




April 1, 2018 
 Bluegrass Council of the Blind, Inc.
 1093 South Broadway, Suite 1214
 Lexington, KY 40504
info@bcbky.org 859-259-1834

SEE CRUISE 2018, PRESENTED BY RETINA ASSOCIATES OF KENTUCKY

Join BCB and our “honorary SEE Captain”, Meteorologist, Bill Meck on April 22nd from 3 – 7 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!!!

HANDS-ON NUTRITION & COOKING CLASSES



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.

PEER SUPPORT GROUP MEETING

The April BCB Peer Support Group Meeting will be on **April 25th** from 12 - 2 p.m. in the BCB Community Room. The topic of the meeting will be “Getting to Know Your BCB: Programs and Services for Living with Vision Loss”

Presented by Sam Seavey, Assistive Technology and Training Program Coordinator, and Susan Ament, Peer Support Program Coordinator –

Learn about the various services BCB offers and how these can help you as a participant. We will also be discussing how you can get involved as a volunteer! Lunch will of course be free and is being generously donated by The Simple Greek. The meal will be grilled chicken, rice and an assortment of fresh toppings.

BOOK OF THE MONTH



A Game of Thrones

Novel by: George R. R. Martin

Book Number: DB45742

Access: Downloadable talking book

Location: <http://hdl.loc.gov/loc.nls/db.45742>

Reading time: 31 hours, 2 minutes

Read by: Roy Avers

In a bygone world of decades-long seasons, three families struggle for the throne. When honorable Lord Eddard Stark of Winterfell is sent south to be the hand of the king, he faces many ambitious and ruthless people. Meanwhile the king contends with wildlings and creatures beyond the domain wall.

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.

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, Talking Blood Pressure Monitors, Talking Glucose Monitors, Cassette/CD players, High contrast cutting boards, KNFB Reader Apps, Digit Eyes Apps, Talking First Aid Kits

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
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WALMART GROCERY DELIVERY SERVICE & CURBSIDE PICKUP



Walmart has just announced that it will expand its online grocery delivery service to more than 40 percent of U.S. households by year-end, growing from its current availability in just six markets to over 100 metro areas during that time. Unlike other grocery delivery services, ordering groceries online from Walmart doesn't require a subscription of any kind – only a minimum order of \$30. Customers

place their orders via Walmart's dedicated website, walmart.com/grocery, or the standalone Walmart Grocery app. At checkout, they select the window when they want to pick up their groceries curbside, or have them delivered – sometimes as soon as same-day. Curbside pickup is free, while delivery costs an additional flat fee of \$9.95. The expansion of grocery delivery in 2018 will continue to rely on "crowdsourced delivery services such as Uber and Deliv, with more be added to that lineup soon. Relying on third-parties for delivery could ultimately be a disadvantage, however. These delivery services could charge additional fees. "Our commitment goes further than saving customers money," said Tom Ward, vice president, Digital Operations, Walmart U.S., in a statement. "Ninety percent of Americans live within 10 miles of a Walmart store, and we serve more than 150 million customers a week, which gives us a unique opportunity to make every day a little easier for busy families."

Article Link: <https://techcrunch.com/2018/03/13/walmart-to-expand-grocery-delivery-from-6-markets-to-100-by-year-end/>

DINE OUT FOR A CAUSE AT J. RENDER'S SOUTHERN TABLE & BAR

Dine at J. Render's Southern Table and Bar on Tuesday, May 22, 2018 and 15% of the proceeds will be donated directly back to Bluegrass Council of the Blind! Make sure and let your server know that you are "dining out for a cause!"

Also, a huge "Thank You" to J. Renders for generously donating the delicious lunch of white chicken chili & cornbread provided for the March Peer Support Meeting.



THE PASSING OF BCB MEMBER, ROBERT ESTILL MCCRAY

We are deeply saddened to share the news of the passing of BCB Member, Bob McCray. We extend our sympathies to his wife, Doris and two sisters, Thelma Reed and Ada Hall who have been a dear part of BCB for many years. We are grateful for Bob's service and commitment to helping others here at BCB and in the community. Our thoughts and prayers are with his family.



MCCRAY Robert Estill, 89, husband of Doris Noland McCray, passed away on Tues, Mar. 13, 2018, at St. Joseph East Hospital. Born Mar. 8, 1929, in Letcher Co., KY, he was a son of the late Robert Bryant and Lissie Hampton McCray. Robert was the retired owner of McCray Real Estate Co. and was a 30-year member of the Lexington-Bluegrass Association of Realtors. He was a member of Clays Mill Road Baptist Church. Besides his wife, he is survived by 4 sons: Robert Eugene McCray, Bennett Allan McCray, Mark Thomas Warren, and Chris Hayden Warren; 7 grandchildren: Brian Lee Ragsdale, Melissa Ragsdale Karrer, Keren McCray Salehi, Charles Bennett McCray, Robert Brendan McCray, Caleb Thomas Warren, and Brooks Hayden Warren; 4 great grandchildren: Jacob Leland Karrer, Joseph Blake Karrer, Ava Rose Salehi, and Jackson Benjamin Salehi; 3 sisters: Thelma Reed, Ruby Hogg, and Ada Mae Hall; and numerous nieces and nephews.

In lieu of flowers, the family requests donations be made to the American Diabetes Association, P.O. Box 15829, Arlington, VA, 22215 (Please use "In Honor Of" form), or Clays Mill Road Baptist Church Children's Bus Ministry, 3000 Clays Mill Rd., Lexington, KY, 40503.

Published in Lexington Herald-Leader on Mar. 14, 2018

<http://www.legacy.com/obituaries/kentucky/obituary.aspx?n=robert-estill-mccray&pid=188448098>

EASY CHERRY PINEAPPLE DUMP CAKE RECIPE

It's incredibly easy with no mixing involved! Canned fruits are dumped into a baking pan, topped with cake mix, butter, and nuts and then baked. The result is something in between a cake and a cobbler, and amazingly delicious!

Prep Time: 10 minutes **Cook Time:** 1 hour **Total Time:** 1 hour, 10 minutes

Ingredients:

- 1 (20 ounces) can crushed pineapple, un-drained
- 1 (21 ounces) can prepared fruit pie filling, cherry
- 1 (18.25 ounces) box yellow cake mix
- 2 sticks of butter or margarine, each cut into 12 slices
- 1/4 cup chopped nuts (your choice - optional)

Preparation: Preheat oven to 350F (325 for glass baking dish). Have a 9 by 13-inch baking pan ready.

Dump un-drained pineapple in baking dish or pan and spread it out evenly.

Using a spoon, dump "globs" of cherry pie filling evenly on top of the pineapple.

Sprinkle the yellow cake mix evenly over the cherry and pineapple layers.

Cut butter into slices with a butter knife and place slices evenly over cake mix.

Sprinkle nuts on top if you're using them.

Bake for 1 hour. Serve warm or chilled.

Top with Ice cream or Whipped Cream



UPCOMING DATES TO REMEMBER:



APRIL 4 – Series of 7 hands-on nutrition education classes and cooking classes begin! 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.

APRIL 12 – Join Sam and explore several “must have” items and devices which can help just about any visually impaired individual! As always, the group session will be from 1 - 2 p.m.

APRIL 22 – The 6th Annual SEE Cruise will be at Banners Bar and Grill from 3 - 7 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 only \$15 at the door.

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**FREE MATTER FOR
THE BLIND AND
HANDICAPPED**

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