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**The GUIDE PAGE MAGAZINE is published monthly by: CWAB® (registered trademark), Inc., 38 Washington Avenue, Huntington, WV 25701.**

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**Internet: www.cwab.org**

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

**Executive Officers:**

**Joann Wallace - President**

**Joanna Holbrook – Vice-President**

**Leah Thompson - Secretary**

**- Treasurer -**

**Board Members: Toni I. Walls, Executive Director, Wanda Annis, Mike Fitzpatrick, Caitlin Railey, Mark Oldaker, Pearl Church, and Kim Blake.**

**Emeritus members: Ken Hicks, and Ernie Golder**

**Toni Walls, Executive Director**

**Jerry Crabtree, GUIDE PAGE editor**

**Major funding provided by the James H. And Alice Teubert Charitable Trust,**

**In This Issue: MISSION and VISION, From the Director, YMCA: Get Fit and Make Friends!, Summer Bash, Potting Party, Activities, Rummage Sale Set For June!, Notes From The Editor, Meal Prep Class, Transportation!, GUIDE PAGE By Email, Activities Center Serves Community CWAB® Services Division T-Shirt Sale, Ongoing Fundraisers, Marcos Coupon Card Fundraiser, Shopping Opportunities!, Introduction for Newcomers, Planned Giving, CWAB® Services**

**Cabell-Wayne Association of the Blind”s annual Potting Party will be held Wednesday, May the 18th, from Noon to 2 p.m. A light lunch will be served. Sign-up is required. Call the Services Division office at 304-522-6991 to register, and to schedule your transportation!**

**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® (registered trademark) 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.**

**From the Director**

For such a time as this…” Esther 4:14

We all have favorite books, and it will come as little surprise to any of you that know me that my all-time favorite book is the Bible. Within the Bible, you find 66 individual books. One is about Queen Esther, who started out in the book as an orphan but she rose to leadership and to become a hero to her people.

I work every day with Esthers…men and women who have risen to the occasion that their vision loss has brought into their lives. From the outside, others may not see their heroism, but I do. The man who worked hard for a living, and because of that work is now completely blind, as well as other health concerns, but he was a faithful participant at the YMCA as long as he was able to be, pushing himself. The woman who lost her vision but was a care giver to her family. The ones who have gone on to higher education, and the ones who simply bravely faced the reality of the vision loss and made adaptations to their life so they could continue living their best lives.

 They were truly created for such a time as this. And they each one inspire me to do a little better today – for them, and for my agency.

If you have thoughts, needs, or comments please feel free to reach out to me by phone - 304-522-6991, email – toniwalls@cabellwayne.org , or by mail at 38 Washington Avenue, Huntington, WV 25701.

**Toni I. Walls, COMS, CVRT**

**Executive Director**

**There is one photo with this article. The picture is of Toni Walls. She is seated with her torso turned slightly toward the photographer. She is wearing a black sweater over a floral print blouse. She has below the shoulder-length hair, and is slightly smiling. The background of the image is totally black.**

**YMCA:**

**A great place to get fit and make friends**

**The Guide Page Magazine has, on numerous occasions, given notice of the many programs and activities availed to consumers of Cabell-Wayne Association of the Blind. These programs and activities are specifically designed to promote the social and mental well being of our consumers. There are times when in-house activities are expanded into other community agencies who provide a more specialized activity. The Huntington Museum of Art and the YMCA are two examples of agencies who routinely offer activities to Cabell-Wayne consumers..**

**For a number of years CWAB® has offered consumers the opportunity to visit the Huntington YMCA - specifically the Phil Cline Family Fitness Center, for weekly exercise and water aerobics classes. These activities are designed and initiated by trained and qualified instructors to provide safe and effective training for these exercise sessions. The Y itself is a fully equipped facility with spacious areas and state-the-art tools and equipment to ensure each consumer who attends these session receive the best instruction possible.**

**“A few years ago I availed myself of these services,” Jerry Crabtree, CWAB® Media-Marketing Manager stated. “I decided I wanted to participate in the annual Cabell-Wayne 5K, so I needed to get in shape for it,” he said. “I got a release from my primary care physician stating I was physically able to participate in Y activities. Once that was obtained, I was on my way!” Crabtree added.**

**Consumers who attend Y sessions can walk the indoor track prior to the skilled exercise classes. “Their track is indoors, easily accessible, and obstacle free. This is a perfect opportunity to get in a quick one mile walk before exercising,” he said.**

**“Most days I would no sooner get my walking in and catch my breath, when the trainers would show up. At first I was reluctant to do the stretching and weight lifting, but the trainers were welcoming and encouraging. So I went for it. I was totally surprised how out of shape I really was!” Crabtree said.**

**Trainers, (at the time), Noah and Jill, made sure each CWAB® participant were included and if a particular exercise or weight-room activity was too difficult, they made a compromisingly easy adjustment.**

**“Most sessions (for me), began with walking on the track, stretching/exercising in the gym, then finally the weight room,” Crabtree explained. “The weight room is adjacent to the walking track and is divided into several sections. Each section contained a variety of exercise “machines” which were matched to each consumer. A small flight of stairs or ramp is used to access the track and weight room area.**

**“When in the weight room and a few minutes with each device, trainers would move a consumer to another type of device. No one was told they had to do that particular exercise or use any particular exercise machine. I felt myself being more comfortable with some, and less enthusiastic about others,” he said.**

**“On occasion we would move upstairs to a much larger room where trainers instructed us in pulling different weights across the floor. In another section we used ropes as part of our session routines,” he added.**

**“The Y activities, along with frequent and lengthy neighborhood walks helped greatly, and I achieved my goal of participating in and completing the Cabell-Wayne 5K Run/Walk For Sight. A goal I am truly proud of,” Crabtree stated.**

**Joann Wallace Association President also avails herself of Y activities.**

**“I first started in 1992, quit for a while then steadily for the last twenty years. I go to get in shape. I do the exercise class, weight room, and yoga. On Fridays we do water aerobics. We’ll go back and forth between the pool and the hot pool, then shower. By 2 o’clock, it’s time to leave,” Wallace said. “Everyone gets along great - the camaraderie is really, really good,” she added.**

**When asked what she would tell a new consumer who is considering signing up for the Y, she replied, “It’s good for you. It’s a lot of work, but you’ll feel good afterwards. They will adjust to what you can do to help you get into shape,” she said. “And the socializing is fun!” She added.**

**Marlayna Triplett, Customer Service at the Phil Cline Family Center says the number of Cabell-Wayne consumers attending Y activities have decreased in the twenty years she has been there. “You can’t blame the decline on COVID,” she says. “When I first came here Cabell-Wayne attendees were older, and a lot of them have passed. She remembers consumer Jack Harless being a fan of the NuStep Stepping machine. “We had an old one and Teubert bought a new one for us to use,” she said.**

**“The younger ones have different activities like school and jobs that attract their interest,” she added.**

**Triplett says several hundred area residents make use of Y services each week.**

**“The Teubert Foundation has provided funding for several machines, treadmills, and provided salaries for personal trainers,” Triplett said. Christie and Jill are the current trainers**

**Elizabeth instructs yoga, and swimming classes are with Allison and/ or Christie.**

**Triplett says many physical activities can be covered: track, treadmill, basketball, yoga, and swimming, are on that list.**

**“They have the GoodMap system here too,” she said. “That is a good tool to use to learn your way around. Someone is always close by if help is needed.”**

**The Teubert Foundation offers interested consumers Y memberships at no charge. Transportation on Monday, Wednesday, and Friday with prior scheduling. A release form must be obtained and signed by a physician before attending. This is required by the YMCA.**

**Call the Services Division at 304-522-6991 to sign up and schedule your transportation.**

**There is one photo at the end of this article. The photo is a graphic representing a female doing yoga, and a male lifting hand weights.**

**Cabell-Waynbe Association of the Blind will hold its Summer Bash on Saturday, July 9th, from 11 a.m. to 1 p.m. Lots of music, food, games, and fun! Call 304-522-6991 to sign up!**

**Cabell-Wayne Association of the Blind’s Sweets For Sight Virtual Edition will be held June 20th through the 24th. Details soon!**

**Activities**

**MAY**

**Wednesday**

**4th - Pottery 1 p.m. to 3 p.m**

**11th - Pottery 1 p.m. to 3 p.m**

**18th - Potting Party Noon to 2 p.m.**

**25th - Bingo 12:30 to 2:30 p.m.**

**Support Groups**

**3rd  - D - Kim Blake**

**5th  -  B - Pearl Church**

**12th  -  A - Joann Wallace**

**14th  - C - Heather McComas**

 **19th  - B - Pearl Church**

 **26th  - A - Joann Wallace**

**JUNE**

**1st - Crafts**

**8th - Line Dancing**

**15th - Cooking - Grill Safety**

**22nd - Bingo**

**Support Groups**

**2nd - B - Pearl Church**

**7th - D - Kim Blake**

 **A - Joann Wallace**

**11th - C - Heather McComas**

 **16th - B - Pearl Church**

 **23rd - A - Joann Wallace**

**Cabell-Wayne Association of the Blind’s spring Rummage Sale will be held Thursday and Friday, June 9th and 10th, from 8 a.m. to 4 p.m. each day. The sale will be held at the C.W.A.B. Activities Center, 63 West Third Ave in Huntington. Books, toys, small appliances, furniture, glassware and clothing. Concessions Available! YOU WON’t BELIEVE THE BARGAINS! Call 304-522-6991 for details! Funds to benefit CWAB Services Division.**

**Notes From The Editor**

**Spring is FINALLY here! You can feel it in the air”!**

**Hello everyone, welcome to our May Guide Page Magazine! May already? Seems like just yesterday we were planning our Valentine Social! Well anyway, I hope you and yours are well and planning that awesome summer trip! Personally, I am eager to attend the Strawberry Festival in Buckhannon, and celebrating Father’s Day on Summersville Lake! Oh, by the way, I would be remiss if I didn’t wish my mom and all the other mom’s a wonderful Mother’s Day!**

**In this issue you will see announcements for the Sweets For Sight and our Rummage Sale. Please support those two events! Also you’ll see a great article about the YMCA and Cabell-Wayne’s participation there. Perhaps it will spark your interest.**

**The Summer Bash is coming in July. Be sure to get your party song requests in soon!**

**Take Care!**

**Meal Prep Class**

**Meal prepping has become quite the thing in recent years. Many reasons are responsible for this – time saving, space saving, money saving, and often healthier than eating out or other “quick” meal ideas.**

**With this in mind, at the suggestion of President Joann Wallace, we will be offering a Meal prep cooking  class.**

**This class will begin at the usual 12:30 and may extend past 2:30. Participants will take home at least 1 meal prep.**

**This is in line with our desire to move toward more opportunities for useful, needed instruction for our consumer.**

**The class is tentatively scheduled for sometime this summer. The exact date will be announced soon.**

**\If you have ideas about what you would like to see us add to our lineup please feel free to reach out to me.**

**Thank you, Toni I. Walls, COMS, CVRT**

**Executive Director**

**Cabell-Wayne Association of the Blind**

**Services Division**

**38 Washington Avenue, Huntington, WV 25701**

**304-522-6991**

Transportation!

**Serving The Needs Of The Many**

**Freedom. Simply put, freedom means independence, or the state of not being imprisoned or enslaved. If you ask any consumer who was once able to freely come and go as they please, they would tell you that having lost that ability through loss of vision, is the most difficult obstacle they have ever faced.**

**Consumers of Cabell-Wayne Association of the Blind Services Division are truly blessed by the fact that the Teubert Foundation has provided funding that provides the transportation service many consumers use daily. The ability to get to doctor’s appointments, work, grocery shipping, Y activities, or Cabell-Wayne activities without charge is a privilege that shouldn’t be taken lightly.**

**The CWAB Transportation program is an extremely active one. Staffing includes a Supervisor, Assistant Supervisor, and four drivers who collectively work as a team to get you where you want, or need to go, in a timely and safe manner.**

**With this complex structure comes rules. Rules that MUST be adhered to for everyone’s safety. Here are some things to keep in mind when you call the Service Division office to schedule your transportation need:**

**All appointments MUST be made no less than 24 hours prior to your appointment. If you have a Monday appointment, you MUST call the office prior to your appointment time Monday. For example: if your Monday appointment is at 11 a.m., you will beed to call to make your appointment by Friday at 11 a.m.**

**For recreation events, the general rule is sign up by the Friday before that event. Wednesday recreation will follow the 24 hour rule.**

**If you intend on participating in the Y program, you will need to call in your requested schedule for the entire week, and do so by 10 a.m. the Friday before.**

 **Medical appointments preferably should be made between 9 a.m. and 1 p.m. If your pick-up time should fall after 4:30 p.m., we will be unable to get you as this would be after normal operating hours. Timing also depends on the distance you are from our office, and the distance you are from your doctor’s office. Your schedule should be discussed with the Transportation Supervisor, or the Assistant Supervisor.**

**Drivers have their rules too. These rules will ensure you will have an ample opportunity to connect with your driver for your appointment. Drivers will contact you when they are on their way to pick you up. On their arrival they will either call or sound their vehicle horn. You will then have ten minutes to make it to the shuttle. Drivers are instructed to call the office if you do not show up, and they will be instructed to leave. Any delays could cause a domino effect and the schedule for the rest of the day could be effected.**

**Drivers have complex schedules. Because of this, you may be picked up as early as 1 hour prior to your appointment. We will attempt to make you aware of these early pickups but may not always be possible. In order to meet everyone’s needs with the manpower we have on staff, this is a necessary flexibility that you must have. Group activities may require more than one hour as the driver will have several stops to make.**

**And everyone’s favorites:**

**No food or drink allowed on shuttles. This is without exception and includes thermal cups and bottles. They must remain sealed at all times.**

**Drivers are instructed to not engage the vehicle until all passengers are belted. Seat belts MUST be worn for the entire ride, until driver places shuttle in park. This is without exception.  Failure to comply may lead to you missing out on transportation services in the future. Also, you should be aware that if a driver is discovered to have driven with a passenger unbelted they face disciplinary action including dismissal. This is a zero tolerance policy.**

**Transportation follows a warning system for non-compliance. Warnings are issued for failure to cancel a scheduled ride, having open food or drink on the shuttles, failure to wear seatbelt (mandatory), failure to answer call prior to pick up, failure to board shuttle within 10 minutes of shuttle arrival. These warnings follow a progressive severity, starting with a verbal warning and ending after the 7th warning with Permanent suspension from transportation services.**

**Please respect your drivers. They may not take the route you are familiar with but they may know of traffic problems you aren’t aware of.**

**If you have a concern, feel free to discuss it with Transportation Supervisor Jim Dorton or Executive Director Toni Walls.**

**Transportation is a valuable service and a wonderful privilege to those who need it. Let’s be appreciative and compliant with the rules.**

**Thank you!**

**Toni I. Walls**

**Executive Director**

**Guide Page by Email**

**Click, Open, and Read!**

**For three decades the GUIDE PAGE MAGAZINE has been freely offered in a variety of formats to suit the vision needs of consumers,, and the general public. change as technology changes. Generally we offer large print, Braille, or an audio CD, and for our internet savvy consumers, audio, and text issues, which are available on cwab.org.**

**We produce hundreds of copies of the GUIDE PAGE Magazine each month, with most formats requiring postage for delivery. The most cost effective issues we produce are email.**

**Email issues need no ink, paper, packaging, or postage. Recipients simply open their inbox and read or let their screen reader software read it for them.**

**By changing your current subscription to email only, you will greatly assist us in continuing to provide the GUIDE PAGE to you. For more information, please call 304-522-6991.**

**Activities Center Serves Community**

**Since its completion in the Spring of 2008, the C.W.A.B. Activities Center has been a virtual beehive of activity! Having served as a location for concerts, weddings, parties, and meetings, the center is a fully-equipped facility that can serve any need**

**Available as a rental facility the building boasts a spacious double-range kitchen with a restaurant-style sink, refrigerator, freezer, and microwave. Access to tables and chairs, tablecloths and dinnerware are also available.**

**Holiday decorations are also available.**

**The C.W.A.B. Activity Center is an excellent choice for any event - large or small.**

**For more details, contact the Services Division office at 304-522-6991.**

**There is one image with this article. The image is a full-page representation of a brochure containing twelve images. All images are of the interior of the center in various angles, and with various activity decorations.**

**Cabell-Wayne**

**Association of the Blind**

**Services Division**

**T-Shirt Sale**

**CWAB® Services Division is offering t-shirts for sale. These have the logo and name on the front left and the new design on the back of the t-shirt. Description of the back is as follows:**

**Name across the top with logo at top of back of shirt facing a weaving roadway. Along the roadway are signs labeled (from top to bottom) “The Guide Page”, “Recreation”, “Consumer Services”, “Adaptive Technology”, “Transportation”, “Vision Rehab”, and “OM”. At the bottom there is a banner that reads “Independence”.**

**Basic colors being offered are Navy, Royal blue, Red, Marshall Green, and Purple. We have some of these in stock at all times. There are many other colors available so if you desire a different color please call and ask for Toni to discuss. We are also offering several tie-dye versions.**

**Prices:**

**Short sleeve                 $15**

**Long Sleeve                 $20**

**Short Sleeve Tie-Dye   $20**

**Long Sleeve Tie-dye     $25**

**Orders will be placed soon, so get yours in now!**

**Prices subject to change based on cost to CWAB®**

**There are two photos with this article. They are of Hailey Tabor wearing a tee shirt as mentioned. The caption reads: Transportation team member, Hailey Tabor, shows the front and back of the Royal Blue t-shirt”**

**Ongoing Fundraisers**

**Cabell-Wayne Association of the Blind Services Division relies on multiple fundraisers. Since the onset of COVID-19, our regular schedule of events have been adjusted, and re-adjusted. Despite these changes, there are still ways to assist with fundraising.**

**Following are some of those ways. For more information please contact Toni Walls or Danielle High.**

**AmazonSmile® - go to smile.amazon.com to shop. On your first visit there you select the charity to which you wish to donate.**

**Kroger Community Rewards - This is linked to your Kroger card. You must set up a digital account and link your card to an organization. Our NPO number is PK519.**

**Rada Cutlery – Knives, utensils, quick mixes, gift sets and recipe and gift books. Call CWAB® for information on ordering.**

**Marcos Coupon Card Fundraiser**

**For $10 you can purchase a Marco’s Fundraiser card. On the back of the card you will find 12 coupons. They are:**

**• 1 free medium, one topping pizza**

**• 5 coupons for free medium pizzas with the purchase of any Large or XL pizza at regular price**

**• 4 coupons for free cheesy bread with any large or XL pizza at regular price**

**• 2 coupons for a Free CinnaSquare with any Large or XL Pizza at regular price**

**There is one image with this article. The image is of the front of the Marcos Coupon Card.**

**Shopping Opportunities**

**Consumers are able to utilize CWAB® Services Division Transportation Program for scheduled shopping trips on Tuesdays or Thursdays. These trips are available to:**

**Walmart Rt. 60, Target, \Kroger on 5th Avenue, Huntington Mall, Aldi’s on Washington Avenue**

**Any other location requests must go through Executive Director, Toni I. Walls for consideration.**

**Here are shopping guidelines:**

 **• Two hour limit**

 **• One location**

 **• Must be between the hours of 10-1**

 **• Purchases are limited to what the consumer can carry independently. Drivers may help get purchases to the front door, if schedule permits.**

**A guide or companion is encouraged.**

**Cabell-Wayne’s “Official” Welcome**

**for Newcomers**

**Doing anything strangely and for the first time, can be a daunting task. It’s no different if you are moving into a new home, starting a new job, or visiting a doctor‘s office for the first time. We all get the jitters. The same is true for new visitors and new consumers of Cabell-Wayne Association of the Blind.**

**To make it easier to get acquainted, the Services Division offers new, and potential consumers two pieces of printed information that helps to bridge the gap between the strange and the familiar - The CWAB® Consumer Handbook, and the agency’s greeting brochure. Each with its own wealth of information.**

**Inasmuch as many of the readers of the Guide Page Magazine may not be familiar with, say the agency brochure, we will present it to you on the following two pages.**

**In regular print form, the brochure is a trifold document, which makes it super easy to mail. Information on our services as well as agency contact information is included. If you’d like to have a printed copy, contact the Services Division at 304-522-6991.**

**Here is the content of that brochure:**

**Cabell-Wayne Association of the Blind**

**CWAB® Services for the Blind and Visually Impaired**

**Helping to shape the future and enrich the lives of the blind and visually impaired in our area**

**CWAB(R) is the leading local resource for people who are blind or visually impaired. CWAB(R) works with other organizations and community resources to provide consumers with every opportunity available to them.**

**CWAB(R) is a non-profit organization founded in 1975. The Services Division Component, which provides aids and instruction to registered consumers was activated in 1989 and is funded through grants, including a major one from the Teubert Charitable Trust, and through direct contributions.**

**“What bars us from first-class status is not inferiority inherent in blindness, but rather, the tacit acceptance of a diminished role with minimal expectations and minimal opportunity for full participation.” Ann Shroeder, 1989 International Rehabilitation Conference**

**CWAB® 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.**

**CWAB® Mission:**

**The 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 life style comparable to other members of society.**

**Here is what we do:**

**Transportation, Vision Rehabilitation, Orientation and Mobility, Adaptive Technology, Consumer Services, Recreation, Media/Marketing, Peer Support Groups, Volunteers, Community Involvement, Employment Support**

**Transportation is provided to registered consumers of CWAB®. Destinations include doctor’s visits, work locations and CWAB® events. All other requests are handled on a case by case basis.**

**Vision Rehabilitation is provided through a CVRT® (Certified Vision Rehabilitation Therapist)**

**Consumers are provided with aids based on evaluation of visual function as well as need. Training in Daily Living Skills including creating and reading Braille, cooking, and organizing is also available.**

**Orientation and Mobility (OM) is the way we function in our environment. Training in the specialized skills involved is offered by our COMS® (Certified Orientation and Mobility Specialist) and is individualized to meet the needs and abilities of the consumer.**

**Adaptive Technology provides specially adapted computers and Electronic Video Magnifiers to qualified consumers through a lending program. Training is also available on these and other devices.**

**Consumer Services provides assistance with daily tasks such as shopping, book keeping, organization and other necessary tasks.**

**Adult Recreation offers social interaction through many activities such as picnics, parties, bingo, plays, concerts, YMCA and crafts. These activities allow consumers to enjoy a full and active life-style.**

**Teubert Prep is the recreation program for children of Cabell and Wayne counties who are blind or visually impaired. It offers opportunities to socialize one-on-one with peers who are sighted. Families are provided an opportunity to share challenges and successes with a Parents support group.**

**Our Media-Marketing program is responsible for producing the monthly Guide Page Magazine and for maintaining the agency website www.cabellwayne.org. Advertising and spreading the word of what we do through all media resources is also a priority for this program.**

**Peer Support Groups meet on a regular basis. In these groups our consumers are provided opportunities to learn and socialize with others who share similar life experiences.**

**Volunteers are an important part of what we do. Volunteers are utilized for direct and indirect services.**

**Community Involvement including in-service education, health fairs, and outreach events. We also strive to include the community in our events.**

**Employment Support is provided by all programs of CWAB® from Transportation to Adaptive Technology to VRT to OM. Our goal is to assist in any way we can so that our consumers live the life they desire.**

**If you have any questions, wish to apply for one of the programs, or know someone who could benefit from our services, please contact:**

**Cabell-Wayne Association of the Blind**

**Services Division**

**38 Washington Avenue**

**Huntington, WV 25701**

**304-522-6991**

**Fax 304-522-6924**

**Website: www.cabellwayne.org**

**Please remember us in your will.**

**Planned Giving**

**So, what is planned giving? 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.**

**CWAB® Services**

**TRANSPORTATION – Getting around is a major roadblock to the blind and visually impaired. Consumers are offered free transportation to work, doctor’s appointments, shopping, and group activities. Limited vision no longer means limited transportation.**

**ORIENTATION & MOBILITY – O&M’s goal is to train consumers with techniques of safe, efficient travel both in the home and into the community. Skills are taught that are vital for independence, confidence and self-satisfaction. Instruction is built around the goals and needs of the student.**

**REHABILITATION – Learning new skills to improve daily living enhances quality of life for the visually impaired. Magnifiers and talking devices are available. Instruction in Braille, cooking, and even simple tasks like phone dialing can lead to a more independent life.**

**COMPUTER TRAINING - Training is the key to computer technology. Utilizing keystrokes and enhancement software, the student learns to complete a variety of tasks sighted computer users take for granted. Limited vision should not limit your technical training.**

**ADAPTIVE TECHNOLOGY - A CCTV can be used to magnify books, newspapers, and magazine print to the size of a regular television screen allowing individuals the ability to enjoy reading again. Adaptive technology can bring you back to the world, and the world to you.**

**RECREATION – Everyone knows the key to success is the ability to play well with others. CWAB®’s recreational program offers a variety of activities for any age consumer. Both indoor and outdoor events are scheduled on a regular basis.**

**For more information on services, volunteering, and planned giving, call 34-522-6991.**

**This is the end of the GUIDE PAGE MAGAZINE Volume 33, Issue 5, edition for May/June 2022.**

**-- end —**