

**LEXTRAN OUTING**

On July 11, seven BCB members joined Emily Elliott from Lextran to take a ride on the city bus and learn more about how this mode of transportation can help a visually impaired or blind traveler. We journeyed from the bus stop near the office to the High Street transit center and then walked from there to the transit center on Vine Street. We learned where the numbered bays were where the busses stopped and found the large numbered columns that helped you know your location. Each of the columns had markings in Braille. After sharing tips and information, we walked back to High Street and caught the bus back that dropped us off right in front of the Council office. Emily Elliott is the Community Relations Coordinator for Lextran and is available to assist anyone with questions about riding Lextran to their destination and back. Her telephone number is 859-255-7756 and her email is [eelliott@lextran.com](mailto:eelliott@lextran.com). If you are a Wheels rider, you are eligible to obtain a special yellow card that allows you to ride the Lextran bus for free.

**BRAILLE CLASS**

The third braille study class will be held on July 2<sup>ND</sup> from 1-2 p.m. BCB has begun a class teaching the introduction to the basics of reading and recognition of Braille. Participants have been learning what Braille is, Braille alphabet and numbers, and some punctuation. This knowledge will then help with reading signs such as in elevators, hotels and restroom doors.



This study group is led by Kenny Williams, an active member of BCB for three years. Kenny first learned Braille at the age of six years and has used Braille ever since. In addition to the monthly meetings on the first Monday of the month, there is a conference call for participants on the third Thursday for questions and answers and additional learning. This is the third in a series of 5 classes.

## HANDS-ON NUTRITION & COOKING CLASSES



BCB and the UK Cooperative Extension Office have been teaming up to offer **hands-on nutrition education classes and cooking classes** to anyone that would like to attend! The final class will be on July 18<sup>th</sup>, and we will not be meeting on July 4<sup>th</sup> due to the holiday. **The classes are FREE** and are customized for individuals with low to no vision and focus on nutrition for those with diabetes. This has been a fun and interactive experience and we hope you all will join us! Each class offers tasty snacks or a light meal and a lesson on how to prepare them. Everyone also takes 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. Again, the next and final class will be July 18<sup>th</sup> at the UK Extension Office at 1140 Harry Sykes Way. If you'd like to attend this course, call the BCB office today at (859) 259-1834.

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## LEXINGTON LION'S CLUB BLUEGRASS FAIR

**When:** July 12 - 22

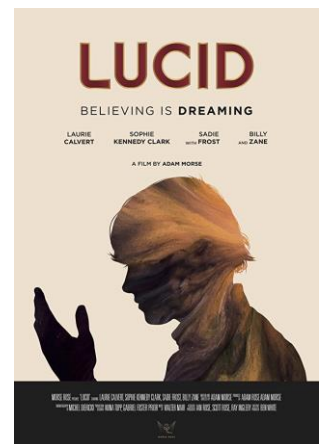
**Where:** Lexington Lion's Club Bluegrass Fair

**Details:** 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. Come out to 3051 Leestown Rd in Lexington to experience thrill rides, pig races, tons of food, live music, and so much more!

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## BLIND DIRECTOR DEBUTS FIRST MOVIE *(from Indiewire.com)*

Adam Morse's debut feature, *Lucid*, is about to have its world premiere at the Edinburgh Film Festival, an impressive feat for any budding filmmaker. It's doubly so for Morse, however, as the writer/director has just publicly revealed that he's legally blind. In a Guardian interview, Morse says he wanted "to stop focusing on the limitations and instead concentrate on what I could do."



He did so with the help of his cinematographer, Michel Dierickx, as well as a 60-inch monitor and screen reader. Though the filmmaker's director of photography was aware of his visual impairment from the outset, one person was not: star Billy Zane. "Billy didn't know, and I only told him two days after we started filming. He didn't believe me," Morse said. Read the rest of the article and watch the trailer by following the link below!

**<https://tinyurl.com/BlindDirector>**

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## **AUDIO BOOK OF THE MONTH**



### **Ender's Game**

**Novel by:** Orson Scott Card

**Book Number:** DB45742

**Access:** Downloadable talking book

In a future Earth engaged in an interstellar war against insectoid aliens, Ender Wiggin is chosen at the age of six to be trained as the military genius who will carry his people to victory. Along with his brother Peter and his sister Valentine, he not only brings the conflict to an end, but also affects the evolution of human society. Strong language.

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

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## **PEER SUPPORT JULY 2018**

The BCB Peer Support Group Meeting will take place on Wednesday, July 25th from noon to 2 p.m. in the BCB Community Room. Lunch is still to be determined, and the speakers will be Independent Transportation Network Bluegrass regarding transportation options in Lexington, and 2-1-1, a contact center connecting people with available resources like food, housing, health care, senior services, child care, legal aid, volunteer opportunities, and much more. If you plan on attending, please RSVP by July 23rd by calling (859) 259-1834.

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## **TRYPOD – PODCAST OF THE MONTH**

**What's a podcast?** Think of it as a TV show that you listen to. There's a lot of variety in podcasts – talk shows, interviews, mysteries, documentaries, and so much more – plus, most are free. They typically range from 20 minutes to an hour, so listening to them is a great way to pass the time on a commute, doing chores, or exercising!

## MISSING RICHARD SIMMONS



**Description:** On February 15, 2014, fitness guru Richard Simmons disappeared. He stopped teaching his regular exercise class at Slimmons, cut off his closest friends, and removed himself from the public eye. Nobody heard from him - and no one knew why he left. Filmmaker Dan Taberski was a Slimmons regular and a friend of Richard's. Missing Richard Simmons is Dan's search for Richard - and the deeper he digs, the stranger it gets.

**Access:**

<https://www.missingrichardsimmons.com/> and iTunes, iHeartRadio, Stitcher, RSS, Google, and Spotify

**Episode Length:** 30 minutes

**Episode to Get You Hooked:** Episode 1: Where's Richard? - Filmmaker Dan Taberski starts investigating the disappearance of his friend.

*Disclaimer: The podcast recommendations and opinions from staff and others do not reflect the opinions of Bluegrass Council of the Blind, inc.*

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### UPCOMING DATES TO REMEMBER:

**JULY 2** - Braille Study from 1-2 p.m at the BCB office.

**JULY 12 – 22** – Lexington Lion's Club Bluegrass Fair. On 3051 Leestown Rd to experience thrill rides, pig races, food, and so much more.

**JULY 18** – The final nutrition class will be at the UK Extension Office at 1140 Harry Sykes Way from 1:30 to 2:30 p.m. If you'd like to attend this course, call the BCB office today at (859) 259-1834.

**JULY 25** – The July Peer Support meeting will be from noon to 2 at the BCB Office. RSVP by July 23rd by calling (859) 259-1834.





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# SAVE the DATE



## Eye Opening Symposium

Thursday, October 18, 2018

The 4<sup>th</sup> Biennial Eye Opening Symposium  
Thursday, October 18, 2018  
9:00 a.m. - 3:00 p.m.

Fayette County Extension Office  
1140 Harry Sykes Way  
Lexington, KY 40504

Learn about:

- Trends in vision treatment
- Adaptation skills for independence

Contact Bluegrass Council of the Blind at (859) 259-1834

*CEU's pending for CRC, ACVREP, Social Work  
And Nursing*

**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»**