

The Missouri Chronicle

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Editor, Bob Collier

Submissions for the Missouri Chronicle can be emailed to chronicle@moblind.org.

Please send all address changes
to the MCB Office:

5453 Chippewa St.
St. Louis, MO 63109
Phone: (314) 832-7172
<https://www.moblind.org>



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Editor's Note

By Bob Collier

I understand the importance of providing accessible content that caters to your unique needs and interests. In this quarter's edition, I and contributors have brought a diverse range of articles, several of which are authored by MCB members.

I have a piece about an entrepreneur who has successfully built a thriving business relating to grilling. He has a podcast available to the public. This illustrates how regardless of challenges, the visually impaired can pursue dreams.

I always try to provide some articles on the latest advancements in technology to enhance your daily life and empower you to navigate the digital world with ease.

Furthermore, we have a section dedicated to advice and news of interest. If you have specific subjects of interest that you would like me to include in later issues, please feel free to let me know. I want to make the Chronicle what you want it to be!

I have also included a member spotlight segment, showcasing the achievements and contributions of a visually-impaired individual who emigrated from another country and desires to thank the folks of MCB for all they have done to help him.

One contributor has provided a timely article on the signs and symptoms of a heart attack. She also explains how you can help prevent heart disease and mitigate the effects of a heart attack.

I hope that this edition of the Chronicle provides you with valuable information, entertainment, and a sense of belonging. Remember, your feedback is always appreciated, as it helps us improve and tailor the content to better serve your needs.

President's Report

by Chip Hailey

Greetings MCB family and friends,
I trust everyone is having a fabulous summer and that this issue of the Chronicle finds all of you doing well.

I would like to take a moment to congratulate Kay Malmquist, past MCB president, and Gregg Hollins, long-time member of MCB, on receiving an ACB Life Membership Award at this year's ACB National Conference and Convention held in Schaumburg, Illinois. Both individuals are very deserving of this distinguished award, and I'm sure all of you will want to join me in congratulating them.

Late last May, when I took over as MCB president, my position as vice president became open. So I asked the Board of Directors to approve Linda Gerken as MCB vice president. Below is the appropriate article from our Bylaws:

Article VII. Officers

Under Section 4. Vacancies:

In the event of the resignation, removal, incapacity, or death of the president, the vice president shall complete the unexpired term. All other vacancies on the Board of Directors, except that of affiliate representatives, shall be filled by the president, with the approval of the Board of Directors, until the next convention.

The Board of Directors, in keeping with our MCB bylaws, approved Linda Gerken as vice president until our state convention in October. I believe Linda with her knowledge and experience as a previous vice president will do an excellent job.

Since taking over as president last May, I have continued working with the MCB Office Personnel Committee in selecting a new office manager and a new office clerk. So, it gives me great pleasure to announce that the MCB Board of Directors approved the hiring of Celita White as our new Office Manager and Donna Weidlich as our new Office Clerk. Since the hiring of these two ladies, our MCB Office is now fully functional. I couldn't be happier in expressing my appreciation for the outstanding job they have done so far in their respective positions. I must also send a big shout-out to Tammie Schnelle and her Office Personnel Committee for a job well done in going through a number of different resumes and interviews to recommend to the Board of Directors both Celita and Donna as our new office staff.

During our June 22, 2023, MCB Board Teleconference the Board of Directors also approved the following committee chair positions: Roger Jewell as Public Relations Director;

Chad Dillon as Fund-Raising Committee Chair; and Joe Morgan as MCB Adaptive Technology Matching Grants Program Committee Chair. The Board of Directors has approved the appointment of Roger Jewell as Public Relations Director until the time of our convention in October. Roger will be filling Donna Weidlich's unexpired term as PR after she was hired as our new office clerk.

Also, Chad Dillon has decided that he won't be able to take on the responsibility of MCB Fund-Raising Committee Chair, since he was recently elected as president of the Blind Vendors of Missouri; so we'll be in search of a new chair.

During our July 27, 2023, MCB Board Teleconference, the following agenda items were approved: the contract between Missouri Council of the Blind and Annette Carter, Master Website Developer; the procedure guidelines for the MCB webmaster/administrator of the MCB mailman lists; MCB multi-media chair, Raymond Bishop; and the new MCB logo currently on the MCB website that will eventually be on all MCB correspondence as well as on the MCB office building. In addition, the Board approved the policy procedure for ordering promotional items and/or supplies. The Board also voted to rescind the motion to

hold a hybrid convention this year due to the fact it would require a bylaw amendment, and since there was no amendment submitted, a hybrid convention will not be held this year.

According to Article IX of our bylaws. Meetings

Section 1. Convention:

MCB shall hold an annual convention in October at a place and date determined by the majority vote of the members....or may decide to conduct the convention via an electronic platform that allows for all members in attendance to hear each other simultaneously. All members shall be notified of the decision in a manner determined by the Board of Directors.

So what that means is our only two choices are to have either a convention in person or one totally through an electronic platform such as Zoom, but not both. Again, since there was no proposed bylaw amendment submitted by July 15th of this year and approved by the Convention assembled in October, MCB won't be holding a hybrid convention this year or next year as well.

However, the good news is that for individuals wanting to listen to the convention, they may still be able to do so

using the Zoom platform but will not be permitted to speak or vote. I sincerely hope that many of you will make every effort to attend this year's 67th MCB annual state convention to be held at the DoubleTree Hotel in Springfield.

The Board of Directors also voted to open the MCB Announce-Only list to all MCB members following approval of revised list guidelines at the next board meeting." Members would no longer have to submit their request to the submit-announce@moblind.org address, but replies will not be permitted. Any replies must go to the original sender of the e-mail message which can be found in the header of the message.

The following positions will be open for election in October: vice president, secretary, treasurer, public-relations director, and all three director positions.

There will be a candidates' forum for the office of vice president, secretary, treasurer, and public relations director, on Saturday, September 16, 2023, beginning at 2:00 pm, using the MCB Zoom account. Then on Saturday, September 23, 2023, beginning at 2:00 pm,

there will be a candidates' forum for the three director seats. Again, we'll be using the MCB Zoom account.

I hope many of you enjoy listening to "Meet the People of MCB" and love hearing my new co-host, Beverly Kaskadden. Many of you know Bev as our Summer Camp Committee Chair and as one of our directors on the MCB Board. She and I appreciate all the wonderful comments we've been receiving about the podcast and the people we have interviewed. So, if you have someone you would like for Bev and I to interview, you can give Bev a call at: 636-541-2503 or me at: 417-540-9703.

I would also like to invite affiliate and special-interest affiliate presidents to attend our weekly "MCB Board Office Hours" every Friday afternoon at 2:00 for a very lively and informative discussion about all things MCB. The call-in number is 206-806-9756. We hope many of you will join us.

In closing, I would like to thank our Board of Directors for all of the hard work they have done this past year under some very trying circumstances. Without their kind assistance, there's no way we would have been able to accomplish so much in so little time. It just indicates what great leaders we have on our Board. We should all be

proud of how willing they are to unselfishly give of themselves.

See everyone in October at our MCB State Convention in Springfield.

Respectfully submitted,
Chip Hailey, MCB president.

Affiliates Reporting

Agape

by Tracy Anderson

Here's what AGAPE has been up to:

We are extremely pleased with our efforts, and here is a little bit of what AGAPE has been doing.

In July, AGAPE was very proud to sponsor the Disability Pride luncheon in observance of the anniversary of the Americans with Disabilities Act, signed in 1990. The luncheon was held at the Missouri History Museum. The Missouri Historical Society invited guest speakers from several organizations in the St. Louis area. The purpose was to celebrate the value and importance of the ADA in

our lives and test our knowledge of ADA trivia. The event was then followed by a nice lunch, which more than 80 people attended.

In August, we had our first ice-cream-social fundraiser. This event was designed not only to raise money but also to bring the community together to celebrate the end of summer with a little fun. The ice cream social included music, games, and of course, food! We offered vanilla ice cream with a variety of toppings and soda for participants to make ice cream floats. This was a fun event, and we reached our fundraising goal. It was a fantastic afternoon, and we hope to turn it into an annual family event.

In September, we will be hosting the 26th Annual Gospel Fest. This event has been an annual staple in the AGAPE family since AGAPE was founded nearly 30 years ago. The Gospel Fest will feature choirs from various churches, an award presentation, and an inspiring afternoon. For the first time, we will be presenting two awards: the Dr. Betsy Reece Award; and the AGAPE Excellence Award. The recipient of the Dr. Betsy Reece Award is a pastor who has been instrumental in prior Gospel Fest events and has also been a great help to the organization. The Excellence

Award will go to a musical performer who has played a crucial role in previous Gospel Fest events, has a long history of contributions to the community, and is an extremely talented musician.

AGAPE is hosting this year's MCB's convention. If you thought last year's convention was fun and exciting, just wait until this year's convention. Please join us on Route 66 for a fun-filled convention with a sock hop and prom. There will be plenty of door prizes and fun. Can't wait to see you on Route 66.

Accessibility and Awareness: Did You Know?

Get an early start to find accessible ways to participate in the upcoming elections. Here are some options:

Curbside Voting: Voters with limited mobility can vote curbside or outside the polling place. Just go to your polling place and ask someone to go in and ask poll workers to bring a ballot out to you. They should bring you a ballot within a reasonable period of time.

Accessible Polling Places: If you have physical disabilities, and your polling place is not accessible, you may request a different polling place assignment so that you may vote in a more accessible polling place. You may also vote at a central location. Simply contact your local election authority to make this request. You can find your local election authority [here](#) or by calling (800)NOW-VOTE.

Accessible Voting Systems: Every polling place must have an accessible voting system for individuals with disabilities including audiovisual accessibility. Accessible systems include an audio ballot to make your selections or the ability to enlarge text so that you can read the on-screen ballot with ease.

Permanent Absentee Voting: If you have a permanent physical disability, you may request to be placed on a designated list so that your local election authority can automatically mail an absentee ballot application directly to you prior to each election. You will need to make this request directly to your local election authority who will send you further information. For more information:

<https://www.sos.mo.gov/elections/goVoteMissouri/howtovote#Accessible>

Blind of Central Missouri

by Alicia Starner

Things have been pretty quiet in Sedalia, but the Blind of Central Missouri did gather at Centennial Park on June 25th to share a delicious picnic dinner. Many of our members attended summer camp in June and July and had a great time. I would like to thank the Summer Camp committee for continuing the good work you do to make summer camp a fun and enjoyable get away for our members. Even when I am not at camp, my heart and soul are always there, and I enjoy hearing the stories of how other members have enjoyed their time at Cobblestone Lodge. Now with summer in full swing, I hope you all stay safe and cool. We look forward to the joys of fall with our annual convention in Springfield and local elections. Until next time, stay safe!

Library Users Group of Missouri

By Brian WeCamp

The Library Users Group of Missouri met by way of conference call on July 24. We will be having a fundraiser later this fall with Farmstead nuts and snacks; there will be the library users' group breakfast on Saturday

October 7 at 7 a.m. We will have Lori Brown from Wolfner Library as our guest speaker.

Anyone needing to pay dues can call the MCB office at 314-832-7172 to pay them; the dues are \$15.00.

We look forward to seeing everyone in Springfield at Convention.

ATI

by Bev Kaskadden

Greetings from ATI special-interest affiliate.

Life is a series of changes, isn't it? ATI is no different. We have had a shift of officers and a new newsletter editor. I must say, I am intimidated following our past two Presidents. It is difficult following in their shoes; so please bear with me. I never thought of myself as "techie," and trust me, I'm not. I can preside, and I am counting on the rest of our members to bring in the technical aspects of this affiliate. I am so very impressed with our members, and I know we all can work together. I believe we have a great team, and that is what makes a successful organization.

I have asked April Gray to take the position as ATI newsletter editor. I was so pleased when she did not hesitate to take on this position.

At our annual affiliate meeting in October, we will hold elections for vice-president, secretary, and treasurer. Speaking of our annual meeting, I am excited to announce that Vince Cianfrone from Nanopac will be presenting. Vince has always informed us on new technology.

If you did not have the opportunity to renew membership dues last year, we have made it simpler for you. You can pay at the meeting in October, use PayPal online, or call the office and use your credit or debit card. If using PayPal, remember there is a service fee unless you use the friends-and-family tab. If you have difficulty with that option, you might consider just adding an additional 76 cents to the \$15.00 amount.

One more thing... there will be door prizes at the meeting, besides all the fun and information you will gain by joining us. The room and time will be announced on the convention program. I hope to see many of you!

Committees Reporting

Youth Services and Youth Camp

This has been a great year. In May, the school year finished, and we started getting ready for this fall. Over the summer, we sent several children to a variety of camps. I am sure we still do not have all the applications in yet. I am glad we can help so many parents get their child to the camp that they want to attend.

By the time this report comes out, school will have started. We will be waiting to hear from teachers or parents on what items their child needs for this school year. When we make sure your children have the items that they need, you will have a happy child, which makes a happy teacher, which makes a happy parent. If you know of a child that needs anything, please, let me know.

Transportation

By Robyn Wallen

As you all know, transportation is one of the most important hurdles we face in our communities whether they are large or small. It affects so many aspects of our

lives from getting to employment and medical appointments to making social connections. The goal of this committee is to try to make things better for everyone across the state.

We care about all of you. However, recently St. Louis is facing a major issue with an ever-shrinking transit system. Currently the Call-A-Ride system has a budget of 201 drivers with an actual 102 drivers. The bus system which is supposed to have over 600 drivers is down to 532 available drivers. As they continue to shrink the system, Call-A-Ride's coverage area also shrinks. I am currently working with the Regional Transportation Disability Network and the group that went to the TP4A seminar in Oklahoma City on solutions.

David Bernstein from CTAA (Community Transportation Association of America) is going to meet with the TP4A group in August to talk about next steps to a viable system in St. Louis and about the importance of "Nothing about us without us."

The TP4A group has also started working with St. Louis Metro to remake the advisory committee, and we are hoping to get not only more representation of the various

disability groups and stakeholders but also representation from the Board of Commissioners and East West Gateway Council of Governments. We are also pushing for at least one disabled member to be elected to the Metro Board of Commissioners. We are only beginning; so we are in the planning stages and will have to sell this idea to St. Louis Metro.

Two disability groups formed to deal with the St. Louis Metro issues are hoping to merge and are planning a rally. We meet weekly via Zoom on Thursday evenings; so if you are in St. Louis and would like to join the effort, please contact me for the Zoom information.

At our last meeting we had the privilege of hearing from a start-up transportation company in St. Louis called WOW transportation. They currently have 2 vehicles and I believe 2 drivers and offer door-to-door service for St. Louis city and county along with other services. I am waiting for them to send me more information about their services, and when I get it I will share it on the list and put it on the MCB website.

We are still working on collecting information on the various services across the state, and once we have them,

we are also hoping to put those options on the website where anyone can access them. This is a long-term process and will take some time.

We heard recently about the loss of bus service in Gladstone and that it was being filled with a system called IRIS. The website does say it is ADA compatible but did not say if they were going to use IRIS for paratransit. Ironically, the regular KTCA buses will go through Gladstone but not stop. We are trying to find out more information and will keep you updated.

While we wait to have a better database of available transportation options, let me leave you with just a few. SMTS Transportation. 1-800-273-0646.

They provide rural transportation in 21 southeast Missouri counties. Rides must be booked 24 hours in advance, and passengers with Disabilities may ask for reasonable accommodations. If you live in Southeast Missouri, please call and ask about your county.

New Growth Transit, 417-283-7991

Service area includes 9 west central counties, Bates, Benton, Cass, Cedar, Henry, Hickory, Morgan, St. Claire, Vernon. They use volunteer drivers for doctor's appointments, grocery shopping, banking services, and church or to get to any other community resource. You must call 48 hours in advance.

I will share more next time around, along with other transportation information and updates.

Lastly, if you are interested in serving on this committee, please send an email to me at robynwallen@gmail.com and in the subject line please write "Transportation Committee." Tell me why you would like to serve and any background you have in advocacy and working with transportation issues. I still want to see every area of Missouri represented.

Summer Camp

By Beverly Kaskadden

Six months ago I didn't think we would ever have warmer weather, and now look what happened! As I am writing this, I am getting a nice gentle rain and temperature is in the 90's! I am ready for Cobblestone Lodge and reuniting

with good friends. We have several new attendees to get to know.

Isn't Camp great to meet new people and introduce them to what resources that we are familiar with and have been a great deal of help to us? It is so nice to be able to share situations that we all have in common.

At this writing, we have already completed our first week of camp. We doubled our numbers at the first week. The second week will take place after this article has been submitted to the Chronicle editor.

I can guarantee that our time at Cobblestone will be enjoyable. There are a few attendees that have never been to MCB's camp program to enjoy all the benefits of our camp. I am so proud of MCB and our programs. Of course, the deadline date for the extended week-end session will be past when this issue comes out. But I have looked over those applications and can see that we have several new attendees.

I love it when we can reminisce about camp. My daughters were little when I first attended, and they still talk about the fun times at Cobblestone.

If anyone has any questions about summer camp, I would love to hear from you. Come join us and you will also make fond memories.

I thought about signing off with “Warmest Regards.” but since it is warm enough, how about just “Best Regards.”

Member-of-the-Month

by Wanda Matlock

I would like to start by saying congratulations to each of the Member-of-the-Month Recipients! Also, a big thank you to everyone who sent in nomination letters.

Remember, we need nomination letters so we can continue to have recipients; so it is very important that you keep sending in those letters. We never want to have to skip a month because of not having nomination letters to consider.

Listed below please find the Member-of-the-Month Recipients for the months of April, May, and June 2023. If you need assistance in writing your nomination letter or have any questions about this program, please give me a

call at: (573) 379-3880 or email me
at wmatlock561@gmail.com.

The Member-of-the-Month Committee consists of Bob Jaco, Nancy Hodson, and Wanda Matlock, Chair
Thank you and keep those letters coming!

April

I would like to nominate Tracy Anderson, a member in good standing with AGAPE Council of the Blind. She has been a member of AGAPE for almost a year now and has become the chairperson of the Transportation Committee and a member of the Communications Team. She also formed the AGAPE Council Peer Group and hosts the group meetings every Tuesday and Thursday at 10am.

Tracy has been very active in the organization since joining. Tracy had a significant vision loss not too long ago and reached out to MCB and AGAPE. Due to this loss and her own experiences, Tracy has a desire to help others navigate through this transition. She was instrumental in setting up a transportation reimbursement program with AGAPE. She has organized and distributes AGAPE's bi-monthly newsletters, and she is a leader in our Communications Team. During the peer-group sessions,

she has spotlighted guests such as a nurse practitioner and a dietary counselor. AGAPE is thankful to have such a skillful, supportive, and thoughtful member.

Submitted by:

Treva Patton, Treasurer

AGAPE Council of the Blind

May

Good afternoon, Wanda and Committee Members,
I would like to nominate Cynthia Stacker as member-of-the-month. She is a member in good standing of St. Charles County Council of the Blind. She is always ready to help with organization group projects and ongoing fundraising for our affiliate. While Cyndy has been a low-vision member for years, she has held office as Secretary for the past two years and has just started her second term serving SCCCB for the next two years in that position. She keeps us organized and manages many things beyond meeting minutes. She sends cards acknowledging members and corresponds to community partners as required. She serves on the St. Charles ATI committee. She attended the 2022 convention as a volunteer last year to help man the SCCCB booth while other members attended the open-session meetings, selling and filling out fundraising raffle tickets for the

baskets that she helped to create. During the summer of 2022, she also obtained a proclamation from Governor Parson to celebrate and bring white-cane awareness to Missouri residents. That Proclamation was read at the 2022 MCB Convention. Cynthia also works volunteering on various community projects and is always willing to help upon request. She has also worked in the St. Charles area during her membership. We appreciate Cynthia. I hope you will consider her as a candidate for member of the month.

Sincerely

Johanna Jeremiah

June

I am placing the name of Jessica Bedsworth for consideration to receive the MCB member-of-the-month award. Jessica is the daughter of Steve and Tammie Schnelle. She joined the St. Charles Council of the Blind along with her family before Steve and Tammie formed the Northern Lights affiliate. I love to see families working together, and the Schnelle family had three generations working for a cause they believed in.

Not only does Jessica assist in her affiliate, she has attended Summer Camp for years. When there is a need, you can count on Jessica to help out.

I have seen Jessica grow and mature through the years that I have known her. She deserves to be recognized as Member-of-the-Month.

Thank you, Jessica, for your dedication!

Beverly Kaskadden

Public Relations

by Roger Jewell, Chair

The Missouri Council of the Blind: Who Are We?

The Missouri Council of the Blind was organized in 1956 to help blind Missourians adapt, live, and thrive as blind individuals in a sighted world. Our membership is a combination of blind and sighted people who want to help one another. Our leadership is made up of blind individuals who successfully navigate a sighted world as blind individuals. We are dedicated to the task of helping every blind Missourian live their life to its fullest and to succeed in whatever they endeavor to do.

We have joined together for encouragement, strength, and to learn from one another how to excel as blind Missourians. In 2016, it was estimated that there were 156,900 blind Missourians according to the U.S. census. We know that number is much higher in reality since many blind Missourians never participate in the census. What I am saying is simply, "You are not alone."

The Missouri Council of the Blind is a community of people going through the same difficulties, struggles, emotions, and experiences as you, whether you are losing your vision, blind, or a sighted supporter. Join us in helping others while you receive help and encouragement.

The Public Relations Committee is going to begin recording and posting videos on YouTube. The Missouri Council of the Blind has a YouTube channel that we want to utilize to help the blind community everywhere. The MCB YouTube channel address is <https://youtu.be/j3Y2azoX02A>. You can also find it by going to YouTube and searching for "Missouri Council of the Blind."

We will have a place at the convention where members of MCB can come to answer 10 simple questions. We will post these interviews on our YouTube channel. It is our

hope that every convention attendee will stop by and answer these 10 simple questions we will ask concerning your sight-loss experience. Below is a list of the questions you will be asked.

1. What medical condition caused you to be blind or visually impaired?
2. In three words describe your vision.
3. What is the hardest thing to do being blind or visually impaired?
4. What is the hardest part about being blind or visually impaired?
5. What is the best part about being blind or visually impaired?
6. What question do you get asked most often about, or because of your vision?
7. Do you have a cane, a guide dog, or neither?
8. What one piece of advice would you give to someone who is losing, going to lose, or has recently lost their vision?

9. What piece of advice would you give to a sighted person about interacting with the blind or visually impaired?
10. Can you tell us a funny or humorous thing that happened as a result of your visual impairment?

We hope you will stop by during the convention and help us build our YouTube channel and get the word out that the people of MCB are working to help our community!

Health Benefits

by Alicia Starner

This article is inspired by my personal journey of traveling the long road of coronary heart disease with my husband. Through my struggles as a wife of a heart patient, I want to share with you a little about what I have learned to help you identify the signs of a heart attack, learn what biological malfunctions lead to a heart attack, and how you can prevent your risk of coronary heart disease that leads to a heart attack. Understanding the signs and symptoms of a heart attack and what you can do to prevent your risk can make the difference between life and death.

The heart is a fist-shaped organ with the sole purpose of pumping blood throughout the body by way of the coronary vascular system. Blood flows through the body in small tubular structures known as blood vessels. Arteries carry blood away from the heart, while veins carry blood toward the heart. Smaller structures known as capillaries are responsible for providing passageways for blood to flow among the arteries and veins as it travels throughout the system carrying oxygen and nutrients to your organs. When these passageways get blocked by calcium build-up or plaque, blood flow slows down or is stopped altogether causing your heart to work harder to make sure your organs have the blood it needs to sustain life. A myocardial infarction, otherwise known as a heart attack, occurs when blood flow is decreased or stopped causing the heart to struggle or stop beating resulting in a life-threatening emergency.

How do you know if you or someone you love is having a heart attack? This is a good question and understanding the signs and symptoms is crucial. Symptoms of a heart attack include:

1. Chest pain
2. Pain in the jaw, neck, arm, shoulder, or back
3. Shortness of breath
4. Nausea
5. Fatigue
6. Perfused sweating.

If you or someone you love has a combination of these symptoms, call 911 immediately. Getting medical treatment as quickly as possible is vital to minimize damage to the delicate tissues of the heart or save a life. You can reduce your risk of suffering a heart attack by making healthier meal choices, increasing exercise, reducing stress, and getting routine wellness exams.

Making healthy choices at the supermarket is sometimes easier said than done for many of us. I always thought ground beef was ground beef. The one that says 73 lean is a lot cheaper than the one that says 93 lean, so I will purchase the cheaper one. When I was forced to look at the choices I was making, a registered dietician explained to me that there is a huge difference in that ground beef and making the right choice means reducing your intake of cholesterol which is one of the dietary factors that can lead to a heart attack. Because cholesterol is not easily

digested by the human body, it builds up and collects on the walls of blood vessels causing obstructions that reduce blood flow which may lead to a heart attack. Reducing your intake of foods high in cholesterol is one dietary choice you can make to decrease your risk of heart attack. Other dietary changes you can make is eating foods high in omega 3 fatty acids like salmon or fish, increasing your fiber intake, and eating plenty of fruits and vegetables. Eating a diet that does not include or limits red meat like beef, pork, and lamb is also essential for heart health. When choosing what meat is red meat at the supermarket, ask yourself one question. Is the meat I am placing in my cart considered to be livestock? If it is, then it is red meat and increases your risk of heart disease. When making meal choices, try to limit your intake of red meat to once a week or no more than three times monthly to ensure your ticker continues beating. Alternatively, you can replace that ground beef with ground turkey to create healthier meals that will help your heart stay healthy. Staying active or engaging in a wellness plan which combines regular exercise with emotional support is another important lifestyle change you can make to increase your overall health and keep your heart beating happily.

Stress is one of the major risk factors for heart disease, but how do we reduce stress and how does it relate to heart disease? When life throws its curve balls at you and stress is at its highest, your body releases hormones known as adrenaline and cortisone to combat it. The problem is that these hormones also increase your blood pressure and elevate your heart rate, resulting in your heart working harder. If your heart is already impaired or is struggling from lack of blood flow, you could be at an increased risk of suffering a heart attack. Reducing your stress levels or learning coping strategies to decrease the harmful effects of stress is another essential lifestyle choice you can make to decrease your risk of heart disease. If you are dealing with a particularly difficult life event, talk about it with a counselor, a member of your clergy, or someone you trust to help you produce a positive solution. Or brainstorm steps to solve your troubles. It is never a weakness to ask for help. In fact, it is a strength to work through our problems with the help of a trusted person who can help us transform negative life events into positive ones, thus reducing the amount of stress that can lead to negative health complications. If you don't feel that sharing your problem with another is possible for you, try other options like enrolling in a yoga class, learning meditation techniques, or engaging in another healthy activity that makes you happy. I find

listening to a book to be relaxing and stress reducing. You might find enjoyment from quilting, jogging, or playing fetch in the back yard with your dog. No matter what the activity, finding something you enjoy can help reduce your body's release of harmful hormones like adrenaline and cortisone that increase blood pressure and elevate your heart rate. Finally, visit your personal physician once per year for a physical which can lead to early diagnosis and treatment of risk factors such as high blood pressure or high cholesterol. Combining annual wellness exams with understanding risk factors and implementing lifestyle changes can result in a healthier and happier you.

I hope the information in this article helps you make healthier choices and gives you the tools to identify a heart attack and some of the risk factors associated with heart disease. My personal journey has been challenging and stressful, but through these challenges, I am making healthier choices at the supermarket, promoting healthier lifestyle changes, and learning what I can do to provide my family with a healthier future and a better sense of wellbeing. If you have questions about a health topic or have an article suggestion for a topic that could help others learn more about caring for their physical and emotional health, please let me know. I want to help you learn about topics that will promote being a healthier you

and get a greater understanding of the factors that lead to health complications. Until next time, I hope you all remain happy and healthy. If you are struggling as a result of a health complication or injury, remember that your Health Benefits program is available to help you get the financial support you need to get you back on your feet. You can get more information about the Health Benefits program by navigating to the MCB website or calling the office. We are here to help you stay healthy and provide assistance when life throws those curve balls at you.

Sports & Recreation (S&R)

by Wilma Chestnut-House

For our camp on September 15-17, we now have 25 people registered and paid! I am surprised and pleased! This is more than I expected. On our first day we will have lunch, get settled in the lodge for those that want to sleep inside, and set up tents for those who want a little more of the outdoor experience. That evening we will play some board games and some getting-to-know-you games.

All day there will be snacks available. On Saturday morning at daybreak, we will go outside with no shoes and stand in the grass with the morning dew (if you desire). This is called getting grounded and in sync with nature.

We will have a good breakfast, and then the fun begins! You can fish, hike, do archery, play beep baseball for fun, or go horseback riding. Somewhere in there we will have lunch and then go back to activities. After dinner, we will have a drumming class. This is where my friend is going to teach drumming (African Conga drums) to participants while sitting around the bonfire. We are just trying out something a little different.

On Sunday, we will do the grounding again for those who wish to participate, and if you want a little prayer session, that will be available also. We will then have breakfast. If you all do not mind, we would like to have a discussion on what you would like for next year and what we can do to improve.

Any questions, call Wilma (314) 873-9022, Carla (314) 369-8765, or Miss J. (314) 782-0544.

White Cane Safety Day Walk/Run

by Wilma Chestnut-House

Just a few more weeks before the talk-of-the-town event-- the "White Cane Safety Day" Walk/Run. It will be held in

Jefferson City on October 14, 2023. The event will take place at Ellis Porter Park at 300 Ellis Porter Dr.

Registration starts at 9 am. We will have a few speakers and then a warm-up session before the walk gets started. The registration form should be on the website by the time this issue of the Chronicle is out. Sign up and make your \$40 check payable to Missouri Council of the Blind at 5453 Chippewa St., MO 63109. In the memo section write “White Cane Safety Day.”

If you like you can purchase a \$25 ad in your family name. There will be plenty of food, and you will also receive a T-shirt.

Dynamic Diamonds, All Ladies Beep Baseball Team

Diamonds are much older than the earth’s plant material, the main ingredient for coal creation.

It’s almost impossible to determine a diamond’s age. Rocks of diamonds are found in vertical layers combined with igneous rocks.

A natural diamond is made of carbon. When carbon atoms bond together under pressure and form crystals, diamonds are formed.

Diamonds are exotic because they originate from so deep inside the earth.

Although most black diamonds on the market today are either superheated or irradiated to an almost black color, natural black diamonds do exist, though they are extremely rare. Carbonados, sometimes called "black diamonds," are a distinct and unusual polycrystalline diamond material.

In recent years, black diamonds have become increasingly popular. They appeal especially to those looking for something very dramatic and different!

This is our team: exotic, rare, colorful, and ageless. We derive from heat and pressure!

If you would like to be a part of this second all-ladies team for the National Beep Baseball Association, please contact me. This game is not for the weak at heart! Next year, the World Series of Beep Baseball will be held in Missouri for the first time. We need to represent. Our training will start in August.

E mail wilmachouse@gmail.com or 314-873-9022

Meet-the-People

Since its founding in 1956, MCB has made an impact on the blind community of Missouri, from supporting and advocating for programs such as Missouri Rehab Services for the Blind and Missouri Assistive Technology to successfully challenging the state of Missouri in a legal battle over money that rightfully belonged to the blind. In fulfilling our mission to promote the general well-being of our members and legally blind people in Missouri, and to support or participate in other programs promoting the best interests of legally blind people everywhere, MCB has had and still does have members that step up to the plate to do what is necessary to support and advocate for the blind of Missouri.

Who are these people and what makes them who they are? You may have heard their names but not who they are. Some of them will be familiar names, and others may be well known, but all of them make MCB what it is today. Join Chip Hailey and Bev Kaskadden as they have an informal conversation with the people that made MCB what it was and what it is today.

If you have an Echo device, just say, “Alexa, play Meet the People of MCB on Apple podcast.”

You can call the MCB information line 773-572-6387 and press option 1.

If you have a Victor Stream or Victor Trek, go to “podcasts,” and then to “add a podcast,” and type in “Meet the People of MCB.”

Tips, Advice, and Miscellaneous Information

Be Prepared

By April Gray

Be prepared might be the motto of the Boy Scouts, but it is the foundation of everything. You can't wait for an emergency to happen to make sure your ready for it. This summer we have had a lot of summer storms, which we only experience every 15-20 years, so, when they happen we tend to panic and think that the world is coming to an end. Those prepared take it in stride. But what can you do

to make sure you're prepared without looking like a doomsday prepper? Here are a few tips.

1. Get a backup generator (not feasible for those in apartments)
2. Know emergency numbers of shelters ahead of time. Ask about handicap accessible ones, or pet friendly if applicable. Keep on your fridge and on your phone.
3. Have enough food and water for 3 days. (Experts, recommend 1 gallon a day of water per person.) A filtered straw made specifically for emergencies or water purification tablets is in option for those with limited space. Choose easy-to-prepare foods that don't require heating like canned tuna or chicken, canned fruit or fruit cups, protein bars, dried fruit. Make sure they are pull-top cans.
4. Have a first-aid kit.
5. Easy access to sensible shoes and comfortable clothes
6. Charging cable and backup power bank for a quick phone charge. (Most will hold a charge for a long time but check them every 3 months.)

If you are forced to go to a shelter, hotel, or family and friends' house be sure to pack sensible shoes as there may be debris. Don't forget medication and charging cables for your phone. If you have a service dog, be sure to have emergency supplies for it too.

How to Avoid Work-from-Home Job Scams

Submitted by Deanna Noriega

Article by David Goldfield, Assistive Technology Specialist

For many people craving a more flexible work schedule, finding great online jobs from home is the dream, right? Even if you don't get to work poolside with a margarita in hand, legitimate work-from-home jobs let you balance work and family, create your own office vibe, and achieve the kind of autonomy that can bring peace of mind. (Aka, no boss or co-workers breathing down your neck). Plus, it's not a bad commute!

Today, 53% of the global workforce spends at least half the work week working remotely, according to a 2018 IWG report. That's partly because technology makes telecommuting easier than ever, and partly because employers recognize it's what workers want. But with a rising mobile workforce, scams related to working online

jobs from home are also becoming more common these days, and they come in many forms: wire transfer schemes, claims processing, envelope stuffing, refund-recovery work, and other fraudulent offers.

We want to help you identify the rip-off from the real, so you can focus your time and energy on pursuing legitimate remote jobs you'll love.

Spot the red flags.

Since work-from-home scams have become so prevalent, identifying common signs of a fraudulent job has actually become easier than ever.

“You can root out ninety percent of scams with just a few simple rules,” says Rob Holmes, founder and CEO of IPCybercrime, a Texas-based intellectual property investigation firm. “If they are using Gmail, it is a scam. If the only interview is done by online chat, it is a scam.”

Never take online jobs from home if you haven't at least interviewed by phone or video conference; and if possible, do your interviews in person. Make sure to ask the name of your interviewers so you can research the people you'll be talking with to ensure they're for real.

Make sure the job ad sounds legit.

Sometimes, the job listing is a giveaway that the job's not what it seems. For legitimate work-from-home jobs, job listings almost always include a detailed list of responsibilities and required experience to help you determine whether or not you're qualified (and interested!) in applying.

If the listing includes only a few bullet points, or makes it sound like getting the job will be quick and easy, it might be a scam.

“If a potential employer cares very little about your qualifications for the position, they probably aren't legitimate,” says Stephanie Foster, career expert at Home With the Kids, an online resource for stay-at-home and work-at-home parents. “Real employers want highly qualified people.”

Research the company.

Before you say yes to any online jobs from home, whether it's remote or in a traditional office setting, researching the company is a must. There are so many ways to find out what a company is like (or if it even exists) from sites like Monster's company guide, or you can simply check out a company's website or social media presence.

“Look at reviews, check online business complaint sites, and try to reach out to people working for the company,” says Justin Lavelle, chief communications officer at “BeenVerified,” an online background-check company located in New York City.

If the company doesn’t have a website, any presence on social media, or a single review, its most likely a scam.

Ask questions early and often.

If you’re invited to an in-person (or video conference) interview and are still uncertain whether or not the position is legitimate, make sure to ask the right kind of questions, so you’ll feel confident about taking the job.

“Learn the exact details of the job and ask a lot of detailed questions about their expectations of you,” says Foster.

“Find out how you're earning your pay and how the company makes money. If these don't make sense, there's probably a problem.”

A tactful way to phrase the money questions might be, “What are the company’s top revenue streams?” That way, you’re getting your answer and simultaneously showing interest in how the company operates.

Another non-imposing, smart investigative question to ask is: Where is the home office or corporate headquarters? This will help you research whether or not it actually exists!

Never, ever shell out any money.

Don't forget to ask "What type of training will I receive?" If it prompts a discussion about you, the candidate, paying for your own training, it's most certainly a scam.

"Any job that requires you pay a fee to get the job should be an immediate red flag," says Lavelle. "Honest employers train employees on their dime. You don't have to pay for training or any other fee such as an application fee, or a processing fee. Any job that requires you to give your bank information or credit card or financial information should be fully vetted before turning that information over to them."

Let the opportunities come to you.

It should come as no surprise that the competition for remote jobs is pretty high. (Why? Yes, you will be wearing pajamas till noon, thank you very much.) Could you use some help scoring legitimate work-from-home jobs? Join Monster for free today. As a member, you can get job

alerts sent directly to your inbox so you can apply as soon as the jobs are available. Additionally, you can upload up to five versions of your cover letter and resume—each tailored to different types of WFH jobs that interest you.

The Facts are Clear: MA is a Menace

Submitted by Deanna Noriega

Article by Dr. Phil Verhoel

We've compiled the best (or is it the worst?) data about Medicare Advantage.

For years, Physicians for a National Health Program has prided itself on sharing accurate, compelling, and often groundbreaking health policy information. This data and research helps you become a stronger advocate by detailing precisely what is wrong with U.S. health care ... and precisely what we need to do to fix it.

When it comes to the so-called Medicare Advantage program, there is no shortage of damning evidence showing that commercial health insurers cannot be trusted to deliver worthwhile benefits. We now have 20 years of experience with this ill-conceived program—more than enough to know that our patients are suffering needlessly

while the likes of Humana and United Healthcare are laughing all the way to the bank.

Read our Medicare Advantage one-pager:

<https://default.salsalabs.org/T86aba574-1f55-4a16-bedd-f51ebb7f582b/8b0c2e2e-3546-4747-a49e-3ea6e910f497>

New USPS Policies for Package Pickup

Submitted by Deanna Noriega

The United States Postal Service (USPS) has instituted new policies for pickup of packages such as braille and digital books due to staff shortages, turnover, and seasonal workers. USPS requests that patrons use the online form at <https://tools.usps.com/schedule-pickup-steps.htm> to schedule pickup of library materials. If you do not have computer or Internet access, you may call USPS at 800-ASK-USPS (800-275-8777) or reach out to your network library for assistance.

Updated EEOC Resource About the ADA and Individuals with Visual Disabilities at Work

Submitted by Deanna Noriega

WASHINGTON – The U.S. Equal Employment Opportunity Commission (EEOC) today released an updated [technical assistance document](#), “Visual Disabilities in the Workplace and the Americans with Disabilities Act,” explaining how the Americans with Disabilities Act (ADA) applies to job applicants and employees with visual disabilities.

The document outlines when an employer may ask an applicant or employee questions about their vision, how an employer should treat voluntary disclosures about visual disabilities, and what types of reasonable accommodations those with visual disabilities may need in the workplace. The updated document highlights new technologies for reasonable accommodation, many of which are free or low-cost, and describes how using artificial intelligence (AI) and algorithms to make employment decisions can impact individuals with visual disabilities.

The document addresses how an employer should handle safety concerns about applicants and employees with visual disabilities and how an employer can ensure that no employee is harassed because of a visual disability.

“The ADA became law 33 years ago today and continues to provide vital protections for workers, including those

with visual disabilities,” said EEOC Chair Charlotte A. Burrows. “Providing reasonable accommodations is an employer’s responsibility. Workers who have vision impairments, including limited or low vision, should be provided the resources needed to succeed. This document will provide employers the guidance to do so.”

Many individuals who are blind, visually impaired, or have other vision-related conditions can perform successfully on the job and should not be denied opportunities because of stereotypical and generalized negative assumptions. The document also discusses harassment and retaliation. Recent EEOC news releases about individuals who are blind or have vision impairments or other vision-related conditions and sought reasonable accommodations as applicants or employees are available in the [EEOC’s newsroom](#).

More information about disability discrimination is available on EEOC’s disability discrimination landing page: <https://www.eeoc.gov/eeoc-disability-related-resources>. For a resource on workplace accommodations, visit <https://askjanorg/>.

The EEOC advances opportunity in the workplace by enforcing federal laws prohibiting employment

discrimination. More information is available at www.eeoc.gov.

Member Spotlight

Viswa Balaji–Very Successful Fifty Years

By Beverly Shockley

A dear friend and long-time member of MCB celebrated his eightieth birthday on June 10. He is Viswa Balaji. I received a telephone call from him not long ago asking for some assistance in writing an article thanking all those who helped him in his 50-year journey to a successful life. He says people in this country were so kind to him and took a personal interest in making sure that he knew where to go and who to talk to.

Now this gives me an opportunity to tell you his remarkable story. It has been my good fortune during my ninety years on this earth to meet some very special individuals who have left a lasting impression on all those they have touched, and he ranks right up there at the top. My husband Don and I first met Viswa when Betty Sang referred him to the Pinsplitters Blind Bowling League in

1976. The Sangs along with Laura and Aubrey Welle were members of United Workers for the Blind and were instrumental in introducing Viswa to local organizations for the blind.

Viswa was born in Madurai, India on June 10, 1943. This was a small town in southern India in the state of Chennai. He had three brothers and four sisters. Viswa lost the sight in his right eye at age three and lost much of the vision in his other eye in 1970. He was able to graduate from high school, but he found this very difficult as there was no special accommodation for lack of vision. His father was an engineer and was able to make a comfortable living for the family.

An older brother came to the U.S. in 1967 and received his doctorate in biochemistry from the University of Kansas in Lawrence, Kansas. His brother later found employment at Washington University Medical School in St. Louis. In October of 1973 he sent Viswa a ticket to come here in hopes that a cure could be found for his blindness. Viswa tells me that he knew only a few words of English but had a lot of help from airline attendants to make this trip possible. Going through customs in New

York was a difficult experience due to the language barrier.

His brother knew of the Missouri School for the Blind, but as Viswa was thirty years old, they could not accept him there. They referred him to Rehab Services, then known as the Bureau for the Blind. He feels very indebted to Sandy McClung, saying that was the beginning of his wonderful life experience here.

Mrs. McClung told him if he wanted to stay here, he needed to learn to speak English, read and write braille, and learn some things about this country. She sent him to a rehab center in Cincinnati, Ohio where he received training in braille, handwriting, cooking, mobility, and some independent living skills. He tells me they showed him some things, but through common sense he figured out a lot for himself. It was clear that due to his determination to succeed and his willingness to go the extra mile, he was able to learn the language and interact with others in only five months at the center.

Upon returning from Cincinnati, Viswa participated in eight weeks of classroom training for the vending program at the Mark Twain Hotel in St. Louis. His on-the-job training

took place in Farmington with Bill White, a blind gentleman who operated a snack bar in a blue jeans factory. He was given lodging in an old folks home there.

Another problem occurred when the visitor visa was no longer renewable. His counselor took a personal interest and contacted a lawyer. They learned if he was put in school, he could apply for a student visa. The same day she enrolled him at Forest Park Community College where he received his two-year associate degree in hotel and restaurant management. The plan was to prepare him for the vending facility program in the State of Missouri.

I asked if he ever got homesick during this time. He said, “You have to concentrate on your life goal. If you become homesick and go home, you cannot go anywhere.” He told me, “I never get scared of anything. I just go for it.”

Viswa had become friends with a classmate in Cincinnati who was from St. Louis. That friend had been in radio communication school with John Weidlich and introduced Viswa to John. They introduced him to Laura Welle, and she took him to a UWB meeting, and he later joined.

When they invited him to join the blind bowling league, he had no idea what bowling was. Some local Lions clubs sponsored teams and provided transportation, and one of their members took Viswa to show him how to bowl.

His next challenge came when he was told he could not be a manager of a vending facility unless he became a citizen. Until this time he was working in temporary positions. He obtained library books so that he could study for the exam and became a U. S. citizen on July 13, 1983. He is so appreciative of the acceptance he has received from his American friends.

In the late 70's he learned that Jewish Employment had a rehab center in Maplewood. They were looking for a resident apartment manager. He applied, received the job and served there for five years. After obtaining his citizenship, he received his own facility in Jefferson City. He worked for RSB there and went to Union, Missouri College cafeteria for three years. He worked at St. Charles Community cafeteria for five years and the Post Office in downtown St. Louis for seventeen years. Viswa and his wife, Nalini, were married in 1980. He says that their marriage was the result of an arrangement between the families, which was the custom in India at that time. They did not meet until a week before the wedding. Viswa tells me that Nalini is so helpful in working with him in keeping their records and assisting in so many ways. I find it very interesting that a marriage of 43 years has resulted from such an arrangement. They have one son, Karthik, born in 1986. He attended the

University of Illinois and lives and works in Chicago. They are extremely proud of him.

Since retiring, Viswa is very involved in volunteer work for UWB and St. Louis Society for the Blind. He has served as treasurer for UWB. The Society has asked him to serve on their Minority Adversity group. He has joined the Maplewood Lions Club. He belongs to SASI and Friends of Wolfner.

I hope everyone will join me in wishing Viswa a happy eightieth birthday and showing our appreciation for those fifty wonderful years that he has spent with us.

Chris Peltz

My name is Chris Peltz, and I'm the host of Blind Grilling Experience podcast. Our goal is to educate, encourage and provide tips, tricks, and techniques to help the blind and visually-impaired community become comfortable and independent at the grill and in the kitchen. We try to review products that are accessible and helpful to our success. The Blind Grilling Experience podcast is on all the major podcast apps.



Blind Grilling Experience

<https://podcasts.apple.com/us/podcast/blind-grilling-experience/id1515334158>

Visual Description: logo of black glasses over a grill with words “Blind Grillin’. If You’re Lookin’, You Ain’t Cookin’!”

Feel free to contact me for more information if you would like:

417-827-6393

I am located in Springfield, MO.

Thanks,

Chris

ChrisPeltz BlindGrillingExperiencepodcast at

<https://blindgrilling.podbean.com/>

<https://www.youtube.com/blindgrilling>

<http://www.southsidesower.com/>

Wilma Chestnut-House

My new cookbook entitled “Messin’ Around in the Kitchen” is out!

It is available for purchase. The book is in audio and large 16 font print.

The cookbook has 8 categories with 15 recipes in each one. Some are nice and healthy, and some are just plain good. The categories are appetizers, soups, salads, main dishes, desserts, breads, beverages, and my favorites! The cookbook has 120 recipes, abbreviations and measurements, a nice little poem, and an introduction. The cost of the book is \$20 in print or audio. I have a journal that looks like the cookbook where you can write your own recipes; the cost is \$8. I also have a white apron that goes over the head and ties around the waist with the same picture as the front of the book and has two pockets; the cost is \$12.

All three individually \$40; purchased together, \$35.

The cookbook and apron together are \$30.

I will have them at the convention along with some homemade apple butter and vanilla extract!

Stop by my table and check me out!

“There is no greater agony than bearing an untold story inside you.”

Tech Tidbits

Artificial Intelligence: Bringing Light to the World of the Visually Impaired

Living with a disability such as blindness or visual impairment can be challenging. Everyday tasks that require vision can often be difficult or impossible to complete without assistance. That's where Artificial Intelligence (AI) comes in. AI is being used to help the visually impaired navigate the world, make informed choices, and feel a sense of independence.

From self-driving cars to AI-powered facial recognition, AI-powered technology is rapidly becoming a part of everyday life for all of us. For the visually impaired, these technologies are especially useful. AI-powered facial recognition makes it easier for people with visual impairments to identify and connect with others. AI can also be used to help guide the visually impaired through unfamiliar environments. AI algorithms can detect

obstacles and provide audio cues to inform the user when they should turn or move in a certain direction.

AI-powered voice assistants can also be used to help the visually impaired stay connected and informed. With voice-activated features, users can ask questions about the weather or local events, access their email, play their favorite music, and more. This kind of technology can help make up for the lack of access of the visually impaired.

Note: This article was generated by Artificial Intelligence.

eSight today announces the launch of its latest innovation in assistive technology, eSight Go

According to a news release from the company, the wearable device offers improved visual clarity, lightweight design and expansive field of view, helping those with central vision loss gain independence in their everyday life.

“We’ve spent the past year vastly improving the capacity and design of our digital eyewear, not only to help enhance vision for our visually impaired users, but so they can enjoy an enriched and fulfilling livelihood in the most seamless way possible,” eSight Director of Product

Marketing Roland Mattern said in the news release. “We gathered feedback from our eSight 4 users and coaches to thoughtfully craft the best device possible that is sleek, lightweight and comfortable for everyday use. We look forward to connecting with qualified candidates and changing lives for those living with central vision loss.”

Used by thousands of people across the globe with more than 20 different eye conditions, eSight devices use a combination of hardware and software to enhance vision through a nimble, wearable design that does not restrict a wearer’s full periphery. eSight Go is designed for 100 percent mobility retention, allowing people to use the technology while at school, work, home and enjoying time with friends and family.

Comparable to eSight 4, eSight Go utilizes best-match camera and lens technology to project a superior image onto two high resolution screens for full binocular vision. eSight Go users can personalize adjustable color and contrast settings on the internal-facing OLED screens. A wider field of view (45 degrees) incorporates a user’s natural peripheral capacity to amplify existing vision for unmatched mobility. New features also include:

- Improved software with simplified navigation and image stabilization

- Higher quality camera with 12 megapixel resolution and 4k capability and full HD OLED monitors to provide users with the clearest picture possible
- Comfortable neck battery pack that redistributes 170 grams across the neck

According to the company, eSight will be available on the market starting in Q4 2023. For tech spec sheets and more, visit the company's website.

www.esighteyewear.com

History and Culture

Quick & Fun Facts About Missouri

What is Missouri known for? Here are some of the quirky, fun and interesting things about Missouri!

1. Missouri gets its name from a tribe of Sioux Indians and means 'people with wooden canoes'.
2. Missouri became a state on August 10, 1821.
3. Missouri was the 24th state to join the Union.
4. Missouri Day is the third Wednesday in October.

5. Missouri is one of 12 states that make up the Midwest that also includes Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.
6. Missouri shares a border with eight other states: Arkansas, Illinois, Iowa, Kansas, Kentucky, Nebraska, Oklahoma and Tennessee.
7. There are six national parks in Missouri that include George Washington Carver National Monument, Harry S Truman National Historic Site, Jefferson National Expansion Memorial, Ozark National Scenic Riverways, Ulysses S. Grant National Historic Site and Wilson's Creek National Battlefield.
8. Kansas City and St. Louis are home to more than half of the state's population.
9. The word "Missouri" often has been said to mean "muddy water" but the Smithsonian Institution Bureau of American Ethnology has said it means "town of the large canoes".
- 10.** Missouri has the largest beer-producing plant in the United States. Did you know that the maker of Budweiser beer (the Anheuser-Busch company) is in St. Louis?

Inspiration

Quotes

“The same boiling water that softens the potato hardens the egg. It’s what you’re made of, not the circumstances.”
—Unknown

“If we have the attitude that it’s going to be a great day, it usually is.” —Catherine Pulsifier

“You can either experience the pain of discipline or the pain of regret. The choice is yours.” —Unknown

“Impossible is just an opinion.” —Paulo Coelho

“Your passion is waiting for your courage to catch up.” —
Isabelle Lafleche

“Magic is believing in yourself. If you can make that happen, you can make anything happen.” —Johann Wolfgang Von Goethe

“If something is important enough, even if the odds are stacked against you, you should still do it.” —Elon Musk

“Hold the vision, trust the process.” —Unknown

“Don’t be afraid to give up the good to go for the great.” —
John D. Rockefeller

“People who wonder if the glass is half empty or full miss the point. The glass is refillable.” —Unknown

Humor Is the Best Medicine

submitted by Chip Hailey

FROM: Human Resources Department

SUBJECT: Restroom Use Policy

In the past, employees were permitted to make trips to the restroom under informal guidelines. Effective immediately, a Restroom Trip Policy will be established to provide a more consistent method of accounting for each employee's restroom time and ensuring equal treatment of employees.

Under the policy a "Restroom Trip Bank" will be established for each employee. The first day of each month, employees will be given twenty Restroom Trip Credits. These credits may be accumulated.

Within four to six weeks, the entrance doors to all restrooms are being equipped with personal identification stations and computer-linked voice-print recognition devices. Before the end of the month, each employee must provide two copies of voice prints (one normal and one under stress) to the Human Resources Department. The voice print recognition station will be operational but not restrictive during the entire month. Employees should acquaint themselves with the stations during that period. If the employee's Restroom Trip Bank balance reaches zero, the doors to the restrooms will not unlock for that employee's voice until the first of the next month. In addition, all restroom stalls are being equipped with timed paper roll retractors. If the stall is occupied for more than three minutes, an alarm will sound. Thirty-seconds after the alarm sounds, the roll of paper will retract into the wall, the toilet will flush, and the stall door will open. If the stall remains occupied, your picture will be taken.

The picture will then be posted on the bulletin board located in the Employee Relations Office. Anyone's picture showing up three times will immediately be terminated. If you have any questions about this policy, please ask your supervisor. They have all received advanced instructions.

Calendar Of Upcoming Events

6-8 October 2023: 67th Annual MCB Convention
(Springfield, MO)

15 October 2023: White Cane Walk

On Your Own

In this section, I am including access to longer articles that may be of interest to the visually impaired. You may access them at your convenience. Just click on the links below:

Magazines for the Blind

<https://www.loc.gov/nls/braille-audio-reading-materials/magazines/>

Making Museums More Accessible for the Visually Impaired

www.museumnext.com/article/making-museums-accessible-to-visually-impaired-visitors/

Intel-Powered Backpack Can Help Blind People Navigate Their Surroundings

<https://www.pcmag.com/news/intel-powered-backpack-can-help-blind-people-navigate-their-surroundings>

Board Minutes

May 16, 2023

Kay Malmquist, President

Debbie Sanders, Secretary

Call to order – President Kay

Opening Prayer – Debbie Sanders

Roll Call – Secretary Debbie

President Kay Malmquist

Vice President Chip Hailey

Secretary Debbie Sanders

Treasurer and St. Louis Jack Lenk

Director & United Workers Anna Schell

Director & St. Charles Beverly Kaskadden

Director & Blind of Central Missouri Linda Gerkin

Agape – Wilma Chestnut-House

Allied Workers – Melvin Smith

Joplin – Wendell Wilcox

Lake Stockton – Roger Jewell

River City – Sabrina Fowler

Southeast Blind – Rob Albro

St. Louis Northern Lights – Carl Chappell

Tiger – DeAnna Noriega

Public Relations – Donna Weidlich

Absent: Springfield – Stephanie Bailey

- Welcome of special guest and online listeners - Kay Malmquist, President
- Change in the order of business for the closed session. Approval of Agenda. Wendell moved, Anna seconded. Motion passed.
- A motion to approve the Board meeting minutes from April 22, 2023, as distributed, was made, seconded. Motion passed.
- President's Remarks, General remarks, and observations - Kay Malmquist President
- Kay expressed appreciation of all those in attendance tonight.
- Treasurer's Report – Jack Lenk
- No report at this time and as soon as he gets a report from the office, he will pass it along.
- Transportation Committee Report – Robyn Wallen
Robyn feels like we are at a point to seek litigation with Metro Call-A-Ride after exhausting many avenues of filing complaints with many entities. There were about 22 groups that signed on the DOJ complaint. After seeking advice from several parties, including ParaQuad, everyone feels that the only way to get a change would be to seek litigation.

Mr. Kennedy and Mr. Seyborn are willing to do this pro-bono. Mr. Seyborn is with Disability Rights Advocates and is the Managing Director Litigation of Disability Rights. DRA normally only works on the east and west coasts, but they do have an office in Chicago and are willing to take this on.

The Transportation Committee Chair recommends that we sign a letter of engagement with Mr. Seyborn of DRA and Kennedy and Hunt to move forward with litigation with Metro Call-a-Ride. Deanna seconded. Motion passed. Robyn gave an update on Bill 86 and said that it was tabled last week and a new bill is being introduced tonight.

- Madame President stated that we mentioned at last month's meeting about having a test run for a couple of months to allow MCB members to ask questions during a board meeting even though the by-laws state that it is not allowed. After talking with Chris Dickey, it cannot happen until the by-laws are changed or amended.
- Update on baseball fundraiser: there aren't many raffle tickets left. Keep up the good work in selling these.
- ACB Grant Application Deadline is June 1st. If you are interested, in attending and applying for the grant, you need to call the office or fill out the form on the website. The budgeted amount will be divided among those applying. It will not be paid out until after the convention.

You will need to show your receipt from the hotel to prove your attendance.

- Delegates, Alternate Delegates, and the Nominating Committee Representatives at the convention will be Kay Malmquist, Chip Hailey, and Janelle Edwards, respectively. If you have any nominations, requests, etc., please reach out and make them known.
- Updating the By-laws: Chris and Janelle have put together a committee of four people who will be looking at the bylaws and resolutions to see what needs changed and updated and make recommendations from there.
- Deanna moved to go into closed session. Anna seconded. Motion passed.
- Closed session ended.
- Motion to adjourn. Seconded. Passed.

June 22, 2023

Chip Hailey, President

Debbie Sanders, Secretary

Vice President, and Blind of Central Missouri Linda Gerkin

Treasurer and St. Louis rep Jack Lenk

Director, United Workers Anna Schell

Director, St. Charles Beverly Kaskadden

Director, Wanda Matlock

Agape – Wilma Chestnut-House

Allied Workers – Melvin Smith

Joplin – Wendell Wilcox

Lake Stockton – Roger Jewell

River City – Sabrina Fowler

Springfield – Larry Bailey

Southeast Blind – Rob Albro

St. Louis Northern Lights – Carl Chappell

Tiger – DeAnna Noriega

Public Relations – Donna Weidlich

Absent: Allied Workers, Springfield, Public Relations

- Call to order - Chip Hailey, President
- Prayer - Debbie Sanders, Secretary
- Roll Call - Debbie Sanders, Secretary
- President Chip Hailey welcomed our special guest and online participants.
- The approval of tonight's agenda with changes was moved, seconded. And passed.
- The motion to approve Board meeting minutes for May 30, 2023, was made and seconded with changes noted of Linda Gerkin's term expiration. Passed.
- President's Remarks--Chip Hailey, President

President Hailey recently learned that the bylaws state that the Chair of the Personnel Committee must be legally

blind. President Hailey has asked the Chair to step down. The fulfillment of the position will be postponed until the convention. There is an amendment to be proposed at the convention to amend this bylaw. President Chip also wanted to compliment what a great job the new office manager and office clerk have been doing.

- Approval of new Public Relations Committee Chair--
Chip Hailey, President

Roger Jewel has been asked to be appointed to PR Committee until October, 2023, when there will be a new election. Beverly moved. Seconded. Passed.

- Approval of new MCB Fund-Raising Committee
Chair--Chip Hailey, president

Chad Dillon has been asked to fulfill this position. Wanda moved. Seconded. Passed.

- Approval of new Adaptive Technology Matching Grant
Program Committee Chair--Chip Hailey, President

Joe Morgan has been asked to fulfill this position. Jack moved. Seconded. Passed.

- Update on the host for this year's MCB State
Convention--Susan Sanderson and Jesuita Tabor

Agape has agreed to host the convention in Springfield. They are working on the theme currently and are leaning toward a prom-type theme with a sock hop/dance and even a possible prom queen and king.

The room rate at the DoubleTree is \$100 + tax. The code is MCB when calling in to make the reservation. The registration form will be out very soon on the website. The meals have been chosen, and some of the speakers have been chosen. The official board meeting will be October 5 at 7pm.

- Update on the hybrid convention poll--Debbie Sanders, Secretary

Debbie reported that most indicated an interest in having the hybrid format and there was a mix in the Zoom platform familiarity. Debbie would like to recruit interested parties who might like to learn how to host and moderate a room and would help set them up with free ACB training that is offered periodically. Contact Debbie to sign up. Chip clarified that while the bylaws state that we stream the convention, having the hybrid allows for interaction with attendees. Motion was made by Jack to have this year's convention as a hybrid event.

Seconded. Passed.

- Update on keys to the MCB Office--Robert Vaughn Building Committee Chair

Robert reported to rekey the outer locks will be roughly \$160. It would be \$400 for interior doors and filing cabinets. The contractor's suggestion is to just rekey the exterior doors. The Chair's recommendation is to just rekey the outside doors.

Seconded. Passed.

- Update on correcting names on MCB bank account--
Chip Hailey, president

Chris Gray, Kay, and Virginia were the former signers on the account. We now have the president, Chip Hailey, the treasurer, Jack Lenk, and the Secretary, Debbie Sanders names on the account.

- Purchasing Fusion for one of the office computers--
Chip Hailey, president

President Chip stated that the office clerk had Narrator installed on her computer.

Chip installed NVDA. The Fusion Professional Perpetual License is regularly priced at \$2,080 with Service Maintenance Agreements priced at \$495. After discussion, the board thought it would be best to purchase Fusion for the office clerk computer. Beverly made the motion.

Seconded. Passed.

- Evaluation on Sports & Camp; Recreation Program and update on White Cane Safety Day project--Chip Hailey, President;
 - Wilma Chestnut House, Sports & Recreation, Committee Chair

Wilma reported that kickboxing was the first event the committee hosted in the building, followed by bingo, dominoes and checkers as well as some yoga. The weekend camping activity will be coming up in September

and will have fishing, archery, horseback riding, and BeepBall plus other activities.

- White Cane Day plans for Jefferson City are going well. There will be a sponsorship booklet that will be used as a fundraiser. Central Dairy is donating ice cream for a half-page ad. T shirts will have sponsors as well. Contact Wilma for pricing details. Jeff City Parks Department is donating the rental park fee. The walking trail is 1.3 miles. There is a \$40 registration fee, including food and beverage.
- Wilma also took a letter to the Jeff City mayor as well as the governor and is working on a proclamation.
- This was a six-month review period of the Sports and Recreation Committee. Deanna moved to continue the committee. Seconded. Passed.
- Update on white cane distribution program--Chip Hailey, President
 - The program has been on the website with application. The application gets emailed to Wilma as well as the office. Discussion on the process commenced. Once the approval from the White Cane Program has been decided, it goes to the office to then be fulfilled.

- Update on the Missouri Chronicle--Chip Hailey, President
 - The feedback on the June issue and the new editor has been positive. The audio cartridge has not yet been distributed.
 - Discussion on whether the MCB president should be the moderator of the Board e-mail list--Chip Hailey, President
 - Linda moved that the President moderate the board list. Seconded. Passed.
 - The President will communicate to the multimedia chair for various actions, etc. that need to transpire.
 - Motion to move to closed session.
 - Jack moved. Seconded. Passed.
 - Closed session ends. Motion made to move back to regular session. Seconded. Approved.
 - Announcements
 - Cardinal Tickets drawn – Keith Wigger was the winner.
 - There is still time for the camping weekend. \$75
 - Wanda will be moderating “MCB Board Office Hours” this Friday at 2 pm.
 - Anna to moderate June 30 at 2pm
 - July 27th next board meeting
- Adjournment motion made. Seconded. Passed.

Office, Board, Committees & Affiliates

Contact Info

MISSOURI COUNCIL OF THE BLIND

5453 Chippewa St

Saint Louis, MO 63109

Phone: (314) 832-7172 or Toll-free: (800) 342-5632

Fax: (314) 832-7796 Email: moblind@moblind.org

OFFICERS AND DIRECTORS

President, Chip Hailey

2940 West 17th St., Joplin, MO 64801

Phone: (417) 540-9703

Email: president@moblind.org

Vice-President, Linda Gerken

203 Hopkins St, Hughesville, MO 65334

Phone: (660) 826-1690

Email: vp@moblind.org

Treasurer, Jack Lenk

6347 Mardel Ave, Saint Louis, MO 63109

Phone: (314) 306-1776

Email: jacklenk50@gmail.com

Secretary, Debbie Sanders

756 Orbit Ln, Carthage, MO 64836

Phone: (405) 550-3508

Email: orbitsdaughter@gmail.com

Director, Anna Schell

3911 Jamieson Apt 1E, Saint Louis, MO 63109

Phone: (314) 647-7166

Email: aschell59@gmail.com

Director, Wanda Matlock

#11 Five O Dr, Portageville, MO 63873

Phone: (573) 379-3880

Email: wmatlock561@gmail.com

Director, Beverly Kaskadden

646 Woodchuck Ln, Lake Saint Louis, MO 63367

Phone: (636) 561-6947

Email: bkaskadden@gmail.com

COMMITTEE CHAIRS**Adaptive Technology: Joe Morgan**

4158 Bingham, Saint Louis, MO 63116-2520

Phone: (314) 532-2938

Email: joe.morgan1955@gmail.com

Blind Pension: Hazel Fields

1304 Pearl Ave, Columbia, MO 65203

Phone: (573) 442-4397

Email: hefd74@mail.missouri.edu

Blind Task Force: June Lenk

6347 Mardel Ave, Saint Louis, MO 63109

Phone: (314) 351-2814

Email: junelenk@charter.net

Budget and Finance: Jack Lenk

6347 Mardel Ave, Saint Louis, MO 63109

Phone: (314) 306-1776

Email: jacklenk50@gmail.com

Building Committee: Robert Vaughn

7075 Sutherland Ave, Saint Louis, MO 63109

Phone: (417) 388-0386

Email: kc5nna@gmail.com

Bylaws/Resolutions: Janelle Edwards

4638 North Holly Court, Kansas City, MO 64116

Phone: (816) 698-2699

Email: jedwards9994@sbcglobal.net

Convention Coordinator: Brandi Jones

21309 E. Third St. Drive South, Independence, MO 64056

Phone: (816) 665-0369

Email: brandiJones77@sbcglobal.net

Credentials: Susan Sanderson

1720 South Stewart, Sedalia, MO 65301

Phone: 660-287-3539

Email: clown_4@hotmail.com

Dual Sensory: Kim Vaughn

7075 Sutherland Ave, Saint Louis, MO 63109

Phone: (314) 647-7765

Email: bluerobin39@sbcglobal.net

Education & Advocacy: Kim Reese

134 Bear Claw Dr, Wentzville, MO 63385

Phone: (636) 856-8130

Email: krees7034@gmail.com

Emergency Preparedness: April Gray

105 North Ingles St, Lawson, MO 64062

Phone: (816) 499-2626

Email: aknoch74@gmail.com

Fundraising: Chad Dillon

7331 Pershing Ave Apt 2E, Saint Louis, MO 63130

Phone: (314) 359-1234

Email: cdillon351@gmail.com

Health Benefits: Alicia Starner

1202 South Sneed Ave, Sedalia, MO 65301

Phone: (660) 473-0468

Email: astarner@live.com

Member-of-the-Month: Wanda Matlock

#11 Five O Dr, Portageville, MO 63873

Phone: (573) 379-3880

Email: wmatlock561@gmail.com

Membership: Patrick Patton

8659 Moran Place, Saint Louis, MO 63114

Phone: (314) 873-9022

Email: patrickpattonpp@gmail.com

Missouri Chronicle Editor: Bob Collier

1002 Copper Oaks Dr, Carl Junction, MO 64834

Phone: (417) 529-2972

Email: chronicle@moblind.org

Multimedia Committee: Raymond Bishop

12270 Centerbrook Drive, Black Jack, MO 63033-7312

Phone: (314) 937-2858

Email: media@moblind.org

Personnel: Tammy Schnelle

23 Booker Court, St. Peters, MO 63376

Phone: (314) 802-8298

Email: tammielynn1465@yahoo.com

Policies: Roger Jewell

PO Box 1065, Bolivar, MO 65613

Phone: (417) 307-9817

Email: rogerjewell924@gmail.com

Public Relations: Roger Jewell

PO Box 1065, Bolivar, MO 65613

Phone: (417) 307-9817

Email: rogerjewell924@gmail.com

Scholarships: Debbie Sanders

756 Orbit Ln, Carthage, MO 64836

Phone: (405) 550-3508

Email: orbitsdaughter@gmail.com

Special Services: Joe Dobbs

213 North Ventura Ave, Apt. 9, Jefferson City, MO 65109

Phone (636) 725-5901

Email: grandpa22799@gmail.com

State Resource Council: Brian Wekamp

1105 Linden Court, Jefferson City, MO 65109

Phone: (573) 635-6943

Email: b_wekamp@mediacombb.net

Strategic Planning: Jannel Morris

1602 Foxrun Drive, Columbia, MO 65202

Phone: (573) 355-3381

Email: Jannelmorris0@gmail.com

Summer Camp: Beverly Kaskadden

646 Woodchuck Ln, Lake St.Louis, MO 63367

Phone: (636) 561-6947

Email: bkaskadden@gmail.com

Transportation: Robyn Wallen

921 Tempo Drive, Saint Louis, Missouri 63146

Phone: (314) 878-3389

Email: _robynwallen@gmail.com

Wolfner Advisory: Gretchen Maune

209 Saint Joseph St, Apartment B, Columbia, MO 65201

Phone: (573) 489-0986

Email: gmmaune@gmail.com

Youth Camp: Linda Gerken

203 Hopkins, Hughesville, MO 65334

Phone: (660) 826-1690

Email: lindag@iland.net

Youth Services: Linda Gerken

203 Hopkins, Hughesville, MO 65334

Phone: (660) 826-1690

Email: lindag@iland.net

MCB AFFILIATES

Agape Council of the Blind

President: Patrick Patton

4446 Floriss Pl., Apt. A, Saint Louis, MO 63115

Phone: (314) 780-3332

Email: patrickpattonpp@gmail.com

Allied Workers for the Blind

President: Darrin Sherman

1921 E 15th Terrace, Kansas City, MO 64127

Phone: (816) 200-1597

Email: darrin.sherman@outlook.com

Blind of Central Missouri

President: Alicia Starner

1202 S Sneed Ave., Sedalia, MO 65301

Phone: (660) 473-0468

Email: astarner@live.com

Joplin Service Club of the Blind

President: Jim Smith

1111 W. Nelson St., Webb City, MO 64870

Phone: (417) 673-0464

Lake Stockton Area Council

President: Roger Jewell

PO Box 1065, Bolivar, MO 65613

Phone: (417) 292-9149

Email: rogerjewell924@gmail.com

River City Workers of the Blind

President: Sabrina Fowler

657 Napa Circle, Cape Girardeau, MO 63703

Phone: (573) 332-1759

Southeast Missouri United Blind Club

Secretary: Doris Carpenter

552 Carter 344, Ellisnore3, MO 63937

Phone: (573) 429-4575

Springfield Service Club of the Blind

President: Matthew Bailey

3258 W El Castile St., Springfield, MO 65807

Phone: (501) 803-8486

Email: wade.m.bailey123@gmail.com

St. Charles County Council of the Blind

President: Kim Reese

134 Bear Claw Dr., Wentzville, MO 63385

Phone: (636) 856-8130

Email: _kreese7034@gmail.com

Saint Louis Council of the Blind

President: Jo-An Benson

162 Francis Place, Saint Louisi, MO 63105

Phone: (314) 863-6353

Saint Louis Northern Lights Council

President: Carl Chappell

1430 Arlington Dr., Florissant, MO 63033

Phone: (314) 795-0271

Email: frelynchappell@gmail.com

Tiger Council of the Blind

President: Hazel Fields

1304 Pearl Ave., Columbia, MO 65203

Phone: (573) 442-4397

Email: hefd74@mail.missouri.edu

United Workers for the Blind

President: Raymond Bishop

12270 Centerbrook Dr., Black Jack, MO 63033

Phone: (314) 937-2858

Email: rtbishop@sbcglobal.net

MCB SPECIAL INTEREST AFFILIATES

Adaptive Technology, Inc.

President: Beverly Kaskadden

646 Woodchuck Ln, Lake Saint Louis, MO 63367

Phone: (636) 561-6947

Email: bkaskadden@gmail.com

Braille Revival League of Missouri

President: Donna Siren

7559 Harlan Walk., Affton, MO 63123

Phone: (314) 899-0310

Email: dsiren1955@gmail.com

Library Users of Missouri

President: Kerry Smith

PO Box 435001, Saint Louis, MO 63143

Phone: (314) 963-0696

Email: kerry9236@att.net

Missouri Council of Citizens with Low Vision

President: Jannel Morris

1602 Foxrun Dr., Columbia, MO 65202

Phone: (573) 355-3381

Email: jannelmorris0@gmail.com

Missouri Guide Dog Users

President: Raymond Bishop

12270 Centerbrook Dr., Black Jack, MO 63033

Phone: (314) 9372858

Email: rtbishop@sbcglobal.net