



# AGAPE

A Gateway to Advocacy, Perseverance and Education

# NEWS

## A Message

### From President Patrick Patton

**Greetings, AGAPE family!**

Springtime is upon us and, as always, we're looking forward to good things, good times, and good weather ahead. I hope that everyone is able to take advantage of these warm days to get outside and stretch. Enjoy the fresh air. I know I am so ready for a change in seasons.

Here's a recap of what we've been doing the last couple of months. At the end of February, we successfully completed our black history program. The black history program came together with the help of an amazing group of AGAPE members and friends. We were able to raise money for the organization and provide a good time for our family and friends.

Also, we sponsored the 2023 Saint Louis Regional Braille Challenge (STLRBC) and Awards Ceremony at the Missouri School for the Blind. The STLRBC is part of the National Braille Challenge, which was designed to support and enrich the reading and writing of braille.

On March 21, we traveled to the Missouri state capital, Jefferson City, for the Missouri Council of the Blind's (MCB) Legislation Day. We met face-to-face with lawmakers and advocated for two bills to be passed, encouraging the accessibility for blind and visually impaired individuals. We had a good turnout, and it was nice to see what we can accomplish when we work together.

On March 25, we hosted our Chili Supper and Karaoke fundraiser. This fundraiser goes to support the Ida Mae Sparkman Scholarship. Again, another fine example of what we can do when we work together.

There are conventions coming up. I would like to encourage anyone who is able to attend the American Council of the Blind and the Missouri Council of the Blind conventions. More information is included in this newsletter.

I would like to wish happy birthday to our members and welcome new members to AGAPE. As a reminder, our website is up and running at <https://www.agapecouncil.org>. Note our mission of improving the quality of life for the blind and visually impaired.

We hope to see you at our next meeting which will be held April 1st at 11 AM at the MCB office. We hope that you can come in-person and enjoy the food, fellowship, and festivities.

## Accessibility & Awareness Did You Know...?

### ADA Complaint Info

You can file an ADA complaint alleging disability discrimination against a state or local government (Title II) or a public facility, such as a restaurant, doctor's office, retail store, hotel, etc. (Title III) online, by mail, or by fax. For more information visit:

<https://adata.org/faq/how-can-i-file-ada-complaint-us-department-justice>.

### Accessible Currency Coming Soon

On March 10, Harriet Tubman Day, the American Council of the Blind (ACB) and supporters rallied in front of the White House and marched to the U.S. Treasury to highlight the ongoing fight for accessible and inclusive currency for all.

As a result of this rally, five members of ACB met with representatives of the U.S. Treasury, and for the first time, touched the certified tactile feature that will be included as part of the \$10 bill redesign in 2026. The U.S. Treasury agreed to quarterly meetings with ACB to provide progress reports on the key milestones as they work toward completing the redesign.

ACB President Dan Spoons says "The United States is joining the more than 100 nations whose currency is already accessible."

### MCB & ACB News State & National Happenings

### ACB Convention Info

ACB will be holding their 62<sup>nd</sup> annual conference and convention. It will be a hybrid conference and convention offering virtual only sessions, in-person only sessions, and virtual and in-person sessions together. The convention will be held June 30, 2023 to July 7, 2023 at the Renaissance Schaumburg Convention Center

Hotel, located at 1551 N. Thoreau Dr., Schaumburg, IL, 60173. The standard room rate is \$98.00 (single or double occupancy) with an additional \$20.00 charge for each additional person. Room tax is currently 15%. To make reservations online visit:

<https://book.passkey.com/go/AmericanCounciloftheBlind2023>. For telephone reservations, call (800) 468-3571. This is a central reservations number so please indicate you are with the American Council of the Blind 2023 convention at the Renaissance Hotel in Schaumburg, IL. For more information, visit

<https://www.acbconvention.org/>.

### MCB Convention

The MCB Convention for 2023 will take place on October 6<sup>th</sup> to October 8<sup>th</sup> in Springfield, Missouri. More information will be available as we get closer.

### MCB Website Update

MCB has a new website design after switching host providers. The web address remained as <https://www.moblind.org/> and is a great source for MCB events and services.

### MCB Transportation Resource Information

MCB has resources on their website for download. Three PDF forms are available from their partner, Accessible Avenue, for service animal policies and two documents for submitting compliments and complaints regarding public transit. This information and downloads are found at:

<https://www.moblind.org/transporation>.



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## **Membership Updates** **Up-to-Date Community News**

We would like to welcome our newest member to the AGAPE family, Lisa Harper. We would also like to congratulate Wilma Chestnut for being elected as AGAPE's Vice President. We would like to acknowledge a few upcoming and belated birthdays. For February, we have Eleasah (Cush) Brown. For March, we have Marilyn and Larry Parker. For April, we'd like to celebrate Dave Brown & Etefia Umana. Please remember, membership dues are due May 1st to remain a member in good standing.

## **Featured AGAPE Member** **of the Month**

Welcome Troy Cleveland as this month's featured member. He has been a member of AGAPE since 2022.

## **A Few Words** **from Troy**

Most of you with AGAPE know that my wife, Jenny and I, relocated to St. Louis from Florida for better opportunities. I joined AGAPE in May of last year. I haven't held any office in AGAPE. I just enjoy being a member.

After losing my eyesight, I have learned to adapt to a different way of living. I learned to read Braille in a short period of time and volunteer to teach others on how to read it. I have learned computers skills and love to help

others learn. I'm a believer in knowledge. That is the key to success.

Since I have lost my sight, I have worked with some great companies like Alamo, Marriott, and now, Amazon. I also sell on eBay as a side gig.

I enjoy knowing that I can be part of a group that is willing to help the blind community. My quote to everybody is "The only thing worse than being blind is having sight but no vision. And remember, that knowledge is power."

## **Wellness Corner** **Improve Mind, Body, Spirit, and** **Quality of Life**

The AGAPE wellness corner is dedicated to assisting its members with their health. In the month of April, we would like to challenge members of AGAPE to a physical and mental (exercise, meditation, journaling, and nutritional diet) challenge. This challenge will consist of 21 days of repeating the following things daily:

## **Consult Your Physician**

Please, consult with your physician to make sure that the following nutritional and exercise regimen are consistent with your health needs. We encourage you to continue your nutritional plan and exercise regimen past the 21 days for optimal health.

## **Nutrition**

### **Week One:**

We encourage a seven-day program of cleansing your system. This will include consuming a leafy green salad, various vegetarian soups, and at least



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three servings of fruit daily. We would also encourage you to take any supplements that encourage wellness as well as fruit and vegetable smoothies. Things to avoid include: high-sodium prepackaged foods, meats, and foods with high sugar and high carbohydrates.

## Week Two:

During this week, repeat last week's plan with the addition of intermittent fasting. Intermittent fasting is a timing mechanism in which you choose a window of time for when you eat. For example, one might choose to eat between noon and 7 PM, and no other time during the day. Restrictions on drinking are flexible.

People have shown dramatically increased weight loss while doing intermittent fasting. We would encourage you to do this three times a week. For more information on intermittent fasting and its variations, please find the link below.

## Week Three:

During this week, we recommend increasing leafy greens, fruits, and vegetables. We also encourage those that wish to do so, to add meat and fish twice weekly.

## Water

**Please consume the recommended daily allowance for water depending upon your body and any restrictions you may have. In the event of increased physical activity, your demands for water may increase.**

## Exercise

In order to increase your oxygen capacity, we recommend that there is at least some form of daily exercise over the course of the 21 days. This would

include flexibility training, yoga, walking, strength bands, chair exercises, deep breathing exercises, and so forth.

It is not necessary to have a paid membership to a fitness club. The steps in your house, a stretch of hallway, and using soup cans as weights can do wonders. It is all about dedication and consistency. Having an accountability partner might help you maintain persistence. Have a means of recording your workouts for later reflection.

## Gut Health

Monitoring and maintaining good gut health is vital. Add probiotics to your diet. Make sure you have regular bowel movements.

## Mental Health

It is well-documented that our emotional health plays a significant part in our physical health and nutrition. Professional assistance from a therapist or counselor can help, but you can manage stress, anxiety, and depression on your own with exercise, journaling, and meditation.

## Sleep

Sleep is essential to good health. Sleep deprivation is detrimental to our blood pressure, blood sugar, and mental health. Various diseases can be traced back to a lack of sleep. During sleep, our bodies repair tissues from exercise, process nutrients for muscles, remove toxins, and more.

## Links for More Information

The Vegetarian Diet

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegetarian-diet/>

35 Healthy Smoothie Recipes



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[https://www.goodhousekeeping.com/food-recipes/healthy/g4060/healthy-smoothie-recipes/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=arb\\_ga\\_ghk\\_d\\_bm\\_prog\\_org\\_us\\_g4060&gclid=Cj0KCQjw8e-gBhD0ARIsAJiDsaXbIgWFIfGypIld\\_f0pFY56AOTC4zdtmjCgQmwQ1ert2BGLhdJRgvj0aAj9NEALw\\_wcB](https://www.goodhousekeeping.com/food-recipes/healthy/g4060/healthy-smoothie-recipes/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_ghk_d_bm_prog_org_us_g4060&gclid=Cj0KCQjw8e-gBhD0ARIsAJiDsaXbIgWFIfGypIld_f0pFY56AOTC4zdtmjCgQmwQ1ert2BGLhdJRgvj0aAj9NEALw_wcB)

Intermittent Fasting

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/intermittent-fasting-what-is-it-and-how-does-it-work>

Mediterranean Diet

<https://my.clevelandclinic.org/health/articles/16037-mediterranean-diet>

Gut health

<https://www.healthline.com/health/gut-health>

## Entertainment Spotlight

### Books, Movies, TV, & Podcasts

This issue's Entertainment Spotlight comes from suggestions from one of the most entertaining people in AGAPE. Danny Lawrence, Sr. is the thoughtful, compassionate, and seriously funny member of our organization. He takes his entertainment very seriously and has a wealth of knowledge and information on entertainment genres. He is also an aficionado and connoisseur of vintage products. We caught up with Danny and asked him questions about some of his favorite entertainment programs.

Western Movie: *Posse*.

Science Fiction Movie: *The Matrix*

Comedy Movie: *Back to School* with Rodney Dangerfield

Drama Movie: *Pretty Woman*

Danny also recommended listening to vintage radio on YouTube and on Alexa, if you have it. You can get those programs for free. He also recommended a free streaming service called Tubi. It offers a variety of great movies and is accessible for those with visual impairments.

What are some of your favorite entertainment programs? Please let us know and you could be featured in the next issue's Entertainment Spotlight. Contact Tracy Anderson at [tracyam30@gmail.com](mailto:tracyam30@gmail.com).

## Black History Month Celebration

Written by Wilma Chestnut

This year's Black History program was probably the most informative one that we have had. We had great speakers to describe the pictures and tell the story behind each one. We spoke on slavery, lynching, mass incarceration, the bus boycott, and the truth about how and why Bloody Sunday began. Some of the key figures were M. L. King Jr., Albert Turner Sr. along with his wife Evelyn Turner, Stephen Hogue, John Lewis, Rosa Parks, Joann Robinson, and Jimmy Lee Jackson.

Attendance prizes were given which included jewelry, men's cologne, and MCB raffle tickets for the July 2 baseball game against the Yankees.

We would like to thank all of our AGAPE members, our wonderful speakers, our audio-visual technician, our vendors, and all of our guests. We hope to see everyone at next year's event!



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## Calendar of Events Activities for the Month

**June 2023**

MCB BBQ; Date and time to be determined

### Saturday, April 1

11 AM: AGAPE Meeting at MCB;  
Immediately following the meeting will be a  
fellowship with food provided and music.

### Saturday, April 29

Mother's Day Raffle: A fundraiser giving  
away a Mother's Day basket

## On-Going Activities We Keep It Moving

### Every Tuesday & Thursday

Prayer Line from 8:30am-9 AM on AGAPE  
Conference Line

### Every Tuesday

\$2 Tuesday Bowling at Olivette Lanes from  
Noon to 3 PM

### Every Thursday

Chair Exercises with Wilma, Conference  
Line 2

## Upcoming Events A Look to the Future

### Friday, June 30 - Friday, July 7

ACB Convention in Schaumburg, IL

### June 2023

AGAPE Family Day at the park; Date and  
time to be determined