

Guide Page Magazine

- A Free Service of Cabell-Wayne Association of the Blind, Inc. -

C.W.A.B.
ACTIVITIES CENTER



Volume 31 - Issue 3

March 2020



**Cabell-Wayne
Association of the Blind, Inc.**

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Cabell-Wayne Association of the Blind

Mission and Vision Statements

OUR MISSION:

Cabell-Wayne Association of the Blind is committed to promoting and advocating the economic, educational, and social welfare of the blind and visually impaired of all ages so that they can maintain a lifestyle comparable to other members of society.

OUR VISION:

CWAB® will be seen nationally as a model for organizations and agencies that help blind and visually impaired persons achieve maximum independence. CWAB® will be known for timely and appropriate state-of-the-art responses to the changing needs of consumers throughout the Tri-State area and beyond.

Cabell-Wayne Association of the Blind

Celebrating 45 Years!



Save the Date!

Friday, October 9th

6 to 8 p.m.

C.W.A.B. Activity Center

63 West Third Avenue

Huntington, WV 25701

Consumers please call to sign up

To attend and for transportation

After September 1st, and by

Friday, October 2, 2020



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ON THE COVER

A view from the West Third Avenue side of the C.W.A.B. Activities Center, showing the agency's logo.



Executive Director
Toni S. Walls

Hello to all,

It is hard for me to believe that February has come and is almost gone! This year is flying by. That might be because we are staying so busy at the Services Division offices.

We are so saddened that we had to cancel one of our favorite events – the Valentine Party!

We are moving forward with plans for repairing the Activity Center. We have bids in place and look forward to seeing the work begin.



Please make plans to attend our Sweets for Sight 2020 on April 4th. This year our event will be held at the Double Tree Hotel

I want to thank everyone for their continued support of the CWAB® Services Division staff. The staff works hard to provide the best services we can to our consumers and it is nice to hear back from you that we are doing just that. Also, if you ever have a concern or an idea you would like to share with me or the staff of CWAB® please do so!

Until next month ...





Notes From The Editor



Welcome to the March Guide Page Magazine!

I'd like to give a shout out, and a big, "THANK YOU", to James Earl Parsons for volunteering to narrate this month's audio edition. James Earl has a willing spirit, and always makes himself available for the task! If you think you might like to narrate an issue, by all means give me a call and let's talk!

I am sure by now everyone has heard about the fire which occurred in the C.W.A.B. Activities Center. Because of this, our beloved Valentine Social has been cancelled. I too, was sorry to hear this as I had some new songs ready for the occasion. Not to fear, I will keep them around for the next opportunity. Remember, if there's something special you'd like to hear at an upcoming event, let me know. If possible, I'll have it ready!



A Word Search For March

S	S	E	P	R	Q	U	N	I	O	F	G	U	I	N	E	S	S	A	H
E	B	C	X	A	Q	U	A	R	Q	Z	I	R	E	G	F	N	P	F	O
C	D	O	E	T	Y	V	B	I	M	B	P	O	N	I	O	Y	O	R	R
S	V	T	Y	Y	T	P	X	S	M	N	Z	I	Z	X	C	E	R	L	S
I	L	S	S	E	Q	W	S	H	A	M	R	O	C	K	J	L	X	D	E
P	R	T	G	F	H	T	Y	I	U	P	Q	C	L	C	K	H	G	B	S
V	B	P	G	F	T	R	E	C	S	U	I	Y	I	U	P	F	R	D	H
A	A	A	T	R	C	B	A	S	K	E	T	B	A	L	L	I	O	N	O
V	R	T	T	R	D	D	I	U	J	H	F	N	I	L	E	G	F	V	E
B	Q	R	U	Y	I	F	D	M	B	O	P	A	X	Z	P	P	Q	O	Q
I	O	I	F	R	E	C	V	X	E	V	B	U	Y	Y	R	R	T	D	L
J	K	C	L	O	V	E	R	R	D	F	C	A	I	R	E	S	S	X	Y
N	N	K	C	G	H	Y	A	R	E	O	O	H	K	I	C	C	L	K	T
H	J	R	F	V	N	K	I	M	R	D	B	H	I	U	H	X	I	Z	B
T	Y	F	D	C	I	U	N	T	E	P	O	F	C	H	U	D	D	R	E
N	U	U	I	Q	W	I	B	O	D	Q	S	J	J	K	N	Q	O	L	M
E	A	X	Y	X	Z	Q	O	W	A	Z	A	A	E	W	M	B	F	V	I
E	C	X	J	H	D	F	W	H	R	R	I	L	I	H	I	J	F	K	K
R	A	Q	W	C	V	N	B	P	A	T	N	Q	Q	W	O	P	A	R	R
G	Q	G	T	Y	V	B	M	N	P	O	T	O	F	G	O	L	D	O	O

Find the words hidden in the puzzle

CLOVER	RAINBOW	BASKETBALL	IRISH
STPATRICK	SHAMROCK	GOLD	POT
LUCK	AQUA	ARIES	SPRING
DAFFODIL	LEPRECHAUN	GREEN	HORSESHOE
PARADE	SAINT	GUINNESS	PISCES



The second annual “Sweets For Sight”, is coming Saturday, April 4th!

For those of you who attended last year’s event, you will remember it was a HUGE success, with an overflow crowd at our C.W.A.B. Activities Center.

This year we expect an even bigger crowd! So much so, we have a change of venue!

This year’s event will be held Saturday, April 4th from 5 to 7 p.m. in the ballroom of the DoubleTree by Hilton in downtown Huntington. The hotel is located on Third Avenue, across from the former Mack & Dave’s.

We look forward to seeing you! Call 304-522-6991 for details!



TICKETS NOW ON SALE

Tickets are officially on sale for "Sweets for Sight", Saturday, April 4th. The event will be held from 5 to 7 p.m. at the Double Tree by Hilton, Downtown Huntington.

Tickets are available at the Services Division from Zach, Pam, Danielle, or Toni.

Tickets are sold in \$5.00 increments. We will only sell enough tickets to cover the number of desserts being offered. Quantities are limited!

As a courtesy, we can hold tickets purchased by consumers and give those tickets to them at the door the night of event.

Any tickets on hold without payment the week before event are subject to resale.

Shuttle services will be available for consumers who have paid for tickets in advance only.

This event is a fundraiser and not a social outing. Participating vendors have been encouraged to bring sugar free or gluten free items, but this is not a guarantee they will have them.

For ticket purchase, or other questions, call the Services Division office of Cabell-Wayne Association of the Blind at 304-522-6991.

**SPECIAL SPEAKING EVENT****MASTER
YOUR
REALITY
with
No
Limits***Isaac Lidsky*

“Master Your Reality With No Limits”, will be the topic from special guest speaker Isaac Lidsky, on Tuesday, February 25th, at the Joan C. Edwards Performing Arts Center on Fifth Avenue, in Huntington.

Mr. Lidsky is a dynamic young speaker, author, and executive consultant with a mile-long resume and inspiring, insightful lessons on overcoming personal and professional challenges.

While this event is free, registration is requested by following the link www.afb.org/nolimitstalk. Event time will be 5:30 to 7:30 p.m. Panel discussion and reception with refreshments to follow.

This event is sponsored by the American Foundation for the Blind and The Teubert Charitable Trust, as well as Marshall University.



T-shirt Fundraiser

Cabell-Wayne Association of the Blind Services Division is selling t-shirts. These t-shirts come in a choice of colors (Navy, Royal, Red, Kelly, Purple).

For short sleeves they will be \$15 a piece. For long sleeves they will be \$20 a piece. All orders should be given to Danielle or Toni.

Call the Services Division at 304-522-6991 for more details!



Transportation team member, Hailey Tabor, shows the front and back of the Royal Blue t-shirt



New Support Group Offers Opportunity

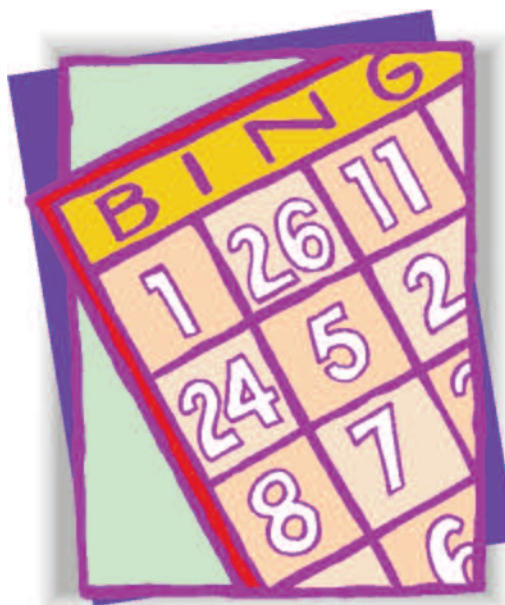
It has long been my desire to start a New Consumers Support Group. This would be an opportunity for new consumers (and some existing ones as space allows) to learn more about the agency and the programs that are offered through the Services Division. This dream will become a reality in January.

We began in January with the first of a series of 6 to 8 weekly meetings. In these meetings we will cover programs, policies and resources offered through CWAB® Services Division. There will be an opportunity to complete Power of Attorney, and Living Will paperwork as well as sign up for agencies such as Dial a Ride and National Library Services Talking Books.

Stay tuned for more information regarding this much needed resource.

Toni I. Walls, CVRT, COMS

Executive Director



BINGO:

Great Fun For Everyone!

Since its creation as a carnival game in 1920, and further popularized by a toy merchandiser in 1929, Bingo first used dried beans, a rubber stamp, and cardboard sheets, and was called, “Beano”.

Its popularity spread from western Pennsylvania into New York, and eventually worldwide, where it is played as a game of competition for prizes, and in some cases cash.

Bingo cards contain 24 numbers and a blank in the center, on a 5 by 5 grid. We play in various ways. For instance, by making a, “J”, or an, “L”, or a, “W”. Games such as, “Four Corners”, “Postage Stamp”, and “Cover-All”, are also played. Actually, game variations are endless!

Cabell-Wayne Association of the Blind regularly hosts Bingo sessions both as a Wednesday activity, and at scheduled events - such as the Summer Picnic, and the Christmas Party.

A variety of cards are used to suit the players’ vision and comfort. Large print, Bold print, Jumbo size cards, and braille cards are used. Cards with slide markers are also used.

Bingo games are held regularly - the fourth Wednesday of each month in the, “big room” at the Services Division office. These games are open to all consumers. If you wish to attend, you must call at least one week in advance to sign up, and for transportation. Please call 304-522-6991. You’ll be guaranteed a great time!



Agency Acquires New Van

Cabell-Wayne's most successful - and most used program, is Transportation.

Logging thousands of miles monthly, our Transportation Team members diligently strive to get you from your starting point to destination in a safe, timely manner. It is not uncommon for a Team Member to spend their entire workday in a vehicle serving the blind and visually impaired of Cabell and Wayne Counties of West Virginia.

We have, since the early 1980's used a variety of vehicles for this service. Starting with multiple passenger mini-vans, to present-day shuttles, Cabell-Wayne Association of the Blind does its utmost to provide consumers with adequate, comfortable vehicles - even if that means vehicles specifically designed for individuals who use walkers or wheelchairs.

Recently, in a series of "fall-into-place" circumstances, this agency has taken possession of a low-mileage, rear-door, wheelchair accessible vehicle.

The van is RED in color, and will have the familiar CWAB® logo in white, and will be in service by the end of January.





Home Security Tips for the Visually Impaired

Creating a safe, comfortable, and functional home for people with visual impairments should be a part of every space's design. For those who live with loved ones who are visually impaired or for those who are visually impaired themselves, designing solutions to eliminate hazards around the home and keep the property secure while maintaining independence is a meaningful and personal process. Because every individual and every home is different, there is no single fix-all solution. However, we have included some tips and tricks for making life just a little easier and safer for everyone.

HOME SECURITY

Home security for people with visual impairment remains pretty consistent with security needs for the rest of the community. Here are a few extra things to emphasize and consider when living with visual impairment.

Keep doors locked (with consistent locks)

Whether you're in the house or out of the house, keep your doors locked. Many burglars are simply opportunists looking for easy access to target houses. Install door locks that are consistent in their indication; for example, the "locked" state



would always mean that the lock is vertical on all doors. For extra protection, install deadbolts on your main front and back doors as well.

Install doorbells with cameras and microphones

When it comes to identifying someone at the door, it is crucial to have a clear understanding of who you are letting into your home or allowing on your doorstep. Especially for those who are hard of hearing in addition to being visually impaired, identifying your visitor can be challenging. Installing a doorbell that has a camera and microphone allows you to much more easily view or communicate with your visitor from your phone or tablet inside the home. Make sure you know exactly who it is before opening the door.

Use bright tape to mark the location of control panels and thermostats

Contrast is key. By “framing” your panel and thermostat with bright tape, it’ll be easy to locate as soon as you get in the door. Because there is a time limit on how quickly you need to enter your passcode after coming home before the alarm will trigger, getting to the panel quickly is necessary. This method allows you to make the panel easy to locate for you and your household while still retaining the option of putting it somewhere not directly in view of the foyer.



Install fire and carbon monoxide alarms

Make sure your fire and carbon monoxide alarm systems are interconnected, so that all of the alarms throughout the house sound at once if any of them detect a hazard (rather than triggering only a single alarm). Change their batteries every year.

Place an Emergency Panic button next to the bed

In the case of an emergency, having an Emergency Panic button will allow you to quickly trigger your home security alarm. This will set off the sirens as well as alert the monitoring station. While your perimeter sensors should catch anyone trying to break into your home, this can serve as a backup option in case you want to set off the alarm yourself.

Keep a Keychain Remote Control for your security system

Keychain Remote Controls offer another convenient alternative to manually arming and disarming your system. With a press of a button, you can arm your system as you leave the house or disarm your system as you return. It also has a panic button that will set off your alarms as well.

AROUND THE HOME

Here are some safety hazards around the home to look out for as well.



Small rugs are tripping accidents waiting to happen

Remove any rugs that are small or have a tendency to curl up on the corners or edges. If you simply can't part with one, tape down the edges so that there's no chance for it to become a tripping hazard.

Create clear paths of travel

Move any furniture that sticks out into pathways.

Make sure all stairs and steps have handrails

Not only do handrails serve as guides, they also help with balance.

Assess your home regularly for tripping hazards

Make sure there are no cords running across pathways. Messy clutter on the floor can also be hazardous. Keep things tidy to avoid tripping and toe-stubbing.

Single lever taps on sinks are easier to use than dual handle taps

For some homes, hot water may become scalding very quickly. To avoid accidental burns from turning the wrong handle at a sink or in a bathtub, install single lever taps.

Non-skid bath mats prevent slips and falls in the shower

Especially for aging adults, showers can be very hazardous areas of the home, with a high number of slip-and-fall accidents occurring there every year.



Store cleaning and toxic products in a separate place away from the kitchen and bathroom

Sometimes, one blue liquid might not look much different from another blue liquid (like mouthwash and window cleaner). To avoid possibly dangerous mix ups, make sure to store the cleaning and toxic products outside of the bathroom and kitchen.

Add contrast to draw attention

Consider painting door frames, light switches, and anything else you want to draw attention to a contrasting color from its surroundings.

Put brightly colored tape on the edge of each stair step

To help differentiate the each step from the last, tape over each edge. This also helps with communicating where the stairs end.

Maintain uniform lighting within a single area

It can be confusing if there is a single light out in a hallway with three lights. If one of the lights in a room has a flickering light, a weak light, or a light that gives off a different color, change them so that they will be consistent with the lighting in the rest of the room.



Use motion sensor activated lights in walkways

If this is possible for your home, it's a great option, since it eliminates the need for light switches. It also makes it easy to determine if there are other people in a room or in your home.

article information from:

<https://www.protectamerica.com/visually-impaired>

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HOME
Sweet
HOME



	AGT Home Security	Vivint Security	Frontpoint Security	SimpliSafe Security	Protect America
Sensors Available	5	5	5	5	3
Siren Type	Audio - strobe on request	Audio	Audio	Internal	Audio
24/7 Pro Monitoring	YES	YES	YES	YES	YES
Mobile App	YES	YES	YES	YES	YES
Voice Control	Amazon Alexa	Amazon Alexa	Alexa & Google	Alexa & Google	Amazon Alexa
Professional Installation	YES	YES	NO	YES	NO

A QUICK COMPARISON

A quick spin around the companies websites revealed the following:

ADT offered plans with no cost mentioned. Potential customer is asked to, “get a free quote”. No component description or price given.

Vivint Security mentions, “get a free quote”, but did give a brief description of devices. Prices were offered on a per-month basis.

Frontpoint Security offered a free quote and a free indoor camera with no contract. Product pictures were shown, but no cost was given.

Protect America offered little in plan description. “Risk Free Trial”, customization, special offers, and a free quote, is mentioned for answering questions and provide their name and email.

SimpliSafe offered a video to highlight their protection service. Site visitors can shop, or build their own system. Prices are marked on the pre-packaged systems, and on each sensor.



Our newest fund-raiser! A CWAB®

**Hand-crafted basket, filled with 31 classic
Ty Beanie Babies® and 25 miniatures.**

**Tickets are on sale now. Winning donor will
be announced on June 6, 2020 at our**

Celebration of the Associations 45th Anniversary!



\$1 buys 1 entry

\$5 buys 6 entries

\$10 buys 12 entries





NASHVILLE BOUND!

We are now taking sign-ups for the 2020 Summer Trip. It is shaping up to be the best trip yet! We will be traveling by charter bus to Nashville, TN!! We will spend 2 nights and 3 days in Nashville. While there we will visit the General Jackson Showboat, The Country Music Hall of Fame, Studio B, the Grand Ole Opry, and the Hermitage. The dates are June 15, 16, and 17, 2020.

If you are interested please call and talk with Toni. ALL sign ups must go through Toni. You are able to have a guide accompany you if appropriate. Please note that you will be required to share a room with your guide and they must act as your assistant at all times. There will be a required training session for all guides going on this trip.

Due to deadlines, sign-ups and cancellations end on May 13th. As in past years, if you sign up and fail to cancel by the deadline, you may be expected to reimburse the Association for your seat.

This trip is sponsored by the Association.



Grand Ole Opry House



Home of Andrew Jackson "The Hermitage"





Your Lasting Legacy

So, what is planned giving?

Planned giving is sometimes referred to as “gift planning”, or “legacy giving”. It is a way to support non-profits that enable philanthropic individuals to make larger gifts than they could make from ordinary income. Some planned gifts provide life-long income to donor. Other gift plans use estate and tax planning to provide for charity and heirs in ways that maximize the gift and/or minimize its impact on the donor’s estate.

Thus, by definition, a planned gift is any major gift, made in lifetime or at death as part of a donor’s overall financial and/or estate planning.

Cabell-Wayne Association of the Blind has had the good fortune to receive several such gifts.

These gifts will provide goods and services to the blind and visually impaired of Cabell and Wayne Counties of West Virginia. They will also provide funding for operational expenses.

Planned giving is the most practical way to ensure your personal and financial wishes are fulfilled after you are gone.

Cabell-Wayne Association of the Blind is more than happy to discuss with you the many ways the agency could benefit from your wishes. Contact the Services Division office at 304-522-6991, and we will make an appointment to meet with you to discuss your wishes.



March and April *Wednesday Recreation*

March 4th Baskets
 March 11th Baskets
 March 18th Baskets
 March 25th Bingo

April 1st Baskets
 April 8th Baskets
 April 15th Baskets
 April 22nd Bingo





Monthly Recreation Activities

**Schedules are subject to change. Check with CWAB® for times.
Participants must call at least 24 hours in advance.**

Association Meeting3rd Tuesday, monthly 1 - 3 p.m.
Recreational activities1st, 2nd, & 3rd Wednesday 1 - 3 p.m.
Bingo4th Wednesday, monthly, 1 - 3 p.m.
YMCA.....Mon, Wed, & Fri 10 - 11:30 a.m.
Water AerobicsFriday 11:15 a.m. – 12:15 p.m.

Support Groups

Group A - Joann Wallace - 2nd and 4th Thursdays, 11 a.m. - 1 p.m..
Group B - Brenda Blake - 1st and 3rd Thursdays, 10 a.m. to Noon
Group C - Heather McComas - 2nd and 4th Thursday, 5 - 7 p.m.
Group D - Kim Blake - Diabetic – 1st Tuesday, 11 a.m. – 1 p.m.
Parents Group – Mary Parsons - 3rd Thursdays, 6 - 8 p.m.

***Seasonal activities are offered as decided by
the Recreation Coordinator and Executive
Director. Check here for details!***



Walmart Shopping



Consumers who wish to go on shopping trips to Walmart Rt 60, have an opportunity to do so thanks to this convenient service.

SCHEDULE

Monthly Walmart shopping trips are scheduled the
FIRST THURSDAY after the 3rd of the month.
Dates will vary.

HERE ARE THE RULES

- 1) No more than 8 people allowed per trip. Only one shuttle will be used each trip.
- 2) Each consumer will be allowed up to 6 packages (bags, jugs, boxes).
- 3) Sign up will close at 4:30 p.m. on the Friday prior to the trip.



ALL CONSUMERS of Cabell-Wayne Association of the Blind are *urged* to attend monthly association meetings.

These meetings are designed to keep consumers up-to-date on events and activities of the association and topics relative to the Services Division as a whole. To have a quorum - to be able to discuss and vote on official association business, a fifty-percent, plus one number of voting-eligible members must be present.

Free transportation is provided upon request with advance notice and scheduling availability. Call 304-522-6991 for scheduling.

***Meetings are held the third Tuesday
of each month from 1 to 3 p.m.***

MARCH	17th
APRIL	21st
MAY	19th
JUNE	16th