

# Guide Page Magazine

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



Volume 31 - Issue 2

February 2020



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

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**CWAB<sup>®</sup>, Inc.**

**38 Washington Avenue  
Huntington, WV 25701  
(304) 522-6991  
Fax (304) 522-6924**

**e-mail:  
[cwabadm@cabellwayne.org](mailto:cwabadm@cabellwayne.org)**  
**Internet:  
[www.cwab.org](http://www.cwab.org)**

**Toni Walls, Executive Director  
Jerry Crabtree, Editor**

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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!**

**June 6, 2020**

**12-3**

**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 May 1**

**and by May 29, 2020**



# Contents

Vol 31 - Issue 2 - February 2020

|                                                     |           |
|-----------------------------------------------------|-----------|
| <b>Mission and Vision Statements .....</b>          | <b>3</b>  |
| <b>Celebrating 45 Years! .....</b>                  | <b>4</b>  |
| <b>Table of Contents .....</b>                      | <b>5</b>  |
| <b>From The Director's Desk .....</b>               | <b>6</b>  |
| <b>Notes From The Editor .....</b>                  | <b>8</b>  |
| <b>A Word Search For February .....</b>             | <b>9</b>  |
| <b>Basket Fundraiser.....</b>                       | <b>10</b> |
| <b>Moving Forward With New Website Design .....</b> | <b>12</b> |
| <b>Sweets For Sight.....</b>                        | <b>14</b> |
| <b>Spring Rummage &amp; Bake Sale .....</b>         | <b>15</b> |
| <b>Basket Classes Return!.....</b>                  | <b>18</b> |
| <b>Line Dancing Classes.....</b>                    | <b>19</b> |
| <b>Guide Page Magazine by Email .....</b>           | <b>20</b> |
| <b>Your Lasting Legacy .....</b>                    | <b>21</b> |
| <b>A Trip of A Lifetime!.....</b>                   | <b>22</b> |
| <b>T-shirt Fundraiser .....</b>                     | <b>23</b> |
| <b>New Support Group Offers Opportunity .....</b>   | <b>24</b> |
| <b>Wednesday Recreation .....</b>                   | <b>25</b> |
| <b>Monthly Recreation Activities.....</b>           | <b>26</b> |
| <b>Walmart Shopping .....</b>                       | <b>27</b> |
| <b>Association Meeting Schedule .....</b>           | <b>28</b> |
| <b>CWAB® Services .....</b>                         | <b>29</b> |



**Executive Director**  
*Toni G. Walls*

**Hello to all,**

**On February 14th at 6 p.m., we continue one of our most beloved traditions, our annual Valentine Social. Please get signed up so you can come have fun with all of us.**

**We have started a new Support Group. This one is for new consumers, or existing ones that want a reminder of all we have to offer. I foresee this being a very valuable asset to our consumers. It will be a series of 5 sessions, with each session being something different.**



This is flu and virus season. With that in mind I want to encourage you that if you aren't feeling well or are feverish, please consider cancelling any appointments that you can and to avoid spreading germs to others. We all love to share but the flu can be deadly to someone who is already weak. If you must go out it is always a good idea to wash your hands frequently.

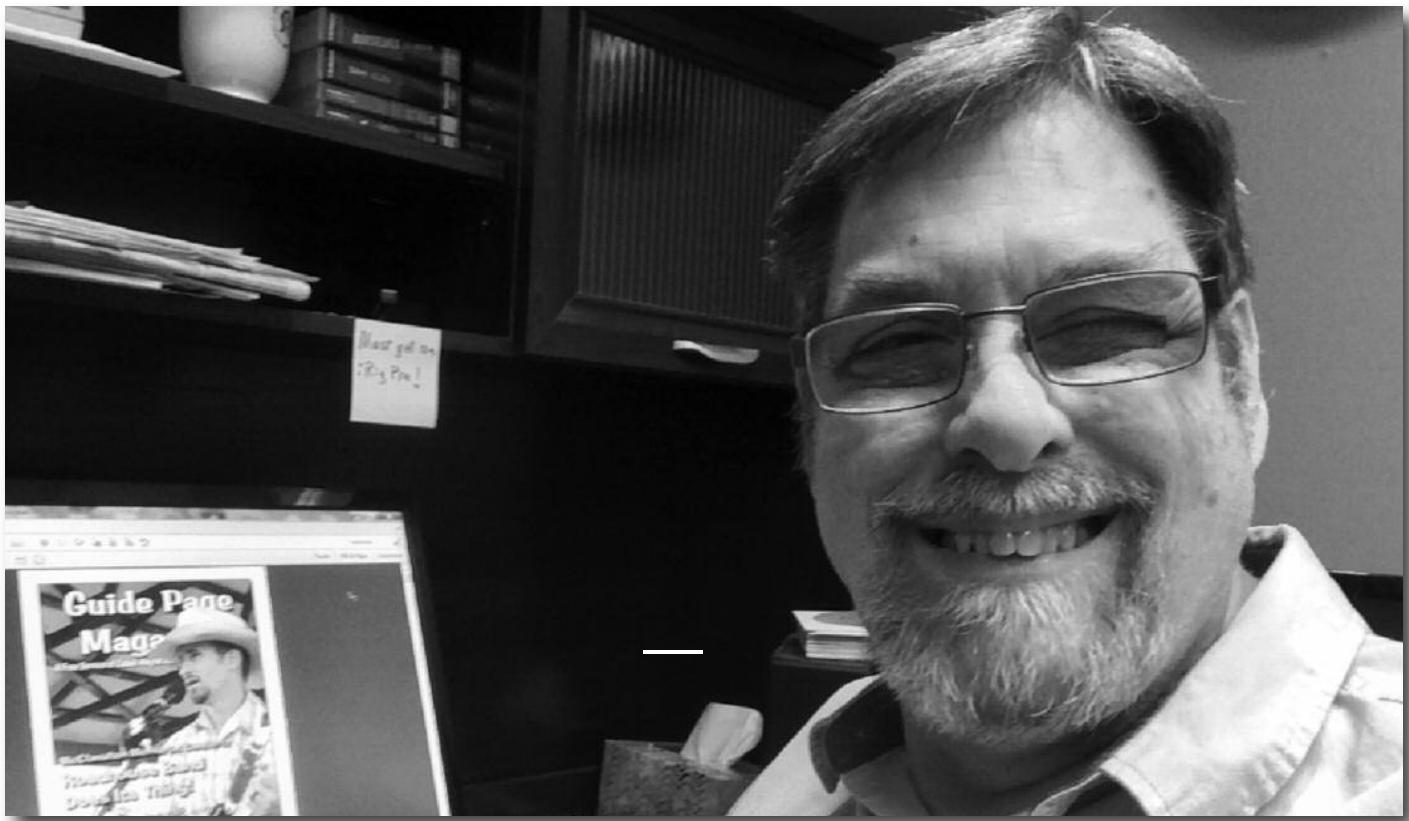
I want to thank everyone for their continued support of the CWAB® Services Division staff. The staff works hard to provide the best services we can to our consumers and it is nice to hear back from you that we are doing just that. Also, if you ever have a concern or an idea you would like to share with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

Until next month,





## Notes From The Editor



Welcome to the February issue of the Guide Page Magazine!

The magazine is compiled and distributed, (usually), the third week of each month for the upcoming month. Since this is the February issue, it will be compiled and delivered to you during the last weeks of January.

In my last installment here, I mentioned I was to undergo a serious medical procedure. I did. All went well. As with most medical procedures, a small amount of resting was needed. I did that, now I'm back at it - business as usual! Thank you everyone for your concerns. It was most appreciated!

Now to the job at hand - February's issue! Here you'll find the usual, along with flyers for upcoming events, and a look at the new cwab.org. I hope you find it useful.



# A Word Search For February

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

Find the words hidden in the puzzle

|          |         |             |        |
|----------|---------|-------------|--------|
| LOVE     | CUPID   | StVALENTINE | RED    |
| FLOWERS  | ROSE    | CANDY       | DINNER |
| DATE     | MOVIE   | ROMANCE     | ARROW  |
| BALLOONS | CARD    | FEBRUARY    | HEART  |
| HOLIDAY  | BOUQUET | HUG         | KISS   |



**Our newest fund-raiser! A CWAB®  
Hand-crafted basket, filled with 31 classic  
Ty Beanie Babies® and 25 miniatures.  
Tickets are on sale now. Winning donor will  
be announced on June 6, 2020 at our  
Celebration of the Associations 45th Anniversary!**



**\$1 buys 1 entry  
\$5 buys 6 entries  
\$10 buys 12 entries**





# **Valentine Social**

**Friday, February 14th**

**6 to 9 p.m.**

**MUSIC, FOOD, GAMES**

**AND FUN!!!**

**Call 304-522-6991**

**by Friday, February 7th**

**to sign up!**



# *Moving Forward With New Website Design*

In September of 2018, Cabell-Wayne Association of the Blind unveiled its newly redesigned website. The previous website had long since served its purpose, and an upgrade was needed.

The most noticeable - and useful feature of the new site was the “widget” - an easy to use tool that greatly improved site maneuverability for the blind and visually impaired.

Time for yet another redesign.

Although the re-design of 2018 was a significant change, a bit more tweaking under the hood was needed to give the agency more precise control of its website content.

As you now visit cwab.org, you will still see the widget in the upper right-hand corner, and it functions just as before. What you will see, however, is the aesthetics have changed.

At the top, inside a white banner, you will see the familiar agency logo, followed by “Quick links” to “Home”, “Who We Are”, “Services”, “Guide Page Magazine”, “Contact Us”, and a large blue “Donate” button. A quick scroll through the main page reveals a quick jump to the latest Guide Page, a brief, “Who We Are”, with a staff photo, “What We Do”, with an agency video, a link to current Guide Page issues, and lastly, a handy link allowing visitors who wish to do so, the opportunity to donate to Cabell-Wayne Association of the Blind.

We hope you enjoy the new cwab.org.



1-304-522-6991 – 38 Washington Ave, Huntington, WV 25701



Cabell-Wayne Association of the Blind

[HOME](#)[WHO WE ARE](#)[SERVICES](#)[GUIDE-PAGE MAGAZINE](#)[CONTACT US](#)[DONATE](#)

E

Serving the blind and visually impaired of Cabell and Wayne counties of West Virginia for four decades

**CHECK OUT THE JANUARY 2020 ISSUE OF THE  
GUIDE-PAGE MAGAZINE**

Volume 31 - Issue 1  
January 2020

Fireworks display in the background.

## WHO WE ARE

CWAB® was organized on October 9, 1975 when the charter was filed with the state of West Virginia by Charles Harris of Huntington, the founder of CWAB®.

The preamble to the bylaws reads in part, "We, the blind of Cabell and Wayne Counties, bind ourselves to the cause of exploring, expanding and exploiting our abilities as free and equal citizens."

We are the blind speaking for ourselves, relying upon each other for the accomplishment of those goals defined for ourselves by ourselves."

[READ MORE](#)

## WHAT WE DO

### RECENT POSTS

Cabell-Wayne Association of the Blind

Watch later Share

YouTube

[READ MORE](#)

Cabell-Wayne Association of the Blind [Follow us](#)

Merry Christmas, from our homes to yours. May you find the joy and the peace of the season.

[View on Facebook](#) · [Share](#)

Cabell-Wayne Association of the Blind [Follow us](#)

If you are looking for a great place to hold your holiday party we are all set up and ready! We will even leave the tree and lights up. You can also use our tablecloths for a small additional fee! Call Toni or Danielle at 304-522-6991 to schedule your reservation now!

Photo

[View on Facebook](#) · [Share](#)

Cabell-Wayne Association of the Blind [Follow us](#)

Save the Date



SWEETS  
FOR  
SIGHT

Cabell-Wayne  
Association  
Of the Blind  
Services Division

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

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

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

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

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



Cabell-Wayne Association of the Blind



# Spring Rummage **SALE**

Cabell-Wayne Activity Center

63 West 3rd Ave. Huntington, WV

Thursday and Friday

May 7th and 8th  
from 8 a.m. to 4 p.m.

**\*\*GREAT LUNCH SPECIALS\*\***

**YOU WON'T BELIEVE THE BARGAINS!**

**Call 304-522-6991  
for details!**



## NASHVILLE BOUND!

We are now taking sign ups for the 2020 Summer Trip. It is shaping up to be the best trip yet! We will be traveling by charter bus to Nashville, TN!! We will spend 2 nights and 3 days in Nashville. While there we will visit the General Jackson Showboat, The Country Music Hall of Fame, Studio B, the Grand Ole Opry, and the Hermitage. The dates are June 15, 16, and 17 2019.

If you are interested please call and talk with Toni. ALL sign ups must go through Toni. You are able to have a guide accompany you if appropriate. Please note that you will be required to share a room with your guide and they must act as your assistant at all times. There will be a required training session for all guides going on this trip. All participants must be 18 years of age, or older.

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

This trip is sponsored by the Association.



**Home of Andrew Jackson  
“The Hermitage”**





# Basket Classes Return!

CWAB® will be holding basket weaving classes in February, March, and April again next year. The classes will be limited, so sign up now! Call Linda Worthy, 304-522-6991, to sign up.

Consumers who have never made a basket before will be moved to the top of the list! When you are signing up, you will need to commit to three consecutive weeks to make sure you have enough time to get the basket finished.

The first class will be February 5th, 12th and 19th. The second set of classes will be March 4th, 11th and the 18th. The third, and final set of classes will be April 1st, 8th, and the 15th.

Classes will be held from 1:00 to 3:00 p.m. at CWAB®.

Failure to complete your scheduled classes may result in failure to keep your basket.

Come join us and give basket weaving a try! I'm sure you will be glad you did!

I look forward to hearing from you!

Linda Worthy





**Dancing is fun! It's a great way to express yourself, and at the same time, (depending on the type of dancing), have a great cardio workout. In a nutshell, "Line Dancing", is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, executing the steps at the same time. There are several types of line dancing.**

Keeping with promises to continually develop, and offer consumers a wide range of activities, the first of two line dancing sessions were held Wednesday, January 8th at the Services Division. The instructor was Caitlin Railey.

**The second session was held January 15th.**

**Want to learn more about future recreational activities? Sure! Call the Services Division office at 304-522-6991.**



## **Guide Page Magazine by Email: Click, Open, and Read!**

The **GUIDE PAGE MAGAZINE** is made available in a variety of formats. Large print, Braille, audio CD, web audio, PDF file format, and e-mail - all at no cost to anyone who wishes to receive it. We'll focus on email here.



On average, nearly 700 copies of the GUIDE PAGE are produced each month. Each format requiring unique expenditures for publication. The most cost effective edition we offer, is 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.

Changing your current subscription to an email only one will greatly assist us in continuing to provide services.

For more information, please call 304-522-6991.



# Your Lasting Legacy

## So, what is planned giving?

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

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

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

These gifts will provide goods and services to the blind and visually impaired pf 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.



# A Trip of A Lifetime!

Vacations are as common as a cold, or a trip to the grocery store. How far will you travel: 100, 200, 500 miles? Part-time Transportaton Team member, Gordon Bloss's recent vacation turned into a trip of a lifetime!

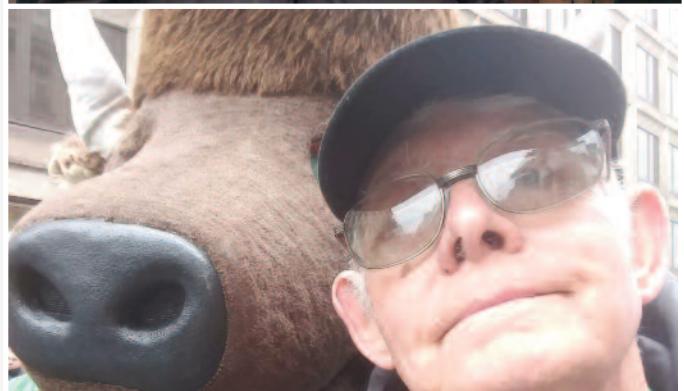
A long-time volunteer with Marshall University's, "Marching Thunder" marching band, Bloss jumped at the chance to tag along when the university's band received an invitation to perform in London's New Year's Day Parade. Yes, I said London - ENGLAND!.

The group spent a week in the country that gave us The Beatles, The Rolling Stones, and Herman's Hermits.

Gordon said he celebrated the occasion - the parade, New Year's, his retirement, and remembering his late brother while on the trip.

Bloss said they rode "the Underground", (city subway), saw Buckingham Palace, The Tower of London, the Queen's Dolls' house, the Crown Jewels, the London Bridge, and of course, Big Ben.

It was, as Gordon put it - "a trip





## T-shirt Fundraiser

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

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

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



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



# New Support Group Offers Opportunity

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

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

Stay tuned for more information regarding this much needed resource.

Toni I. Walls, CVRT, COMS  
Executive Director



# February, March, April *Wednesday Recreation*

|                     |         |
|---------------------|---------|
| February 5th .....  | Baskets |
| February 12th ..... | Baskets |
| February 19th ..... | Baskets |
| February 26th ..... | Bingo   |

|                  |         |
|------------------|---------|
| March 4th .....  | Baskets |
| March 11th ..... | Baskets |
| March 18th ..... | Baskets |
| March 25th ..... | Bingo   |

|                  |         |
|------------------|---------|
| April 1st .....  | Baskets |
| April 8th .....  | Baskets |
| April 15th ..... | Baskets |
| April 22nd ..... | Bingo   |





# Monthly Recreation Activities

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

|                               |                                      |
|-------------------------------|--------------------------------------|
| Association Meeting .....     | 3rd Tuesday, monthly 1 - 3 p.m.      |
| Recreational activities ..... | 1st, 2nd, & 3rd Wednesday 1 - 3 p.m. |
| Bingo .....                   | 4th Wednesday, monthly, 1 - 3 p.m.   |
| YMCA.....                     | Mon, Wed, & Fri 10 - 11:30 a.m.      |
| Water Aerobics .....          | Friday 11:15 a.m. – 12:15 p.m.       |

## Support Groups

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

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



# **Walmart Shopping**



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

## **SCHEDULE**

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

## **HERE ARE THE RULES**

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



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

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

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

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

|          |      |
|----------|------|
| FEBRUARY | 18th |
| MARCH    | 17th |
| APRIL    | 21st |