

The background of the cover features a close-up of the Statue of Liberty's head and crown, with her right arm raised holding the torch. The statue is rendered in a greenish-blue color. Behind her is a large American flag with stars and stripes. The title 'Guide Page Magazine' is overlaid on the top half of the image in a large, white, bold, sans-serif font with a slight drop shadow.

Guide Page Magazine

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

Volume 31 - Issue 7

July 2020



Cabell-Wayne
Association of the Blind, Inc.

Executive Officers:

Joann Wallace - President
Joanna Holbrook - Vice President
Leah Thompson - Secretary
Brenda Blake - Treasurer

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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



Mission and Vision Statements..... 3

Celebrating 45 Years! 4

Table of Contents..... 5

From The Director’s Desk..... 6

Matt Workman passes 9

COVID-19 Risk Questionnaire For Building Entry..... 10

Notes From The Editor..... 12

A Word Search For July 4th! 13

Sweets For Sight..... 14

TICKETS NOW ON SALE..... 15

Beanie Baby Basket Fundraiser..... 16

T-shirt Fundraiser 17

Cabell-Wayne Fundraiser: AmazonSmile® 18

Cabell-Wayne Fundraiser: Kroger®..... 22

Shopping Opportunity..... 25

Rada Cutlery Fundraiser 26

Rising From The Ashes..... 28

Groceries To Your Doorstep! 30

Guidelines for Rehab Services..... 37

Planned Giving..... 38

CWAB® Services 39

ON THE COVER

Celebrating America’s 244th birthday!



Executive Director
Joni 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 this unique time we have come up with some unique fundraisers. We are currently doing a Rada Cutlery Fundraiser. The link can be found on our Facebook page or you can contact Toni or Danielle to assist you.

We are still selling our t-shirts. You will find information regarding these in this issue.

If allowed, we will be holding our Fall Rummage Sale on September 10th and 11th. If not, we will attempt to do an online Rummage Sale.

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

Until next month,





Matthew "Matt" Cleston Jerome Workman, 40, of Huntington, passed away Monday, June 1, 2020 at his residence. Matt was born on February 18, 1980 in Port Charlotte, Fla. to Brady and Judith Carol Ramey Workman. Matt graduated from Marshall University with a Bachelor of Arts in Criminal Justice then graduated from the Florida Coastal School of Law. Matt enjoyed music and fishing. In addition to his parents he is survived by his maternal grandmother, Minnie Ramey; a close friend, Scott Chaffin; and a host of aunts and uncles. There will be no services at this time. In lieu of flowers contributions may be made to The Military Order of the Purple Heart, Unit 697 119 Evergreen Road, Weston, WV.

Reger Funeral Home is assisting the family with arrangements.



**COVID-19 Risk Questionnaire For entry into
Cabell-Wayne Association of the Blind Buildings or Vehicles
Based on prevailing information from WV DHHR and CDC**

Name: _____ **Date:** _____

- Yes No Please sanitize thermometer before using with wipe.**
- ___ ___ Temperature Check _____*
- ___ ___ Do you currently have any of the following symptoms:
- ___ ___ Cough
- ___ ___ Chills
- ___ ___ Shortness of breath/difficulty breathing
- ___ ___ Fatigue
- ___ ___ Muscle or body aches
- ___ ___ Headache
- ___ ___ New loss of taste or smell
- ___ ___ Sore throat
- ___ ___ Congestion or runny nose
- ___ ___ Nausea or vomitingDiarrhea
- ___ ___ Have you traveled in the last 14 days to an area known to have
a high incidence of COVID-19 positive cases?
- ___ ___ Have you been exposed to anyone who has tested positive for
COVID-19 in the last 14 days?

**Cabell-Wayne Association of the Blind Services Division,
Board of Directors, and Association membership have only
the best interest and concern for consumers and staff alike.
COVID-19 has presented a challenge world- wide. To respond
to the challenge of COVID-19 these are few of the steps
CWAB® Services Division has taken:**

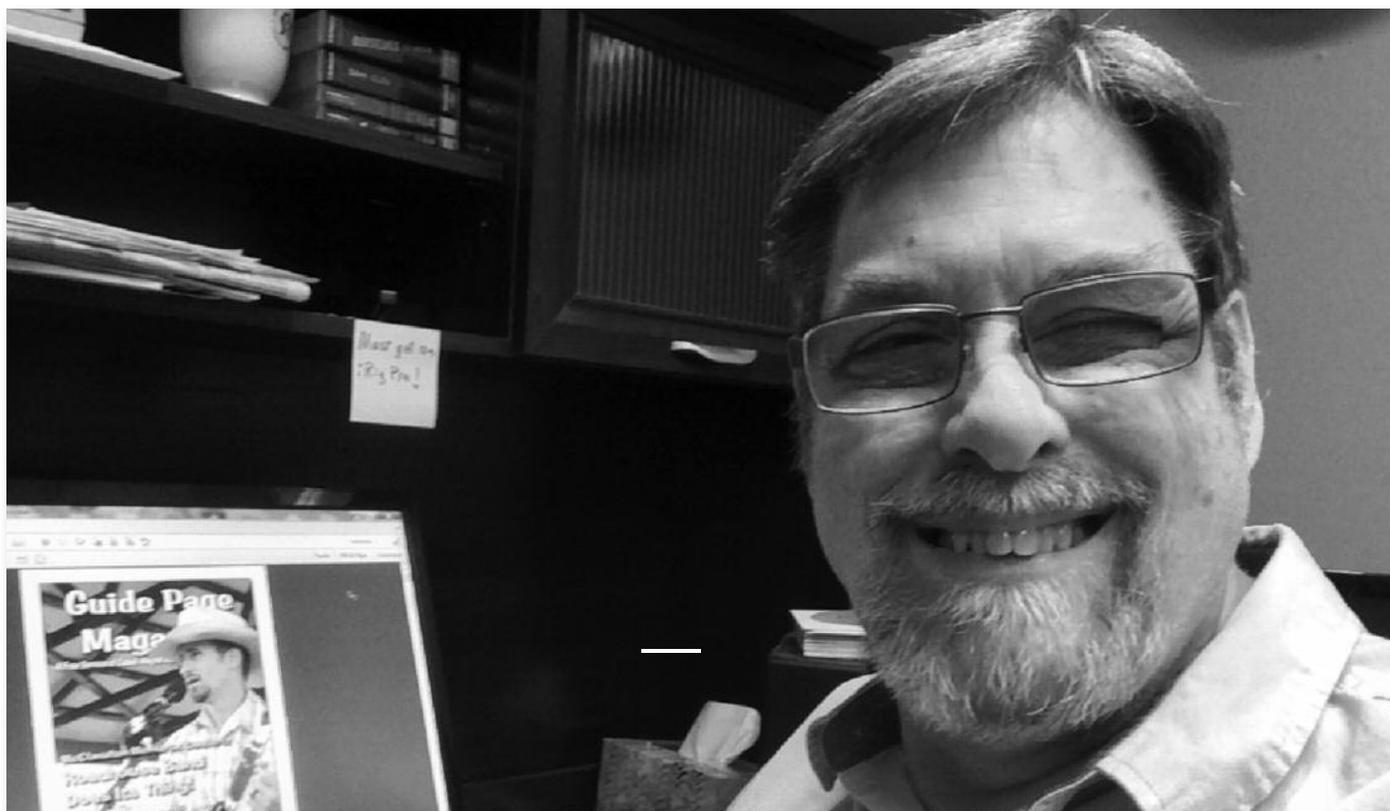


- 1 Developed a COVID-19 Risk Assessment for entry into CWAB® facilities. This form is completed each day by staff and served consumer alike.
- 2 Gathered personal protection equipment and supplies to provide for staff and consumer. These include masks, face shields, and hand sanitizer.
- 3 Gathered antiseptic supplies for building and vehicles. These include Lysol®, bleach, and other anti-viral supplies.
- 4 Outfitted each vehicle with plexiglass to cut down on consumer exposure.
- 5 Limiting the number of consumers transported to promote social distancing.
- 6 Limiting entry into CWAB® buildings to the CDC guidelines or better.





Notes From The Editor



Hello! Welcome to the July edition of the Guide Page Magazine.

Traditionally the Fourth of July would be filled with parades, picnics, fireworks and family get-togethers - this year, not so much. Celebrating at our homes and in our backyards with family is, “the new normal”

This month we highlight the many ways you personally, can contribute to Cabell-Wayne. I’m sure many of you shop at Kroger, and Amazon, (as I do), beginning on page 16, you’ll find ways to turn your shopping into a small financial reward for CWAB®. Need new, or upgraded kitchen utensils or knives? You’ll find that too! I’ve also written an article about using the app called, “Instacart”

Wishing you a safe and happy Independence Day!



A Word Search For July 4th!

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

Find the words hidden in the puzzle

AMERICA	RED	WHITER	BLUE
FIREWORKS	FLAG	FREEDOM	LIBERTY
STARS	STRIPES	PARADE	UNCLE SAM
FRANKLIN	JEFFERSON	ADAMS	HANCOCK
PICNIC	COLONIES	CELEBRATE	HOLIDAY



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 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, October 31st, from 5 to 7 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



Cabell-Wayne Association of the Blind relies on multiple fundraisers. These fundraisers serve as a means for the agency to connect with our community, and at the same time, raise funds to support agency programs. Since COVID-19 has played havoc with our regular schedule of events, there are still ways to assist us with fundraising. These next few pages will highlight the many additional ways you can help CWAB®.



What is AmazonSmile?

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at smile.amazon.com on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop at AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. You can choose from over one million organizations to support.



How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com on your web browser or activate AmazonSmile on your Amazon Shopping app on your iOS or Android phone (found under settings on your app). On your browser, you may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile. When you're using the app, always check for the "AmazonSmile" logo to ensure you're activated for AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to smile.amazon.com, you need to select a charitable organization to receive donations from eligible pur-



chases before you begin shopping. We will remember your selection, and then every eligible purchase you make through AmazonSmile will result in a donation. AmazonSmile will occasionally contact you about donation amounts disbursed to your chosen charity or about the program.

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity on your web browser, simply select "Change your Charity" in "Your Account." You can also visit AmazonSmile under settings on your Amazon Shopping app and select "Change your Charity."

What charities can I choose from?

You can choose from over one million eligible 501(c)(3) public charitable organizations.

What if my selected charity does not register to participate in the AmazonSmile program or becomes ineligible?

If your selected charity does not register to participate, becomes ineligible, or requests to be removed from the program, you will have a chance to select a different charity to receive the accrued donations that have not yet been disbursed to your charity. If you do not select a different charity, the accrued donations will be distributed to other organizations receiving donations.



If I represent a charitable organization, how can I learn more about registering my organization for AmazonSmile?

Go to org.amazon.com to learn how to register your organization to receive donations.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

How can I learn more about AmazonSmile®?

Please see complete AmazonSmile program details at: smile.amazon.com.



The Kroger Family of Companies is committed to community engagement, positive social impact and charitable giving at the national and local levels. Every community is unique, but our common goal is to partner with the neighborhoods we serve and help the people there live healthier lives.

One of the ways in which we do this is through our Kroger Community Rewards program. This program makes fundraising easy by donating to local organizations based on the shopping you do every day. Once you link your Card to an organization, all you have to do is shop at Kroger and swipe your Shopper's Card. Here's how it works:

1. Create a digital account.

A digital account is needed to participate in Kroger Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.



2. Link your Card to an organization.

Selecting the organization that you wish to support is as simple as updating the Kroger Community Rewards selection on your digital account.

- 1. Sign in to your digital account.**
- 2. Search for your organization here.**
- 3. Enter the name or NPO number of the organization you wish to support. Cabell-Wayne Assoc of the Blind Services Division NPO number is PK519**
- 4. Select the appropriate organization from the list and click “Save”.**

Your selected organization will also display in the Kroger Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your organization earns.

Any transactions moving forward using the Shopper’s Card number associated with your digital account will be applied to the program, at no added cost to you. Kroger donates annually to participating organizations based on your percentage of spending as it relates to the total spending associated with all participating Kroger Community Rewards organizations. If you have any questions, please contact our Customer Service Center.

Whether you’re a customer or an organization, get started today!



Note: If you are a customer, make sure you have a preferred store selected to view participating organizations. If you are applying on behalf of an organization, please select a store in the same area as your organization.

If you use a Kroger card you can give back to CWAB Services Division by linking your card to us through their Kroger Community Rewards program. Our NPO number is PK519.

<https://www.kroger.com/account/communityrewards>

Toni I. Walls, COMS, CVRT

Executive Director

Cabell-Wayne Association of the Blind Services Division





Shopping Opportunity

Beginning August 3rd, 2020 Cabell-Wayne Association of the Blind Services Division Transportation Department will begin offering individual shopping service. These shopping opportunities will be offered on a first come first serve basis, and scheduled dependent upon medical and work related transportation needs.

Consumers are encouraged to have a guide with them for these trips. Consumer and guide must wear a face mask and be screened for COVID-19 risk.

Locations for these opportunities will be Kroger on 5th Avenue, Walmart on Rt. 60, the Huntington Mall, and Aldi's on Washington Avenue. These shopping opportunities will be limited to one stop. Consumer will be allowed up to 2 hours for shopping. You should call CWAB® Services Division prior to checking out to insure timeliness of ride home.

Limits to purchases are fully dependent on what you are able to carry into your home on your own. Drivers will assist in getting purchases to the door, but will not be able to carry items inside your home.

Call CWAB® Services Division at 304-522-6991, and ask for Toni, Jim, or Hailey for more information.

SUBJECT TO CHANGE



Rada Cutlery Fundraiser



One of our new and exciting fund raisers is the Rada Cutlery fundraisers!

Rada Cutlery is 100% American Made - raw materials and construction. Rada Mfg. Co. has made and sold over 150,000,000 knives since 1948, earning the reputation for remarkable cutlery, service, and value.

- **Kitchen Knives.** A variety of knives for all types of food preparation.



- **Cooking Utensils.** Everything you need to cut, serve, spread and whip with these handy kitchen tools. Perfect for the experienced chef and the first-time cook alike.

- **Quick Mixes.** Get a head start on making delicious cheeseballs, cheesecakes, dips, sauces and soups, and shake on extra flavor with marinades and seasonings.

- **Gift Sets.** A variety of gift sets for all occasions. Give the gift of refined style with our classic gift set combinations. Ideal for young newlyweds or first-time homeowners, our gift sets are guaranteed to be a hit.

- **Recipe and Gift Books.** Our library of recipe books will make for a lifetime of good eating for yourself or a loved one.

- **Rada Mfg. Co.** will replace any product manufactured by our company returned to us due to defects in material or workmanship.

Please contact Toni or Danielle at the Services Division office if you need more information regarding placing an order. You can access our online catalog through our Facebook page also.



Rising From The Ashes

In late January of this year our activities building suffered a small fire. This fire, mainly restricted to the kitchen end of the building, caused significant smoke and water damage to most of the building's interior. After six months of repairs and modifications, our building is ready to continue as the center for activities of Cabell-Wayne Association of the Blind.

The C.W.A.B. Activities Center sprouts a totally new and redesigned kitchen - which includes dual ovens, and a three-bowl restaurant-style sink.

Other improvements include a newly tiled, and re-patterned floor, drywalled ceiling as well as new LED lighting.

The 45th anniversary of Cabell-Wayne Association of the Blind will be held in this facility on Friday, October 9th. For information on services and planned giving, call the Services Division at 304-522-6991.







Groceries To Your Doorstep!

by Jerry Crabtree

So you're running low on bread, your milk is three days past the, "Best If Used By Date", you'd like to make spaghetti for dinner but don't have the pasta,now what? In an ordinary situation, to keep your independence, you might call a Taxi, an Uber, or even a neighbor – but these aren't ordinary circumstances – the COVID-19 pandemic has seen to that. What was a simple task just three months ago is now a herculean task – getting groceries.

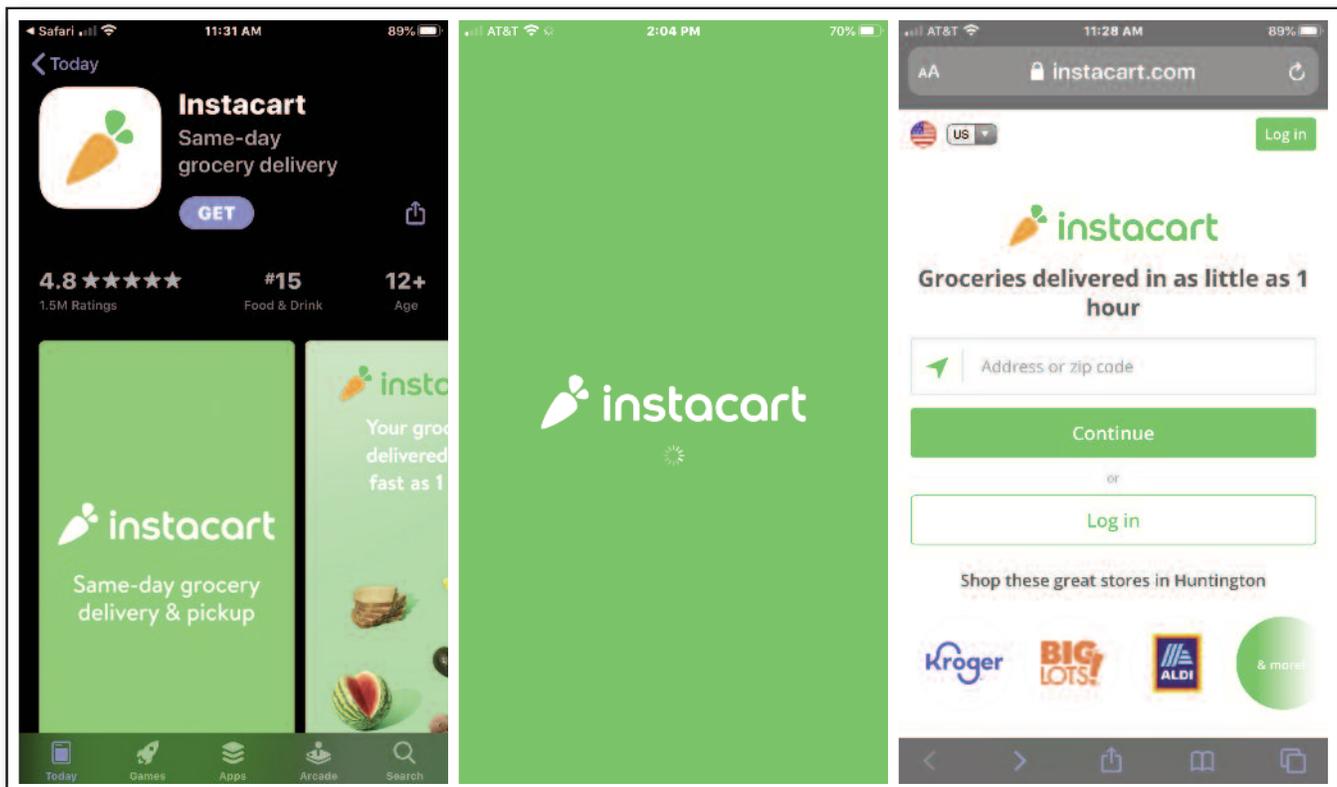
The screenshot shows the Instacart website interface. At the top, there is a yellow banner with a timer for a "FREE pickup or delivery" offer. Below this is the Instacart logo and navigation links for "Stores", "Account", "Help", and "Cart". The main header features the Kroger logo and a search bar. A navigation bar includes "Home", "Departments", "Savings", and "Get \$50". The main content area displays a "Coupons" section with several product cards, each showing an image, price, and a "Save" button.

Product	Price	Savings
Larabar Fruit & Nut Bar, Gluten Free, Cashew...	\$8.99	Save \$0.58
Fortyjah's Superior Dipping Chips Sea Salt	\$4.29	Save \$1.00
Summer's Eve Cleansing Cloths, for Sensitive Ski...	\$4.49	Save \$0.58
Reese's American Classics Red Skin Potato Salad	\$3.69	Save \$1.00
Tide Simply PODS +Oxi Liquid Laundry Deterge...	\$4.19	Save \$1.00
Tide Simply +Oxi Liquid Laundry Detergent...	\$4.19	Save \$1.00



For a person who is blind or visually impaired grocery shopping is not something that can be easily done alone. Assistance from a sighted person in one way or another is essential. Sure you can feel how soft the bread is, how firm a head of lettuce is, or the freshness of a ripe banana or cantaloupe, but try to determine the difference between a box of Cheerios®, or Corn Flakes®, or a can of peas, or carrots – the task becomes difficult – or nearly impossible.

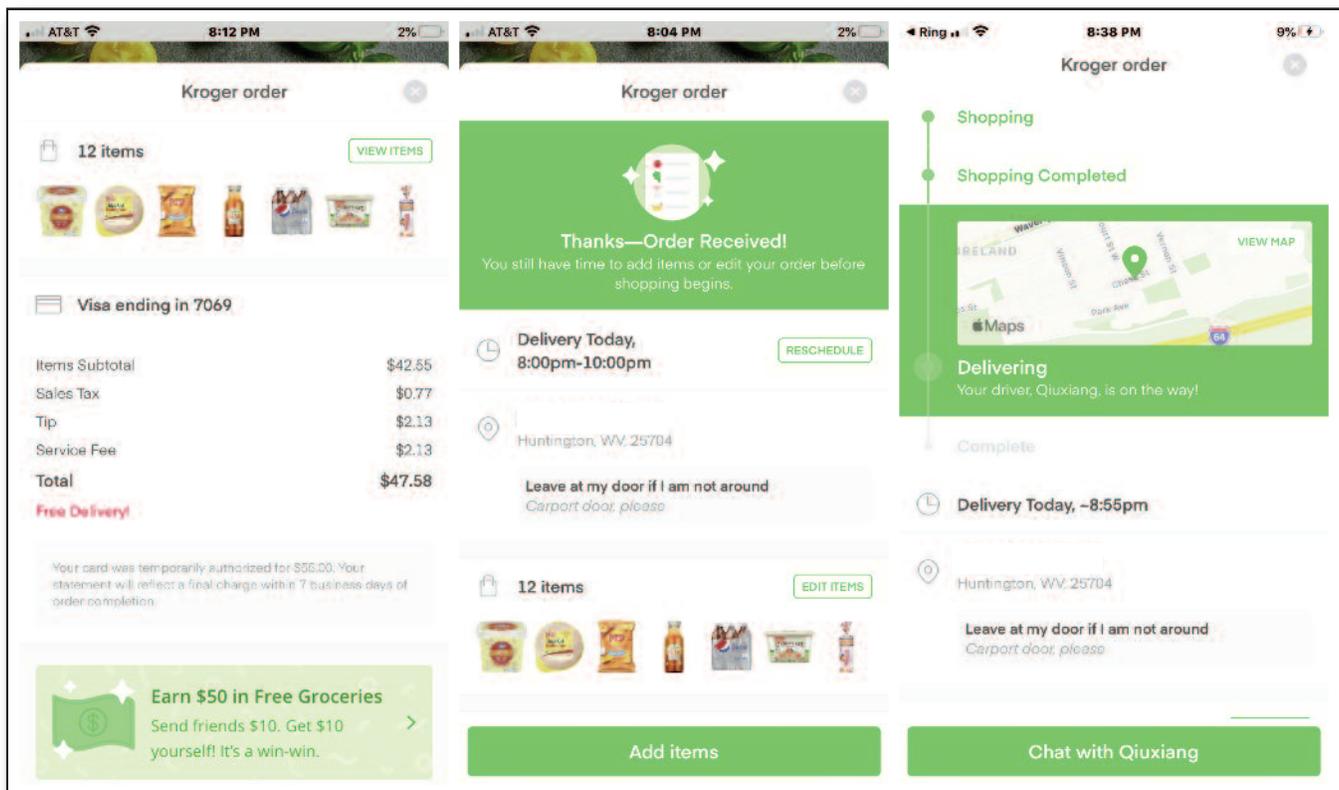
A number of stores offer grocery pick-up or delivery services. These, “to-your-door”, with, “no contact”, services make it extremely easy to acquire the items you need without leaving your home. Enter, “Instacart”.





Instacart.com is an on-line grocery/product delivery service. In the Huntington/Barboursville area, your store choices are: Kroger, Aldi's, and BigLots.

To begin, you will need to register. Registering requires your name, address, phone number, and bank card information. If you are not comfortable giving these details, this service may not be for you as this information is needed to pay for, and deliver requested items. Account creation takes little time and you will be shopping quickly.





A few weeks ago I needed some grocery items myself, so I signed into the Instacart app on my phone, (Instacart can also be used with a web browser on your computer), and began shopping. My store of preference was Kroger.

I was using the app on my iPhone.

Within the app there is a search window. Simply type the item. (Specific, or general), what you are looking for. For instance, entering the word, “bread”, reveals choices for type of bread, like: “muffins”, “buns”, “rolls”, etc. You will also see the name brands, such as Nature’s Own[®], Wonder[®], SaraLee[®], Heiner’s[®], and the Kroger[®] store brand. Likewise, entering, “milk”, into the search window will bring results for all the major brands and varieties that Kroger[®] carries. Scroll and find your selection, tap it, another screen appears, your item is seen at the top with a slight description and individual price. You’ll see a green, “Add to Cart” button at the bottom right corner. Tapping the button will add the selected item to your cart. You will feel a slight vibration as your item is added. The screen return to the search list, a small green oval appears at the top right corner. There is a shopping cart icon and a number beside it. This represents your shopping cart, and how many items thus far are in your cart. If you’d like to review your cart – perhaps you’ve changed your mind about an item, or want



more than one item, simply tap the green oval containing the cart. You'll see another page with a list of your items, and the total cost of groceries in your cart.

Personally, I found this process very easy, and I had completed my shopping while sitting on my couch. At the bottom of the Cart page is another green bar – actually two green bars. The top mentioning free delivery when you sign up for Instacart Express, (which I did not do because I believe that to be a costlier option). The bottom green bar says, “Go to Checkout”. From there you finalize, and place your grocery order.

On the Checkout page you will confirm your delivery address and time. Yes, time. On my first use, I placed my order, and within an hour my delivery was at my doorstep! I felt lucky as looking at the Checkout page, delivery time is generally within two hours. Of course, that entirely depends on proximity to the store which you are shopping, how soon your shopper begins your order, and traffic between the store and your home.

It took a few minutes for my in-store shopper to start the task of scouring for my items. When shopping begins, your app changes to a screen which shows which items have been chosen. There were a few times during the process when an



item I had chosen was substituted by my shopper. For instance, I had requested a six-pack of Diet Pepsi®, (you know, the kind usually sold in shrink-wrap). In this instance, the store was out of the large carton. My shopper substituted the 16oz pak, with the 12oz pak. The change was noted. It was fine with me. Also, I wanted Peak® brand Diet Tea. The store was out, and the Unsweetened variety was substituted. Not a perfect choice for me, but I left it alone since I can add my own sweetener. Again I had the option of rejecting the choice. Another substitute was made with brand of pickles. I was ok with that.

As the shopper continues, there was an option within the app to communicate with my shopper. Perhaps I had changed my mind about an item, or I wanted to add something. I had the option to let my shopper know that.

When shopping was complete, the app showed an area map with an icon of the shopper's vehicle as it headed to my house.

I was pleased with the entire process. My groceries arrived in a timely manner, in excellent condition: meat was cold, bread and chips were not crushed, and glass pickle jars were not broken.

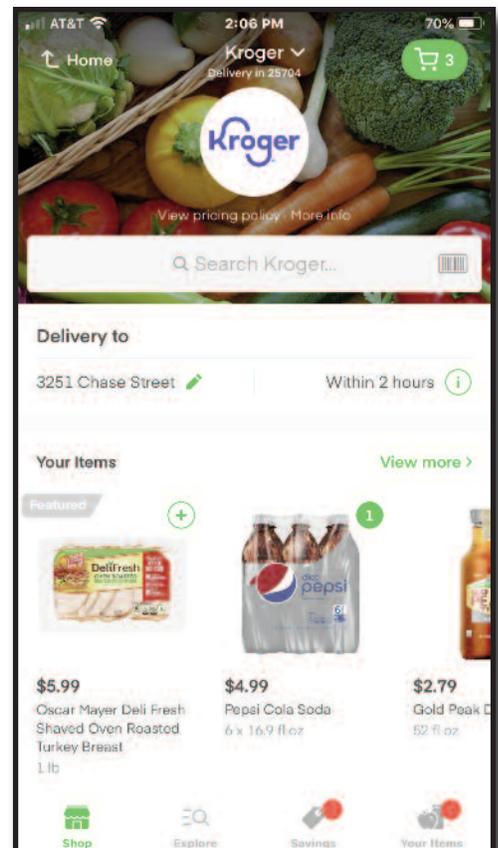


Would I use the Instacart process again? You bet'cha! As a matter of fact, I have added a few items to my cart as I wrote this article!

Remember, this service isn't for everyone, and does require sharing of personal information over the internet, and through the app. I felt secure with the process. On the web, there is a "lock" symbol next to the Instacart.com address, signifying that all data entered onto the site is encrypted. Also, if you choose to use the app, tap your account name, under account settings, and accessibility, there is an option to enable high contrast.

One final note, there may be a way to begin your shopping on your computer, and continue with the app under the same account, but I haven't been able to do so. This may require contacting Instacart's customer support.

With the help of a friend or family member, those fresh groceries are now just a click away! Enjoy!





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.