



BCB BULLETIN

AUGUST 2026

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In addition to email, the BCB Bulletin is recorded and available for listening after the first of the month by calling 859-259-1834 and choosing extension 8; the abbreviated and updated BCB Calendar of Events is available at extension 9 after the 15th of the month, and any special announcements are available by choosing extension 7.

REMINDERS:

August 2 is Friendship Day

August 21 is Senior Citizens Day

August 26 is Women's Equality Day

Monday September 7 is Labor Day and the BCB office will be closed.

August is Make-A-Will Month

A meaningful reminder that planning for the future is one of the greatest gifts you can give your loved ones.

Creating a will provides peace of mind, helps protect what matters most, and ensures your wishes are honored.

Taking this important step today can bring comfort, clarity, and security for tomorrow.

August is also Children's Eye Health & Safety Month

A great reminder to help young eyes stay bright and healthy! As kids head back to school, it's the perfect time to schedule eye exams, encourage screen breaks, and make sure they wear protective eyewear during sports and outdoor activities. Healthy vision helps children learn, play, and explore the world with confidence—so let's keep those little eyes shining!

UPDATES:

BCB Food Distribution

Like many non-profit organizations, BCB has experienced funding reductions in several areas. As a result, we have had to reduce our supplemental food distribution stipend from \$35 to \$10 per eligible participant. We are actively seeking funding to restore this program and hope to

increase the benefit again as soon as additional funding is secured.

United Way of the Bluegrass

UWBG has relaunched its Ride United program thanks to funding from the Lexington-Fayette Urban County Government (LFUCG). The program provides free Lyft rides within Lexington for medical appointments, work, school, grocery shopping, errands, and other essential needs, with no referral required and fewer restrictions than before.

Social and recreational trips, such as visiting friends or dining out, are limited to one round-trip or two one-way trips per month. Riders must be 18 or older (unless accompanied by an adult) and have a cell phone capable of receiving text messages. To learn more, request a ride, or review program guidelines, visit United Way 211 or contact rides211@uwbg.org.

Sharing from our friends at Community Action Council:

Need help with your summer utility bill in Lexington? LIHEAP summer assistance funds may be available to help. Appointments can be made online at www.commaction.org or by walk-in at your local Community Action Council neighborhood (call ahead to find out what documentation you need to bring to apply).

You may contact Community Action Council with any questions 859-233-4600.

HAPPENINGS:

*Kentucky School for the Blind Charitable Foundation
Presents Braille & Ales*

Thursday, August 6 from 6 to 9 PM at Tapster Lexington,
401 West Main Street, Unit 101, Lexington, KY 40507

Learn about braille and low vision technology and enjoy
guided beer tasting. Tickets are \$10 online or at the door.

AUGUST CALENDAR

BCB August Food Distribution Dates:

BCB “Drop In” Mobile Market

Date: Tuesday, August 11, from 12 Noon to 1:30 PM

Location: BCB Parking Lot at Mobile Market Trailer

This Mobile Market stop is for individuals who are blind or have low vision and can shop independently or bring their own assistant. No volunteer assistance will be available. Participants must also provide their own transportation, as Wheels is not a good fit for this stop. We ask those who do not meet these criteria please register for our other Mobile Market day that will take place Wednesday, August 19. Call the office by noon the Monday prior at 859-259-1834 to reserve your place for either day.

BCB Assisted Mobile Market Wednesday, August 19, from 12 Noon to 1:30 PM; volunteers are available to assist with shopping. Bring a sack lunch for social hour, and shopping at the Mobile Market! Call the office by noon the Monday prior at 859-259-1834 to reserve your place! Wheels passes are available for those using Wheels to attend.

BCB Home Delivery on Thursday, August 20, from 3 to 6 PM; Delivery of grocery items is available (based on availability of drivers) for those who are blind or have low vision and reside in Fayette County. Call the office by noon the Monday prior at 859-259-1834 to reserve your place.

BCB August Afternoon Mentoring Group

Date: Wednesday, August 12

Time: 1 to 2 PM

Location: BCB Community Room, Suite 103.

Register by contacting the office at info@bcbky.org, or by calling 859-259-1834. Wheels passes are available for those using Wheels to attend.

BCB Assistive Technology August Seminar

Date: Thursday, August 13

Time: 1 to 2 PM

Location: BCB Office and Zoom

Topic: "Accessible Subtitles"

Join us at our August AT Group Seminar as we explore ways to make subtitles in movies and TV shows more accessible. We'll cover tools and settings that can make subtitles easier to read, along with options for having subtitles read aloud when available. Whether you enjoy streaming movies, binge-watching your favorite shows, or watching live TV, you'll come away with practical tips to make your viewing experience more accessible. Register by calling 859-259-1834.

BCB August Community Outing

Date: Tuesday, August 18

Time: 11:00 AM to 1:30 PM

Event: Picnic in the Park with the new Sensory Garden

Location: Idle Hour Park adjacent to the Lexington Senior Center, 195 Life Lane. Meet at 11 AM in Room A at the Senior Center.

There will be time for a short tour of the Senior Center, led by Kristy Stambaugh. Afterwards we will be guided over to the park where we will picnic and explore the small sensory garden. This garden has 160 tactile tiles arranged in three raised beds and was created by the Senior Center with the help of Eagle Scouts and other volunteers. Bring your own thermos and picnic lunch. There are picnic tables and nearby restrooms. There is also a paved walking trail that is eight tenths of a mile. After we eat and explore the garden, we will take a short walk back to the Senior Center where you can wait for your return rides.

Wheels passes will be available for those using Wheels to attend. We will be recruiting sighted volunteers to assist

with this outing. Please join us. Register by calling 859-259-1834 or email Susan at susana@bcbky.org.

BCB August Evening Mentoring Group

Date: Thursday, August 20

Time: 7:30 to 8:30 PM

Location: Zoom Meeting.

Register by contacting the office at info@bcbky.org, or by calling 859-259-1834.

BCB August Lunch & Learn

Date: August 26

Time: 12 noon to 2 PM

Location: BCB Community Room, Suite 103

Speaker: Marty Brown with St. Joseph's Helpers. St. Joseph's Helpers is an organization founded on Christian values, made up of men and women who volunteer their time and their talents to help those in need to feel safe and secure in their homes. They serve Seniors, Veterans, those with Physical Challenges and those who need a helping hand. Examples of projects include repairing a leaky faucet, exterior railings, minor electrical repair, changing light bulbs, portable ramps, Spring/Fall yard clean ups, etc. Wheelchairs available for those using Wheels to attend. Register by noon on Monday, August 24, by calling 859-259-1834.

SEPTEMBER CALENDAR

BCB September Community Outing

Date: September 3

Time: 1 to 3 PM

Location: UK County Extension Office, 1140 Harry Sykes Way, Lexington

Event: Assistive Technology in the Kitchen

Join Sam Seavey, BCB Assistive Technology Program Manager, and Susan Ament, BCB Peer Support Program Manager, in the Extension Office Kitchen for a demo of the Tovala smart oven to cook some chicken slices. While the chicken cooks, we will prepare a salad using fresh vegetables using safe chopping techniques and a high contrast cutting board. We will sample the results and offer participants either a knife or cutting board as a free take-home gift. We have room for 12 participants to work in teams of two. Register by calling 859-259-1834. Wheels passes available for those using Wheels to attend.

BCB September Food Distribution Dates:

BCB “Drop In” Mobile Market

Date: Tuesday, September 8, from 12 Noon to 1:30 PM

Location: BCB Parking Lot at Mobile Market Trailer

This Mobile Market stop is for individuals who are blind or have low vision and can shop independently or bring their own assistant. No volunteer assistance will be available. Participants must also provide their own transportation, as Wheels is not a good fit for this stop. We ask those who do

not meet these criteria please register for our other Mobile Market day that will take place Wednesday, September 16. Call the office by noon the Monday prior at 859-259-1834 to reserve your place for either day.

BCB Assisted Mobile Market Wednesday, September 16, from 12 Noon to 1:30 PM; volunteers are available to assist with shopping. Bring a sack lunch for social hour, and shopping at the Mobile Market! Call the office by noon the Monday prior at 859-259-1834 to reserve your place! Wheels passes are available for those using Wheels to attend.

BCB Home Delivery on Thursday, September 17, from 3 to 6 PM; Delivery of grocery items is available (based on availability of drivers) for those who are blind or have low vision and reside in Fayette County. Call the office by noon the Monday prior at 859-259-1834 to reserve your place.

BCB Quarterly Membership Meeting – *SAVE THE DATE*

Date: Wednesday, September 9

Time: 12 to 2 PM

Location: BCB Community Room, Suite 103.

Agenda: This is BCB's Annual Membership Meeting with Elections. Stay tuned for more information to follow.

Register by noon on Tuesday, September 8 (Monday is a holiday in September) by contacting the office at info@bcbky.org, or by calling 859-259-1834. Wheels passes are available for those using Wheels to attend.

BCB Assistive Technology September Seminar

Date: Tuesday, September 15

Time: 1 PM to 2 PM

Location: BCB Office and Zoom

Topic: "Echo Vision Smart glasses"

Curious about EchoVision smart glasses? We'll explore how these AI-powered glasses can help people who are blind or have low vision with everyday tasks, navigation, reading, and more. Come see a live demonstration, ask questions, and find out if EchoVision might be a good fit for you or someone you know!

BCB September Evening Mentoring Group

Date: Thursday, September 17

Time: 7:30 to 8:30 PM

Location: Zoom Meeting.

Register by contacting the office at info@bcbky.org, or by calling 859-259-1834.

BCB September Lunch & Learn

Date: Wednesday, September 23

Time: 12 noon to 2 PM

Location: BCB Community Room, Suite 103

Speaker: Justin Aulds will be back to present the changes in Medicare for the upcoming year, along with information

on Medicaid and dual plans. Justin is with Trucordia, formerly Kentucky Health Solutions, and will talk about Medicare Advantage plans as well as Original Medicare.

He will be able to answer general questions pertaining to changes that we can expect from Medicare and Medicaid insurance for 2027.

Be sure to register no later than noon on Monday September 21. Wheels passes available for those using Wheels to attend.

😊 **Brighten Your Day:**

- Why did the melon jump into the lake? It wanted to be a water-melon.
- What did the duck say when it bought lipstick? “Put it on my bill.”
- Apparently, you can’t use “beef stew” as a password. It’s not stroganoff.



Your trust means everything to us! We are proud to hold Candid’s Platinum Seal of Transparency, a reflection of our commitment to openness, accountability, and using every dollar you give wisely and responsibly. If you would like to help support the BCB Bulletin and the vital services

provided by the Bluegrass Council of the Blind, please consider making a secure online donation today [click through to our Web site here](#). Thank you!