**This is the GUIDE PAGE MAGAZINE Volume 33, Issue 9, for September 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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**Cabell-Wayne Association of the Blind, Inc.**

**Executive Officers:**

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**Joanna Holbrook – Vice-President**

**Leah Thompson - Secretary**

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**Ken Hicks,**

**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, Agency Adapts QR Code, Consumer Joins Competition, Activities, Halloween Party, Getting Fit Is As Easy As 1-2-Y!, Guide Page Text Edition, An Alexa-Enabled Microwave, Notes From The Editor, Transportation!, 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.**

The ever popular Pottery Class Returns!

**Beginning this October for six weeks consumers can learn to make a variety of objects using clay under the direction of Kathleen Kneafsey, Artist In Residence at the Huntington Museum of Art.**

**Classes will meet on Wednesdays from 1 to 3 p.m., Beginning October 5th. As usual, priority will be given to those who have never participated in pottery. Seats are on a first-come first-served basis.**

**To sign up, or for more information, contact the Services Division at 304-522-6991. All sign-ups must go through Toni. If she is unavailable, please leave a message.**

**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**

**Hello all! I pray this edition of the Guide Page Magazine finds you well!**

**It is so hard for me to believe that we are already in August and summer is drawing to a close. Soon we will be talking about snow and ice safety! My Mom always told me that the older you get, the faster time speeds by and I am here to tell you that I totally agree with that statement. It helps me to understand why she never rested, she was always**

**doing something. You realize that time is valuable and you can’t waste a moment.**

**Here at CWAB® Services Division, we certainly stay busy! YMCA, Peer Support Groups, seasonal parties, craft classes, technology classes, shopping… and the list goes on. If you aren’t involved in something here, and want more information about something we do, please reach out to us and get plugged in. We would love to have you join us!**

**“The human spirit needs companionship. It craves it, and I believe that's especially true during times of need.”**

**John Trautwein, My Living Will**

**Until next month …..**

**Toni Walls, COMS, CVRT, Executive Director**

**Cabell-Wayne Association of the Blind**

**Services Division**

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

**Agency Adapts QR Code**

**In the July issue of the Guide Page Magazine we introduced you to the QR Code, and mentioned that the code image would be placed on various publications issued by CWAB® Services Division. The QR code (image) is read by your device’s camera, and through an app is interpreted and the proper information is displayed.**

**Apps are normally obtained from Apple’s App Store, and from the Google Play Store for iOS and Android devices respectively. These apps are generally free, (except for “Pro” versions.**

**Any questions? Please feel free to contact Cabell-Wayne Association of the Blind Services Division at 304-522-6991.**

**There is one graphic with this article. The graphic is of the actual QR code. With the QR Reader app installed on your device, holding your phone over this image will direct you to the agency’s website.**

**MAGAZINE MAILINGS**

**When you received your copy of the August and September issue of the Guide Page Magazine, you will have no doubt noticed something unusual - two clear circular stickers, or tabs placed on the outer edge of the magazine.**

**You may have been one of the unlucky ones who, on occasion, receive only the address page of our magazine. This is because when the mail is automatically fed through the sorter at the post office, the loose pages sometimes get caught in their machinery and gets ripped off.**

**We have been advised by the Postmaster in Charleston that we may be better served by placing these tabs on our publication to prevent this.**

**So the issues should, in the future, arrive to you totally intact.**

Consumer Joins Competition

**The annual West Virginia HotDog Festival was held in Huntington, Saturday, July 30th. The event has been held in downtown Huntington for the better part of two decades!**

**This year’s festival had something for everyone: car show, music, kids zone, Weiner dog races, fun competitions, and of course, hot dogs!**

**The event benefitted the Hoops Family Children’s Hospital at Cabell Huntington Hospital with nearly a dozen hot dog vendors.**

**One part of the day-long fun was the annual Hot Dog Eating Contest. Contests such as this have been held all across the country. There is even a National Champion!**

**Cabell-Wayne Association of the Blind Services Division consumer, James Earl Parsons, joined seven other contenders, chomping down hot dogs in hopes of a championship.**

**James Earl didn’t win, but no doubt he had a doggone good time trying!**

**If you are a consumer of Cabell-Wayne Association of the Blind Services Division and you participate in**

**some exciting event or competition, we’d like to know! Email information to: cwabmeda@cwab.org.**

**There are two images with this article. The first appears on the left-hand side pro the print article and shows James Earl Parsons in a bright yellow t-shirt and ball cap, and is at the contestant’s table eating his hotdogs. The second image - at the bottom of the article on the right-hand print page, shows the entire group of eight individuals at the contestant’s table in full competition.**

**ACTIVITIES**

**SEPTEMBER**

**Wednesday**

**September 7th - Crafts**

**September 14th - no activity**

**September 21st - Crafts**

**September 28th - Bingo**

**Support Groups**

**B - September 1st**

**D - September 6th**

**A - September 8th**

**C - September 10th**

**Combined Group - 22nd**

**OCTOBER**

**WEDNESDAY**

**October 5th - Pottery**

**October 12th - Pottery**

**October 19th - Pottery**

**October 26th - Pottery**

**SUPPORT GROUPS**

**D - October 4th**

**B - October 6th**

**A - October 13th**

**C - October 13th**

**B - October 20th**

**A - October 27th**

**C - October 27th**

***All dates/times subject to change or cancellation.***

**Cabell-Wayne Association of the Blind’s annual HALLOWEEN PARTY will be held Friday, October 21st from 2 to 4 p.m.**

**Games - Food - Music - FUN!**

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

**GETTING FIT IS AS EASY AS 1-2-Y!**

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

**‘**

**For a number of years CWAB® has offered consumers the opportunity to visit the Huntington YMCA - specifically the Phil Cline Family Fitness Center, for weekly exercise and water aerobics**

**classes. These activities are designed and initiated by trained and qualified instructors to ensure each consumer receive the best instruction possible.**

**Consumers who attend Y sessions can also walk the indoor track prior to the skilled exercise classes. This track is easily accessible and obstacle free.**

**Trainers make sure each CWAB® participant is included, and if a particular exercise or weight-room activity becomes too difficult, they can make a compromisingly easy adjustment.**

**Most sessions begin with a stretching session in the gym. Giving each participant the chance to “warm up”, before moving on to something more difficult. The weight room is adjacent to the walking track and is divided into several sections. Each section contains a variety of exercise “machines” which are matched to each consumer’s ability. A small flight of stairs or ramp is used to access the track and weight room area.**

**When in the weight room and a few minutes with each device, trainers would move a consumer to another type of device. No one is told they had to do that particular exercise or use any particular machine.**

**On occasion the group moves upstairs to a much larger room where trainers introduce attendees in the pulling of different large floor weights across the floor. In another section ropes attached to the ceiling are used as part of the session routines.**

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

**“I began in 1992, quit for a while, then I have gone steadily for the last twenty years. I go to get in shape. I do exercises, weight room, and yoga. On Fridays we do water aerobics. We’ll go back and**

**forth between the pool and the hot pool, then shower. By 2 o’clock, it’s time to leave,” Wallace said.**

**“Everyone gets along great - the camaraderie is really, really good” she said.**

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

**Cabell-Wayne Association of the Blind Services Division offers interested consumers Y memberships at no charge. Transportation is offered for each class for which consumers are enrolled. A release form must be obtained and signed by a physician before attending.**

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

**GUIDE PAGE MAGAZINE TEXT EDITION**

**Cabell-Wayne Association of the Blind Services Division publishes the Guide Page Magazine each month in a variety of formats to be more readily available to consumers.**

**Those formats are: large print, braille, Audio CD, web-text, and web-audio. We’ve mentioned this variety before in hopes that they meet everyone’s needs. It has been suggested that there might be a new need. An issue in larger print without images.**

**Currently 18-point font is the general rule, with some exceptions. Even with this size, some consumers may have trouble reading our articles.**

**So, would a image-free larger print issue be of interest?**

**On the following page, I will provide some line samples and give the font size of each. If there is interest, issues may be available in that font. Only ONE font size will be chosen.**

**Guide Page Magazine:**

**24-point**

**Guide Page Magazine:**

**30-point**

**Guide Page Magazine:**

**36-point**

**Guide Page Magazine:**

**48-point**

**AN ALEXA-ENABLED MICROWAVE**

**“Alexa” has woven itself into being commonplace within our society. In less than a decade since its introduction, the Alexa “Dot” is as readily available as a can of soda in a vending machine. You see Alexa mentioned in newspapers, websites, news reports, and even national television advertisements. Yes, Alexa is everywhere - and here to stay!**

**I previously mentioned I have several devices - one Dot is in my home office, the Echo Show is in my living room, and more recently I have added a Dot in my kitchen. This Dot is connected to my recently**

**added Alexa-enabled microwave. Yes, I said microwave!**

**Like many consumers of Cabell-Wayne Association of the Blind Services Division, I use my microwave daily. And I am sure like most consumers, using a microwave can be a difficult task. My household has had many microwaves over the years. The first one was a $450 Amana that I purchased from Mack & Daves in the mid-80’s. Things have progressed considerably since then.**

**\**

**My new Alexa-enabled microwave is an 1100-watt Toshiba. The model is: ML-EM34P. (I have no clue how they came up with THAT!)**

**This microwave is very attractive. The front is black trimmed with stainless steel. The door is pull-open, push-shut. There is no “push to open” as many microwave’s have. The controls are a crisp white on black. The numbers are large and very easy to read. The digital display is an LED, but it is white on black making for a really easy-to-read display. Inside, the oven has an ultra bright white light that is noticeably brighter and whiter, than my previous appliance. There is also a carousel with a clear 12-inch glass plate.**

**Front panel controls are the usual: Popcorn, Reheat, Potato, Weight Defrost, Power Level and Time Defrost. The START/30sec, and STOP/Cancel controls are at the bottom.**

**There is one control unique to this microwave - and that is the “WiFi” button at the bottom center between STOP and START. This will only be used with initial set up to allow the appliance access to your home WiFi network.**

**The set-up process was fairly simple and I accomplished it with little trouble.**

**The first step was to install the “MSmartHome” app on my iOS device. This process will help to remotely control the appliance with the MSmartHome app. You will need to create an account, then chose the wireless network, and input the network password. Once the app is connected to the device, the microwave can be used. There are numerous controls within the app to control the microwave - everything from pre-defined settings such as defrosting meat or fish, melting butter, to cooking frozen entrees. Once the app is “talking” to the microwave, it is time to set up Alexa.**

**You will need to already have the Alexa app installed on your smart device. Once the Alexa app is open,**

**Tap the three horizontal lines at the lower right-hand corner of the app. A new menu will appear. At the top of that menu, choose “Add a Device”, then choose “microwave”, then the brand, then the model. Alexa will connect to the microwave, and automatically set the time, and you are done!**

**This process sounds simple, but I would not recommend a person with severely limited vision or that is totally blind attempt the installation without a sighted person’s assistance. Remember the old adage, “Two heads are better than one?”**

**As I mentioned earlier, I added an Echo Dot into my kitchen. With the Dot I purchased a really nifty device - an Alexa Wall Mount Holder for $12.95. The gadget, comes in either white or black to suit your decor. Since my Dot is black, I purchased the black holder. Its an ingenious add-on for the Dot. It allows you to put the circular Dot on a circular surface on the holder, route the power cable through the back of the holder, wrap the cable multiple time on the underside of the Dot, then place the Dot’s power block inside a square grey rubber-ish mold, then that mold fits snugly inside the holder’s square plastic box. When complete, the Dot is plugged into a wall outlet and is neat and tidy - devoid of any dangling power cords. The Dot can be mounted right-side-up,**

**upside down, or sideways, all depending on the orientation of your kitchen power receptacle.**

**My first test with the Alexa-enabled microwave was to, of course, boil water. I said, “Alexa. Microwave high power for one-minute”. Alexa started the microwave and repeated my command. At the time I really didn’t need boiled water, it was just as quick a test as any. The test was flawless.**

**Since its installation I have microwaved multiple things, including popcorn, hot dogs, and hot water. I don’t drink coffee, so it was for tea.**

**This has worked so well I even looked to replace my toaster with an Alexa-enabled one. None exists - yet. Believe me I looked.**

**This voice-activated microwave can be operated either vocally or manually. It is not for everyone. It is expensive - unless there is a sale or a discount, the Toshiba ML-EM34P costs $179.99. Yes, there are less expensive models out there, but you get what you pay for, and in this instance I am glad to have the extra feature of vocal-assist microwaving.**

**USEFUL LINKS**

**TOSHIBA ML-EM34P:**

**https://smile.amazon.com/Toshiba-Countertop-Microwave-Compatible-Stainless/dp/B08HGXWJG1/ref=sr\_1\_6?crid=23HZLYNZE8419&keywords=Alexa-enabled+microwave&qid=1659899903&sprefix=alexa-enabled+microwave%2Caps%2C175&sr=8-6**

**Alexa Dot (3rd Generation):**

**https://smile.amazon.com/Echo-Dot/dp/B07FZ8S74R/ref=sr\_1\_2?crid=C8879D630AUR&keywords=Alexa+dot&qid=1659900061&sprefix=alexa+dot%2Caps%2C172&sr=8-2**

**Alexa Wall-Mount Holder:**

**https://smile.amazon.com/Belkertech-Generation-Space-Saving-Accessories-Management/dp/B07R4YMDD4/ref=sr\_1\_3?crid=167Y6T45RB062&keywords=Alexa+dot+holder&qid=1659900126&sprefix=alexa+dot+holder%2Caps%2C148&sr=8-3**

**I make many Amazon purchases using the smile.Amazon.com portal. This way, anything I might order for personal use, Cabell-Wayne Association of the Blind Services Division gets a yearly donation from Amazon. I am proud to do my part in supporting this fine organization!**

**There are three graphics with this article. The first is an iOS screen capture of the actual microwave MSmartHome app. The caption reads” “This is a screen capture of the MSmartHome app on an iOS device. The app allows for remote access of several useful microwave functions.” The final two graphics are of the actual inside and outside of the Alexa-Enabled Toshiba microwave.**

Notes From The Editor

**Hello there! Welcome to our September issue! Despite all the rain we’ve endured lately, I can tell Fall is coming. There’s just something about the color of a late summer sky - blue and beautiful!**

**In this issue I have written an article describing a new microwave I have acquired. It is Alexa-enabled, and I love it! Mary Parsons sent photos of James Earl’s participation in a hot dog eating contest during Huntington’s West Virginia Hot Dog Festival. I love hot dogs, but I don’t think I would enter a**

**contest such as that. I’m a slow eater! My hat is off to James Earl for his effort!**

**I have an article mentioning the tabs we now place on our mailed issue. There is a reason for it. The article is on page 9.**

**The October pottery class and the Sweets For Sight event are also mentioned. We are always busy here at the Services Division!**

**Take care, stay well, and be happy! I’ll see you next month!**

TRANSPORTATION!

**The ability to get from point A to point B**

**Our consumers utilize our transportation service to get to vital appointments such as work, medical, higher education, CWAB® Services Division events, or community activities as scheduled. We travel over 4,500 miles in a month. That is over 440 trips in a month.**

**Transportation currently has 5 employees active, one of which is the supervisor/dispatcher. You can quickly see how big an undertaking this can be.**

**We have to have standards of operations in place to ensure that this vital program operates as it should. Some of these are listed below:**

**1. All rides have a minimum of 24 hour required notice. This means Friday for a Monday appointment. Schedules are made for the next day by 2 pm.**

**2. Wednesday afternoon events follow the 24 hour rule**

**3. Group activities must be scheduled one week prior to event. This changes with each event so the best thing to do is to call as soon as you hear about an event.**

**4. YMCA participation must be called in by Friday morning for the following week.**

**5. You must cancel your ride before the driver calls to pick you up. Failure to do so, may lead to warnings.**

**6. Medical Appointments - it is preferable that these be made between the hours of 9 a.m. and 1 p.m.. This enables us to get you there on time and to have amp time to get you home. Exceptions are possible. It is best to discuss these with the Transportation Supervisor.**

**a. Consider providing us with an appointment card for follow-up medical appointments to help strengthen our accuracy.**

**7. The consumer is primarily responsible for signing up for transportation. The service provider may sign a consumer up. Drivers are NOT allowed to sign consumers up for rides. This protects the consumer against forgotten messages.**

**8. Food and Drink are prohibited during your ride. This applies to all services we provide, not just transportation.**

**9. We insist all passengers wear seatbelts at all times while the vehicle is moving. Drivers are instructed not to move until this is the case. If they are found to be driving with a passenger unbelted, it may lead to immediate dismissal.**

**10. Drivers have up to one hour before and after your scheduled pick-up to pick you up. We rarely use that cushion but it exists to allow for unavoidable circumstances. Please be prepared for this possibility. Group activities, with multiple passengers on one shuttle, is one example when this 1 hour cushion may be necessary.**

**This does not cover everything but it covers many of our most important standards.**

**Our drivers are very valuable and appreciated! They do a tremendous job, and our agency would not be what it is without each of them. Your compliance with the standards we have in place goes a long way toward making a hard job much easier on them.**

**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, call 304-522-6991.**

**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 at the top with logo at top of back of shirt facing a**

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

**Basic colors being offered are Navy, Royal blue, Red, Marshall Green, and Purple. We have some of these in stock at all times. There are many other colors available so if you desire a different**

**color please call and ask for Toni to discuss. We are also offering several tie-dye versions.**

**Prices:**

**Short sleeve                 $15**

**Long Sleeve                 $20**

**Short Sleeve Tie-dye   $20**

**Long Sleeve Tie-dye    $25**

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

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

**There are two photos with this article. They are of Hailey Tabor wearing a tee shirt as mentioned.**

**The caption reads: Transportation team member, Hailey Tabor, shows the front and back of the Royal Blue t-shirt”**

**\**

**Ongoing Fundraisers**

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

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

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

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

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

**Marcos Coupon Card Fundraiser**

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

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

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

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

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

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

**Shopping Opportunities**

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

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

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

**Here are shopping guidelines:**

**• Two hour limit**

**• One location**

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

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

**A guide or companion is encouraged.**

**Cabell-Wayne’s “Official” Welcome**

**for Newcomers**

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

**To make it easier to get acquainted, the Services Division offers new, and potential consumers**

**two pieces of printed information that helps to bridge the gap between the strange and the familiar - The CWAB® Consumer Handbook, and the agency’s greeting brochure. Each with its own wealth of information.**

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

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

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

**Cabell-Wayne Association of the Blind**

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

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

**CWAB(R) is the leading local resource for people who are blind or visually impaired. CWAB(R) works with other organizations and community**

**resources to provide consumers with every opportunity available to them.**

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

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

**CWAB® Vision:**

**CWAB® will be seen nationally as a model for organizations and agencies that help blind and visually impaired persons achieve maximum**

**independence. CWAB® will be known for timely and appropriate state-of-the-art responses to the changing needs of consumers throughout the Tri-State area and beyond.**

**CWAB® Mission:**

**The Cabell-Wayne Association of the Blind is committed to promoting and advocating the economic, educational, and social welfare of the blind and visually impaired of all ages so that**

**they can maintain a life style comparable to other members of society.**

**Here is what we do:**

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

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

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

**Consumers are provided with aids based on evaluation of visual function as well as need. Training in Daily Living Skills including creating**

**and reading Braille, cooking, and organizing is also available.**

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

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

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

**Adult Recreation offers social interaction through many activities such as picnics, parties,**

**bingo, plays, concerts, YMCA and crafts. These activities allow consumers to enjoy a full and active life-style.**

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

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

**Peer Support Groups meet on a regular basis. In these groups our consumers are provided**

**opportunities to learn and socialize with others who share similar life experiences.**

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

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

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

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

**Cabell-Wayne Association of the Blind**

**Services Division**

**38 Washington Avenue**

**Huntington, WV 25701**

**304-522-6991**

**Fax 304-522-6924**

**Website: www.cabellwayne.org**

**Please remember us in your will.**

**Planned Giving**

**So, what is planned giving? By definition, a planned gift is any major gift, made in lifetime or at death as part of a donor’s overall financial and/or estate planning.**

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

**These gifts will provide goods and services to the blind and visually impaired of Cabell and Wayne Counties of West Virginia. They will also provide funding for operational expenses.**

**Planned Giving is the most practical way to ensure your personal and financial wishes are fulfilled after you are gone.**

**Cabell-Wayne Association of the Blind is more than happy to discuss with you the many ways the agency could benefit from your wishes. Contact the Services Division office at 304-522-6991.**

**CWAB® Services**

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

**ORIENTATION & MOBILITY – O&M’s goal is to train consumers with techniques of safe, efficient travel both in the home and into the**

**community. Skills are taught that are vital for independence, confidence and self-satisfaction. Instruction is built around the goals and needs of the student.**

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

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

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

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

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

**This is the end of the GUIDE PAGE MAGAZINE Volume 33, Issue 9, for September 2022.**

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