**This is the GUIDE PAGE MAGAZINE web-text edition for January 2021.**

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

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

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

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

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

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

**Executive Officers:**

**Joann Wallace - President**

**Joanna Holbrook – Vice-President**

**Leah Thompson - Secretary**

**Laundle Powers - Treasurer**

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

**Emeritus members: Ken Hicks, and Ernie Golder**

**Toni Walls, Executive Director**

**Jerry Crabtree, GUIDE PAGE editor**

**Major funding provided by the Teubert Foundation,**

**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.**

**What’s your New Year’s resolution for 2021?**

**In this issue: Mission and Vision Statements,**

**Table of Contents, From The Director’s Desk,**

**COVID-19 Risk Questionnaire For Building Entry,**

**Notes From The Editor, Word Search For January! , Designs On Delta Donates, Helping Consumers In A Safe, Smart Way, A Look Back At 2020,**

**“Gingerbread Trail”, at the Huntington Mall, Kitchen Countertop Gardening, Cabell-Wayne’s Ongoing, Fundraisers, GUIDE PAGE By Email, Guidelines for Rehab Services, Shopping Opportunity, Getting Crafty At Home!, Craft Kit Response, Planned Giving,**

**CWAB® Services.**

**.**

**ON THE COVER. A “Happy New Year” greeting for 2021!**

**From The Director’s Desk**

**Hello all,**

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

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

**This time of the year is a popular time to look forward and make resolutions based on what you want to improve about yourself. As the Director of Cabell-Wayne Association of the Blind Services Division, I am daily looking for ways we can improve what we do, and how we do the things we do. With COVID-19, it has certainly been a challenge this year.**

**My vision for CWAB® Services Division is for us to fulfill the purpose that the original Board of Directors had in mind. That we not only provide services to those who are consumers, but that we also serve as a model for other agencies around the country, on providing services and making necessary connections for our consumers to other service agencies and other opportunities.**

**My sincere belief is that we are working toward improving our standing in both areas and will continue to do so as 2020 ends and 2021 begins.**

**If you have questions, needs, or concerns please feel free to let me know.**

**Thankfully,**

**Your Director, 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 guide dog, both in black silhouette, appearing in the lower right-hand corner of the last page of this article.**

**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**

**\_\_\_ \_\_\_ 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:**

**Developed a COVID-19 Risk Assessment for entry into CWAB® facilities. This form is completed each day by staff and served consumer alike.**

**Gathered personal protection equipment and supplies to provide for staff and consumer. These include masks, face shields, and hand sanitizer.**

**Gathered antiseptic supplies for building and vehicles. These include Lysol®, bleach, and other anti-viral supplies.**

**Outfitted each vehicle with plexiglass, to cut down on consumers’ exposure.**

**Limiting the number of consumers transported to promote social distancing.**

**Limiting entry into CWAB® buildings to the CDC guidelines or better.**

**The agency logo – a woman with a cane, and a man with a dog guide, in black silouette appears at the end of this article.**

**We want to congratulate Zach Davis on his graduation from Ohio University Southern Campus, with his Associates Degree in Human Services Technology!  This is the first of many degrees he is pursuing.**

**There is one photo with this article. The picture is a greyscale image of Zach Davis. He is wearing his graduation cap with mortar and tassle, and also wearing his graduation gown. And, of course, he is VERY broadly smiling!**

**Notes From the Editor**

**aHello, and HAPPY NEW YEAR! Welcome to the January issue, our very first GUIDE PAGE MAGAZINE for 2021! I surely hope you and your family had a safe and happy holiday!**

 **A few things to note in this issue: first, we’ll have a look back at 2020, and remember the high points - and the lows!**

 **I have an update of my AeroGarden article, consumer Mike Nuce shows appreciation to Cabell-Wayne for helping all consumers in a, “Safe & Smart Way”. And finally, a gingerbread house display at the Huntington Mall!**

 **I hope you’re staying warm through the snows we’ve had! I’ll see you again in February!**

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

**An Open Letter: A Donation for Transportation**

**We are so honored and thankful to receive a donation of $2,500.00 from Dr. Farzad and Jennifer Amiri.  As she explains in her attached letter, she has connections with our agency and they wanted to bless us this year. The craftsmanship of Dr. Amiri’s work is amazing and we are excited to use these funds towards the purchase of Transportation passes. During this year of the pandemic, we have provided many taxi tickets and TTA passes so these funds will be most helpful in replenishing our supply of passes.**

**Thank you Farzad and Jennifer for your graciousness, your thoughtfulness, your fine craftsmanship, and for blessing us this year with your donation!**

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

**Executive Director**

**Cabell-Wayne Association of the Blind Services Division**

**CWAB(®) Staff,**

**Good morning! Thank you so much for everything you do for our community. Your services are very near and dear to our hearts.**

**To give you a little information about the fundraiser, my husband (Dr. Farzad Amiri) is a woodworker. He spends most of the year looking for the right types of wood to make these boards that we make - Charcuterie Boards with, then he buys it and stores it in our garage.**

**Through our hobby page, Designs on Delta, we sell “spots” for our boards. Typically it’s usually people he works with at St. Mary’s and Cabell Huntington Hospital that buy our boards.**

**Around August he processed the wood (which requires several steps) and tirelessly worked many weekends, (he doesn’t have much free time), to make these beautiful boards!**

**Everyone was so happy to know the wood was purchased by us and 100% of sales went to CWAB(®) Services Division! We also make homemade “board oil” to go with every board and wrap it in a beautiful bow for Christmas.**

**This fundraiser was done in honor of my grandfather, William “Delbert” Dehart, and my brother, Cody E. Mullins. (Both of which were/are consumers of CWAB(®) Services Division).**

**Best of luck for a happy 2021!**

**Jennifer and Farzad Amiri**

**There are two pictures with this article. The first, on the right side of the article’s second page, shows Amiri using a buffing device to smooth a wood project. The second picture, appearing at the end of the article is a group of eight eitems arranged iin three rows. Each item is shown gift-wrapped.**

**CWAB® Services Division Helping Blind Consumers in a Safe and Smart Way**

**by Mike Nuce**

**Today, as I am writing this, the great news is that the CDC has approved a vaccine for COVID-19. One newscaster described it as “The beginning of the end of COVID,” and this can’t come soon enough. My wife and I did not get to be with our adult children and our grandchildren in Pennsylvania this Thanksgiving and our other 2 adult children will not be at our house for Christmas this year. However, this seems minor compared to some of the tragedies that Covid has caused. I am grateful that I was able to retire a few years ago, so I can get a check without having to work in the public sector and my wife and I can maintain a rather quarantined lifestyle.**

 **Many private businesses and public offices have had to completely or partly close and through it all Cabell Wayne Association of the Blind Services Division has continued to provide the services that they can, while at the same time, providing extensive safety measures for staff and consumers. This is terrific, because very many consumers, (including me) are in the “high risk” category, when it comes to COVID, but we still also have lives that are impacted by blindness and vision loss and in modified ways, CWAB(®) has been there for us, thanks to the CWAB(®) staff and Board of Directors.**

 **A CWAB(®) van cannot now fill up with consumers to go for a ride, but transportation is still running and helping consumers get to work and medical appointments. I was talking with a friend of mine, who is a consumer and he gets to his part-time job via CWAB(®) transportation and a few months ago I took a van to a doctor appointment myself and the doctor recommended that I monitor my blood pressure at home. So what am I to do? I call Zac Davis and he mails me a talking blood pressure machine and he helped with instructions by phone and email.**

 **Speaking of my email, I don’t know why, but occasionally my email gets lost from my desktop. Jeff Ball was working from home a day when it happened, but he and Toni Walls worked to get my email back within a very short time. I appreciate this so much, because I use email a lot to maintain family contact. Jeff has also helped me with some program updates, because sometimes an update is not fully audible. Even with COVID, I have been able to get computer assistance from CWAB(®). Jeff came out to my house one time this summer to re-install a program, but the rest of the time we can work by phone and “Team Viewer.”**

 **I have always taken advantage of CWAB(®) shopping assistance and I especially like it when I shop for my wife for Christmas, birthdays etc. I have gone shopping with Candy, Pam, Milla and even Toni Walls, when she first started at Cabell-Wayne, long before she became Director. I was not sure what I would be able to do this year. Candy was going to help me purchase on-line, but then she had to be out a few days. However, over the phone, Toni helped me with an on-line order of some Christmas gifts that Amazon sent to my house, e.g. no contact shopping. Again, through CWAB(®) in a different way, I was able to safely Christmas shop for my wife.**

 **I noticed in my December calendar that my picture ID would run out this December and I worried that a current picture might be required for a COVID vaccine when it becomes available. I knew that all of the DMV offices were closed in the state. What to do? CWAB(®) to the rescue again! I called Toni and she found a website for the DMV and she took some information and my credit card number and she was able to order me a new picture ID. (Which I should get in the mail next week and again, “no contact.”)**

 **I certainly do miss being around other consumers in pottery, basketry and craft activities. However, with a craft kit from Linda, I had a fall ornament that I made on my porch post from Halloween through Thanksgiving. Doing a craft at home with instructions and Linda’s help by phone is certainly not as much fun as doing it with others in the room, but I still enjoy getting some of the kits and I feel that I am accomplishing something in a creative kind of way. I also think that doing crafts helps me to maintain dexterity and tactile sensitivity.**

 **Another thing that CWAB(®) has kept going is the Guide Page. Jerry keeps cranking out the Guide Page and he put an article that I had written about voting in the October issue. I hope all CWAB® consumers vote this year.**

 **Yes, COVID times are difficult, strange and anxiety producing. Yet, at the same time, I am very glad that I did not suffer job loss or the loss of a family member and so far, neither my wife nor I have had the dreaded virus. Through it all, CWAB(®) Services Division has been there to help me and many other blind and visually impaired consumers and I am sure they will continue to do so in the future.**

 **I can only hope that when this is published that COVID will be that much farther along on its way out.**

 **Mike Nuce**

**Looking back at 2020**

**√2020, what a year!**

 **As we come to the close of this - or any year, we tend to look back in fondness and sentiment of the memories of the events, people, and emotions that has shaped our lives the past 365 days. 2020 has tested our strength, or courage, and our resilience, through a world-wide pandemic, business closings, event cancellations, extreme weather, and human loss. Dare we say 2020 has been one for the record books!**

 **There have been setbacks and highlights. On these next few pages, we will relive some of the people and events that have made Cabell-Wayne Association of the Blind Services Division, and our consumers stronger, and have brought us closer together.**

**January**

**In January 2020, plans were well under way for our first ever overnight trip - to Nashville!**

**February**

**Excitement was building for our second, “Sweets For Sight”. The annual Rummage and Bake Sale is announced.**

**March**

 **Guest speaker Isaac Lidsky was a guest speaker on the Marshall campus. The event was sponsored by the AFB. New Support Group announced. We also take possession of a new van.**

**April**

**There was no Guide Page Magazine published in April.**

**A worldwide pandemic - COVID-19, had become a dangerous outbreak causing business to close.**

**May**

**No May issue of the Guide Page Magazine was published, as businesses continued to be closed by governor’s order.**

**June**

**The passing of consumer Clarence Martin was reported. An update on reconstruction of the activities building following a January fire, and Sweets For Sight fundraiser is rescheduled to October.**

**July**

**Consumer Mathew Workman passes. AmazonSmile, Kroger, and Rada Cutlery fundraisers announced. Activities building reconstruction completed. An article on Instacart is featured.**

**August**

**We prepare for the Fall Rummage \* Bake Sale. An Executive Order from WV Governor Justice regarding COVID-19 is published. Our Sweets For Sight in-person event changed to virtual.**

**September**

**The Association’s 45th Anniversary Celebration cancelled, and moved to 2021.**

**Sweets For Sight Sponsors, Supporters, Vendors, and prizes announced Staffer , J.T. Smith resigns. Crafts made available for home use.**

**October**

**A history on CWAB® is published.**

**Details on the GoodMaps project revealed. Consumer Mike Nuce offers a perspective on voting rights for the blind. A device for cutting tomatoes is reviewed.**

**November**

**A brief history of Thanksgiving is offered. A history of the White Cane is published. Highlights and results for the second Sweets For Sight.**

**December**

**Executive Director Toni Walls offers thoughts on things she is most thankful for. VRT Assistant Zach Davis receives first in a series of degrees. We respectfully remember those consumers who passed in 2020.**

**Davis Completes Associate Degree**

**With a small gathering of family and friends, Saturday, December 12th, VRT Assistant Zach Davis officially received his Associate Degree in Applied Science from the College of Health Sciences and Professions at Ohio University.**

 **The group watched virtually as the university held its 2020 Fall Commencement.**

 **Zach’s tenure at Cabell-Wayne Association of the Blind Services Division has brought him much respect from his family and peers, having joined the agency as a transportation team member, he soon found himself branching into rehabilitation, as the agency’s Vision Rehabilitation Therapist Assistant. With guidance from Director Toni Walls, Zach began his extended education with an ultimate goal of dual Masters degrees.**

 **If you need visual aids, or assistance with existing aids, or want to make an appointment to discuss your needs be reached at the Services Division by calling 304-522-6991.**

**There is one photo with this article. Davis is shown dressed in his cam and gown. The setting appears to be a parking lot. Davis is being covered in a shower of colored confetti!**

**Gingerbread Trail at the Huntington Mall**

**By Zach Davis**

**The holidays are a special time for festivities and cheer, but COVID-19 has changed the way many activities will be conducted. The Huntington Mall went above and beyond this year to help make things extra special by creating a gingerbread house trail to view while waiting to see jolly old St. Nick.**

 **The Mall team reached out to local non-profit agencies and asked them to construct gingerbread houses for guest to not only view while waiting to visit Santa, but also vote for their favorite. CWAB® Services Division’s own “resident bakers”, Pam Cabell and Zach Davis, teamed up and constructed a house to be displayed. The mall staff gave each participants a themed Christmas tree to base their design on, and CWAB® received the theme of “music”.**

 **Pam and Zach worked on this special holiday project for many hours. Zach actually baked the gingerbread from scratch.**

**The design was focused on the interior of the home instead of just the outside structure. The outer walls were 9 by 13, and the base of the house was ½ sheet cake pan sized. The walls on the outside were then covered with pretzel rods to give a log cabin look. Pam handcrafted dozens of fondant pieces that include a baby grand piano, a couch, music instruments, presents, snowmen, fire logs, and more. The house even has a gingerbread carousal in the yard. The house has over 150 pieces of candy, 100 plus pretzel rods, and weighed nearly 15 pounds!**

 **The Huntington Mall will announce the winning houses on Christmas Eve, and will award prize money to the top few vote getters. The Gingerbread houses are located in the center court of the mall surrounding Santa Claus, and will be on display throughout the Christmas season. So if you happen to be in the mall please vote for CWAB®’s house!**

**There are two photos with this article. The first photo shows a detailed view of the gingerbread house. The second image is of the entire display at the mall.**

**KITCHEN COUNTERTOP GARDENING:**

**The Adventure Continues**

**by Jerry Crabtree**

**As my AeroGarden® adventure continues, I’d like to give you an update. This will be interesting!**

**As you may remember, last month I introduced you to the AreoGarden®, and offered a description about how a hydroponic garden works. Indeed, growing plants without dirt is truly amazing!**

**When I began my odyssey, I had only one “garden”, and was unsure of which plants I was going to grow. Well, there have been some decisions - and some changes!**

**In my first-to-me Aerogarden®, I chose to begin with the herb kit included. There were two types of Basil, Thyme, Dill, Parsley, and Mint. After a few weeks they started to sprout, and nearly a month in, they were monster plants!**

**Being a legally blind person, I am surely no farmer, (sorry mom!). My mother is one of 13 kids who were raised on a farm in rural Wayne County. She’s a, “farmer”. She knows how to tend to flowers and raising a garden. Me? Not so much!!**

**I knew my herbs needed pruning, but I had no clue how to do that. So, I gave it a shot. Indeed there is a right way - and a wrong way. I did it the wrong way. I cut both Basil’s at the base of the stem - a big NO-NO! I was told by the friendly and informative folks in the AeroGarden Community group on Facebook®, that I should have taken the plant at the leaf, where there are three, “branches”, I should have taken the middle branch, and NO MORE that one-third of the plant should be harvested at any given time. OOPS!**

**Turns out, I did NOT kill either plant! I guess despite my butchering first attempt, there WAS enough of the herb left to continue on. Both have now continued their growth - especially the Genovese!**

**I actually told my plants I was sorry, and I would do better next time. Yes, I actually spoke to them! (Not something I’ll do on a regular basis, mind you!)**

**The salad greens have had their grow light raised one notch. Meanwhile, the herbs’ grow light is maxed out at twelve inches! Some herbs are touching the light and desperately need pruned as they aren’t supposed to be any higher than two inches below the light.**

**You may also remember I said I had two unused plant kits. Those were tomatoes, and salad greens. Well, I must confess to you that I how have TWO AeroGardens®! I planted salad greens in the second one.**

**It has now been a month for the salad greens and my wife has harvested some for our taco dinner. She said they were quite tasty! Now I have monster salad greens to harvest! There are six different varieties of “greens”, and I have no clue which is which! I do know one is what’s known as “deer tongue”, and one set has purple-ish leaves. I recently bought a chef’s salad at Kroger - which I had for my lunch one day, and it was really good! So, I guess now I can have/make my own chef’s salad for lunch anytime I want!**

**I have had to water both AeroGardens® several times the past few weeks. The salad greens, being “lettuce-y” are real water drinkers! I have also had to add nutrients once or twice in both. Being legally blind, I found it very easy, (for me), to tell when either the green, or blue lights were blinking. What is a bit difficult has been the watering. As mentioned in my previous article, I use the finger method in knowing how close to the fill mark I am. On that, so far, so good!**

**Ok, now I have two seed pod sets remaining - one herb set from the original box, and one tomato set I purchased separately. What to do, what to do??!!**

**I might acquire a third Harvest. These can currently be had for $99, and maybe less using certain store coupons and the Honey® applet within your web browser. Another option I’ve looked at is the Bounty Basic. It is larger, which would well accommodate the tomatoes, but at a higher cost. The Bounty Basic has what is described as a “black and white” display, and offers a feature called, “Vacation Mode”. The Bounty Basic will cost $179, and its price can be reduced using store coupons as well as the Honey applet.**

**As of this writing, I am undecided. I guess that leaves me open to a third installment on kitchen countertop gardening. Stay tuned!!!**

**There is one picture with this article. The image shows two AreoGardens® sitting on a countertop. The caption reads, “Shown here are my two AeroGardens®, with two-month-old herbs on the right, and one-month-old salad greens on the left. The grow light on the herbs, (right), is a full height: 12-inches. The salad greens, (left), are showing the need for more water. When this photo was taken, the “Add Water”, (red light is blinking in the bottom middle of the function lights), and it’s grow lights hood is not yet fully extended.”**

**Our newest fundraiser – a CWAB® hand-crafted basket filled with 31 classic Ty Beanie Babies®, and 25 miniatures!**

**Tickets are on sale now!**

**$1 buys one entry**

**$5 buys six entries**

**$10 buys 12 entries.**

**Good Luck!**

**There is a photo of the basket filled with the beanies and miniatures on this page. The agency loco also appears at the top of the page.**

**Official Cabell-Wayne Teamwear**

**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!**

**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”**

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

**The 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 you wish to donate to.**

**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.**

**There are three images with this article. They are logos of AmazonSmile®, Kroger®, and Rada Cutlery.**

**Guide Page By Email: Click, open, and read**

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

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

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

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

**Guidelines For Rehab Services**

**As Cabell-Wayne Association of the Blind begins to gradually offer services again, certain policies and practices regarding services offered have changed to allow us to safely serve our consumers.**

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

**Arrangements to pick up or drop off aids can be made.**

**Assessments will be made by phone, ZOOM, or FaceTime**

**All assistive aids will be mailed to requesting consumers.**

**All low-vision aids will also be mailed.**

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

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

**There is one photo with this article. The picture is of a 7x lighten Magno® (brand name), hand magnifier.**

**Shopping Opportunity**

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

**Getting Crafty At Home!**

**From Recreation Coordinator, Linda Worthy**

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

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

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

 **New and exciting craft kits will be availabke in Jaaanuary - stay tuned!!!**

**Assistance will be available by phone at 304-522-6991, on Mondays from 9:00 to 11:00 a.m., and Wednesdays from 1:00 to 3:00 p.m., for any questions about the kits, suggestions, or anything else you would like to discuss about recreation.**

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

**Craft Kit Response**

**The response to the craft kits has been great, and we appreciate your letting us know how much you’ve enjoyed them!**

**We would like to extend a special, “Thank You”, to consumer Mike Nuce for providing boxes that have been perfect for the kit deliveries. This small gesture of generosity has helped to cut expenses for these kits.**

**Also, if you have received your kits by our transportation team, we request you return those boxes so they may be reused on the next set of kits. Thank you, Mike, and to everyone who has requested these kits!**

**There are two pictures at the bottom of this article. At left is an artwork graphic of an open cardboard box within a pink circle. Pictured at the right, consumer Harvey Green with his “HOME” sign completed kit.**

**Planned Giving**

**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 pf 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 youir wishes.**

**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 web-text edition for January 2021.**

**-- end --**