



September 1, 2018



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

## NEWSLETTER

### HAPPY LABOR DAY!

BCB would like to wish everyone a very happy Labor Day, as well as remind everyone that BCB's office will be closed on **Monday, September 3<sup>rd</sup>**.



### DENTAL CARE OPPORTUNITY FROM JUSTICE DENTAL

**When:** September 8<sup>th</sup>, 2018 9 a.m. until 4 p.m.

**Where:** Justice Dental – 3285 Blazer Parkway, Suite 200, Lexington KY, 40509

**Details:** Justice Dental is hosting their 6<sup>th</sup> annual “Dentistry from the Heart” providing free dental care for those in need. Participants may receive their choice of Filling, Extraction, or Cleaning for those 18 years and older who can't get dental care elsewhere. ARRIVE EARLY as Patients will be seen on a first-come, first-served basis. The first 100 patients are guaranteed to be seen!



Patients are encouraged to arrive early. Dress appropriately for the weather and bring chairs, blankets, water, snacks, etc. as they be outside waiting to be seen.

For more information, please contact: (859) 543-0700. [www.justicedental.com](http://www.justicedental.com).

**For consumers in need of assistance with transportation to and from BCB programs, wheels passes will be made available upon request for reimbursement.**

**Please make your request known to the office with your RSVP for each event.**

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## Woodsongs Old Time Radio Hour!

**When:** September 10<sup>th</sup>, 2018 6:30 - 8:30 p.m.

**Where:** Lyric Theater, 300 East Third Street



We will have our September Community Outing at the Lyric Theater for two performances. The first performer is Chris Smither, a blues guitarist and the second performer is Sam Morrow, a guitarist of the Outlaw Country variety. The address of the Lyric Theater is 300 East Third Street. The box office entrance door is on the corner of Third and Elm. Tickets normally run \$10 but our group is being offered tickets at only \$5. Be sure to mention you are with BCB when you purchase

your ticket. Although the lobby is open beforehand, seating begins at 6:15 and you must be seated by 6:45 for the 7PM show. This is because the show is taped and there can be no interruptions once the show begins. We will have a row reserved for our group and Susan will be available there for Wheels passes reimbursement. There is a meet and greet the performers after the show in the lobby. Suggested return rides for Wheels are from 8:15 to 8:45 PM. Be sure to RSVP for the event by Thursday September 6 or earlier.

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## FOOD DISTRIBUTION ONLINE SURVEY

We are seeking your input in order to provide a better selection of items in our monthly food distribution bags. Please share your preferences by completing a short survey over the phone. You can take the survey by calling 859-259-1834 between Sept. 1<sup>st</sup> and Sept. 20<sup>th</sup>. If you prefer to complete the survey online, call the office and we can email you the link to the survey. THANK YOU FOR YOUR INPUT!

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## Peer Support Group Meeting Presentation

Our guest speaker for the September 26<sup>th</sup> peer support group meeting will be Pete Alberti from Kentucky Health Solutions talking to us about changes in Medicare and Medicare plan options.

We hope you will join us for lunch and this informative presentation on September 26<sup>th</sup> from noon – 2 p.m. in the BCB community room.



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**BCB Quarterly Membership and Annual Business Meeting Announcement**

- BCB’s annual business meeting and quarterly membership meeting will be on Thursday, September 27<sup>th</sup> 2018 from 4 to 7 p.m.
- Elections will be held as well as voting for two amendments to the BCB bylaws. Proposed changes can be found within this announcement.
- Dinner will be served at 4 p.m., and elections will start promptly at 5 p.m.
- A slate of recommended candidates will be presented by the nominating committee at the meeting. Nominations can be made from the floor.
- Anyone wishing to be considered as a candidate should contact the nominating chair, Paula Weise at (859) 277-6031 or [pmw1208@gmail.com](mailto:pmw1208@gmail.com) to receive qualifications and expectations prior to the meeting on the 27<sup>th</sup>.

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**VENDOR OPPORTUNITY - EYE OPENING SYMPOSIUM**

**When:** October 18th, 2018 9 a.m. to 3 p.m.

The Eye Opening Symposium is an opportunity to learn about trends in vision treatment and adaptation skills for independence! A limited number of vendor booths will be available during the symposium. The cost is \$25 per vendor and includes lunch for up to two people. For vendor information please contact Theresa at Bluegrass Council of the Blind. The event will be held at the Fayette County Extension Office located at 1140 Harry Sykes Way, Lexington, KY 40504. Contact us at (859) 259-1834 for more information.

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**Technology for Reading and so much more!**

Smartphones and smart tablets have become some of the most useful assistive technology devices available today. Much of their usefulness is due, in part, to all

the amazing apps you can run on them.

On September 13th from 1pm - 2pm, Sam will be demonstrating some of these tools you can use to access printed text, including accessibility features and apps



on IOS devices like iPads and the iPod Touch. Thanks to a generous grant from the Blue Grass Community Foundation, BCB is able to make available, a small number of these types of devices for consumers who qualify. Join Sam for this demonstration, review of qualifications and receive an application. Please call the BCB office to reserve your spot for this informative session today!

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### **Easy and Fun Recipe of the Month**

The following recipe for homemade strawberry ice cream was submitted by Kenny Williams. This recipe is especially easy to follow as each ingredient is easily measurable, making it accessible to the visually impaired!

Here are the items that you will need: frozen, sliced strawberries; 1/2 cup of sugar; 1 1/2 cup of heavy cream; one plastic container with Lid.

#### **Instructions**

1. Take the strawberries out of the freezer in hour before you make the ice cream.
2. Pour 1 cup of strawberries into the plastic container.
3. Poor in the sugar.
4. Poor in the cream and stir well with a spoon.
5. Put the lid on the container and place the container in the freezer overnight.

Depending on the number of people you're serving, you may want to double or even triple your portions of ingredients to the recipe. The next day, you will have a delicious treat. Or, you may want to serve it for dessert! You may also embellish by using dark chocolate, blueberries, or any other fruit you would like. This is an easy and quick recipe that one can use and have fun making! I hope you all have fun making it, and enjoy!

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## Audio Book of the Month

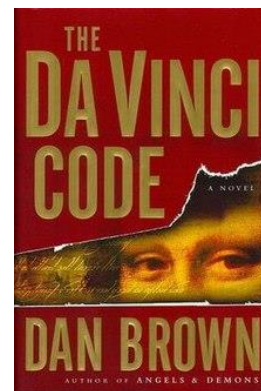
### The Da Vinci Code: A Novel

Dan Brown

DB55735

Reading time: 16 hours 31 minuits

Read by: Jack Fox



While in Paris, Harvard symbologist Robert Langdon is awakened by a phone call in the dead of the night. The elderly curator of the Louvre has been murdered inside the museum, his body covered in baffling symbols. As Langdon and gifted French cryptologist Sophie Neveu sort through the bizarre riddles, they are stunned to discover a trail of clues hidden in the works of Leonardo da Vinci—clues visible for all to see and yet ingeniously disguised by the painter.

Even more startling, the late curator was involved in the Priory of Sion—a secret society whose members included Sir Isaac Newton, Victor Hugo, and Da Vinci—and he guarded a breathtaking historical secret. Unless Langdon and Neveu can decipher the labyrinthine puzzle—while avoiding the faceless adversary who shadows their every move—the explosive, ancient truth will be lost forever.

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### **UPCOMING DATES TO REMEMBER:**

**SEPTEMBER 8**, 9 a.m. to 4 p.m. Justice Dental – 3285 Blazer Parkway, Suite 200. 6<sup>th</sup> annual “Dentistry from the Heart” event providing free dental care for those in need.

**SEPTEMBER 10**, 6:30 to 8:30 p.m. Lyric Theater. 300 E Third Street. Woodsongs Old Time Radio Hour with Chris Smither and Sam Morrow. See inside newsletter for more info on the event and pricing!



**SEPTEMBER 13**, 1 p.m. to 2 p.m. BCB Office. Sam will be demonstrating some tools you can use with smart phones and tablets to access printed materials.

**SEPTEMBER 26**, 12 to 2 p.m. BCB Office. Peer Support meeting. The guest speaker will be Pete Alberti from Kentucky Health Solutions.

**SEPTEMBER 27**, 4 to 7 p.m. BCB Office. Annual Business and Quarterly Membership meeting. Dinner will be served and elections will be held.

**OCTOBER 18**, 9 a.m. to 3 p.m. Fayette County Extension Office, 1140 Harry Sykes Way. This is an opportunity to learn about trends in vision treatment and adaptation skills for independence.

If you plan on running for a position on the board, please be sure to contact the Nominations Committee Chair, Paula Weise at (859) 277-6031 or pmw1208@gmail.com so she can forward you the board training packet and give you more info about the position!

**DON'T MISS THE ANNUAL BUSINESS  
MEETING ON SEPTEMBER 27<sup>TH</sup> FROM 4-7  
P.M.!**

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**«Account\_Name»  
«Address\_Full»**

**FREE MATTER FOR  
THE BLIND AND  
HANDICAPPED**