

A photograph of a smiling man with glasses and a mustache, wearing a light blue sweater, holding a red acoustic guitar. The guitar is a Fender model, with the brand name visible on the soundhole. The background is plain white.

Guide Page Magazine

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

Volume 31 - Issue 6

June 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

5 to 7 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

**Long-time consumer, Clarence Martin dies.
(Story on page 16).**



Executive Director
Toni S. Walls

Hello to all,

So much has happened since the last Guide Page. As you all know the COVID-19 pandemic has affected the entire world – including CWAB® Services Division. It is a constant task to stay up to date on the changing information regarding this situation but we are working hard to be diligent.

The Services Division is open and providing essential services. Staff are temperature checked before entering the building. They are also required to wear a mask outside of their personal offices. No one outside of staff is currently being allowed to come in to the building in order to limit unnecessary exposure.

Essential Services include transportation to necessary doctor visits and work. Consumers are temperature checked before being transported and are also required to wear a mask



while on the shuttle. This is for the protection of both the consumer and the staff. Also the shuttles have been outfitted with plexi-glass to cut down on transfer of germs between staff and consumer. Consumers are encouraged to bring a guide with them when being transported. Guides are also required to wear a mask. We are currently limiting transportation to one consumer at a time, per shuttle. Shuttles are sanitized between passengers and at the end of the day.

Consumer Services are being provided. Modifications to this program have been made to provide services in the safest manner possible.

Vision Rehabilitation and Orientation and Mobility are being provided as needed. Modifications to these services have also been made to protect the consumer and staff member as much as we can.

We currently are not holding any group activities. We feel that it is in the best interest of the consumers to limit interaction as much as possible. We plan to resume these popular activities once we can feel safer in doing so.

Please be assured that we are being diligent and cautious in order to assist all of our consumers and staff in staying well. We all have our opinions and concerns regarding this situation. Trust me when I tell you that in making any decision regarding the Services Division I am in close contact with Association President Joann Wallace and I am researching guidelines put forward by the State of West Virginia and also surrounding states and municipalities. We may be being overly cautious, but I am okay with that if it protects even one of you.



In other news, the repairs on the C.W.A.B. Activity Building are almost complete. They probably will be by the time you receive your Guide Page.

Some of the improvements made include the installation of a 3 bowl restaurant quality sink, drywall ceilings, LED lighting, an extended kitchen featuring an island, and cabinetry in the utility room. The contractor also addressed some issues the building had - including the inability to open or close one exit door, the instability of one corner of the building, and the lack of plywood under the metal roof. I am very pleased and proud of the work that has been done and I am excited to present your building back to you once we are able to.

Our first celebration in the building will hopefully be the 45th Anniversary Celebration planned for October 9, 2020. We also hope to have our annual fall rummage sale in September, based on the situation at the time with the virus.

You are all in my thoughts and prayers as we go through this situation.

Until next month,

Toni I. Walls, COMS, CVRT

Executive Director

Cabell-Wayne Association of the Blind





Notes From The Editor



Welcome to our June edition! Many things have changed since our April magazine, (which did not publish).

Cabell-Wayne has been closed for several weeks due to the COVID-19 pandemic. As I write this, the last week in May, we have only been open for two weeks offering limited - essential services.

Since the group activities schedule has not yet resumed, no doubt you will see several things missing within these pages. There are however, several items to note: our “Sweets For Sight”, and the agency’s 45th anniversary are still on our future schedule and will both take place this October.

In the meantime, be safe, stay well, practice “social distancing”, and wear your mask when needed.



A Word Search For Summer

M	J	R	O	D	D	B	V	V	T	D	P	P	P	C	V	X	Q	Q	W
R	Q	A	J	K	X	Z	A	Z	Z	H	O	L	I	D	A	Y	P	P	Q
F	Y	T	J	F	N	B	C	W	Q	H	P	R	C	E	E	L	M	F	D
R	Y	T	Y	C	B	G	A	N	N	C	S	A	N	a	s	i	g	I	K
M	X	C	T	U	E	U	T	N	N	F	I	Z	I	U	U	M	B	D	F
A	Q	W	U	I	A	C	I	M	N	V	C	X	C	I	L	A	B	G	F
X	R	F	T	Y	C	C	O	R	R	R	L	J	K	L	L	F	O	O	O
Q	S	U	N	S	H	I	N	E	C	C	E	R	H	G	L	K	K	L	O
O	I	N	R	G	F	C	V	V	L	K	D	S	C	A	M	P	I	N	G
O	K	V	B	F	G	R	R	B	V	T	Y	V	X	M	E	W	G	O	H
Y	C	C	Y	T	E	W	Q	F	G	H	J	K	Z	P	U	b	M	L	O
U	S	W	I	M	M	I	N	G	F	S	U	N	G	L	A	s	S	E	S
Z	X	P	M	G	L	K	K	y	E	U	S	Y	C	X	X	y	X	M	U
O	I	G	Y	D	O	T	H	I	C	S	A	N	D	A	Z	a	L	R	O
R	C	X	V	U	Y	H	J	g	D	F	N	A	M	J	K	d	R	E	G
B	A	R	B	E	Q	U	E	m	N	F	D	E	U	D	L	I	Y	T	A
Q	I	Y	O	D	O	P	P	d	F	N	B	C	B	C	V	v	V	A	R
B	E	R	Q	X	V	T	J	F	L	E	M	O	N	A	D	e	O	W	D
B	Y	E	C	C	I	O	X	V	O	J	K	K	A	O	C	e	Q	Q	E
C	S	D	D	A	R	E	U	Y	M	B	H	O	T	I	L	J	H	F	O

Find the words hidden in the puzzle

SUNSHINE	BEACH	SAND	OCEAN
VACATION	HOLIDAY	FAMILY	PICNIC
TAN	SWIMMING	BARBEQUE	CAMPING
SUNGLASSES	ICE CREAM	GARDEN	LEMONADE
POPSICLE	WATERMELON	HOT	FUN



The second annual “Sweets For Sight”, HAS BEEN RESCHEDULED! The new date is Saturday, October 31st!

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!

Remember, this year’s event will be held Saturday, October 31st, from 1 to 3 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, October 31st, from 1 to 3 p.m., at the DoubleTree by Hilton, Downtown Huntington.

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

Tickets are sold in \$5 increments, and we will only sell enough tickets to cover the number of desserts being offered. Ticket 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 prior to the 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.



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 **October 9, 2020** at our
Celebration of the Associations 45th Anniversary!**



\$1 buys 1 entry

\$5 buys 6 entries

\$10 buys 12 entries





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



Consumer Clarence Martin Passes

Clarence was a well-loved CWAB® consumer. He was a regular attendee of association meetings, and he LOVED attending social functions - such as our Halloween party. After retiring from Marshall University, Clarence devoted his Fridays to clean the Services Division office. Clarence Martin's presence will be greatly missed. - ed.

MR. CLARENCE WILLIAM MARTIN, of Huntington, WV, passed away May 13, 2020, at the age of 79. He was born March 24, 1941, to the late John Henry Martin Jr. and Ernestine Marie Allen Martin. In addition to his parents, he was preceded in death by the paternal grandfather who raised him, John Henry Martin Sr., and his beloved first cousin, Eugene F. Crawford, with whom he shared a home for most of the first 51 years of his life. Mr. Martin attended Barnett Elementary School and Douglass High School in Huntington. He graduated from Carver High School in Crestview, FL, Class of 1961. After working in the housekeeping department at St. Mary's Hospital for three years, Mr. Martin was employed as a Building Services Worker in the Residence Services Department at Marshall University from 1969 until retiring in 2006. He received certificates for perfect work attendance for several different years at MU. In October 2002, he was named Employee of the Month for the university. After his retirement from MU, he served as a volunteer custodian at the Cabell Wayne Association of the Blind. For his volunteer efforts, he was named a WSAZ News Channel 3 Hometown Hero on December 6, 2014. Mr. Martin was an active member of The First Church of Christ, Scientist for over 35 years. He loved his church and congregation and enjoyed traveling independently to Minnesota for association meetings several different summers. He had a deep and abiding lifelong faith in the Lord. Mr. Martin enjoyed good food, both home cooked and ordered out; many different genres of music; attempting to play the guitar, piano and harmonica; reading the Bible, Christian publications and



self-help books; sending beautiful greeting cards for all occasions; traveling locally and nationally; voting in every election; and corny, corny jokes. He was a staunch Thundering Herd fan, faithfully following every football and basketball game on TV or radio. Despite being declared legally blind when he was very young, Mr. Martin overcame so many obstacles in life without complaint. He was consistently optimistic; the only things he said he missed due to poor eyesight were driving a car and serving in the military. He was independent and self-supporting his entire adult life. Mr. Martin was a decent, hardworking, totally trustworthy man, loyal to family and friends, and often generous to a fault. Following a private graveside service, he was inurned at Spring Hill Cemetery. Family guestbook at www.klingelcarpenter.com.





How COVID-19 Can Effect The Blind Or Visually Impaired

The Corona Virus, or COVID-19 has made a significant impact on society in a variety of ways - everything from consumer goods shortages, business closures, to the very way we visit our families and friends. But what if you are blind or visually impaired, how does these changes effect you? Indeed, these changes are varied.

What are the unique COVID-19 challenges for someone who is blind?

It's important to note that every low vision individual experiences things differently. With that said, here are a few of the common concerns we've heard from our own community:

Often people who are legally blind manage their sight loss using touch to feel for things like finding the right elevator button, or to receive guided directions. That is no longer possible in the era of social distancing.

A person living with macular degeneration might not be able to see the social distancing markers at the grocery stores and can no longer go with a companion who would guide them otherwise.



Someone living with Stargardt's disease will not have a driver's license, yet their regular means of transportation is no longer available as services shut down.

Social distancing is exceptionally challenging when a person with diabetic retinopathy can't see how close someone is to them.

Individuals who are blind or visually impaired are not at greater risk to contract COVID-19 because of their visual impairment, however, the visually impaired population potentially expose themselves to increased risk due to lifestyle requirements.

- 1 Difficulties with barriers to implementing good hygiene measures such as inability to locate or see the hand sanitizer stations that are prevalent in stores (upon entering).**
- 2 Need to be guided by holding someone's elbow (elbows now used for sneezing and coughing).**
- 3 Need to frequently touch things for orientation and to identify things.**
- 4 Co-morbidity with Diabetes and other conditions.**
- 5 Need to use public transportation (crowded, difficult to socially distance) and /or ride-sharing such as Uber and Lyft (sanitary practices of each driver unknown and inconsistent).**



Blindness and vision impairment aren't on the list officially of at-risk factors when it comes to COVID-19, but as individuals with disabilities, we should be prepared, proactive, and act as we are on the list considering how much we use our sense of touch. If you aren't visually impaired, we also have plenty of ways you can help the blind and visually impaired during these uncertain times.

If you are Visually Impaired/Blind

COVID-19 and Blindness: As low vision and blindness individuals, we use touch much more than the average person. Whether it's using a sighted guide, carrying a cane/using a guide dog, or touching tactile signs and braille, we rely on activities that aren't exactly conducive to social distancing. What can we do during the pandemic to make sure we are staying safe and healthy?

Wipe down your cane/guide dog harness

If you are still leaving the house and use your cane or a guide dog, make sure you wipe down your cane or guide dog harness with a Clorox wipe or some good old fashion soap and water. Be extra cautious and wash your hands directly after if you need to use braille while out now.

Use Delivery Services

The best thing we can do right now is to stay home, especially if you're in the blind or high-risk community. But what about groceries? Medications? The blind and visually impaired com-



munity are no stranger to grocery delivery but this just gives you another reason to use them! Instacart is a great option as well as Whole Foods delivery on Amazon. CVS also offers delivery on medications.

Limit riding Public Transportation, Uber/Lyft, Paratransit If you can

The CDC recommends you limit your time in crowded areas such as public transportation, if possible. With so many people riding public transportation, it can be a huge risk to ride it when it comes to COVID-19, especially considering the touch factor. If you can, walk where you need to go or have a trusted person (who you might be social distancing with) take you where you need to go.

In the same vein, using shared-ride services can be just as dangerous when it comes to being in contact with someone who might be infected. During this time, it's best to avoid rideshare apps to be on the safe side.

Follow the CDC Guidelines

The CDC has a handful of great guidelines but a few general guidelines that can help you keep you safe are the following:

- 1 Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.**
- 2 Avoid touching your eyes, nose, and mouth with unwashed hands.**
- 3 Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw**



used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.

- 4 Practice social distancing by avoiding large gatherings and maintaining distance (approximately 6 feet or 2 meters) from others when possible.**
- 5 Wear a face mask which covers your nose and mouth whenever you expect to be around others.**

People who are blind are facing additional challenges during this pandemic that must be addressed.

The Disproportionate Impact

Transportation

Many bus systems have moved to weekend schedules, and therefore are not running as frequently. Ride-sharing apps like Uber and Lyft have become harder to hail as drivers have, understandably, decided they do not want to risk becoming infected.

Medical Treatment

Many cities have opted for drive-through coronavirus testing facilities, but where does that leave people who do not drive or have a driver readily available? Would rideshare drivers be willing to take a `` who thinks they may have the highly contagious coronavirus to testing sites? People who are blind continue to face discrimination from medical providers.



Information

Information about the coronavirus spread is frequently depicted as graphics. These charts and graphs are rarely available in alternative formats accessible to people who are blind.

Groceries and Supplies

Gathering food and household supplies is becoming more challenging for everyone as people continue to needlessly hoard grocery store items. People who are blind are now having difficulty obtaining in-store shopping assistance because employees are busy dealing with restocking and crowd control. Grocery delivery services like Instacart are booked days in advance and often requested items cannot be found in the store. People who are blind don't have the luxury of driving to multiple stores in search of a particular item, and those on fixed incomes may not be able to buy items in bulk.

School Materials

Students who are blind and parents who are blind face uncertainty about the types of electronic materials they will be expected to use for the remainder of the academic year. Blind students find they must use a hodgepodge of platforms and programs to keep up with classes, and blind parents are unable to assist their children with homework if the materials are inaccessible.



Risk Considerations

While blindness alone does not make a person more susceptible to the coronavirus, other immunity compromising conditions that cause blindness, such as diabetes and aging, are more frequent within the blind population. People who are blind are less able to practice social distancing when using public transportation, exploring items tactilely, and requesting assistance from others.

Resources for this article were taken from:

<https://esighteyewear.com/impact-of-covid-19-for-people-with-visual-impairments/>

AND

<https://www.usaba.org/covid-19-risks-and-challenges-for-the-visually-impaired/>





Guidelines for Rehab Services

As Cabell-Wayne Association of the Blind begins to gradually offer services again after a nearly two-month closure due to mandated COVID-19 guidelines, certain policies and practices regarding services offered have changed to allow us to safely serve our consumers.

Zach Davis, VRT Assistant, will have limited in-office hours, and will be offering rehab and assistive services under special conditions. Those conditions are:

- Arrangements to pick up or drop off aids can be made.
- Assessments will be made by phone, ZOOM, or FaceTime
- All assistive aids will be mailed to requesting consumers.
- All low-vision aids will also be mailed.

To schedule an appointment for assessment, or to request assistive or vision aids, contact the Services Division at 304-522-6991.





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.