**This is the GUIDE PAGE MAGAZINE Volume 33, Issue 7, for July 2022.**

**Unless otherwise noted, all material is the property of CWAB®, 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**

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

**Executive Officers:**

**Joann Wallace - President**

**Joanna Holbrook – Vice-President**

**Leah Thompson - Secretary**

**- Treasurer -**

**Board Members: Toni I. Walls, Executive Director, Wanda Annis, Mike Fitzpatrick, Caitlin Railey, 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:MISSION and VISION, From the Director, Agency Adapts QR Code, Faith In Action, Everybody In Line for Line Dancing!, Constructing Green Space, Summer Crafts Brighten Sensory Garden, NASHVILLE BOUND!, Activities, Potting Party, Hello Darkness, My Old Friend, Men’s Support Group Initiated, Notes From The Editor,Transportation!, GUIDE PAGE By Email, Activities Center Serves Community, CWAB® Services Division T-Shirt Sale, Ongoing Fundraisers, Marcos Coupon Card Fundraiser, Shopping Opportunities!, Introduction for Newcomers, Planned Giving, CWAB® Services**

**Cabell-Wayne Association of the Blind”s annual Summer Bash will be held Saturday, July 9th from 11 a.m. to 1 p.m. There’ll be music, food, games , prizes and FUN!. Call the Services Division office at 304-522-6991 to register, and to schedule your transportation!**

**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**

**Whew!! What a flurry of activity we have seen at the agency the last few weeks.**

**We held our annual rummage sale. That is always a lot of hard work for our staff and volunteers. Sorting through other people’s discarded treasurers can cause a lot of emotional and physical responses. Those funds go to support the Activities Center and other unfunded needs of the agency. We truly appreciate all who donate, volunteer, spend, and work these fund raisers.**

**Also, the West Virginia Nursery and Landscaping Association has so generously gifted CWAB® with a sensory garden! The work continues on this huge project and the results so far are nothing less than amazing. I can’t wait to reveal it as a completed project. We are very grateful to David Hill, and all of his wonderful volunteers who have made this project literally come to life.**

**If you have thoughts, needs, or comments please feel free to reach out to me by phone - 304-522-6991, email – toniwalls@cabellwayne.org , or by mail at 38 Washington Avenue, Huntington, WV 25701.**

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

**Executive Director**

**Cabell-Wayne Association of the Blind**

**Services Division**

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

**Agency Adapts QR Code**

**Eager to use current technology, Cabell-Wayne Association of the Blind’s Services Division is always looking for better ways to do things - whether it is for the benefit of the consumers we serve, or the agency in general. The Services Division has recently implemented one such technology - the QR code.**

**So, what is a “QR code”? Consciously or not you have seen then for years. Invented in the mid-90’s by a Japanese company, they’ve appeared on everything from cereal boxes, and magazines, to product boxes, and medicine bottles. QR codes can store about 7,000 digits or around 4,000 characters, including punctuation and special characters, and can also encode information like phone numbers for or internet addresses. The “QR code”, or “Quick Response” code is an easy way for individuals to use their smartphone to access additional information about the product or article at which they are looking.**

**The QR code is a type of a barcode, a square box filled with symbols, white spaces, and squiggly lines, and are honestly quite odd-looking. A QR code is a machine-readable code consisting of an array of black and white squares, typically used for storing URLs or other information. Through digital interpretation this square is linked to external information, which then directs the individual to the correct location for that product’s information. A QR code can be either “static” or “dynamic”. A static QR code cannot be modified and will stay the same as long as it is in use. On the other hand, a dynamic QR code can be changed and edited as many times as the originator of the code sees fit.**

**Cabell-Wayne Association of the Blind’s Services Division has implemented a static version of this code. It will be placed on the cover of the Guide Page Magazine, Consumer Handbook, and the Teubert Prep Handbook, as well as the agency’s official brochure - any public document created by the Service Division. Using the QR code will direct a user to cwab.org, the agency’s website.**

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

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

**Faith In Action Offers Comfort and Independence**

**“Faith In Action” Consumers of Cabell-Wayne Association of the Blind have long heard these words - especially those who were associated with the late Patricia Fitzpatrick, the generous, and kind-hearted, former Association President.**

**But what is Faith In Action really all about? Whom do they serve? And, what do they really do?**

**In May 1996 a grant was applied for, and received from the Robert Wood Johnson Foundation, to form an Interfaith Volunteer Caregivers Network to provide non-medical services to seniors and the chronically disabled. In 2002, the organization changed its name to Faith in Action of the River Cities to reflect its affiliation with the growing Faith in Action movement.**

**From the agency’s website: “Faith in Action of the River Cities, Inc. is a volunteer-based, non-sectarian organization that has been serving older adults and chronically disabled individuals in Cabell and northern Wayne Counties in WV, and limited areas in Lawrence County Ohio since 1996”**

**Faith In Action assists the community by bringing together those who need help and those who want to help others. Many of those they serve live alone and want to remain in their homes. Their goal is to help them maintain their independence while preserving their dignity and quality of life at home. Volunteers complete small tasks that can mean the difference between a person being able to age in place and being forced to move in with relatives or to an assisted living facility. These tasks include door to door transportation, assistance with shopping and errands, paperwork assistance, reassurance calls, and small chores.**

**Tina Haynes, Executive Director for Faith In Action of the River Cities, says their agency is celebrating its 25th year of service to our area.**

**Haynes says it is their goal to make sure people do not, “fall through the cracks”, by offering door-to-door services, helping with paperwork, and food orders. “Most of our people are over 80 and depend on our services,” Haynes says “Our Reassurance Calls can be a real help to those who are isolated.” she added.**

**Faith In Action of the River Cities operates Monday through Thursday from 9 a.m. to 4:30 p.m. You may reach them by calling 304-697-1274. If you are interested in volunteering you can download a PDF on their agency website:**

**https://fiarivercities.org/online-application/.**

**Faith In Action of the River Cities does background checks and will provide volunteers full training.**

**Visit Faith In Action of the River Cities at:**

**https://fiarivercities.org**

**No fees are charged for their services.**

**Everybody In Line For Line Dancing!**

**It began as a dance craze in 1980 with the release of the motion picture Urban Cowboy. LINE DANCING is a fun orchestrated, step-by-step, dance style with individuals in rows all dancing in unison.**

**As a recreation activity, Cabell-Wayne Association of the Blind has held Line Dancing classes in the past. Most recently consumer Caitlin Railey served as the instructor.**

**Attendees had fun learning new dance steps and camaraderie among the group. More classes may be held in the future.**

**There are three images with this article. These images were taken during the class and shows attendees doing their step routines.**

**Constructing Green Space!**

**West Virginia Nursery And Landscape Association is looking to share what everyone enjoys about nature with those who can’t see it. The organization is constructing a gazebo and sensory garden on the West Third Avenue side of the C.W.A.B. Activities Center.**

**The location is designed with children and adults with vision impairment in mind to enjoy nature with flowers in a sensory way. It is set to incorporate elements of play and learning.**

**Established in 1939, the West Virginia Nursery & Landscape Association is a professional trade organization dedicated to the promotion and advancement of the nursery and green industries and to the education of its members and the public they serve.**

**The West Virginia Nursery and Landscape Association has created landscapes for the Golden Girls, and the home for Battered Women, and others.**

**David Hill, past organization president, says the park will, when completed, be dedicated to a past president’s daughter who is blind, as well as Buck and Maryann Saunders, who are relatives of a past president, and were consumers of CWAB® Services Division for many years.**

**There are five images with this article. Four of these images show the progress of the gazebo construction, including one image showing the group of individuals who assisted with construction that particular day. The first image - on the article’s left facing page, is a large view of the project close to West Third Avenue facing the logo side of the building. The entire walkway leading up to the gazebo can be seen, along with lamdscaping and shrubbery.**

**Summer Crafts Brighten Sensory Garden**

**Alongside the work The West Virginia Nursery and Landscape Association is doing on the garden of the C.W.A.B. Activities building, CWAB® consumers took part in a recent craft class to brighten the sensory garden.**

**The garden, dubbed the Juanita Souder Garden after former Association President, Juanita Souder, sits in a fenced-in area on the building’s east side.**

**The garden consists of raised platform planters, benches, and a patio.**

**The class took the opportunity to paint and creatively decorate the benches and risers with fresh paint and summer-like designs and artwork.**

**Four images with this article show class attendees painting and creating their designs on the benches and raised flower beds.**

**NASHVILLE BOUND!**

**THE FIRST EVER overnight, three-day trip to Nashville, TN is just a few months away - September 12th, 13th, and 14th!**

**The trip, selected by majority vote was scheduled for 2020, but due to COVID concern, the trip was delayed and rescheduled for this September, 2022.**

**There are a few things trip participants should know:**

**• You must procure a physical fitness slip from your primary care physician. This must be received by August 1st, 2022.**

**• You must attend a required trip meeting. This meeting will be on August 9th from 1 p.m. to 3 p.m. at the Services Division office.**

**• The final day to cancel and not be financially responsible for the cost of the trip is August 1st.**

**• If you have any questions regarding this trip, PLEASE contact Toni Walls at the Services Division office as soon as possible. The office number is 304-522-6991.**

**One single image with this article spas the upper half of both pages. The image is of the Nashville skyline.**

**ACTIVITIES**

**JULY**

**Wednesday**

**July 6th   -  Basket class**

**July 9th - Summer Bash**

**July 13th - Basket Class**

**July 20th - Basket Class**

**July 27th -  Bingo**

Support Groups

**D - July 5th**

**B - July 7th**

**E - July 12th**

**A - July 14th**

**C - July 16th**

**B - July 21st**

**E - July 26th**

**A - July 28th**

**AUGUST**

**Wednesday**

**August 3rd Basket Class**

**August 10th       Basket Class**

**August 17th        Basket Class**

**August 24th        Bingo**

**Support Groups**

**D - August 2nd**

**B - August 4th**

**E - August 9th**

**A - August 11th**

**C - August 13th**

**B - August 18th**

**E - August 23rd**

**A - August 25th**

**Cabell-Wayne Association of the Blind’s Sweets For Sight Virtual Edition will be held June 20th through the 24th. Details soon!**

**Hello Darkness, My Old Friend**

**“Hello darkness, my old friend…” Everybody knows the iconic Simon & Garfunkel song, but do you know the amazing story behind the first line of The Sounds of Silence?**

**It began 62 years ago, when Arthur “Art” Garfunkel, a Jewish kid from Queens, enrolled in Columbia University. During freshman orientation, Art met a student from Buffalo named Sandy Greenberg, and they immediately bonded over their shared passion for literature and music. Art and Sandy became roommates and best friends. With the idealism of youth, they promised to be there for each other no matter what.**

**Soon after starting college, Sandy was struck by tragedy. His vision became blurry and although doctors diagnosed it as temporary conjunctivitis, the problem grew worse. Finally after seeing a specialist, Sandy received the devastating news that severe glaucoma was destroying his optic nerves. The young man with such a bright future would soon be completely blind.**

**Sandy was devastated and fell into a deep depression. He gave up his dream of becoming a lawyer and moved back to Buffalo, where he worried about being a burden to his financially-struggling family. Consumed with shame and fear, Sandy cut off contact with his old friends, refusing to answer letters or return phone calls.**

**Then suddenly, to Sandy’s shock, his buddy Art showed up at the front door. He was not going to allow his best friend to give up on life, so he bought a ticket and flew up to Buffalo unannounced. Art convinced Sandy to give college another go, and promised that he would be right by his side to make sure he didn’t fall - literally or figuratively.**

**Art kept his promise, faithfully escorting Sandy around campus and effectively serving as his eyes. It was important to Art that even though Sandy had been plunged into a world of darkness, he should never feel alone. Art actually started calling himself “Darkness” to demonstrate his empathy with his friend. He’d say things like, “Darkness is going to read to you now.” Art organized his life around helping Sandy.**

**One day, Art was guiding Sandy through crowded Grand Central Station when he suddenly said he had to go and left his friend alone and petrified. Sandy stumbled, bumped into people, and fell, cutting a gash in his shin. After a couple of hellish hours, Sandy finally got on the right subway train. After exiting the station at 116th street, Sandy bumped into someone who quickly apologized - and Sandy immediately recognized Art’s voice! Turned out his trusty friend had followed him the whole way home, making sure he was safe and giving him the priceless gift of independence. Sandy later said, “That moment was the spark that caused me to live a completely different life, without fear, without doubt. For that I am tremendously grateful to my friend.”**

**Sandy graduated from Columbia and then earned graduate degrees at Harvard and Oxford. He married his high school sweetheart and became an extremely successful entrepreneur and philanthropist.**

**While at Oxford, Sandy got a call from Art. This time Art was the one who needed help. He’d formed a folk rock duo with his high school pal Paul Simon, and they desperately needed $400 to record their first album. Sandy and his wife Sue had literally $404 in their bank account, but without hesitation Sandy gave his old friend what he needed.**

**Art and Paul's first album was not a success, but one of the songs, The Sounds of Silence, became a #1 hit a year later. The opening line echoed the way Sandy always greeted Art. Simon & Garfunkel went on to become one of the most beloved musical acts in history.**

**The two Columbia graduates, each of whom has added so much to the world in his own way, are still best friends. Art Garfunkel said that when he became friends with Sandy, “my real life emerged. I became a better guy in my own eyes, and began to see who I was - somebody who gives to a friend.” Sandy describes himself as “the luckiest man in the world.”**

**Adapted from Sandy Greenberg’s memoir: “Hello Darkness, My Old Friend: How Daring Dreams and Unyielding Friendship Turned One Man’s Blindness into an Extraordinary Vision for Life."**

**Men’s Support Group**

**CWAB Services Division is starting a new Men’s Support group. This group will meet on the 2nd and 4th Tuesday of every month from 11 a.m. to 1 p.m.**

**The first group will meet June 28th and we will be having pizza for lunch.**

**In this first meeting, we will discuss how we wish to make use of this time, and what types of activities we may be interested in.**

**If you are interested in joining the Men’s Support Group, please contact Coty Collins at 304-522-6991.**

**Recently, I was contacted by Diana Whitlock, of Chase Bank regarding an upcoming event she had planned. Diana works with educating the public in necessary banking information. She had an opportunity to work with a group of young adults who are blind and visually impaired and CWAB® Services Division was able to work with her and provide documents in Braille, aids, and information that she could use, both with that group and also at an in-service that she performed at one of the Chase branches with the employees there.**

**We are always looking for opportunities to increase awareness and education of the public regarding the needs and abilities of those with vision loss.**

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

**Executive Director**

**Cabell-Wayne Association of the Blind**

**Services Division**

**Three images with article show individuals at the Chase Bank location wearing eye shades to simulate either blindness or vision loss, as well as equipment used to create brILLE, AIDS, AND OTHER DOCUMENTS.**

**Notes From The Editor**

**Welcome to our July Guide Page Magazine! I hope everyone has a happy and safe Independence Day! Enjoy the hot dogs & burgers, apple pie and the fireworks!**

**This issue highlights the work the West Virginia Nursery and Landscaping Association has done with the property facing Virginia Avenue. I for one, think this improvement has increased the appeal of the C.W.A.B. Activities Center 1,000%!!!**

**We took a look at the work a recent craft class did to improve the appeal of the Juanita Souder Garden on the patio side of the building.**

**There is also a wonderful story about entertainer Art Garfunkel’s involvement with his college best friend who went blind.**

**I’m looking forward to seeing you at the Summer Bash on Saturday, July 9th!**

**Stay sale and well. We’ll see you again next month!**

Transportation!

**Serving The Needs Of The Many**

**Freedom. Simply put, freedom means independence, or the state of not being imprisoned or enslaved. If you ask any consumer who was once able to freely come and go as they please, they would tell you that having lost that ability through loss of vision, is the most difficult obstacle they have ever faced.**

**Consumers of Cabell-Wayne Association of the Blind Services Division are truly blessed by the fact that the Teubert Foundation has provided funding that provides the transportation service many consumers use daily. The ability to get to doctor’s appointments, work, grocery shipping, Y activities, or Cabell-Wayne activities without charge is a privilege that shouldn’t be taken lightly.**

**The CWAB Transportation program is an extremely active one. Staffing includes a Supervisor, Assistant Supervisor, and four drivers who collectively work as a team to get you where you want, or need to go, in a timely and safe manner.**

**With this complex structure comes rules. Rules that MUST be adhered to for everyone’s safety. Here are some things to keep in mind when you call the Service Division office to schedule your transportation need:**

**All appointments MUST be made no less than 24 hours prior to your appointment. If you have a Monday appointment, you MUST call the office prior to your appointment time Monday. For example: if your Monday appointment is at 11 a.m., you will beed to call to make your appointment by Friday at 11 a.m.**

**For recreation events, the general rule is sign up by the Friday before that event. Wednesday recreation will follow the 24 hour rule.**

**If you intend on participating in the Y program, you will need to call in your requested schedule for the entire week, and do so by 10 a.m. the Friday before.**

**Medical appointments preferably should be made between 9 a.m. and 1 p.m. If your pick-up time should fall after 4:30 p.m., we will be unable to get you as this would be after normal operating hours. Timing also depends on the distance you are from our office, and the distance you are from your doctor’s office. Your schedule should be discussed with the Transportation Supervisor, or the Assistant Supervisor.**

**Drivers have their rules too. These rules will ensure you will have an ample opportunity to connect with your driver for your appointment. Drivers will contact you when they are on their way to pick you up. On their arrival they will either call or sound their vehicle horn. You will then have ten minutes to make it to the shuttle. Drivers are instructed to call the office if you do not show up, and they will be instructed to leave. Any delays could cause a domino effect and the schedule for the rest of the day could be effected.**

**Drivers have complex schedules. Because of this, you may be picked up as early as 1 hour prior to your appointment. We will attempt to make you aware of these early pickups but may not always be possible. In order to meet everyone’s needs with the manpower we have on staff, this is a necessary flexibility that you must have. Group activities may require more than one hour as the driver will have several stops to make.**

**And everyone’s favorites:**

**No food or drink allowed on shuttles. This is without exception and includes thermal cups and bottles. They must remain sealed at all times.**

**Drivers are instructed to not engage the vehicle until all passengers are belted. Seat belts MUST be worn for the entire ride, until driver places shuttle in park. This is without exception.  Failure to comply may lead to you missing out on transportation services in the future. Also, you should be aware that if a driver is discovered to have driven with a passenger unbelted they face disciplinary action including dismissal. This is a zero tolerance policy.**

**Transportation follows a warning system for non-compliance. Warnings are issued for failure to cancel a scheduled ride, having open food or drink on the shuttles, failure to wear seatbelt (mandatory), failure to answer call prior to pick up, failure to board shuttle within 10 minutes of shuttle arrival. These warnings follow a progressive severity, starting with a verbal warning and ending after the 7th warning with Permanent suspension from transportation services.**

**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.**

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

**Thank you!**

**Toni I. Walls**

**Executive Director**

**Guide Page by Email**

**Click, Open, and Read!**

**For three decades the GUIDE PAGE MAGAZINE has been freely offered in a variety of formats to suit the vision needs of consumers,, and the general public. change as technology changes. Generally we offer large print, Braille, or an audio CD, and for our internet savvy consumers, audio, and text issues, which are available on cwab.org.**

**We produce hundreds of copies of the GUIDE PAGE Magazine each month, with most 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.**

**Activities Center Serves Community**

**Since its completion in the Spring of 2008, the C.W.A.B. Activities Center has been a virtual beehive of activity! Having served as a location for concerts, weddings, parties, and meetings, the center is a fully-equipped facility that can serve any need**

**Available as a rental facility the building boasts a spacious double-range kitchen with a restaurant-style sink, refrigerator, freezer, and microwave. Access to tables and chairs, tablecloths and dinnerware are also available.**

**Holiday decorations are also available.**

**The C.W.A.B. Activity Center is an excellent choice for any event - large or small.**

**For more details, contact the Services Division office at 304-522-6991.**

**There is one image with this article. The image is a full-page representation of a brochure containing twelve images. All images are of the interior of the center in various angles, and with various activity decorations.**

**Cabell-Wayne**

**Association of the Blind**

**Services Division**

**T-Shirt Sale**

**CWAB® Services Division is offering t-shirts for sale. These have the logo and name on the front left and the new design on the back of the t-shirt. Description of the back is as follows:**

**Name 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-dye versions.**

**Prices:**

**Short sleeve                 $15**

**Long Sleeve                 $20**

**Short Sleeve Tie-Dye   $20**

**Long Sleeve Tie-dye     $25**

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

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

**There are two photos with this article. They are of Hailey Tabor wearing a tee shirt as mentioned. The caption reads: Transportation team member, Hailey Tabor, shows the front and back of the Royal Blue t-shirt”**

**Ongoing Fundraisers**

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

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

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

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

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

**Marcos Coupon Card Fundraiser**

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

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

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

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

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

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

**Shopping Opportunities**

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

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

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

**Here are shopping guidelines:**

**• Two hour limit**

**• One location**

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

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

**A guide or companion is encouraged.**

**Cabell-Wayne’s “Official” Welcome**

**for Newcomers**

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

**To make it easier to get acquainted, the Services Division offers new, and potential consumers two pieces of printed information that helps to bridge the gap between the strange and the familiar - The CWAB® Consumer Handbook, and the agency’s greeting brochure. Each with its own wealth of information.**

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

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

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

**Cabell-Wayne Association of the Blind**

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

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

**CWAB(R) is the leading local resource for people who are blind or visually impaired. CWAB(R) works with other organizations and community resources to provide consumers with every opportunity available to them.**

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

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

**CWAB® Vision:**

**CWAB® will be seen nationally as a model for organizations and agencies that help blind and visually impaired persons achieve maximum independence. CWAB® will be known for timely and appropriate state-of-the-art responses to the changing needs of consumers throughout the Tri-State area and beyond.**

**CWAB® Mission:**

**The Cabell-Wayne Association of the Blind is committed to promoting and advocating the economic, educational, and social welfare of the blind and visually impaired of all ages so that they can maintain a life style comparable to other members of society.**

**Here is what we do:**

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

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

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

**Consumers are provided with aids based on evaluation of visual function as well as need. Training in Daily Living Skills including creating and reading Braille, cooking, and organizing is also available.**

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

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

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

**Adult Recreation offers social interaction through many activities such as picnics, parties, bingo, plays, concerts, YMCA and crafts. These activities allow consumers to enjoy a full and active life-style.**

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

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

**Peer Support Groups meet on a regular basis. In these groups our consumers are provided opportunities to learn and socialize with others who share similar life experiences.**

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

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

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

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

**Cabell-Wayne Association of the Blind**

**Services Division**

**38 Washington Avenue**

**Huntington, WV 25701**

**304-522-6991**

**Fax 304-522-6924**

**Website: www.cabellwayne.org**

**Please remember us in your will.**

**Planned Giving**

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

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

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

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

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

**CWAB® Services**

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

**ORIENTATION & MOBILITY – O&M’s goal is to train consumers with techniques of safe, efficient travel both in the home and into the community. Skills are taught that are vital for independence, confidence and self-satisfaction. Instruction is built around the goals and needs of the student.**

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

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

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

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

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

**This is the end of the GUIDE PAGE MAGAZINE Volume 33, Issue 7, for JuLY 2022.**

**-- end —**