**This is the GUIDE PAGE MAGAZINE Volume 32, Issue 7, web-text edition, for July 2021.**

**Unless otherwise noted, all material is the property of CWAB® (registered trademark), Incorporated. Reproduction of audio, and or printed articles or photos in the original printed issue may not be reproduced or distributed in whole or in part without prior written consent from the original copyright holder.**

**The GUIDE PAGE MAGAZINE is published monthly by: CWAB® (registered trademark), Inc., 38 Washington Avenue, Huntington, WV 25701.**

**Phone (304) 522-6991, Fax (304) 522-6924**

**e-mail:** cwabadm@cabellwayne.org

**Internet:** [www.cwab.org](http://www.cwab.org)

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

**Executive Officers:**

**Joann Wallace - President**

**Joanna Holbrook – Vice-President**

**Leah Thompson - Secretary**

**Laundle Powers - Treasurer**

**Board Members: Wanda Annis, Mike Fitzpatrick , Trish Walker, Mark Oldaker, Pearl Church, and Kim Blake.**

**Emeritus members: Ken Hicks, and 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: Sweets For Sight Returns!, MISSION and VISION, From the Director, Recreation Activities Schedule, APH Speaker Series, July Fourth Closing, APH Huntington AccessTech Seeks Participants, Notes From The Editor, Word Search For July, Heritage Farms Adds Adventure Park, iOS and Computer Classes Return, Planned Giving, CWAB® Services Division T-Shirt Sale, Starbucks Foundation Grant, Ty Beanie Babies® Fundraiser!, Ongoing Fundraisers, Shopping Opportunities!, Need A Ride?, CWAB® Services ,**

**SWEETS FOR SIGHtS RETURNS!**

**This year Sweets for Sight will be held Saturday, September 25th from 4 to 6 p.m. at the C.W.A.B. Activities Center, located at 63 West Third Avenue. Don’t miss this amazing variety of sweets!**

**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**

**“When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.” ― Helen Keller**

**We may never know all of the successes we achieve because some may come after we are gone. My philosophy is to do the best that I can, learn from my mistakes, and move forward with life. I have a deep faith in God, and He spoke something into my life many years ago related to this, so I do my best to follow this philosophy. This quote from Helen Keller resonates with me for that reason.**

**Life is meant to be lived, not feared or dreaded. Find a passion that brings life to you, a hobby, a job, volunteering… and get about living your best life!**

**The Guide Page has many opportunities listed on how you can add to your life, enrich it, by joining together with your CWAB® family and enjoying life.**

**Please reach out to me with any thoughts, concerns, complaints, or compliments. I will always do the best I can to meet the needs of our consumers.**

**Toni I. Walls, COMS, CVRT**

**Executive Director**

**Cabell-Wayne Association of the Blind**

**Services Division**

**There are two photos with this article. The first 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. The second, our agency logo – woman with a cane, man with a dog guide , both in black silhouette, appearing in the lower right-hand corner of the last page of this article.**

**Recreation Schedule**

**Here’s a list of upcoming activities and events:**

**Wednesday Activities**

**July**

**7th       Music Appreciation**

**14th     X’s in O’s Axe throwing**

**21st     InstaPot demonstration**

**28th     Bingo**

**August**

**4th      Crafts to be decided**

**11th     Crafts to be decided**

**18th     Crafts to be decided**

**25th     Bingo**

**Other important dates**

**• July 12, 2021 10-12 or 5:30-7:30 APH AccessTech program (more info in article)**

**• July 27, 2021 5:30-7:30  APH Speaker Series Self Advocacy**

**•August 7 11-1 Summer Bash**

**•September 9 and 10 Fall Rummage Sale**

**•September 25 4-6 Sweets for Sight**

**APH SPEAKER SERIES**

**I would like to make you aware of a fantastic opportunity we have. American Printing House for the Blind now has a presence in Huntington, WV. They are actively seeking to educate the community regarding the issues and abilities of those with vision loss.**

**Please plan to support this important series. There will be 6 in total, the first is being held at CWAB® Activity Building. Future issues will have information on future events.**

**APH Huntington Speaker Series**

**To collectively educate, engage, and uplift the greater local community, APH Huntington will offer a five-part Speaker Series, free to the public and featuring conversations that address experiences, challenges, opportunities, and perspectives of people who are blind or visually impaired. With panels and presentations on self-advocacy, technology, humanities and arts, and personal safety relating to the experience of blindness and low vision, this inclusive learning series will be open to the entire Huntington community:**

 **• Self-Advocacy; Cabell Wayne Association of the Blind; July 27, 2021 from 5:30-7:30 pm: Join us for a panel discussion addressing self-advocacy for people who are blind or visually impaired, including developing confidence, keeping a healthy outlook, learning new technologies, and building a mindset for success.**

**There is one photo with this article. The image is a black and white APH logo. The letters “APH” appear in white inside a black circle. The letters appear to be bent in a “fish-eye” effect.**

**At the top of the next printed page is an image of a fireworks display. Underneath, the caption reads: “July Fourth Closing. Cabell-Wayne Association of the Blind’s Services Division office WILL BE CLOSED on Monday, July 5th to celebrate our nation’s Independence Day. All schedules and services will resume on Tuesday, July 6th.”**

APH Huntington AccessTech Program Seeks Participants

**Established in 1858, the American Printing House for the Blind (APH) has provided innovative products and programs to people with vision loss for over 160 years. Today APH is the world’s largest nonprofit organization creating accessible products and programs designed to support the educational, workplace, and independent living needs of people who are blind or visually impaired.**

**In July 2020, APH launched APH Huntington – a new program developed to provide national expertise and accessible technology and trainings to people who are blind or visually impaired in Cabell and Wayne Counties, WV.**

APH Huntington AccessTech

**The APH Huntington AccessTech Program is designed to increase awareness of and experiences with accessible technologies, including the iPhone, apps, and other assistive devices. Taking place once per month from July-December 2021, the six-session program will provide small group, hands-on technology trainings designed to elevate the daily lives and increase the independence of Huntington residents who are blind or low vision.**

**AccessTech sessions are provided at no cost and are open to adults who are visually impaired and who are members of Cabell Wayne Association of the Blind, and students who are visually impaired attending Marshall University or MountWest Community & Technical College.**

**Requirements:**

**iPhone running Apple’s iPhone operating system 14 or newer; Apple ID and password; availability to attend all 6 sessions; genuine desire to learn and use what is learned; commitment to practice what is taught between sessions.**

**Morning and evening session times are available.**

**This six-session training series will address:**

**1. Monday, July 12, 2021: Self-advocacy, developing an empowered, independent mindset**

**2. Monday, August 9, 2021: iPhone basics and identifying access needs; learning about screen magnification/enhancements and the built-in VoiceOver screen reader**

**3. Monday, September 13, 2021: Home tools including Amazon Alexa Skills, Google Actions, and audio description for television**

**4. Monday, October 11, 2021: Workplace technology and disability disclosure**

**5. Monday, November 8, 2021: Independent travel and rideshare options (Uber and Lyft)**

**6. Monday, December 6, 2021: Community exploration using wayfinding and navigation apps**

**Session Times and Locations**

**Morning session 10:00-12:00: Cabell Wayne Association of the Blind, 38 Washington Avenue, Huntington, WV**

**Evening Sessions 5:30-7:30: Cabell Wayne Association of the Blind, 38 Washington Avenue, Huntington, WV**

**Space is limited. If you are interested in participating or have questions about the program, please contact Lee Huffman by calling 304-634-1120. Application deadline is June 18, 2021.  CWAB® consumers must also contact Toni Walls at CWAB® 304-522-6991. We look forward to speaking with you and helping you move forward on your technology journey!**

**Notes From The Editor**

**As I sit on my daughter’s front porch in Buckhannon waiting for a UPS delivery, I’m in awe of this small town’s beauty. Traffic is minimal, the squirrels dance along the sidewalk, birds are singing in the trees, and the church bells are chiming in the background. With all this around me, I began to think over the past 23 years of editing the Guide Page. 23 years - that’s 276 issues! Can you believe it???**

**I have always done my best to produce a product the agency could be proud of, and one which reflects on my professionalism as well. That especially holds true for the audio edition.**

**I try to be timely and informative. Presenting an issue that is both aesthetically pleasing and easily readable for persons with vision impairments can also be a challenge. I try my best at both.**

**I remember with great pleasure some specific issues and people that have made the magazine a true joy to create. Like Toyota’s donation of a passenger van that served transportation needs for so many, and also the construction of the activities building, and subsequent concerts by Jeff Bates and Janie Fricke that brought so many to our facility.**

**I remember too, so many individuals that, for one reason or another, shaped my memories here. Juanita Souder and Ted Childs - individuals that had a part in my being here. Edith Wigglesworth, Christine Hunt, Buck Saunders, Margie Simmons, and Olive Stone - consumers that have touched me along the way.**

**Consumer L.B. Smith, whom I knew twenty years prior to his needing Cabell-Wayne services. I met L.B. while working at WEMM. I was an announcer/board operator, he had a religious program which I aired. L.B. gifted to me free-of-charge, my first set of good hearing aids. A gesture for which I humbly accepted, and am eternally grateful.**

**Volunteers: Margaret Beech and Millie Keeney, hold special memories for me.**

**And not to be left out - former staff member Sam McClanahan - who taught me the ins & outs of publishing the Guide Page, and Tim Turner - with whom I had countless conversations about Country Music, the Saturday Night Jamboree, and guitars.**

**I would be remiss if I didn’t mention my dear friend Kermit Nance. Kermit, a retired Middle School teacher and former Computer Instructor for CWAB®. While still retired, he is to this day an Editor-At-Large, and nearly every month helps with editing these pages.**

**What’s my point here? Simple. Cherish your friendships. Hold close to those who shape your life today, for tomorrow they may be gone - and all you’ll be left with are the memories.**

**There are two images with this article. The first picture appears at the bottom of the article’s first page. It shows Crabtree at his office work desk. A portion of a computer monitor can be seen just past his right shoulder. Crabtree is broadly smiling. The agency logo appears at the end of the article.**

On the next page of the print edition is a word search puzzle for July. This item will not appear in the braille, web text, or audio editions of the Guide Page Magazine.

**Heritage Farms Adds Adventure Park**

**Hello all!**

**We are always looking for new adventures and opportunities for our consumers to participate in. Over the years, Recreation Coordinator Linda Worthy has led groups – young and old alike – on more adventures than I can list.**

**Now we have a new opportunity right in our area! Heritage Farm Museum and Village has constructed the Adventure Park. Adventure Park includes a zip-line, an aerial challenge course which is over four stories tall, and the excitement of riding in a Holler Hauler (utility vehicle that is enclosed and uses seat belts). The aerial challenge course has a name – Talithakoum. This literally means to “rise up”. It is a phrase from the Bible found in Mark 5.**

**On a recent visit, Joann Wallace and Toni Walls spoke with Adventure Park Manager Paul Morton regarding the possibility of bringing a group of CWAB® Consumers. Paul has experience in working with many aspects of disability and assured us that if we had a consumer who was interested, they would find a way to make the experience possible for them, no matter the challenges they have. Paul also explained the extensive safety equipment that Heritage Farm has invested in. It is all very impressive.**

**We are looking at possibly taking a group there in mid to late August or early September, primarily for the zip-lining. The cost of zip-lining for the consumer will be covered by CWAB® It may be that others would also want to experience the aerial challenge. This is a separate fee and must be covered by the consumer. At this time we are limiting this to consumers. If we open it to companions they would be responsible for their fees. Before we can choose a date, we must have some idea what interest there is in doing so.**

**Consumers who might be interested are asked to contact Toni Walls at 304-522-6991 by July 23rd. Once we have a list of interested participants we will move forward with choosing a date. The more we have, the more likely it will be a private event, just for us.**

**Please know that this is a challenging experience. If you have health issues that would prevent you from truly enjoying this experience we respectfully ask that you not sign up. If you are up for an adrenaline rush then this is the opportunity for you!!**

**Toni I. Walls, COMS, CVRT**

**There are three images with this article. These images show the different activities within the Adventure Park.**

**Technology News (with Jeff Ball)**

**The resumption of services gives us a wonderful opportunity to once again offer iOS and computer training to those who did not previously receive it, or to those who need a “refresher”.**

**Classes in iOS and computer training is now available. This will be offered by priority in this order – Board members, working consumers, college students, and consumers who aren’t in those categories. Urgent need will always be considered a top priority.**

**Classes are set up in 8 week sessions. At the end of each 8 weeks consumer and instructor will evaluate progress and decide what comes next.**

**Each class will last approximately 1 hour and Topics cover will include:**

**iOS**

**• Voiceover**

**• Finger gestures**

**• Siri**

 **◦ Text messages**

 **◦ Phone calls**

 **◦ Time**

 **◦ Weather**

 **◦ To do list**

**• Facebook will be the last topic covered if requested.**

**Computer**

**• Basic keyboarding**

**• Basic computer skills**

**• Advanced computer skills**

**In regards to COVID, the classroom will be thoroughly sanitized before and after each class session. An air sanitizer has been purchased for the classroom and will run throughout class time. Student and/or instructor may request that masks be worn and are asked to be respectful regarding this request.**

**Please feel free to contact me at any time for further details, or if there is something specific you would like to know. Also, feel free to reach out to Director, Toni Walls with questions or concerns.**

**Jeff Ball, Adaptive Technologist**

**304-522-6991**

**jeffball@cabellwayne.org**

**toniwalls@cabellwayne.org**

**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.**

**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 backs is as follows:**

**Name across 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-die versions.**

**Prices:**

**Short sleeve                 $15**

**Long Sleeve                 $20**

**Short Sleeve Tie-Die   $20**

**Long Sleeve Tie-die     $25**

**Our next order will go in around the end of July so get your orders 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”**

**On the next page of the Guide Page Magazine is an article highlighting The Starbucks Foundation’s donation to Cabell-Wayne. The item begins with a group photo at the top portion of the page. The Item reads: “We would like to extend our gratitude to Sarah Dolan-Moody from Starbucks for nominating us for a grant from The Starbucks Foundation. We were awarded $1,000 to go toward the Services Division. Thank you Sarah and all of your friends for coming out to announce the gift! Sarah was joined by Rob Ray, Anita Jones, and Cathy Toryk. Association President Joann Wallace and Executive Director Toni I. Walls received the certificate during Bingo on June 23, 2021”**

**Ty Beanie Babies® Fundraiser!**

**Cabell-Wayne’s Beanie Babies® Fundraiser**

**NEEDS YOUR HELP!!!**

**This fundraiser has been on-going before anyone heard of COVID-19!**

**Winner will be drawn on December 4, 2021.**

**There are 31 adorable Beanies, along with 25 miniatures, all snuggled inside a hand-made basket.**

**Tickets are as follows:**

**1 for $1**

**6 for $5**

**12 for $10**

**20 for $15**

**There is one photo with this article. The picture appears on the bottom left of the print page and is of the basket filled with Beanie Babies®.**

**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.**

**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.**

**Need A Ride?**

**Here Are Some Guidelines**

**1. Everyone must wear seatbelts at ALL times. There is no exception to this. Not only is this in compliance with state laws, it is also part of our Policies and Procedures.**

**2. Be ready. Our drivers are instructed to only wait 10 minutes once they arrive at your home. This insures that they are not late for their next run.**

**3. You will receive a courtesy call prior to your ride. This may be an hour before (if you live out of Huntington) but should be no less than 10 minutes before. Failure to accept this call can lead to you losing your ride that day.**

**4. No open containers of food or beverage are ever allowed on our shuttles.**

**5. Please respect your drivers. They may not take the route you are familiar with but they may know of traffic problems you aren’t aware of.**

**If you have a concern, feel free to discuss it with Transportation Supervisor Jim Dorton or Executive Director Toni Walls.**

**Our transportation department is a wonderful privilege to those who need the valuable service. Let’s be appreciative and compliant with the rules.**

**Thank you!**

**Toni I. Walls**

**Executive Director**

**CWAB® (registered trademark) 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 32, Issue 7, web-text edition for July 2021.**

**-- end —**