



eyeKNOW eNews

September 15, 2018



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

EVENTS CALENDAR

SEPTEMBER 20, 1 to 2 p.m. BCB Office. Following the success of our August group presentation, we are scheduling another cooking demonstration for September! This time Kenny and Sam will be using the NuWave Precision Cook Top to sauté chicken and veggies for making healthy, low calorie, high fiber protein wraps! We will also be talking about safe knife handling skills as well as using high contrast cutting boards. Come join the fun and learn more about the NuWave Precision Cook Top and how, for the visually impaired, it may be a safer alternative to using a traditional stove top! Please remember to RSVP by calling us at (859) 259-1834 to guarantee your spot and a sample of the food!

SEPTEMBER 26, Noon to 2 p.m. BCB Office. September Peer Support Meeting. Pete Alberti of Kentucky Health Solutions will be talking to us about changes in Medicare, and the various plan options. All are welcome and as always, peer support meetings are free to the public. A lunch of turkey or ham sandwiches with chips and cole slaw will be served at noon followed by the presentation at 1 PM. This will be followed by food distribution at 1:45 PM.

SEPTEMBER 27, 4 to 7 p.m. BCB Office. Annual Business and Quarterly Membership meeting. Potential bylaws changes will be discussed and elections will be held. Pizza and salad will be served, as well as a BCB cake to celebrate BCB's 40th anniversary.

With Deepest Sympathies...

BCB is saddened to learn of the passing of another of our members, and we wanted to recognize all those who have passed away this year and will be missed. At the September Membership Meeting, we will hold a moment of Silence to recognize Bob McCray, Ruth Kennedy, Ian Dutton and Erice Mundy.

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.

OCTOBER 18, 9 a.m. to 3:00 p.m. 1140 Harry Sykes Way. Eye Opening Symposium. The October outing will coincide with the Eye Opening Symposium this year.

You may choose to come for the whole day or for part of the day. Either way you are asked to register for the event. Registration includes lunch which will be served from 12 to 12:30 PM. In addition to registering, please RSVP to the Council so we can be sure to have enough Wheels passes and to record member participation. If you are taking Wheels, you may obtain reimbursement passes from Susan who will be at the exhibitor table for Bluegrass Council of the Blind. A detailed schedule of the day will be published in the October 1st newsletter or can be found on the website www.bscky.net.

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**FREE MATTER FOR
THE BLIND AND
HANDICAPPED**

«Account_Name»
«Address_Full»