**This is the GUIDE PAGE MAGAZINE Volume 32, Issue 8, web-text edition, for August 2021.**

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

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**Joanna Holbrook – Vice-President**

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**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, Summer Bash, Labor Day Closing, Notes From The Editor, Word Search For August!, All About Safety, How The Braille Issue Is Made, Let’s Talk Hobbies!, InstaPot: A Cook’s Best Friend!, CVI: The Unknown Diagnosis, iOS and Computer Classes Return, On Target, CWAB® Services Division T-Shirt Sale, Fall Rummage Sale, Ty Beanie Babies® Fundraiser!, Ongoing Fundraisers, Shopping Opportunities!, Need A Ride?, CWAB® Services,**

**On the cover: This picture was taken at a recent outing to Axees in O’s in Barboursville. The picture shows from left to right: Pearl Church, Joann Wallace, Mike Fitzpatrick, Wamda Annis, Kim Blake, andJoanna Holbrook. Kneeling in front, \*left) Hailey Tabor, and (right) Zach Davis.**

**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**

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.” **―** Eleanor Roosevelt, **You Learn by Living: Eleven Keys for a More Fulfilling Life.**

Fear is a defining emotion. Fear can cause us to run and hide or it can cause us to fight what we fear. Either way, once we have passed fear, we have learned something new about ourselves, about what we have faced, and about the world around us.

Our goal here at CWAB® Services Division is to help you face your fears – fears of travel, cooking, communicating, and more – in the reality of your vision loss, and empower you to overcome those fears.

Recently a group of our consumers went to Axes in O’s

in Barboursville and, for many of them, faced a fear they didn’t even realize they had. They threw axes at targets that were several feet away. And they had a blast!!

In a few weeks we will be taking a group to Heritage Farm to go ziplining!

When you face your fears you gain so much!

**Until next month …..**

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

**Executive Director**

**Cabell-Wayne Association of the Blind**

**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**

**August**

**11th InstaPot Demonstration**

**18th     Music Appreciation**

**25th     Bingo**

**Other important dates**

**• August 7th - 11 a.m. - 1 p.m. - Summer Bash**

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

**• September 25th - 4 p.m. - 6 p.m. - Sweets for Sight**

**An “Official” Introduction**

**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 consumer 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.**

**The Cabell-Wayne Association of the Blind agency logo is seen twice in this brochure**

**The Summer Bash will be held Saturday, August 7th, Fromm 11 a.m. to 1 p.m. Lots of FUN, FOOD, GAMES, and MUSIC - and recognition of the Association’s 45th anniversary! Call 304-522-6991 to sign up!**

**Cabell-Wayne Association of the Blind’s Services Division offices WILL BE CLOSED \Monday, September 6th in observance of Labor Day.**

**All services and activities will resume on Tuesday, September 7th. Happy Labor Day Everyone!**

**Notes From The Editor**

**Welcome to our August issue!**

**By now you have received your July magazine. I hope you noticed, and enjoyed its front cover - our first ever full color cover! It was a unique process which required multiple printers and a special printer profile. The cover was also unique in the fact that it featured our agency building, which included a nicely manicured landscape and new awning. It’s our hope that we will do this type of thing again in the future.**

**This issue features Hailey Tabor speaking about InstaPot classes, my look at growing tomatoes, and Consumer Advocate Pam Cabell informs us about the eye condition CVI.**

**I hope you find it all interesting and informative.**

**There is one image with this article. The picture appears at the bottom of the article 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.**

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

**All About Safety**

**We’ve all heard the adages of “safety”, or “being Safe”, “Safety First”, “Safety begins at home”, “Safety isn’t expensive - it’s priceless”, and, “Safety is not a gadget - its a state of mind”, right? Whether you’re working in the kitchen, in the garden, walking a city sidewalk, or in the workplace, there is always room for safety.**

**Cabell-Wayne Association of the Blind’s Services Division regards safety as a top priority! The agency has assigned a designated safety officer. This person is responsible for reporting safety concerns in and around the CWAB® property.**

**Fire safety is high on the agency’s list of concerns. So much so that during a recent Association meeting, a fire safety drill was conducted.**

**If you’ve spent any time at all in our facility, you know, or should know, the location of the four building fire exits: main lobby, rear entrance, front side of the large meeting room, and back rear by the kitchen. Each of these exits are marked with a lighted “EXIT” sign. This sign is visible in darkness, as well as during smoke-filled circumstances. These “EXIT” lights are also battery powered and will remain lit in the event of a power loss.**

**During this drill Association meeting attendants were directed to all doors. The drill was a practice to work out any inconsistencies in a hasty exit, and to time the exit to better organize an as-needed emergency exit.**

**During the drill designated out-of-building meeting places were established, and issues were addressed and rectified.**

**These drills will be regular and random, and will pertain to visitors and staff alike.**

**The next time you are in the Services Division building, and you are unsure of the location of the exit doors, or fire exit protocols, please ask. Everyone’s safety is our main concern.**

**Have questions? Contact Toni Walls Executive Director, at 304-522-6991.**

**There is one photo with this article. The picture shows a group of consumers gathering in the rear parking lot as a designated meeting place.**

**How The Braille Issue Is Made**

**(In the print edition the word “braille”, appears in braille characters)**

**As mentioned many times in these pages, the Guide Page Magazine is distributed freely and in various formats to provide readers with their preferred format. One of the available formats is Braille. Though not as widely distributed as the CD or large print versions, it is no less important.**

**Recently consumer James Earl Parsons inquired how the braille issue is created. So in true fashion of the 1950’S TV show, “You Asked For It”, James Earl, here is your answer!**

**First, the backstory.**

**Braille started as a system of 12 dots created for military use by Charles Barbier. (A French pronunciation, James Earl. Pronounce it: “Bar-bi-ay”). Mr. Barbier served in the French Army under Napoleon Bonaparte.  It was first called “night writing” and was created to allow troops to send and receive secret and silent messages. The method was not as successful as they had hoped.**

**Louis Braille was born on January 4, 1809. His father was a leather-worker and Louis was blinded at a young age while playing with one of his father’s tools – an awl. At the age of 11, Louis began work on refining Barbier’s “night writing” into the efficient and usable system we refer to as Braille. Braille only uses 6 dots per cell as opposed to the original 12. This process took Mr. Braille 9 years to complete.**

**Translating documents from print to Braille requires special software and equipment. CWAB® Services Division uses Duxbury and a JulietPro Embosser.**

**Duxbury Systems was founded in July 1975 as a partnership called Gildea, Simpson, and Sullivan in Duxbury, Massachusetts and started as a real commercial venture. It was the first company founded to bring Braille translation software to it’s customers.**

**Braille is created in either uncontracted or contracted format. Uncontracted requires a Braille cell for every letter. Contracted Braille will often replace a group of letters with less cells. An example of this is the word “the”. In uncontracted Braille, each letter would have it’s own Braille cell. In contracted Braille, it only takes once cell to represent “the”. CWAB® Services Division uses UEB (Unified English Braille) in contracted format.**

**The process at CWAB® for creating Braille documents:**

**The process begins with a completed and edited issue of the Guide Page Magazine. The software used to create the Guide Page consists of multiple page layouts consisting of content boxes. These boxes contain either text or pictures. The content of each text box is coped and pasted in order into a Word document. The copied portion is then saved and emailed to Toni Walls, Director, for Braille translation. This information is then copied and pasted into a Duxbury document and translated to Braille. The Braille document is then scanned for errors. And sometimes there are many due to formatting issues in the original word document. Once all errors that are found are corrected we are ready to emboss! The embosser we use is a JulietPro. Embossers use card-stock weight paper to create the raised dots by pushing the paper up into dots from the reverse side. Once we send the document to the Brailler, we wait. A 50 page print Guide Page may take upwards of 100 pages to emboss in Braille. We do use both sides which is called interpoint embossing. The embosser offsets the back page of Braille to create a document where the dots are readable on both sides.**

**When the Brailling is completed, the copy is pulled from the embosser and the tract-feed is removed. The copy is then separated sheet by sheet.**

**CWAB® has a comb binder which we use to bind the Guide Page into a magazine. It uses plastic combs that are inserted into the holes on the edge of the Braille paper. The cover is printed on our Toshiba copier.**

**It must be cut down and binding holes must be punched into it. The binding machine opens the comb so that the pages can be fitted upon the teeth of the comb. When it is released the comb closes which prevents the pages from falling out.**

**It takes four software programs, 3 machines, and at least 5 hours of work each month to create the Braille Guide Page. But that is time well spent. Braille is a very vital and important component of many of our consumer’s lives.**

**There you are, James Earl Parsons – you asked for it – how Braille issues are made!**

**Some information for this article came from:**

**Duxbury Systems:**

**www.duxburysystems.com/bthist.asp**

**What Is Braille? | American Foundation for the Blind (afb.org)www.afb.org/blindness-and-low-vision/braille/what-braille**

**There are three photos with this article. The first is a screenshot of the actual Duxbury software. The caption reads, “The Duxbury document window showing text on the left, and transposed braille characters on the right.” The second image is of the Juliet braille. The caption reads, “JulietPro Embosser”. The final image is the agency logo.**

**Let’s Talk Hobbies!**

**That’s a wide topic. A hobby can range from collecting butterflies or stamps, to collecting cars or guitars! A hobby is only limited to one’s ability, or willingness to dip into their piggy bank.**

**Several months ago - in the January 2021 issue of the Guide Page Magazine (page 26), I introduced you to the AeroGarden®’s “Harvest” model which grows plants hydroponically (using water instead of dirt). I also mentioned I was uncertain what if anything, I was going to grow past diminishing my crop(s) of herbs and lettuce. I have now moved to another growing cycle and yet another type of plant - tomatoes.**

**My first dip into growing hydroponically was herbs using a single Harvest model. This was extremely successful as I harvested and used - as well as passed on to others - basil, dill, mint thyme, and parsley. Growing and harvesting was incredibly simple. I may do it again as I have an empty Harvest, and two unopened boxes of Gourmet Herbs.**

**Getting back to the now …..**

**As I mentioned, I began with one Harvest. Then there was two, now there are three! As the original one continued to produce lettuce, I acquired the second and then the third for growing tomatoes. I also bought a twelve-pod Heirloom Cherry tomato kit. I did this without realizing the six pod Harvest could only support growing two tomato plants. This was because the plant root system was so large, adding more than two pods in a six-pod Harvest would not give the root system enough room to develop and grow. So two Harvests had two Heirloom Cherry tomato pods.**

**And away we went!**

**I have learned from the AeroGarden Community Facebook group that from insertion to maturity, these plants would take 110 days to mature. My daughter Emily and I began the growing process on Saturday, April 9th. As I write this today, July 5, it has been 94 days. I am seeing some incredible growth in one Harvest, while the other is dismal, with one pod becoming dead and dried, but oddly enough still produced five smaller-than-expected red cherry tomatoes.**

**The second plant in Harvest B has matured, but its flowers have withered. This is all so confusing, as I have watered and added the plant food as required in each Harvest. AeroGarden® is widely known to replace pods that do not bloom. I’m undecided whether I should contact them.**

**Harvest A with vines the diameter of one’s index finger, has bloomed literally dozens of red AND yellow, (a personal favorite), cherry tomatoes! One cluster alone is supporting no fewer than seven better-than-half-inch-size red ones.**

**These pods are determinate, meaning they will grow not much taller than the grow lights can extend, (17.5 inches). Having said this, these pods have reached the top of the grow lights, and have began to bush outward - so much so that on one portion I had to place a filled two liter of cola underneath to support its weight!**

**Today, (7/5), with a tad over two weeks remaining on the 110-day maturity date, I’m noticing many of the leaves are wilting. The tank is full, and nutritional supplements are up-to date, my fingers are crossed that the un-matured tomatoes will ripen. If not, I”ll have enough for two, or three really good salads, meal garnishments, or out-and-out tasty snacks.**

**I’ll keep you posted!**

**There are three images with this article. The first is a close-up of a clump of yellow tomatoes. There is an inset picture showing a clump of red tomatoes. The third picture, appearing at the end of the article, shows the author’s hand filled with cherry red tomatoes. The caption reads, “My first harvest of Heirloom Cherry tomatoes!”.**

**InstaPot: A Cook’s Best Friend!**

**When I was first introduced to the InstaPot it was through a good friend of mine who was also a young mom. She enjoyed using it because of how simple it can be and how much time it saved her cooking dinner. More time for her babies! Upon moving into our home, we had a housewarming party where I was gifted my InstaPot from my in-laws. I immediately looked at what I could make for my family too!**

 **Cooking has never been my strong suit. The women in my family all have a long standing joke that none of us knew how to cook until we hit 25 years old. For some odd reason it just never hit us until then. For me, I had to start cooking for my little family at 22 as I now had a little baby who needed me and a man who acted like he had never set foot in the kitchen prior to me! The instaPot really helped me feel comfortable with cooking and juggling time with my family.**

 **The great advantage of the InstaPot is the all-in-one preparation. You can sauté your meat and vegetables, add your spices and liquids, then uncooked pasta, rice or beans, for example, cover, and let food cook under pressure…all in one pot with little fuss. Boil and easily peel a dozen eggs, make a healthy breakfast of steel cut oats while you get ready to go, cook several boneless, skinless chicken breasts or thighs to use in meals throughout the week, make a pot of beans without presoaking, or make comfort foods such as lasagna, chicken noodle soup, macaroni and cheese, or meatloaf and mashed potatoes. The possibilities are endless, with recipes as easy or as complicated as you like.**

 **The way I have found my recipes with cooking times and instructions is usually Pinterest. Pinterest is a discovery engine for finding ideas like recipes, home and style inspiration, and more. With billions of pins on Pinterest you are bound to find something to your liking if you choose that route. It makes it simple for myself because if I find a pin I like all the information I need is all in one place. Other options include Google, or the instaPot application for your phone as well. My favorite things to look for are time crunching, wallet saving recipes! I do a lot of 5-ingredient dinners and dump-dinners where everything just gets thrown in there, stirred a little and the lid goes on!**

 **When asked if I was interested in teaching some of our consumers how to operate the InstaPot I was definitely interested! I had never taught anyone anything in the kitchen except my 4 year old so that was new for me, and a little out of my element. However, I had confidence in a few recipes I often use at home and knew those would be the place to start. I have had 1 class so far and we went through the steps of how to make lasagna in the InstaPot and it was a hit! As I told that class, I am not an expert by any means when it comes to the InstaPot, but I am a true testimony of how it has helped me and my household when it comes to cooking!**

 **Although there is a slight learning curve, before you know it, your instant pot will likely become an obsession! You might even want to get another one, some accessories, and you’ll want to keep trying new recipes. Like many of us, you may be afraid to use your InstaPot at first, feeling it is intimidating or overwhelming. There are Youtube videos that will walk you through the process. If you use Facebook, several groups have been started for instaPot and pressure cooker users. On YouTube there is a user, “Blind Mike’s Adventures.” He is a totally blind young man who uploaded a video explaining how he uses his instaPot and how to operate the key buttons as well. I personally watched him before doing the first class with consumers.**

 **If anyone has any questions about the InstaPot, please call the office and ask for Hailey! If I don’t know the answer when you call, I will do some research and get back to you whenever I can!**

**Hailey Tabor,**

**Transportation Assistant Supervisor**

**There are two pictures with this article. The first is a small chest to top-of-head photo of Hailey Tabor. The second image is a greyscale image of an instant.**

**CVI: The Unknown Diagnosis by Pam Cabell**

As the Consumer Advocate for CWAB, a large part of my job is gathering information and resources that make it easier for the agency to serve its consumers. Recently we have had requests for services from Consumers and potential consumers who have a diagnosis of CVI.

Most of you have heard of cataracts, retinopathy, or macular degeneration, but how many of you have heard of CVI? According to the AFB website, CVI, Cortical Visual Impairment, sometimes known as Cerebral Visual Impairment, are terms used to describe visual impairment that occurs because of injury to the brain, as are neurological vision loss, and vision loss due to traumatic brain injury (TBI).

The condition is confusing because the Person with CVI can have a visual acuity of 20/20, yet be diagnosed as legally blind. How is that? When a person looks at an object, let’s say a pencil, the image goes straight to the part of the brain that’s responsible for vision. The object is processed and your brain recognizes it as a pencil. In people with CVI, the image is distorted making in unrecognizable, and in some cases the person doesn’t recognize the object is even there.

Until recently, CVI in adults was not looked at from a visual standpoint because it has been thought of as more of a neurological problem that affects the part of the brain responsible for vision. Because of the rise of people afflicted with CVI, It has more recently being viewed as a visual problem too. I found this to be true when trying to find an eye specialist in the field of CVI for one of our consumers. Almost every everything I researched talked about CVI in children with just a slight mention of the condition in adults.

I contacted Kym Collins, Public Inquiry Response Manager for the National Eye Institute, an extension of The National Institute of Health. She directed me to their website which has quite a bit of information of CVI in children, but only has this to say about the condition in adults:

“Can adults get CVI?”

“Adults can also develop problems with their vision after a traumatic brain injury (such as a head injury or stroke that damages the brain). Veterans may be at higher risk for visual problems as a result of combat injuries.

“These problems are sometimes called acquired CVI, but it isn’t the same as CVI. A brain injury that happens later in life usually has different symptoms than CVI, which is caused by an injury early in life.

“If you or a loved one has vision problems because of a brain injury, ask the doctor about vision rehabilitation and other support services. Vision rehabilitation can help people with brain injuries make the most of their vision.”

I am grateful for the research done on CVI and look forward to the advancements concerning the diagnosis and treatment or the condition, which will help people see much better.

There are two pictures with this article. The first is a picture of Pam Cabell inside a circle. The last picture is the agency logo.

**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**

**On Target by Zach Davis**

**Wham, Thump, Pop, along with cheers and laughter are all sounds CWAB® Consumers experienced on their recent outing to Axes in O’s Axe Throwing Company in Barboursville.  On Wednesday July 21, 2021, a bus full of eager consumers along with staff members Zach Davis and Hailey Tabor, took to the boards as they hurled axes and tomahawks towards targets 13 feet away.  It was an absolute blast for all in attendance!**

**The first thing before any sharp objects were tossed - consumers got to walk in the axe lanes and feel their surroundings and get an up close, hands on view of what they could expect. Next, Stacy Wagner, part owner of the axe room, went over in great detail all the rules, along with throwing techniques. After that, a few consumers at a time went up to the throwing deck and gave it their best try. Consumer Mike Fitzpatrick was determined to land his shots, and after a few solid attempts, he not only got the blade to stick in the boards, he even landed a few bullseyes! Association President Joann Wallace also landed a few bullseyes and was the first to pop a balloon when added to the targets!**

**Axe Rooms are one of the latest trending activities growing in the nation and the owners of Axes in O’s were super excited when asked if CWAB® could have an outing there. “Axe throwing is for all people of all abilities and we can now say we have had not only a group of hearing impaired and deaf, but now a group of visually impaired and blind prove just that,” said Co-Owner Stacy Wagner.  I think smiles came across all faces by the end of our time at the axe room.**

**If the fun had by all is any indication, then I have a feeling more axe throwing adventures are in the future! In fact Axes in O’s is currently adding a restaurant to their facility, hopefully opening in late fall.**

**Consumers in attendance included Joann Wallace, Joanna Holbrook, Mike Fitzpatrick, Kim Blake, Wanda Annis, and Pearl Church.**

**Axes in O’s is located at 6148 Childers Road, Barboursville, West Virginia. Their hours are Wednesday-Thursday 5-8 and Friday-Saturday 5-11. You can call 304-955-5522 to book a lane, or visit their website at Axesinoswv.com. They are even on Facebook.**

**There are six photos with this article. These photos show each attendee throwing an axe. There is also a group picture of everyone holding an axe.**

**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-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 October 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”**

**Fall Rummage Sale!**

**CWAB® Services Division rummage sale returns 8 a.m. to 4 p.m. 63 West Third Avenue, Huntington, Thursday and Friday, September 9th and 10th 2021. You won’t believe the bargains!**

**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**

**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® (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 8, web-text edition\ for July 2021.**

**-- end —**