

Guide Page Magazine

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



Volume 31 - Issue 10

October 2020



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

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Joanna Holbrook - Vice President

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**Major funding provided by
the Teubert Foundation**

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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.



Due to circumstances surrounding the ongoing risk of COVID-19, the Association's 45th Anniversary Celebration originally scheduled for October 9th, has been postponed until 2021.

We look forward to a grand celebration at that time!





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ON THE COVER

A banner signifying the 45th birthday of the Association!



Executive Director
Toni S. Walls

Hello all,

I pray this issue of the Guide Page finds you well.

As COVID-19 continues to be a very real and dominating issue in our world today, the staff continues to adapt and work toward providing the services CWAB® Services Division is known for.

Sweets for Sight, the Virtual edition, continues to be a focus of the agency right now. It is promising to be a very successful event. As I write this the event has begun and will finish by the time you have received this month's Guide Page. Look to November's edition for details on the success! Zach Davis and Pam Cabell have worked very hard to make this event a success and we thank them!

Recreation Coordinator, Linda Worthy has successfully introduced a plan to make crafting available and doable for those who are interested. Feel free to give her a call to get the details.



Transportation, under the direction of Supervisor Jim Dorton, and Assistant Supervisor Hailey Tabor, continues to work hard on transporting consumers to work, medical, and for shopping. In any down time they have they maintain the grounds and the buildings of CWAB® along with help from other staff members.

Consumer Service provider Candy Allen continues to work hard to provide grocery delivery services to our consumers.

Adaptive Technologist Jeff Ball has worked to upgrade all computers within the agency to Windows 10. He also is diligently seeking ways to serve our consumers with their needs for technology.

Jerry Crabtree, Media and Marketing Coordinator has managed to put out all but 3 Guide Pages this year and since June they have all been published from his home with technology we have been able to implement due to Jeff Ball's dedication. He has also greatly assisted with Sweets for Sight through scheduling Media events and publishing information in the Guide Page.

Danielle High works hard to keep the finances of CWAB® Services Division up to date and accurate. She has done a tremendous job of stepping into former Office Manager Rhonda Spear's role. I have extreme confidence in the job she does.

As you can see, you have a dedicated staff working for you, even during these confusing times. Please do not hesitate to reach out to us with any questions or needs you have. We are here FOR you!

I am always open to a conversation with any of you regarding the decisions that have been and will continue to be made on a daily basis. If you can't reach me immediately please know that I will return your call as soon as I can.

Thank you all for staying safe!

Until next month



**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 vomiting or Diarrhea

____ 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 October 2020 issue of the Guide Page Magazine!

We celebrate the 45th anniversary of our Association this month. There's a very informative article beginning on page 12.

I recently participated in a focus group dealing with the development of an assistive direction finding app - GoodMaps. A really good description of the app, with screenshots begins on page 20.

Linda Worthy has put together craft kits you can do from home. Those details can be seen on page 42. Consumer Mike Nuce has some thoughts on voting, and I have an article on cutting tomatoes.

Stay safe, and stay well everyone!



A Word Search For October!

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

Find the words hidden in the puzzle

COLUMBUS DAY	SAILING	DISCOVER	SHIPS
VOYAGE	HOLIDAY	CHRISTOPHER	CLAIM
HALLOWEEN	CANDY	COSTUMES	SCARY
PUMPKIN	BATS	SPOOKY	SKELETON
FIRE PREVENTION	MATCHES	CANDLE	FIRE TRUCK



A Growing Idea

Every product or service begins with an idea – a seed planted by an observation, a thought, or a comment. The need of a unique or simpler way to accomplish a goal is usually brought on by growth, change – or the lack of each. Creativity can come through an individual, or a group of individuals. You’ve heard the expression, “two heads are better than one,” right?

Charlie Harris saw a need.

Prior to 45 years ago, the blind and visually impaired of Cabell and Wayne Counties of West Virginia were nothing more than an afterthought to the average sighted person. Harris himself said, “Our biggest problem is that we’re isolated from the sighted community.” There was the need – to bring the blind and visually impaired out into the community.

In 1960, Harris, a blind person from Huntington, began traveling the country for ideas to help the blind persons in his own hometown.

“I traveled around the country and saw that it did work in other places, (referring to what he called a ‘workshop’), although I received a lot of opposition here. I was especially impressed by Harris County, Texas. The workshop there has 80 blind people employed.”





“It’s a long way away,” he laughed, “but we want to establish a workshop for training. We’ll have to stay within the confines of Cabell County for the workshop, and preferably on the bus line, we don’t want the members dependent on other means of transportation.”

The long haul finally ended on Oct. 9, 1975, when Harris received the charter for the organization, but that was only the first stage.

Harris was President and founder. Vice President and co-founder was Erwin “Speed” Grizzel. Geraldine Bias was the secretary, and the Treasurer was Dorothy Gillespie.

“The purpose of our organization is to enlighten the blind and bring them out of isolation. The blind person is treated like a second class citizen.

“The only way we can make it work,” Harris emphasized, “is to have interest in the whole community, both the blind and the sighted. People who can see are frightened of the blind. They don’t know how to deal with them.”

And work it did! On October 9th, 2020, Cabell-Wayne Association of the Blind will celebrate its 45th year of serving the blind and visually impaired of our community.



The association has grown exponentially since those days. Beginning with 37 blind members, and 115-120 auxiliary, or sighted, members, today that number, (combined), totals over the 600 mark.

In those early days Association meetings were held on the second Monday of each month at the Catholic Daughters of America Hall on 6th Avenue.

Little is known about those early meetings, but one could surmise they were about assessing the needs of those early members.

Things gradually progressed – as all things do, to a wider base of persons to be served.

Consumers of today's Association cannot fathom not having a regular meeting place. This was not the case decades ago.

By 1982 meetings were being held in the conference room of Division of Vocational Rehabilitation. Topics of the time were bingo, and the legality of holding public bingo, and the need for a part-time director. A year later, meetings were discussing the need for an Optical Aids Clinic, blind adjustment services, a graduate scholarship program, and a braille/large print transcribing service.

1989 brought change – big change! The Services Division component was added, giving consumers of Cabell-Wayne Association of the Blind a centralized location to obtain their services, which by this time included rehabilitation specialists and transportation.



The fleet of transportation vehicles began to grow, as well as the staff. With the availability of funds from the C.J. and Alice Teubert Charitable Trust, Cabell-Wayne Association of the Blind now had access to a wide range of services - services such as free eyeglasses and eye exams became available. Mobility training, rehabilitation tools, as well as more frequent and wider array of recreational activities were developed.

By the mid-90's, the Services Division had moved into offices on the second floor of the West Virginia Building – one of Huntington's most famous landmarks – and tallest buildings. As the agency as a whole began to grow, it was becoming rapidly evident that a larger facility was needed. The property at 38 Washington Avenue became available. By the fall of 1996, the Services Division made its move.

In an item in the December 1996 issue of the, "Guide Page", funds were being actively pursued to purchase the Washington Avenue property. The article stated that a total just over \$5,000 had been raised, with a goal of \$47,500, by August of 1997. There was work to be done,

The deadline was met, and the agency took possession of the property in the fall of 1997.

During the last twenty-plus years, the current office has gone through several changes – all spurred by growth – both from consumers, and by the agency itself. Interior office space has been modified, an annex constructed for a kitchen and large meeting space, and an attic was added to accommodate storage.



Property adjacent to the Washington Avenue facility became available, and was purchased. By mid-2007, construction began on that property for an activities center. The building was completed in the spring of 2008, and to celebrate, Country Music artist Jeff Bates was contracted to perform, and attracted a huge crowd. It was a very exciting time for Cabell-Wayne Association of the Blind.

In the ensuing years several staff changes were necessary due to retirements, deaths, and career changes. Staff member Toni Walls became Executive Director in the summer of 2018.

The Association continues to grow and evolve. As stated in the bylaws, presidents, vice-president, secretary, and treasurer all continue to change bringing new energy and ideas.

Since the onset of COVID-19, current Association president, Joann Wallace has faced many challenges. Those challenges have come with some very difficult decisions – decisions which affect how the Association as a whole is served by the Services Division. Transportation services have been altered, methods of delivering goods and services have been altered, and Association meetings have also been cancelled.

Through strength, courage, and determination – as well as a good working relationship with the Executive Director, Wallace has, and will continue to guide the Association.

The future? As new technologies emerge, the blind and visually impaired will assuredly benefit. Microchips will undoubtedly become smaller and more complex with better capabilities of speech and optical resolution. A better educated and trained staff will mean better and more efficient services.



As the population of Cabell and Wayne Counties change, so will the amount of blind and visually impaired persons. The Services Division will continue to serve, and develop better ways to reach, recognize, and assess the needs of its consumers, thus assuring the Association a long healthy future.

“Twilight”

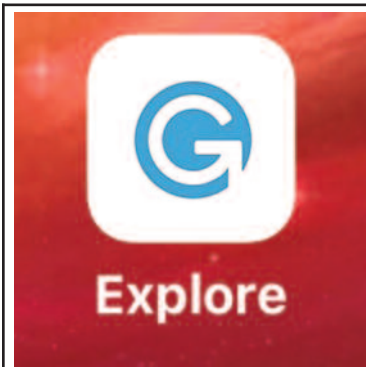
by Charles Harris

In twilight now I walk each day along life's busy path, I
wonder as I walk this way just what the future hath The
faces of the ones held dear
Grow dim before my eyes
This cross is heavy I must bear alas
the twilight dies.

I miss the trees, the flowers,
the skies, the sunset's brilliant hues.
Their colors now escape my eyes in
their field of blues.
The light that failed,
I know not why this lonely path I trod.
I tried to reason then I sigh just
leave it up to God.

For with His help
someday I'll find a place where I can rest.
To me He's always been so kind, for
me He knows what's best.

© Copyright 1962



GoodMaps: Precise Navigation For The Blind

The first line from the CWAB® Services Division Transportation Program description states, “Getting around is a major road-block for the blind and visually impaired.” Certainly that, “getting around” part could also apply to indoors as well.

GoodMaps can take care of that.

GoodMaps is an iOS or Android app developed by GoodMaps in conjunction with APH, (American Printing House for the Blind, in Louisville, KY). GoodMaps is a digital mapping and accessibility navigation company dedicated to making indoor spaces more accessible, safe, and productive.

The idea is to use sensors inside a public building to “map” that building. Mapping will determine where such things as stairs, elevators, exits, and water fountains are located. This information, in turn, would be transferred into audible directions which, in turn, will be available to the blind user of that app.

The American Printing House for the Blind, is a non-profit. It created a separate for-profit company, “GoodMaps”, to pursue indoor navigation technology for people who are blind or visually impaired. GoodMaps has developed and will continue to refine indoor navigation technologies. It will also be bringing components for first responders, asset location, contact



tracing, and remote exploration to its menu of products and services. All profits from GoodMaps will be invested back into APH to further help its mission and goals.

The GoodMaps process:

- CREATE MAP:** Our team walks through the building with a LiDAR backpack collecting laser measurements, camera images, and building features. (LiDAR is a method for measuring distances by illuminating the target with laser light and measuring the reflection with a sensor. Differences in laser return times and wavelengths can then be used to make digital 3-D representations of the target.
- TEST & TRAIN:** After the map is loaded in GoodMaps Studio, our team visits the site again to test map and positioning accuracy. We will also train venue staff.
- GO LIVE!** Our marketing toolbox will ensure the news of the accessible venue spreads far and wide!

The GoodMaps app is currently available in either the iOS or GooglePlay app stores. Tapping, “GET”, will install the application onto your mobile device. Once installed, tapping on the GoodMaps icon, (it is a white square with a blue circle in its center, and a white, “G”, in the middle), the app will activate.

The app opens with a medium blue screen, the words, “GoodMaps Explore,” appear with the word, “loading’, under-

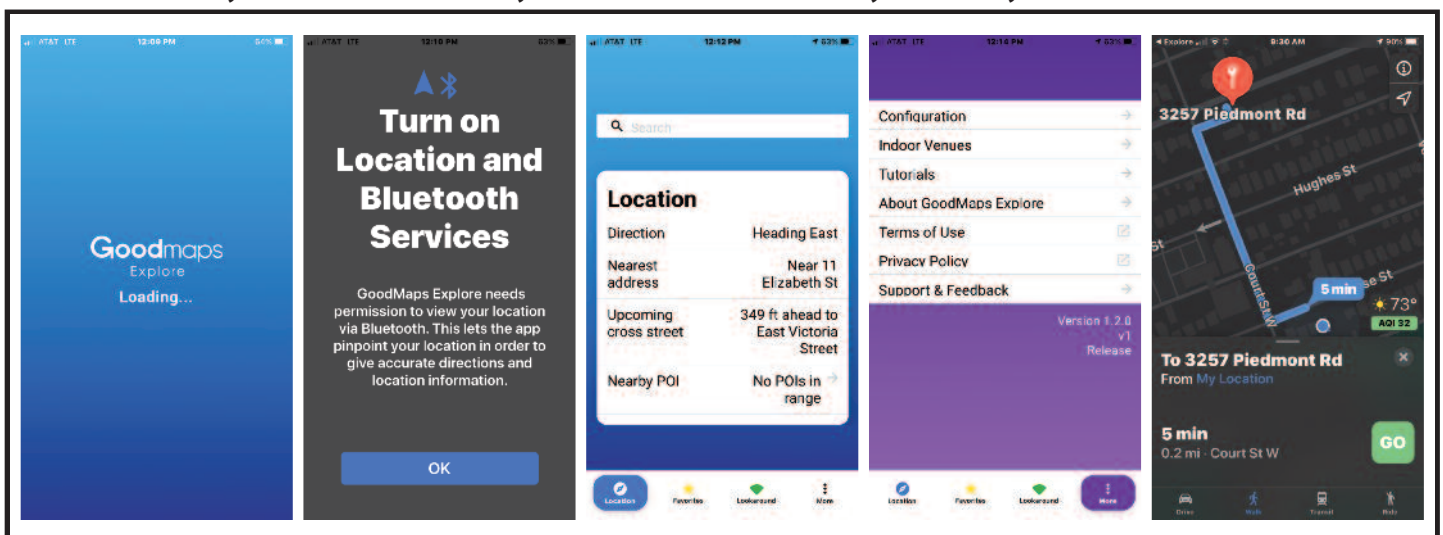


neath. You will hear what resembles a, “sparkle”, sound effect, and a male voice says, “GoodMaps”, with a slight echo effect.

The app continues to open with the same blue background, but now has a search bar at the top with a larger white window underneath. The larger white window contains your current location with the direction which you are facing, nearest address, upcoming cross street, and nearby POI, (Points Of Interest). Location data is pulled from open source street maps.

For instance, from my home, I see that Westmoreland Park is 283 feet away at the 2 o'clock position. Tapping that option brings another screen with other places near my current location: a church, a pump supply business, a hair salon, a dry cleaners, a dog groomers, a Boys and Girls Club, and a few others. Tapping any of these will give the user a choice of, getting directions via Google Maps, Apple Maps, making the selected location a virtual location, or adding to Favorites. Tapping “Back”, located at the top left of the screen will return you to the previous page.

At the bottom of the app main screen are four options: “Location,” “Favorites,” “Lookaround,” and, “More.”

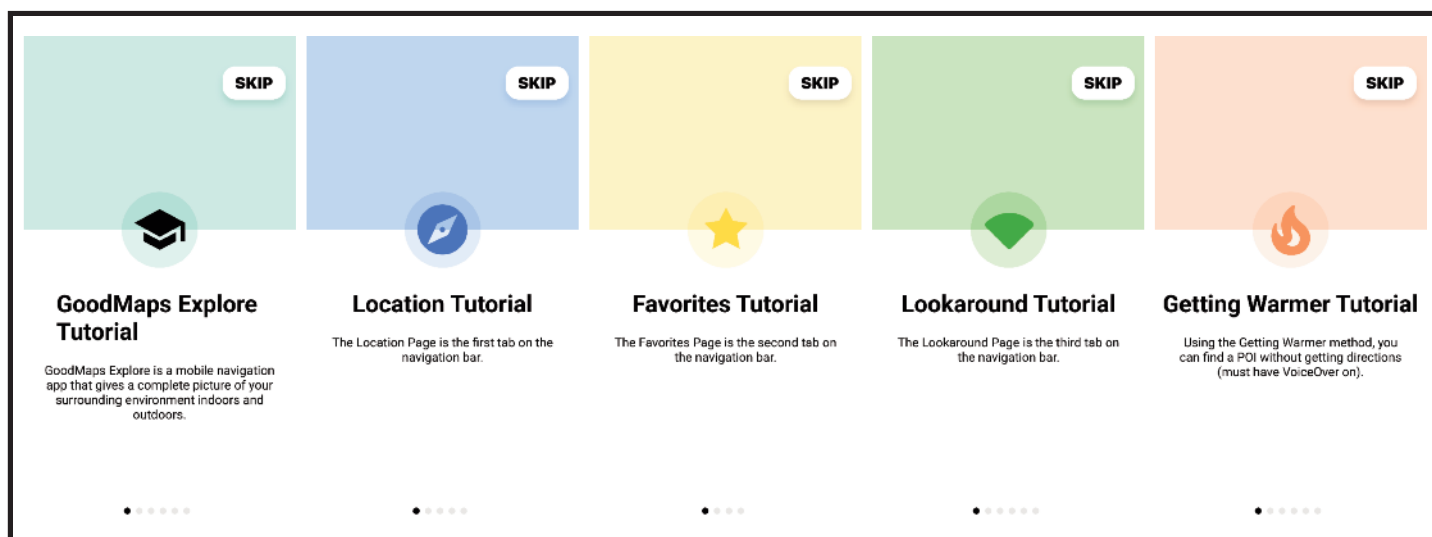




Tapping, “Lookaround,” is interesting. The screen changes to a green background, and populates with streets and businesses relative to your current location. However, when you move in directions of varying degrees left or right, your device will slightly vibrate while making a muffled popping sound. This vibration and sound will signify that the displayed data has changed in regards to streets or businesses that are in the direction you are moving.

The “More” option gives you Configuration, Indoor Venues, Tutorials, About GoodMaps, Terms of Use, Privacy Policy, Support and Feedback. The “Configure” option allows you to change between Imperial and Metric, as well as activating the, “shake for location information”. “Indoor Venues,” has no current local information; however APH, (American Printing House), is loaded. Tapping this option activated the Virtual Mode, and you are returned to the main screen which now is a slight gradient with pink at the top, and blue at the bottom. Now your options are, “Room Name,” “Direction,” and, “Nearby.”

If you were at the APH headquarters, your device would detect the sensors and load the room information. You can easily exit





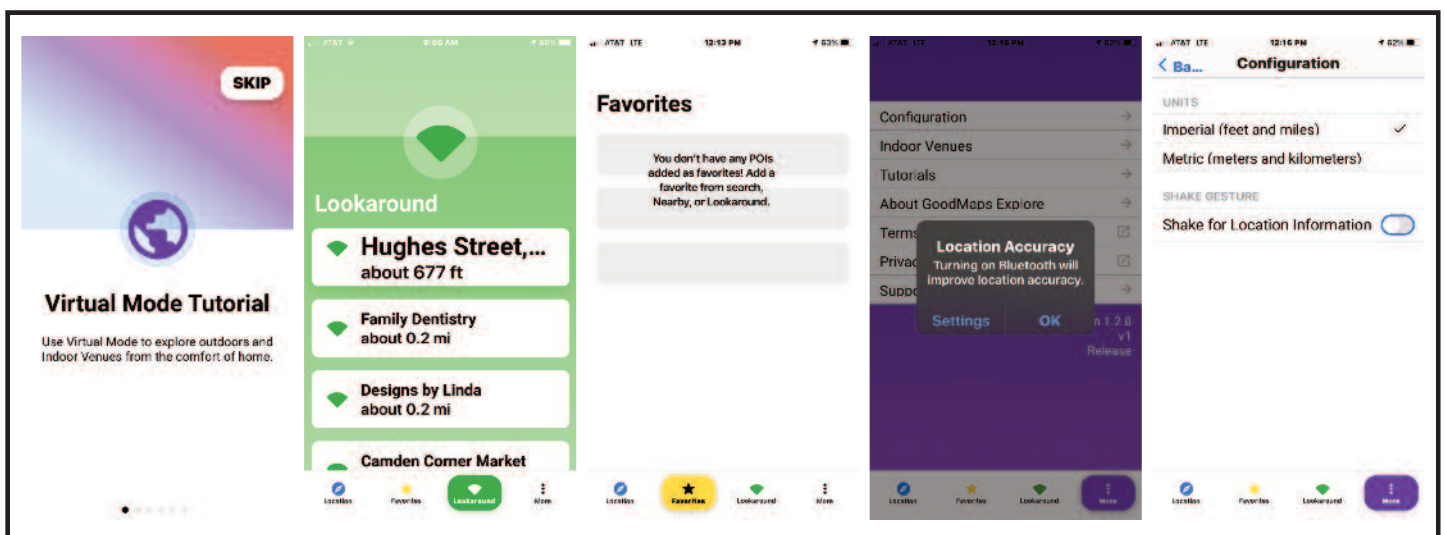
Virtual Mode by tapping “Exit Virtual Mode”, from the main screen.

There are particular items to note with in the “More” menu. These are: “Tutorials,” and, “Support and Feedback.” Tutorials give you descriptions on how to use, location, lookaround, favorites, directions, virtual mode, search, welcome, and the “Getting Warmer” feature. The support option opens your email, giving you the chance to send questions direct to GoodMaps.

I used GoodMaps on my personal iOS device from two separate locations. I do not use VoiceOver.

I found the app simple to use. It was clean, uncluttered, with large (for the most part), readable text. I surprisingly discovered several things that were “Nearby” that I did not know existed!

Most likely I was using a new release. The app version was 1.2.0 v1 release. I found no obvious bugs.





GoodMaps is a great navigational tool. I am excited to use this app when it is populated with more indoor venues – such as Cabell-Wayne Association of the Blind Services Division.



**AMERICAN
PRINTING
HOUSE** ■ ■ ■



**Our newest fund-raiser! A CWAB®
Hand-crafted basket, filled with 31 classic
Ty Beanie Babies® and 25 miniatures.
Tickets are on sale now.**



**\$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. Since the onset of COVID-19, our regular schedule of events has been adjusted, and re-adjusted. Despite these changes, there are still ways to assist with fundraising. The next few pages will show you how.

Cabell-Wayne Fundraiser: AmazonSmile®

What is AmazonSmile®?

AmazonSmile® is a simple way for you to support your favorite charitable organization every time you shop, at smile.amazon.com, 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.

How do I shop at AmazonSmile®?

To shop at AmazonSmile simply go to smile.amazon.com.

Which products on AmazonSmile® are eligible for charitable donations?

Tens of millions of products on AmazonSmile® are eligible for donations. Eligible products are marked "Eligible for AmazonSmile® donation".



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 purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make through AmazonSmile® will result in a donation.

Cabell-Wayne Fundraiser: Kroger®

The Kroger® Family of Companies is committed to community engagement, positive social impact and charitable giving at the national and local levels. .

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.



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.**
- 3. Enter the name or NPO number of the organization .
Cabell-Wayne Association 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.

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.

If you have any questions, please contact our Customer Service Center.



Cabell-Wayne Fundraiser: Rada Cutlery®

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
- Cooking Utensils.
- Quick Mixes.
- Gift Sets.
- Recipe and Gift Books.

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.



GUIDE PAGE By Email:

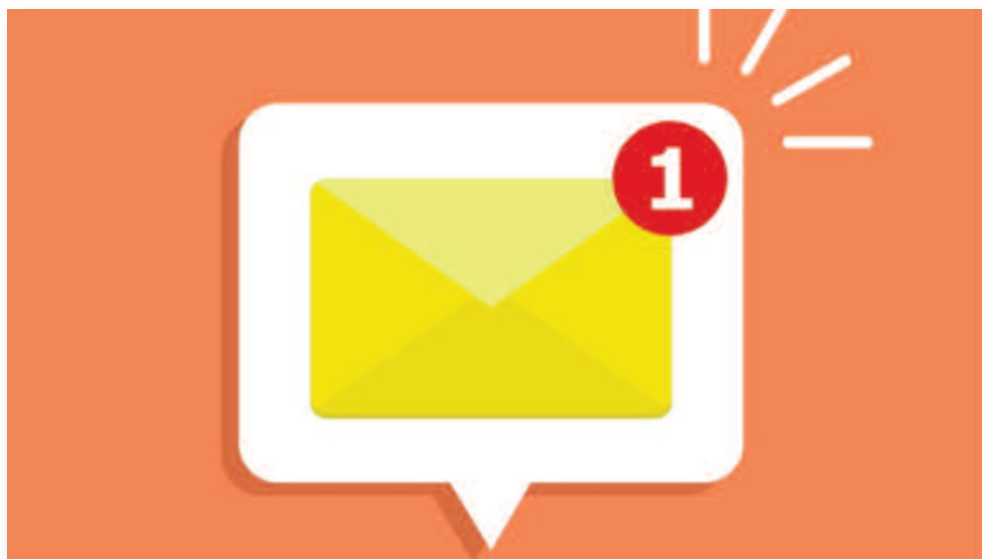
Click, Open, and Read!

For thirty years the ***GUIDE PAGE MAGAZINE*** has been made freely available in a variety of formats to suit the vision needs of Cabell-Wayne Association of the Blind's consumers. Those formats have changed as technology has changed. We now offer large print, Braille, and audio CD. For our internet savvy consumers, audio, PDF, and text issues are available on cwab.org.

We produce over 600 copies of the ***GUIDE PAGE*** each month, with many formats requiring postage for delivery. The most cost effective issues we produce are email.

Email issues need no ink, paper, packaging, or postage. Recipients simply open their inbox and read or let their screen reader software read it for them.

By changing your current subscription to email only, you will greatly assist us in continuing to provide the ***GUIDE PAGE*** to you. For more information, please call 304-522-6991.





Website Update!

Communicating is always a priority at Cabell-Wayne Association of the Blind Services Division. The agency provides many avenues for consumers and the general public to reach us for services, donations, or general questions. Our website is primary example.

Recent circumstances deemed it necessary for the CWAB.com website to be refreshed.

This update allows for easier access to key features: such as Donations and Chat buttons, quicker links to “Who We Are”, “Services”, “Guide Page Magazine”, and agency events. You can also sign-up for our Guide Page Magazine, email edition. Under “Services”, you will be introduced to the experienced staff, and learn of the many ways Cabell-Wayne Association of the Blind Services Division serves the many blind and visually impaired consumers of Cabell and Wayne Counties.

Lastly, from its main page, we have provided a quick link to current fundraisers, phone, fax, and email information to easily reach us.

Cabell-Wayne Association of the Blind Home Who We Are Services Guide Page Contact Us Log In Donate Now

Make a Difference. Donate Now Fundraisers

Fundraisers

T-shirt Fundraiser
Cabell-Wayne Association of the Blind Services Division is currently seeking volunteers to help with our T-shirt fundraiser. For more information, please call the Services Division at 304-522-6991. For more information, please call the Services Division at 304-522-6991.

We have a T-Shirt fundraiser and a hand-crafted basket with 31 beanie babies and 25 miniatures. If any of these interest you, contact the services division at 304-522-6991.

Rada Cutlery Fundraiser
Add a little "sparkle" to your kitchen by purchasing Rada Cutlery SILVER. Every purchase you make using our unique shopping link below HELPS our organization! Thank you

OUR FUNDRAISER IS SELLING RADA CUTLERY



Guidelines for Rehab Services

As Cabell-Wayne Association of the Blind begins to gradually offer services again, 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.



In person visits may be scheduled at this time with attention to best practices for safety regarding the threat of COVID-19.

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



Shopping Opportunity

Cabell-Wayne Association of the Blind Services Division Transportation Department is offering an 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



Getting Crafty At Home!

It's time to start crafting! Unfortunately we will not be doing group meetings due to the State and CDC Guidelines for group gatherings, but that does not mean we can't get crafty at home!

I am making 12 craft kits that will be available to the first 12 consumers who call in for them. You may only reserve these kits through Linda Worthy. If I am unavailable, leave a voicemail, I will return your call. If the demand seems to be higher than 12, I will adjust that number on any future kits to accommodate as many of you as possible. We will get the kits to you through delivery, by mail, or you can arrange to pick it up if you are by the Services Division office.

Instructions will be included in each kit, and an email of those instructions can be made available as well. Other formats may be available upon request.

The craft schedule will look like this for the next couple of months:

Sept. 30th – Pumpkin Wreaths

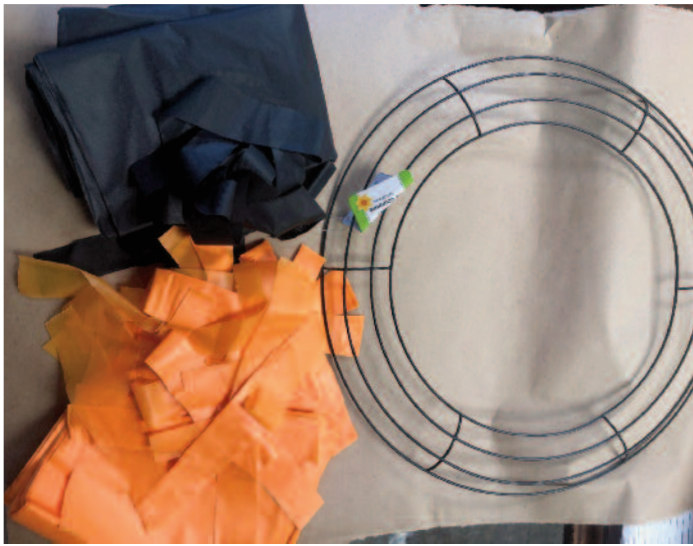
Oct. 14th – Pumpkin Carving

Oct. 28th – Pony Bead Pumpkins

I will be available by phone on Mondays from 9:00 to 11:00 a.m., and Wednesdays from 1:00 to 3:00 p.m., for any questions about the kits, suggestions, or anything else you would like to discuss about recreation.

We are all going through difficult times, and making adjustments as necessary. Thank you for being understanding.

On a not so bright note, the Huntington Museum of Art pottery classes have been cancelled. Classes may return after the first of the year, if then. I will keep you posted.



In-person crafts are problematic. Recreation Coordinator Linda Worthy has made available craft, “kits”. Pictured here is the “Pumplin Wreath”, kit - “parts”, and finished product.



The craft kit for October 14th - “Pumpkin Carving”, will be super simple, and a lot less messy with foam pumpkins! For your craft kits, contact Linda Worthy at 304-522-6991!



Blind people have the right, the responsibility and the ability to vote

By Michael Nuce

My first experience with voting as a blind person was when I was at a demonstration of talking voting machines at the American Foundation for the Blind many years ago. I thought it was quite wonderful that I could now vote independently, even though I could not see to read print on a ballot or screen. When I last voted in person, it was at an early period voting, at the Ona Cabell County building, and the voting machine had a small hand held attachment with a few buttons and a speaker that I could easily use. It took me longer than a sighted person to vote, but I could do it independently.

I remember that it was crowded in the building; I was there for about 30 minutes waiting my turn, and about another 20 minutes to vote and in close proximity to many people most of the time. However, COVID-19 was not around at that time, so I thought nothing of it.

I think a lot about COVID-19 now and my wife and I are in the “high risk” age group. So I now vote by Absentee Ballot. I am glad that I can do this and I am very willing to give up a little independence, in order to be able to vote and vote safely. My wife assists me in filling out the application for the absentee ballot and she helps me with the ballot when it comes.



First, you have to be a registered voter and this can be done in person at your court house, on line at the West Virginia Secretary of State website, or by calling for a voter registration form from your court house Voter Registration office. The application will be mailed to you and it needs to be returned by October 13, since that is the final date for registration for the November 3rd General Election.

To vote absentee, all you have to do is to call the county clerk's office, and ask for an absentee ballot application.

Cabell County Clerk office 304 526-8625

Cabell County Voter Registration office 304 526-8633

Wayne County Clerk office 304 272-6362

Wayne County Voter Registration office 304 272-6370

When the application came, it included a section that I signed indicating that I needed assistance with voting and when the ballot came, my wife signed an attachment indicating that she would be my assistant and I signed the ballot envelope and sent it back.

I have already called the Cabell County office and asked for an application for an absentee ballot, so you can call now for an absentee ballot for the November general election.



I read an article in the Huntington Herald Dispatch via National Federation of the Blind (NFB) Newsline, that they will start mailing out general election ballots September 18. The county clerk's office advised me to complete and return the ballot in a timely manner to reduce the possibility of mailing delays. Since I am totally blind, my wife assists me with absentee applications and absentee ballot voting. If you do not have someone to assist you call Cabell Wayne Association of the Blind at 304 522-6991. Be sure to call in well in advance because C.W.A.B. needs to make arrangements to help you and things have to be done in accordance with voting deadlines.

I really prefer to vote completely independently. However, I much more strongly prefer to not take risks with the Coronavirus.





The main thing is that I have the right, responsibility, ability and opportunity to vote!

Michael Nuce

If you are interested in reading newspapers by phone call the National Federation of the blind NewsLine 866 504-7300 or nfbnewsline@nfb.org, and for more assistance you can call Zachary Davis C. W. A. B. VRP Assistant, at 304 522-6991.



**NATIONAL FEDERATION
OF THE BLIND**

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Slicing Tomatoes: A Task In Futility

by Jerry Crabtree

I like to cook. I've done it for years. Guess I'm good at it, my waistline is proof of that.

I can fix salmon cakes, fried potatoes, pork chops, eggs, bacon - most of the usual stuff. I have a few dishes I do from scratch: cherry cheesecake, chicken noodle soup and the family favorite, from scratch lasagna. I don't do chicken. That's another story right there!

The other day I was fixing a ham & cheese sandwich. I decided to add a nice slice of tomato. I TRIED to add a nice slice of tomato! Let's just say I need help in that area, ok?

As a visually impaired person I like to think I get along rather well in the kitchen. I'm not above making a meal which includes ingredients from a box, bag, package, or a can. Fresh items I need help with.

Some time ago I attended a session of the Teubert Prep Summer Day Camp to take archival photos. Not only did I enjoy watching the young people cooking, I learned something in the process. I learned there was a device by Progressive®, called, Prepworks Onion Chopper. My word, this thing was fabulous! It made quick work of chopping things like portions of an onion, celery, cucumbers, etc., I now have one. But for a tomato, I wouldn't recommend it.



I made do with my irregularly sliced tomato and enjoyed my lunch. That got me thinking - was there a similar device a visually impaired person could use for slicing a tomato? Sure enough, there was!

Doing a quick Google search, I found an item on the [maxiaids.com](https://www.maxiaids.com/tomato-slicer-and-knife-aid-for-the-visually-impaired) website called, "tomato slicer and knife aid for the visually impaired," (<https://www.maxiaids.com/tomato-slicer-and-knife-aid-for-the-visually-impaired>). The item is manufactured by Reizen Inc. Perfect!

The device is red in color. It appears to be made from ABS resin, and includes an eight-inch non-serrated knife. Item details: "Slice tomatoes to perfection! Tomato Slicer and Knife Aid is ideal for those with visual impairment. Safely cut potatoes, onions and more. Just place the tomato or other vegetable into the slicer and simply cut between the grooves for a perfect slice every time. Use only with a non-serrated knife. Also a perfect prep tool for making blooming onions. BPA free and dishwasher safe. Knife measures approx. 8 1/4 in. Slicer measures approx. 4 1/2 tall." Nice!

Since I already had a knife suitable for slicing tomatoes, (RADA Cutlery), and I routinely choose Cabell-Wayne Association of the Blind as my AmazonSmile charity, I did a quick search for a similar item on smile.amazon.com. Sure enough, I found one there too - less the knife, which was fine with me.



Here's the way the device works:

- Squeeze the base to open the “ribs”, or “knife guides”.
- Place your tomato in between the opened guides.
- Release the base.
- Using the knife guide, slice the tomato from top to bottom.
- Release the device's hold on the tomato by once again squeezing the base.

VOILA! Evenly sliced tomatoes!

CAUTION: using a sharp kitchen utensil could cause injury!
Seek assistance as needed!

Remember, the device is red, so someone with color depth perception might have difficulty using it.

Keep in mind this device is light weight. Adding a tomato will change its center of balance and you should take care when slicing your tomato.

Also, note that this item's description says, “use only a non-serrated knife”. I'm guessing here that a serrated knife could potentially make cuts into the device, if you cut down too far. Also, a serrated knife can be **EXTREMELY** sharp!!!

If you don't have a tomato knife, one can be purchased through the agency's Rada Fundraiser. See our Facebook® page.



Another thing to keep in mind is, not all tomatoes are the same size. Using a small oblong tomato will not completely fill the cage area of the device, and may be too small to cut. On the other hand, trying to cut an extra large tomato might throw the device off balance. Just use common sense here.

With any luck, from now on, my tomato slicing will yield nicely cut 1/4-inch thick tomato slices!

I made my personal purchase from smile.amazon.com. If this item is of interest to you, perhaps you might want to check with Zack Davis, VRT Assistant, at 304-522-6991.

Excuse me while I fix a BLT!





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.