**This is the GUIDE PAGE MAGAZINE Volume 33, Issue 2, web-text edition, for February 2022.**

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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**

**Laundle Powers - 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, Activities, Our Programs, Office Closing For President’s Day, Notes From The Editor, Pottery Class, Transportation!, GUIDE PAGE By Email, iOS and Computer Classes Return, 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 Valentine Social will be held Friday, February 11th. 6 to 8 p.m. Call 304-522-6991 to sign up!**

**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**

**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.**

**Our goal – to provide support to allow our consumers to live as successfully and as independently as they can.**

**Our focus – to alleviate the challenges of low vision to the best of our ability and the availability of products and adaptations.**

**Our consumers are equipped and encouraged to lead as independent a life as they can attain. The challenge becomes identifying where support ends and independence begins. The hardest realization comes when consumers are no longer able to be independent, even with support. When these situations arise we work toward making recommendations to the consumer and their family on how to meet the changing needs of the consumer.**

**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 are two photos with this article. The first 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.**

**Activities**

**FEBRUARY**

**Wednesday 12:30 to 2:30**

**2nd - Crafts**

**9th - Cooking**

**11th - Valentine Party**

**16th - Crafts**

**23rd - Bingo**

**Support Groups**

**1st - D - Kim Blake**

**3rd  - B - Holbrook**

**10th  - A - Wallace**

**10th - C - McComas**

**17th  - B - Holbrook**

**24th  - A - Wallace**

**24th - C - McComas**

**MARCH**

**Wednesday 12:30 to 2:30**

**2nd - Crafts**

**9th - Cooking**

**16th - Music Appreciation**

**23rd - Bingo**

**30th - Pottery**

**Support Groups**

**1st - D - Kim Blake**

**3rd  - B - Holbrook**

**10th  - A - Wallace**

**10th - C - McComas**

**17th  - B - Holbrook**

**24th  - A - Wallace**

**24th - C - McComas**

**Our Programs, and What They Can Do For You**

**If you’ve been reading the Guide Page magazine regularly over the past twelve months, you will no doubt, remember our series of “Who We Are, and What We Do” articles. We will be expanding those articles during 2022 in a more program-specific way. These articles will focus on the program, the person responsible for those programs, what they can do for you, and how you can reach them. These articles entitles, “Our Programs, and What They Can Do For You”. We will begin this month with Media-Marketing.**

**The Media-Marketing program of Cabell-Wayne Association of the Blind serves several purposes:**

**1. To produce and distribute the Guide Page Magazine.**

**2. To provide the Services Division with materials for promoting consumer-related events.**

**3. To provide the Services Division with in-house as-needed materials: such as the agency brochure, Consumer Handbook, and the Teubert Prep Handbook.**

**4. To provide consumers with replacement issues of the Guide Page**

**5. Schedule and promote as-needed television and radio interviews to promote agency-related events.**

**The head of this program is Jerry Crabtree. Jerry has extensive broadcast and publishing experience and handles the audio production of the Guide Page as well as providing scripts for both braille and website posting**

**Primarily the consumer will not usually communicate directly with Jerry. Unlike other program heads, Jerry has provided services to Cabell-Wayne from his home. This was a precautionary step at the onset of COVID-19 and the process has worked well enough to continue.**

**To communicate with Jerry you can email him at jerrycrabtree@cabellwayne.org. Phone messages to the Services Division will be relayed in a timely manner.**

**Cabell-Wayne Association of the Blind’s Services Division**

**WILL BE CLOSED**

**Monday, February 21st**

**in honor of President’s Day.**

**All services and activities will resume Tuesday, February 22nd.**

**There is a graphic image of Mount Rushmore with this notice.**

**Notes From The Editor**

**Welcome to our second issue for 2022 - February, the month of Valentines, groundhogs, and Presidents!**

**Since February is one of our colder, and more severe weather-ridden months, you should pay extra attention to our transportation program. The best policy is to wear gloves, (if you have them), dress in layers, and pay special attention to the forecast, read the transportation article within these pages, and plan your trips accordingly.**

**Interested in pottery class? Details are on page 14.**

**The Valentine Social is planned for Friday, February 11th. I plan on playing all your Valentine favorites. Have a special song request? Call the Services Division office and they will relay that to me. I will do my best to have it on hand.**

**Enjoy the issue! We’ll see each other soon!**

Pottery Class

**Hello all!!**

**With the retirement of long-time Recreation Coordinator, Linda Worthy in October, we have been working hard to ensure that recreational activities are being offered. We are looking at what has worked in the past, as well as making some tweaks along the way to meet the needs of the consumers now. Of course, staffing also comes into the equation when looking at what we are able to offer.**

**With all of that in mind, we are excited to announce that we have entered into an agreement with the Huntington Museum of Art to offer a spring pottery class!! These classes will begin on Wednesday, April 6, 2022 and go for 6 consecutive Wednesdays, ending on May 11, 2022. Pottery has always been a very popular recreational event and we are also working toward scheduling our normal fall classes as well.**

**Pottery sign up has always been offered first-come, first-serve with preference given to anyone who has not ever taken the pottery class. We will be working that way again in the spring. All sign ups will be overseen by Toni Walls, Executive Director. Sign ups begin now!!**

**With COVID in mind, please be aware that masks may be required to attend.**

**There is one image with this article. The image is of instructor Kathleen Kneafsey assisting a young pottery class student.**

Transportation!

What a great need this is!

**Consumers of CWAB® Services Division are very blessed. Transportation is made available through funding from the Teubert Foundation for needs such as doctors appointment, work, YMCA program, CWAB® events, and other needs as available.**

**With this privilege comes rules. We have to ensure that this program is utilized efficiently and appropriately. I want to go over some of these rules today.**

**All transportation must be scheduled no later than 24 hours prior to pick up. For Monday appointments this would mean by Friday prior to the time of appointment on Monday.**

**For recreation events, the general rule is sign up by the Friday before the event. Wednesday afternoon recreation follows the 24 hour rule.**

**If you participate in the YMCA program, you are asked to call your schedule in by Friday morning by 10 for the following week. We will not take sign-ups for the following week before Wednesday.**

**Medical appointments are preferably scheduled between 9 am and 1 pm. If your return pick up time falls after 4:30 we will be unable to pick you up. Timing also depends on your distance from the agency and the location of your appointment. For individual information please call to discuss with Transportation Supervisor Jim Dorton, or Assistant Transportation Supervisor Hailey Tabor.**

**Drivers are instructed to call you between 10 minutes to 1 hour prior to your pick up. This is affected by your distance from the office. If you do not accept this call your ride may be cancelled or delayed. Once a driver arrives at your location they will indicate their arrival by phone call or horn. You then have 10 minutes to board the shuttle. Drivers are instructed to call the office after waiting 10 minutes and will then be instructed to leave.**

**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 able to. In order to meet everyone’s needs with the manpower we have on staff, this is a necessary flexibility that you must have. Also, if you call for a return trip it may take up to 1 hour for your driver to reach you for pickup. All care is taken to minimize these times but may be necessary based on demand for that day. Your cooperation and understanding is appreciated.**

**As we still deal with the COVID-19 pandemic, temperature checks are still a tool that is advised by the CDC and will continue for the foreseeable future. Please pause at the top of the steps in the shuttles to allow the driver to take your temperature.**

**And everyone’s favorites:**

1. **No food or drink allowed on shuttles. This is without exception and includes thermal cups and bottles. They must remain sealed at all times.**
2. **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, failure to answer call prior to pick up, failure to board shuttle within 10 minutes of shuttle arrival. Warnings follow a progressive severity, starting with a verbal warning with no consequences and ending after the 7th warning with Permanent suspension from transportation services. More severe non-compliance may lead to accelerated penalties.**

**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.**

**Our transportation department is a wonderful privilege to those who need the valuable service. 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.**

**Technology News (with Jeff Ball)**

**Classes in iOS and computer training are now available. This will be offered by priority in this order – Board members, working consumers, college students, and consumers who aren’t in those categories. Urgent need will always be considered a top priority.**

**Classes are set up in 8 week sessions. At the end of each 8 weeks consumer and instructor will evaluate progress and decide what comes next.**

**Each class will last approximately 1 hour and Topics cover will include:**

**• iOS: Voiceover, Finger gestures, Siri, Text messages, Phone calls, Time, Weather, To do list, and Facebook, which will be the last topic covered if requested.**

**• Computer: Basic keyboarding, Basic computer skills, Advanced computer skills**

**In regards to COVID, the classroom will be thoroughly sanitized before and after each class session. An air sanitizer has been purchased for the classroom and will run throughout class time. Student and/or instructor may request that masks be worn and are asked to be respectful regarding this request.**

**Please feel free to contact me at any time for further details, or if there is something specific you would like to know. Also, feel free to reach out to Director, Toni Walls with questions or concerns.**

**Jeff Ball, Adaptive Technologist**

**304-522-6991**

**jeffball@cabellwayne.org**

**toniwalls@cabellwayne.org**

**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-die versions.**

**Prices:**

**Short sleeve                 $15**

**Long Sleeve                 $20**

**Short Sleeve Tie-Die   $20**

**Long Sleeve Tie-die     $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](http://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](http://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® (registered trademark) 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 2, web-text edition for February 2022.**

**-- end —**