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### **Cooking Technology**

This month, Kenny Williams and Sam Seavey will be demonstrating the NuWave oven and cooking up some tasty treats! The NuWave cooks up to 70% faster than a conventional oven and uses up to 85% less energy. The oven's exclusive 3-D technology combines conduction, convection and infrared power into one compact, counter top unit that will bake, broil, barbecue, roast, grill, steam, sear, air-fry, and even dehydrate , all at an accelerated cooking speed. Cooking with air allows you to cook more healthy meals and create healthier snacks. Kenny and Sam will demonstrate how they can use this devices independently with low to no vision. Come join us on August 9th from 1 to 2. Space is limited so please RSVP and don't forget your appetite!



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### **STABLE Kentucky-ABLE Accounts**

On Tuesday, August 21<sup>st</sup> 2018 there will be a Lunch & Learn session at 1525 Bull Lea Road.about STABLE Kentucky, a new initiative that Kentucky State Treasurer Allison Ball put forward in December 2016. STABLE Kentucky is Kentucky's ABLE plan that allows individuals with disabilities the ability to save and invest up to \$15,000 per year without losing government benefits such as Medicaid or SSI. Attend in person or online, and RSVP by registering at the following link:

[https://uky.az1.qualtrics.com/jfe/form/SV\\_787UapCZCfNDXZb](https://uky.az1.qualtrics.com/jfe/form/SV_787UapCZCfNDXZb)

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### **PEER SUPPORT AUGUST 2018**

The BCB Peer Support Group Meeting will take place on Wednesday, August 22nd from noon to 2 p.m. in the BCB Community Room. The speaker will be Lynn Phillips of Seniors Helping Seniors, a home healthcare and assistance agency in Lexington. If you plan on attending, please RSVP by noon on Monday, August

20th by calling (859) 259-1834. Your RSVP is needed to ensure we have enough food and chairs set up for all attendees. A special thanks to Rosanna and Marion Crusott for making the great lunch, and to Julie Jones for the delicious dessert we enjoyed at our July Peer Support Group Meeting.

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### **Volunteer Opportunity for BCB Consumers**

#### Shucking Lids at BCB

On Thursday, August 23<sup>rd</sup> from 3 – 5 PM, we will have a group of volunteers working with consumers to help the Lions Club with their project of turning plastic lids and caps into park benches. BCB is thrilled to partner with the Lexington Lions Club and the Alpha Phi Omega Fraternity at UK to help our environment and provide benches for our parks.

This project involves collecting recyclable lids (#2,#4 and #5 plastics – lids and caps only) and clearing out the metal and cardboard liners to prepare them for recycling into sturdy park benches for Masterson Station Park, where the Lexington Lions Club hosts the Bluegrass Fair every July.



You can help in two ways. 1) Save your plastic lids and bring them to BCB before August 22. 2) Join us for the “Shucking Party” to prepare the lids and caps for recycling. This volunteer opportunity involves using a sharp tool to remove cardboard inserts in the lids. It can be challenging so you would need fine motor skills to hold the caps and dig out the liner. Participants who are interested in volunteering can call the office for more details and to RSVP. Due to limited space, we will only be able to accept approximately 10 additional volunteers.

Thanks for your help!

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### **Kentucky Council of the Blind State Convention**

The annual Kentucky Council of the Blind State Convention will be November 16 and 17. It will be held at United Crescent Hill Ministry, 150 State Street, Louisville, KY. Rooms for out of town guests are \$89 plus tax at the Ramada Inn on Zorn Avenue.

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## Wish List

There are some items we are always in need of so we are starting a BCB Office “Wish List”. If you have any extras or know anyone who can help supply these items we will certainly put them to good use.



- Garbage bags
- Canned coke products
- Bottled water
- Copy paper
- Plastic grocery bags

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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!



### EVERY LITTLE THING

**Description:** Every Little Thing is a factual answering service, specializing in small questions. Are “speed patrolled by aircraft” signs a lie? Who does the background dialogue in movies? Is the Dewey Decimal System controlling our minds? What is the best member of the animal kingdom? Find out these and more with Every Little Thing

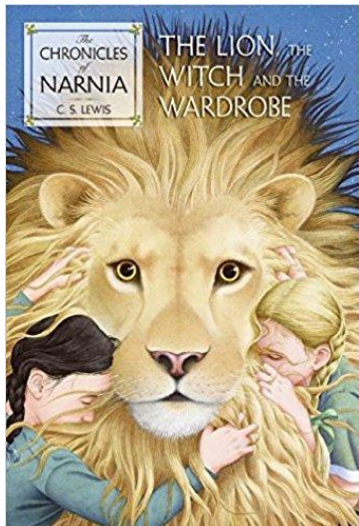
**Access:** <https://www.gimletmedia.com/every-little-thing/> Spotify, Apple Podcasts, iHeartRadio, Google Play, Overcast

**Episode Length:** 25 – 30 minutes

**Episode to Get You Hooked:** Rapture Chasers - An event in August could bring millions to tears. Follow the lives of people who chase full solar eclipses in this episode of this science-focused “but in a non-scientist digestible way” podcast.

*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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## Audio Book of the Month

**The Lion, The Witch, and the Wardrobe** DB16982

**Narrated by:** Paul Watson

**Reading time:** 3 hours, 39 minutes

Fantasy Fiction

Four English children find their way through a huge wardrobe in an old house to the mysterious land of Narnia, which is suffering under the spell of the White Witch. First title in "The Chronicles of Narnia."

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### UPCOMING DATES TO REMEMBER:

**AUGUST 6**, 1 to 2 p.m. BCB Office. Braille Study. This is the fourth of 5 monthly meetings.

**AUGUST 9**, 1 to 2 p.m. BCB Office. Cooking class and NuWave oven demonstration. Come to learn more about this safe, blind-friendly alternative to traditional convection ovens.



**AUGUST 13**, 12 to 1:20 p.m. 2187 Harrodsburg Rd City BBQ Community Outing. Wheels passes available. Please bring flyer (in this newsletter) with you! 25% of sales that day with presentation of flyer will be donated to BCB!

**AUGUST 21**, 12 to 1 p.m. 1525 Bull Lea Road. Stable Kentucky-ABLE accounts Lunch & Learn. Remember to RSVP with the registration link!

**AUGUST 22**, 12 to 2 p.m. BCB Office. Peer Support meeting. The speaker is Lynn Phillips of Seniors Helping Seniors, a home healthcare and assistance agency in Lexington. Food is TBA in August's calendar.

**AUGUST 23**, 3 to 5 p.m. BCB Office. Cap Shucking volunteer opportunity for the Lexington Lion's Club.

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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*

# Eat at **City Barbeque** and raise money for our group!

Please join us for a special fundraising event.  
25% of your purchase will be donated back to our group!

Sale Amount:  
\$ \_\_\_\_\_

Name of Organization: Bluegrass Council of the Blind  
Date of fundraiser: August 13th, **2018**  
Participating Location: 2187 Harrodsburg Rd. Lexington KY 40504

Good all day on Dine in & Carry out Orders  
Note: If ordering carry out for large groups, please use our Pig Up 'n Go Menu.

**Flyer must be presented at time of order to receive credit for the sale.**

Flyers cannot be passed out on City Barbeque property. Fundraiser cannot be combined with other promotions or offers. Not valid on gift card purchases.

Check out our menus and Order Online [www.citybbq.com](http://www.citybbq.com)  
We look forward to serving you to help raise money for your organization.



**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»