiliate, any local chapter, or any individual who wishes to attend. The conference will be at United Crescent Hill Ministries (UCHM), 150 S. State Street in Louisville. Out-of-town participants may stay at the Ramada Inn North, 1041 Zorn Avenue, a short 5 to 7-minute ride from the conference site. Transportation between the hotel and Crossroads will be provided via Uber and Lyft and is included in your registration fee.

The pre-registration fee for Crossroads is \$50 for the two-day conference, and includes Friday lunch and dinner; Saturday continental breakfast, lunch and dinner; all programs, events and materials. Single-day registration is \$35. Pre-registration opens on March 1.

Hotel room rates at the Ramada Inn are \$79 a night plus tax (up to 4 people per room); a hot breakfast and free Wi-Fi are included. Each room is equipped with a microwave and a small refrigerator. Make reservations by calling (502) 897 5101; be sure to let them know that you are attending the KCB conference. For more information, call the Kentucky Council of the Blind at (502) 895-4598, email kcb@kentucky-acb.org, or join our Crossroads email list by sending a blank message to crossroads-subscribe@kentucky-acb.org.

Carla Ruschival
Treasurer, Kentucky Council of the Blind
Treasurer, Kentucky School for the Blind Alumni
(502)897-1472
carla40206@gmail.com

NFB FREE WHITE CANE PROGRAM

The long white cane is a means to independence. The white cane has proved a useful tool to millions of blind people in navigating their environments with confidence and safety. It is a tool which allows blind people to travel where and when they want, and as such leads to self-sufficiency.

Independence and freedom to travel are so important to the quality of life of blind people and every blind person should have a cane, regardless of ability to pay.

The National Federation of the Blind (NFB) is giving free, rigid fiberglass canes to legally blind individuals. Please see the online application to view available cane sizes. Request a free white cane today!

Visit the online "free white cane application form" now at <https://freecane.nfb.org/> or complete an accessible PDF application online at https://nfb.org/images/nfb/documents/pdf/free_white_cane_application.pdf

Mail your application to:

Free White Cane Program
National Federation of the Blind
200 East Wells Street
at Jernigan Place
Baltimore, MD 21230

Any blind individual in the fifty states, the District of Columbia and Puerto Rico may request a cane for their personal use. Requests may be made as often as every six months.

BCB COULD USE A FEW KITCHEN ITEMS

- ❖ Large Mixing Bowls
- ❖ Mixer
- ❖ Plastic Gloves
- ❖ Cookie Sheets
- ❖ Wooden Spoons
- ❖ Muffin Pans
- ❖ Muffin Cups
- ❖ Bottled water and Coca Cola brand canned beverages

UPCOMING DATES TO REMEMBER:

MARCH 5-6, 2018 – Be sure to submit your feedback regarding LexTran transportation services to Jeremy Smith by emailing your comments directly to him at jeremy-smith5@gmail.com or by calling (502) 619-9587. Jeremy will compile the results and provide everyone's feedback at one or both of the March meetings.

MARCH 8, 2018 – The BCB quarterly membership meeting is scheduled from noon to 2 p.m. There will be a 50/50 raffle, door prizes and we will play Trivia.

MARCH 12, 2018 – The March Community Outing will be lunch at Charley Brown's Restaurant and will be from noon to 1:30 p.m. Charley Brown's is located at 816 E Euclid Avenue.

MARCH 20, 2018 – Join Sam for an informative class on smartphone "life hacks." The group session will be from 1 - 2 p.m. in the BCB Community Room.

MARCH 22, 2018 – Mentor training for all current BCB mentors, anyone interested in becoming a mentor, anyone interested in building relationship skills, and a special invitation to spouses of blind and vision impaired mentors and mentees. Join Susan and Jeremy from 1 - 3 p.m. in the BCB Community Room.

MARCH 28, 2018 – The BCB Peer Support Group Meeting will be from noon to 2 p.m. in the BCB Community Room. The topic of the meeting will be Accessible Voting.

APRIL 4, 2018 – Starting on Wednesday, April 4th, BCB and the UK Cooperative Extension Office are teaming up to offer a series of 7 hands-on nutrition education classes and cooking classes to anyone that would like to attend! Classes will be the 1st and 3rd Wednesday of each month from 1:30-2:30 p.m. and will alternate locations between the BCB office and the UK Extension Office.

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APRIL 22, 2018 – The 6th Annual SEE Cruise will be at Banners Bar and Grill from 4 - 8 p.m. So slip on your flip flops and get ready to party for a purpose! Every dollar raised goes directly to BCB! Admission is \$15 at the door.