

Guide Page Magazine

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

Rummage Sale Time!

Volume 31 - Issue 8

August 2020



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

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**Published monthly by:
CWAB®, Inc.**

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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.

Cabell-Wayne Association of the Blind

Celebrating 45 Years!



Save the Date!

Friday, October 9th

5 to 7 p.m.

C.W.A.B. Activity Center

63 West Third Avenue

Huntington, WV 25701

Consumers please call to sign up

To attend and for transportation

After September 1st, and by

Friday, October 2, 2020

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ON THE COVER

A computer desk and chair that is available for purchase during CWAB®'s Fall Rummage Sale. *see page 8 for details!)



Executive Director
Toni S. Walls

Hello all,

Prayers that all are doing well during this unprecedented time we are living in. The challenges are great for all. I am deeply aware that those who are living with a vision loss have more challenges than others at times like these.

Throughout this pandemic, Cabell-Wayne Association of the Blind Services Division has attempted to be available, responsive, and up to date with the ever changing situation.

We have adjusted our delivery of services to use the best practices suggested as they have evolved. We practice social distancing, increased sanitation of the vehicles and properties of CWAB®, and COVID-19 risk screenings. We are quarantining



staff and consumer alike based on government recommendations over travel to certain and changing hot spot areas of the country.

As your Director, my greatest desire is to see you safe AND served. As we attempt to respond to the information from the WV Governor and the CDC, we are always weighing this information with the knowledge that CWAB® activities and services are vital to you all. The President of the Association, Joann Wallace, and other members of the Board are also concerned with these needs. We are in frequent communication regarding these topics and others. Decisions are made with much prayer and consideration.

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





Rummage Time!

Cabell-Wayne Association of the Blind Services Division is currently preparing for our annual Fall Rummage Sale.

We have a LOT of stuff to sort through and prepare for safe shopping opportunities for our consumers and the public as well. We will be scheduling visits to the sale, using the best advised practices to promote safety to all.

We hope to be ready to begin scheduling shopping times starting on August 6th and 7th, and continuing every Thursday and Friday through September 4th.

There is a dedicated Facebook® page for larger sale items. That can be found by signing in to Facebook® and searching for Cabell-Wayne Association of the Blind Services Division 2020 Rummage Sale, (<https://www.facebook.com/cwab.org>)

Please contact Danielle or Toni to schedule a time.

Thank You!

Toni I. Walls, COMS, CVRT

Executive Director

Cabell-Wayne Association of the Blind Services Division





Cabell-Wayne Association of the Blind Services Division ALWAYS considers the health, welfare, and safety of consumers when planning activities. CWAB® Services Division relies heavily on guidance from many state and local agencies, especially, from the Office Of The Governor of the State of West Virginia. On the next few pages is the current mandate and guidelines as announced by the Honorable Jim Justice, Governor, West Virginia.

STATE OF WEST VIRGINIA

EXECUTIVE DEPARTMENT

AT CHARLESTON

EXECUTIVE ORDER NO. 50-20

By the Governor

WHEREAS, a State of Emergency was declared on the Sixteenth Day of March, Two Thousand Twenty for all counties in West Virginia (the “State of Emergency Declaration”), to allow agencies to coordinate and create necessary measures to prepare for and respond to the outbreak of respiratory disease caused by a novel coronavirus now known as COVID-19; and



WHEREAS, Chapter 15, Article 5, Section 6 of the Code of West Virginia authorizes the Governor to, among other things, control ingress and egress to and from a disaster area or an area where large-scale threat exists, the movement of persons within the area, and the occupancy of premises therein, and to perform and exercise other functions, powers, and duties that are necessary to promote and secure the safety and protection of the civilian population; and

WHEREAS, Executive Order 9-20 required all businesses and operations in West Virginia, except Essential Businesses and Operations as defined therein, to cease all activities within the state except for such minimum basic operations as are necessary to maintain the value of the business's inventory, preserve the condition of the business's physical plant and equipment, ensure security, process payroll and employee benefits, or related functions, and the minimum necessary activities to facilitate employees of the business being able to continue to work remotely from their residences, and provided exceptions for businesses such as home-



based businesses and certain small businesses while requiring proper social distancing and hygiene practices be maintained at such businesses; and

WHEREAS, since the issuance of Executive Order 9-20 and other executive orders ordering closed or otherwise limiting occupancy of certain establishments and facilities in this state, implementation of successful public health measures has resulted in revised projections of rates of infection and COVID-19 related deaths in West Virginia, as well as ever-strengthening supply chains for personal protective equipment and other medical equipment and supplies, resulting in greater preparedness and response capacity throughout the state; and

WHEREAS, on April 27, 2020, I, Governor Jim Justice, announced the state's reopening plan, West Virginia Strong: *The Comeback* (the "Comeback Plan"), to phase in the reopening of businesses in the state of West Virginia on a week by week basis to most



effectively monitor and respond to the public health effects of this phased reopening, to be based upon certain metrics and conditions to safely reopen segments of West Virginia's economy and get our citizens back to work, while ensuring the health and protection of all West Virginians, and especially the state's significant elder and vulnerable population who are at most risk from the COVID-19 virus; and

WHEREAS, Executive Order 28-20 and Executive Order 30-20 allowed for the resumption of all medical procedures throughout the state while requiring that hospitals and ambulatory surgical centers around the state limit procedures to only more urgent procedures to ensure adequate response capacity and preserve necessary personal protective equipment and other resources at such facilities in the event of any surge of COVID-19; and

WHEREAS, under the Comeback Plan, the phased reopening of businesses and activities in West Virginia has allowed our public health experts to effectively monitor the numbers of cases and rate of spread of the virus within this State and across the nation, and to



**make recommendations based upon the most current data available;
and**

WHEREAS, West Virginia's public health experts have advised that mandating the use of face coverings when in confined, indoor spaces, other than one's residence or when actively engaged in the consumption of food and/or beverage, and when not able to adequately social distance from other individuals who do not reside in the same household, is appropriate at this time; and

WHEREAS, West Virginia Code § 61-6-22, which prohibits the wearing of masks or other face coverings that conceal one's identity when in certain settings, including in public buildings, provides that such law does not apply to any person wearing a face covering in response to an emergency or as protection from the elements, and, therefore, this law is not meant to and shall not apply to or be enforced against any person wearing a face covering to protect themselves and the community against the spread of COVID-19, in accordance with this Order; and



NOW, THEREFORE, I, JIM JUSTICE, pursuant to the authority vested in me pursuant to the provisions of Chapter 15, Article 5, Section 6 and Chapter 15, Article 5, Section 1 of the Code of West Virginia, hereby DECLARE and ORDER, effective as of 12:01 AM, Eastern Standard Time, on the Seventh day of July, Two Thousand Twenty, as follows:

- 1. All individuals age 9 and over within the State of West Virginia shall wear an adequate face covering when in confined, indoor spaces, other than when in one's residence or when actively engaged in the consumption of food and/or beverage, and when not able to adequately social distance from other individuals who do not reside in the same household.**

Under Centers for Disease Control and Prevention guidance, children younger than two years old, anyone who has trouble breathing, and anyone who is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance should not wear face coverings, and therefore such young children, persons who would have trouble



breathing through a face covering, and persons who would be unable to remove the face covering without assistance are exempt from the mandate of Section 1 of this Order.

For children ages two through eight, it is recommended that parents or guardians use their best judgment as to when to assist such children to wear a face covering.

The term “face covering” as used herein shall be construed very broadly to include, by way of example only, cloth face coverings, bandanas or handkerchiefs, face shields, and dust masks, as may be appropriate.

West Virginia Code § 61-6-22, which prohibits the wearing of masks or other face coverings that conceal one’s identity when in certain settings, including in public buildings, is not meant to and shall not apply to, or be enforced against, any person wearing a face covering to protect themselves and the community against the spread of COVID-19, in accordance with this Order.



**IN WITNESS WHEREOF, I have hereunto set my hand
and caused the Great Seal of the State of West Virginia to
be affixed.**

**DONE at the Capitol in the
City of Charleston, State of
West Virginia, this Sixth day
of July, in the year of our
Lord, Two Thousand
Twenty in the One Hundred
Fifty- eighth year of the
State.**

**James Justice
GOVERNOR**



By the Governor



**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



Hi there! Welcome to the August GUIDE PAGE MAGAZINE!

I certainly hope you are safe, well, and have been enjoying your summer!

On the following pages you will again see information on AmazonSmile®, Kroger®, Rada Cutlery®, as well as our basket and t-shirt fundraisers. We can't stress enough how important it is for you to participate in these fundraisers. It's really easy, read the articles and you'll see!

Also, I have written a nifty article describing two reasonably priced phones that are specifically designed for the visually impaired - Jitterbug Flip, and the Jitterbug Smart2!

Enjoy the issue, stay safe, and stay well!



A Word Search For August!

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

Find the words hidden in the puzzle

SUMMER	HOT	VACATION	BEACH
VIRGO	PICNIC	GLADIOLUS	EIGHTH
SUNSHINE	CAMPING	ICE CREAM	LEO
BARBECUE	SWIMMING	PERIDOT	SCHOOL
DOG DAYS	POOL	AUGUST	RADA



Sweets for Sight Virtual Edition Details

Due to COVID-19, Sweets for Sight had to be changed once again with safety in mind. We have decided to do it virtually. What that will look like is outlined below.

New Dates September 21st-25th, 2020

Starting on Monday, September 21st at 8:00 a.m. pictures of desserts from our vendors will be posted online through the Sweets for Sight Facebook® event page and located on the CWAB® web page. People can then place a bid through Facebook® for the dessert they wish to have recreated. On September 25th, 2020 at 3:00 p.m., the bidding will close. The highest bidder on each dessert will be provided a certificate to place an order through the vendor at their convenience for the dessert bid on.



How the bidding works:

Bidding is open to everyone wishing to participate. There will be a minimum bid amount on each item to start the process. Those wishing to place a bid may do so in at least \$1.00 increments. Those bidding will simply do so in the comments on our Sweets for Sight Facebook® page under the picture of the item they are bidding on. If unable to access through Facebook bidder may call the office and have Zach or Pam enter their bid.

We also have a few packages available as well to bid on such as hotel stays, gift certificates, and various products. More information to be announced soon.

Those who have purchased tickets already can ask for a refund, or allow purchase to be a donation. All requests for refunds must be received by September 14, 2020. Those who leave it as a donation will be selected to receive box sets of items from the dessert vendors that we will create and set up for pick-up or delivery. These box sets will be limited to what our vendors submit to us.

This format is different, but hopefully fun in its own way. We cannot do this without the support of our wonderful vendors, amazing consumers, and dedicated staff as well as our consistent supporters.



Our newest fund-raiser! A CWAB®

Hand-crafted basket, filled with 31 classic

Ty Beanie Babies® and 25 miniatures.

Tickets are on sale now. Winning donor will

be announced on October 9, 2020 at our

Celebration of the Associations 45th Anniversary!



\$1 buys 1 entry

\$5 buys 6 entries

\$10 buys 12 entries





T-shirt Fundraiser

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

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

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



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



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



What is AmazonSmile®?

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



How do I shop at AmazonSmile®?

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

Which products on AmazonSmile® are eligible for charitable donations?

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

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

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

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

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



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

Can I change my charity?

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

What charities can I choose from?

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

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

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



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

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

How much of my purchase does Amazon® donate?

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

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

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

How can I learn more about AmazonSmile®?

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



Guidelines for Rehab Services

As Cabell-Wayne Association of the Blind begins to gradually offer services again after a nearly two-month closure due to mandated COVID-19 guidelines, certain policies and practices regarding services offered have changed to allow us to safely serve our consumers.

Zach Davis, VRT Assistant, will have limited in-office hours, and will be offering rehab and assistive services under special conditions. Those conditions are:

- Arrangements to pick up or drop off aids can be made.
- Assessments will be made by phone, ZOOM, or FaceTime
- All assistive aids will be mailed to requesting consumers.
- All low-vision aids will also be mailed.

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

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

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

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

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

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

SUBJECT TO CHANGE



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

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

1. Create a digital account.

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



2. Link your Card to an organization.

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

- 1. Sign in to your digital account.**
- 2. Search for your organization here.**
- 3. Enter the name or NPO number of the organization you wish to support. Cabell-Wayne 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. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your organization earns.

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

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



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

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

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

Toni I. Walls, COMS, CVRT

Executive Director

Cabell-Wayne Association of the Blind Services Division





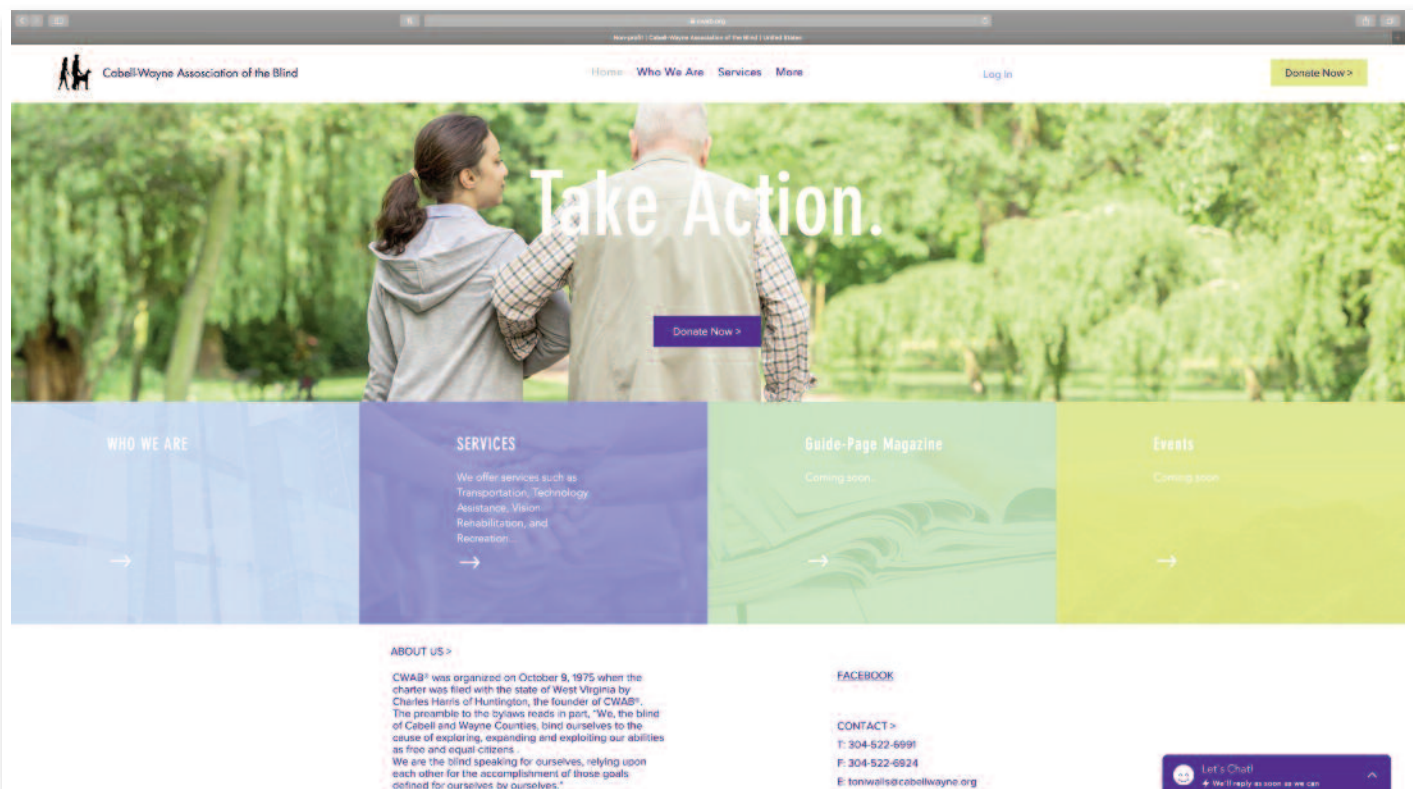
Website Update!

Communicating has always been a priority for Cabell-Wayne Association of the Blind. The agency provides many avenues by which consumers and the general public are able 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 Donate 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 phone, fax, and email information so you may easily reach us.





Rada Cutlery Fundraiser



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

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

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



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

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

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

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

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

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



Smart and Flip Phones For The Visually Impaired

By Jerry Crabtree

The aging process isn't easy, nor is it always kind - just ask anyone over the age of 60, or 50 for that matter. They'll tell you most things aren't working the way they used to be.

Choose any 10 people and ask them what ails them. Their responses will vary. With joint aches and pains, they no longer can climb steps like they used to. Their hearing is affected as well. Reduced vision, more often than not, means driving is out of the question. Adding insult to injury, the simplest thing as using the phone, leaves most seniors perplexed and frustrated.

Today I'd like to introduce you to a company that provides two types of specifically designed phones for seniors. One a smart phone the other a flip phone. That company is, GreatCall®.

Founded in 2005, and based in Carlsbad, California, the company bills itself as the, "leader in connected health for active aging, with health and safety solutions for older adults and their family caregivers".



The two products we'll talk about here are the Jitterbug Flip, and the Jitterbug Smart2.



The compact Jitterbug Flip, introduced in 2005, offers an array of nifty features:

- Bigger buttons
- Brighter screen
- Powerful speaker
- Simple menu
- Voice dial
- 2.0 megapixel camera
- 5Star button
- Magnifier with flashlight

With the phone's special "5Star" button, (the red button is located on the very bottom of the phone, and has the "5Star" embossed in bold white lettering), You'll be immediately connected to a highly-trained urgent response Agent who will confirm your location, evaluate your situation and get you help 24/7.

The company also offers Urgent Care. With this service you can speak with a live registered nurse or a board-certified doctor and even get a prescription for common medications over the phone. It's an easy way to access qualified medical advice anytime, anywhere and insurance isn't necessary. (Urgent Care is a partnership with FONEMED®, and is not a substitute for calling 9-1-1.)



GreatCall® Link helps keep friends and family updated on your health and safety. After they download the free app — and with your permission

The company offers three different Health & Safety packages with varying monthly fees. You will also get a discount on talk minutes and text amounts depending on which plan you choose. There is also an option for talk and text alone.

The Jitterbug Flip retails for \$99. The phone is available at the local Best Buy, or can be ordered by calling the company direct at 800-650-5918.





Need something a little, “smarter”? GreatCall® also offers the Jitterbug Smart2. The company boasts, “It is the simplest smartphone ever”.

The Smart2 has features that rivals most iOS and Android devices. Features includes:

- **Simple, list-based menu**
- **Large 5.5” screen is easy to see**
- **Voice typing makes texting simple**
- **Front facing speaker for clearer conversations**
- **Video chat with family and friends**
- **Long-lasting battery keeps you connected longer**
- **Built-in 13MP camera with flash**
- **5Star Urgent Response button**
- **Mobile Internet access and directions**

Like its flip-style counterpart, the Smart2 also offers “5Star”, and, “UrgentCare,” with the option of varying monthly rate options.

The Smart2 retails for \$149, and can be ordered direct from GreatCall® or at the local Best Buy.

These phones do require up-front purchase, as well as recurring monthly fees. Both should be taken into consideration if you are thinking about such a device.



TeleHealth:

A Doctor's Visit From Home

by Jerry Crabtree



2020 has, thus far, been a rough year. Closings, postponements, delays, and other uncertainties that have, and will continue to be associated with COVID-19. All we can do is cope, adjust, and do the best we can given our daily circumstances.

One of the many things that may not be “normal”, is a doctor visit. Not only are we required to wear a mask or other face coverings – as well as “social distancing”, we might have a session with our doctor without being in his office at all. Enter TeleHealth.



The Health Resources Services Administration defines TeleHealth as the use of electronic information and telecommunications technologies to support long-distance clinical health care, patient and professional health-related education, public health and health administration. Technologies include videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless communications.

TeleHealth is different from telemedicine because it refers to a broader scope of remote healthcare services than telemedicine. While telemedicine refers specifically to remote clinical services, TeleHealth can refer to remote non-clinical services, such as provider training, administrative meetings, and continuing medical education, in addition to clinical services. I, myself, am an individual in the, “high risk” category. So, more than once lately I took advantage of a non-office doctor visit. The first was with my primary care physician. This was a much simpler procedure than a TeleHealth visit as it was voice-only appointment.

When I called my primary-care’s office, I expressed an interest in a by phone appointment. Arrangements were made. When it came time for the appointment, my doctor’s nurse had a preliminary interview, going over my medicines and obtaining any other pertinent information, as well as any questions or concerns I might have – and I had a few.



I then received a call from the nurse again, at which time I was connected with my primary care physician. The phone conversation was essentially the same as if I was sitting in the exam room – minus the usually cold stethoscope, of course! My questions were answered, and my concerns were addressed. I was very pleased with this, “visit”.

Another appointment will be made in the future.

My yearly cardiologist visit was entirely different.

For a number of years it has been necessary to be monitored by a cardiologist. That appointment was scheduled for late July.

Since I had transportation concerns, as well as my hesitation to be in a waiting room with other patients, I was offered to do the appointment via TeleHealth – actually seeing my doctor on my smartphone, (very similar to a FaceTime, Skype, or Zoom conversation).

I went over my medications with the nurse. She gave me instructions on what to expect during my TeleHealth appointment.



At the given time, I would receive a call from the office. Some information would be exchanged. I would also have a conversation with a nurse practitioner. After the initial conversation, I received a text message informing me that I was about to be connected via TeleHealth, and by tapping the “connect” button, I agreed to the service. After clicking/tapping the button, I was greeted with a message that said my doctor was informed that I was waiting on him.

In a short time, my screen changed and I saw my face in the upper right corner of the screen. I could see a message that said my doctor knew I was waiting, and he would join me shortly. Sure enough, after a short time, my cardiologist appeared. I could see, and hear him perfectly. Again, like the visit with my primary care, the visit was the same minus the cold stethoscope. This visit, however, was considerably shorter. We exchanged pleasantries, I answered his primary questions – since this was a yearly follow-up, there wasn’t much to it. He was just keeping tabs on me.

I will assume, as like the primary care phone visit, I will be billed for the service. I was told the TeleHealth visit with the cardiologist, was insurance billable.

In both cases, my visits were by smartphone. I’m pretty sure I could have used my computer for the TeleHealth video visit with my cardiologist. Should you choose to take advantage of either of these appointment alternatives, you should have a conversation with your doctor’s office to see if they support these services.



For me, these methods were perfect. I would do it again. It gave me the opportunity to keep important appointments, and yet feel safe and comfortable at home.





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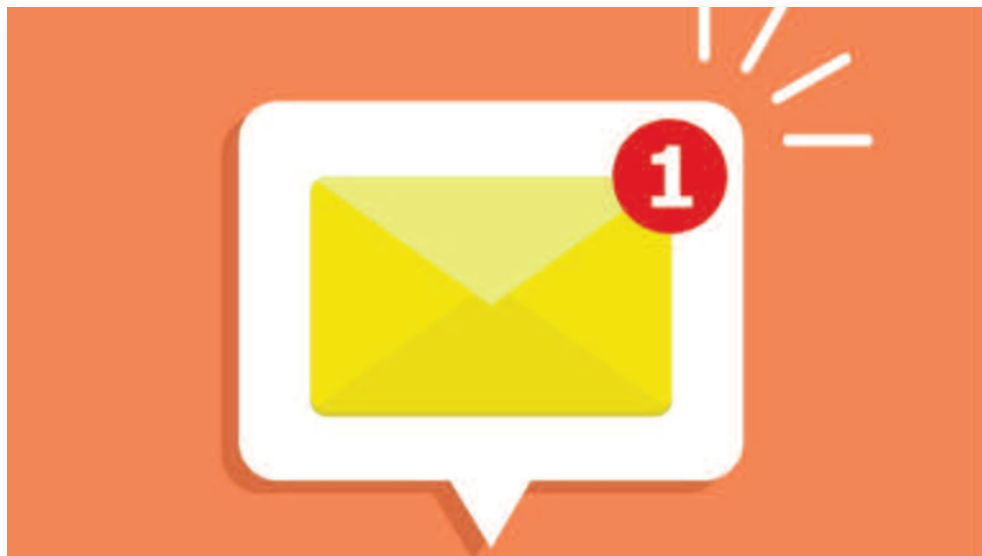
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So, what is planned giving?

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.