



BRaille CLASS

The second braille study class will be held on June 4TH 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 second in a series of 5 classes.



OFFICE FOR THE BLIND, OFFICE OF VOCATIONAL REHABILITATION TO HOLD PUBLIC HEARINGS ACROSS KENTUCKY IN MAY AND JUNE



Commonwealth of Kentucky

Education & Workforce Development Cabinet

The Kentucky Office for the Blind (OFB) and Office for Vocational Rehabilitation (OVR) have scheduled 10 public hearings in May and June to give consumers and other interested individuals an opportunity to comment on proposed changes including consolidation of the agencies, combined state plan revisions and Order of Selection of consumers for services. The public hearing schedule follows.

- **Elizabethtown:** 4–6 p.m. (EDT), May 21, Kentucky Career Center, 233 Ring Road, Suite 100. Contact: Rhonda Bush, 1-800-760-6891.
- **Thelma:** 2–4 p.m. (EDT), May 24, Carl D. Perkins Training Center, 5659 Main St. Contact: Barb Pugh, 1-800-443-2187.
- **Owensboro:** 4–6 p.m. (CDT), May 29, Kentucky Career Center, 3108 Fairview Drive. Contact: Vickie Madlem-Bandy, 1-800-334-6929.

- **Paducah:** 4–6 p.m. (CDT), May 30, Kentucky Career Center, 416 S. Sixth St. Contact: Jean Sutton, 1-800-334-6945.
- **Bowling Green:** 4–6 p.m. (CDT), May 31, Kentucky Career Center, 955 Fairview Ave., Suite 100. Contact: Theresa Murphy, 1-800-222-1215.
- **Louisville:** 10 a.m.–noon and 5–7 p.m. (EDT), June 5, Charles McDowell Center, 8412 Westport Road. Contact: Pam Minton, 1-800-346-2115.
- **Lexington:** 10 a.m.–noon and 5-7 p.m. (EDT), June 6, Bluegrass Council of the Blind, 1093 S. Broadway, Suite 1214. Contact: Theresa Thomas, 1-859-259-1834.
- **Covington:** 4:30–6:30 p.m. (EDT), June 7, Kentucky Career Center, 1324 Madison Ave. Contact: Cindi Bowles, 1-800-334-6895.
- **Hazard:** 4–6 p.m. (EDT), June 13, Kentucky Career Center, 412 Roy Campbell Drive. Contact: Lisa Meade, 1-606-436-5751 ext. 7028.
- **Ashland:** 4–6 p.m. (EDT), June 14, Kentucky Career Center, 411 19th St. Contact: Kennetta Freholm, 1-800-334-6881.

Kentuckians who are unable to attend a forum may send comments in any format (written, phone call, in person, etc.) through June 15, 2018. Comments may be sent in writing to the Kentucky Office for the Blind, 275 E. Main St., Mail Drop 2-EJ, Frankfort, KY, 40621, via e-mail to cora.mcnabb@ky.gov or becky.cabe@ky.gov, fax at 502-564-2951 or call 1-800-321-6668. If any reasonable accommodations for a disability are required for participation at a public hearing, please call 1-502-564-4754.

The draft policy for Order of Selection is posted for Review prior to the hearings [HERE](#). Alternative formats of draft policy may be provided upon request at 1-800-321-6668.

OFB and OVR, agencies of the Kentucky Education and Workforce Development Cabinet’s Department of Workforce Investment, assist Kentuckians with disabilities to achieve gainful employment and independence. For more information about services, call the office toll free at 1-800-321-6668 or visit <https://kcc.ky.gov/Pages/default.aspx> for more information.

The Kentucky Education and Workforce Development Cabinet coordinates learning programs from P-16 and manages and supports training and employment functions in the Department of Workforce Investment. For more information about our programs, visit <https://educationcabinet.ky.gov/Pages/default.aspx>.

Contact: Cora McNabb 502-564-4754 or 1-800321-6668, cora.mcnabb@ky.gov

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! Classes are on the 1st and 3rd Wednesday of each month from 1:30-2:30 p.m. **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. The next two classes will be June 6nd at the BCB office and June 20th 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.

JUNE COMMUNITY OUTING 2018

When: Monday June 11, 1:30-3:00 P.M.

Where: Meet at BCB Office



Details: As a follow up to the May Peer Support Group meeting about riding LexTran, we will go as a group and take a ride on a LexTran bus to the transit center and back. We are having this outing to encourage members to become familiar with LexTran and to use the LexTran bus system as an alternative to other means of transportation in Lexington. We will walk as a group from the BCB office to the bus stop across the street, and board the bus at 1:52 P.M. The bus will arrive at the High Street transit center at 2:10 P.M. We will be accompanied by Emily Elliot from LexTran and she will take us to a waiting room where we can wait and ask questions, use the restroom, and learn more about riding the bus from Emily. We will board the bus for the return ride at 2:55 P.M. and arrive back at the BCB office at 3:00 P.M. For this outing, you should schedule your ride to the BCB Office to arrive here by 1:30 P.M. Your ride home from our Office should be scheduled for 3:15 P.M. There will be a little walking involved, about half a block, so be sure to wear comfortable shoes. The Council will provide water and a snack.

BCB SUMMER MEMBERSHIP MEETING

The BCB Quarterly Membership Meeting will be June 14 from noon to 2. All BCB members and potential members and guests are invited to attend, have lunch, mingle and mix and get to know other members and family dealing with sight loss. Please RSVP by noon on June 12 and let us know you will be attending.

PEER SUPPORT JUNE 2018

Pat Ryan, president of the Lexington Lions Club will be our guest speaker at the June 27 Peer Support Group. Pat will speak about the upcoming Lions Bluegrass Fair and also talk about the Lions Club ON Wednesday, June 27th from noon to 2. The Lexington Lions Club helps fund our organization and supports many other local groups that serve people with impaired vision. The 2018 Lions Bluegrass Fair is July 12-22 at Masterson Station Park and is the Lexington Lions Club biggest fundraiser for the year.

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!



Recommended by: David, the new administrative assistant in BCB's office. This is one of his favorite podcasts and he hopes you'll like it too. Feel free to say hi the next time you're in the office!

Podcast of the month - HEAVYWEIGHT

Access: <http://www.gimletmedia.com/heavyweight> and on Apple Podcasts, Spotify, Google Play, iHeartRadio, and wherever else podcasts are found

Podcast by: Jonathan Goldstein and Gimlet Media

Episode Length: 45 minutes each

Episode to Get You Hooked: Episode #2: Gregor

20 years ago, Gregor lent some CDs to a musician friend. The CDs helped make him a famous rockstar. Now, Gregor would like some recognition. But mostly, he wants his CDs back.

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

UPCOMING DATES TO REMEMBER:



JUNE 4TH – Braille Study from 1-2 p.m. Participants will learn what Braille is, be taught the Braille alphabet and numbers, and learn some punctuation. This is the second of 5 monthly meetings, so if it's your first time coming, be sure to study up on the letters A-J covered in the first lesson.

JUNE 6TH – The Kentucky Office for the Blind (OFB) and Office for Vocational Rehabilitation (OVR) have scheduled 10 public hearings in May and June to give consumers and other interested individuals an opportunity to comment on proposed changes including consolidation of the agencies, combined state plan revisions and Order of Selection of consumers for services. BCB's office will host a hearing on June 6th from 10 a.m.–noon and 5-7 p.m.

JUNE 6TH & 20TH – There are 3 more hands-on nutrition education classes and cooking classes to go to in this series offered by the BCB and the UK Cooperative Extension! 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. June 6 will be in the BCB office and June 20 will be in the UK Extension office.

JUNE 11TH – The June Community Outing will be a followup to the May Peer Support Meeting, in which we will be riding a LexTran bus to the transit center and back. For this outing, you should schedule your ride to the BCB Office to arrive here by 1:30 P.M. Your ride home from our Office should be scheduled for 3:15 P.M.

JUNE 14TH – The BCB Quarterly Membership Meeting will be June 14 from noon to 2. All BCB members and potential members and guests are invited to attend, have lunch, mingle and mix and get to know other members and family dealing with sight loss. Please RSVP by noon on June 12 and let us know you will be attending.

JUNE 27TH – The BCB Peer Support Group Meeting will be from 12 – 2 p.m. in the BCB Community Room. The topic of the meeting will be the upcoming Lions Bluegrass Fair and the Lion's Club, with guest speaker Pat Ryan, the president of the Lexington Lions Club.

SAVE the DATE



The 4th 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»