**This is the GUIDE PAGE MAGAZINE web text edition for February 2020.**

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

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

**Executive Officers:**

**Joann Wallace - President**

**Joanna Holbrook – Vice-President**

**Leah Thompson - Secretary**

**Brenda Blake- Treasurer**

**Board Members:** **Laundle Powers, Wanda Annis,**

**Mike Fitzpatrick, Sue Canterbury, 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.**

**REMEMBER: Cabell-Wayne Association of the Blind will be celebrating its 45th anniversary as an agency on Saturday, June 6th, 2020.**

**The celebration will be held from Noon to 3 p.m. at the C.W.A.B Activities Center, 63 West Third Avenue, in Huntington, WV.**

**Consumers please call to sign up, and for transportation after May 1st, and before May 29th.**

**304-522-6991.**

**In this issue: Mission and Vision Statements, Celebrating 45 Years!, Table of Contents, From The Director’s Desk, Notes From The Editor, A Word Search For February, Basket Fundraiser, Moving Forward With New Website Design, Sweets For Sight, Spring Rummage & Bake Sale, Basket Classes Return!, Line Dancing Classes, Guide Page Magazine by Email, Your Lasting Legacy, A Trip of A Lifetime!, T-shirt Fundraiser, New Support Group Offers Opportunity, Wednesday Recreation, Monthly Recreation Activities, Walmart Shopping, Association Meeting Schedule, CWAB® Services.**

**FROM THE DIRECTOR’S DESK**

**Hello to all,**

**On February 14 at 6pm we continue one of our most beloved traditions, our annual Valentine Social. Please get signed up so you can come have fun with all of us.**

**We have started a new Support Group. This one is for new consumers, or existing ones that want a reminder of all we have to offer. I foresee this being a very valuable asset to our consumers. It will be a series of 5 sessions, with each session being something different.**

**This is flu and virus season. With that in mind I want to encourage you that if you aren’t feeling well or are feverish, please consider cancelling any appointments that you can and to avoid spreading germs to others. We all love to share but the flu can be deadly to someone who is already weak. If you must go out it is always a good idea to wash your hands frequently.**

**I want to thank everyone for their continued support of the CWAB® Services Division staff. The staff works hard to provide the best services we can to our consumers and it is nice to hear back from you that we are doing just that. Also, if you ever have a concern or an idea you would like to share with me, please do so!**

**Until next month,**

**There is one photo with this article. Appearing on the corner of the left-hand page is a portrait of Walls. She IS seated with her torso turned slightly toward the camera. She is wearing a black sweater over a floral print blouse. She has below the chest brown hair, and is slightly smiling. The background of the image is totally black.**

**A Note From The Editor**

**Welcome to the February issue of the Guide Page Magazine!**

 **The magazine is compiled and distributed, (usually), the third week of each month for the upcoming month. Since this is the February issue, it will be compiled and delivered to you during the last weeks of January.**

 **In my last installment here, I mentioned I was to undergo a serious medical procedure. I did. All went well. As with most medical procedures, a small amount of resting was needed. I did that, now I’m back at it - business as usual! Thank you everyone for your concerns. It was most appreciated!**

 **Now to the job at hand - February’s issue! Here you’ll find the usual, along with flyers for upcoming events, and a look at the new cwab.org. I hope you find it useful.**

**On the next page of the print edition is a word search puzzle for February. This puzzle will not be available in text, audio, or braille versions of the Guide Page Magazine.**

**Hand-Crafted Basket Fundraiser!**

**Our newest fund-raiser is a CWAB® hand-crafted basket! This basket will be filled with 31 classic Ty Beanie Babies®, and 25 miniatures. Tickets are on sale now. Winning donor will be announced during our association’s 45th anniversary celebration on Saturday, June 6th.**

**$1 buys one entry, $5 buys six entries, and $10 buys twelve entries.**

**For more details, call the agency’s Services Division at 304-522-6991.**

**There are three graphics with this article. The first is the agency logo in the upper right-hand corner, second, the basket in the center of the page, and lastly, the basket filled with all the extra items.**

**VALENTINWE SOCIAL!**

**The annual Valentine Social will be held Friday, February 14th, from 6 to 9 p.m. at the C.W.A.B Activities Center.**

**Lots of music, food, games – and fun!**

**Call 304-522-6991 by Friday, February 7th to sign up!**

**Moving Forward With New Website Design**

**In September of 2018, Cabell-Wayne Association of the Blind unveiled its newly redesigned website. The previous website had long since served its purpose, and an upgrade was needed.**

 **The most noticeable - and useful feature of the new site was the “widget” - an easy to use tool that greatly improved site maneuverability for the blind and visually impaired.**

 **Time for yet another redesign.**

 **Although the re-design of 2018 was a significient change, a bit more tweaking under the hood was needed to give the agency more precise control of its website content.**

 **As you now visit cwab.org, you will still see the widget in the upper right-hand corner, and it functions just as before. What you will see, however, is the aesthetics have changed.**

 **At the top, inside a white banner, you will see the familiar agency logo, followed by “Quick links” to “Home”, “Who We Are”, “Services”, “Guide Page Magazine”, “Contact Us”, and a large blue “Donate” button. A quick scroll through the main page reveals a quick jump to the latest Guide Page, a brief, “Who We Are”, with a staff photo, “What We Do”, with an agency video, a link to current Guide Page issues, and lastly, a handy link allowing visitors who wish to do so, the opportunity to donate to Cabell-Wayne Association of the Blind.**

 **We hope you enjoy the new cwab.org.**

**There is one photo with this article. The photo is a full-length screenshot of the agency’s website – cwab.org.**

**SWEETS FOR SIGHT!**

**The second annual “Sweets For Sight”, is coming Saturday, April 4th!**

 **For those of you who attended last year’s event, you will remember it was a HUGE success with an overflow crowd at our C.W.A.B Activities Center.**

 **This year we expect an even bigger crowd! So much so, we have a change of venue!**

 **This year’s event will be held Saturday, April 4th from 5 to 7 p.m. in the ballroom of the DoubleTree by Hilton in downtown Huntington. The hotel is located on Third Avenue, across from the former Mack & Dave’s.**

 **We look forward to seeing you! Call 304-522-6991 for details!**

**There is one photo with this article. The photo is that of the event’s logo – the words “Sweets For Sight” appearing inside of a magnifying glass standing beside a small stack of candied treats.**

**SPRING RUMMAGE AND BAKE SALE!**

**Cabell-Wayne Association of the Blind’s Spring Rummage and Bake Sale is set for Thursday and Friday, May 7th and 8th, from 8 a.m. to 4 p.m. each day. There’ll be awesome lunch specials too. Come on by, “You Won’t Believe The Bargains!”**

**Call 304-522-6991 for details!**

**Nashville Bound!**

**We are now taking sign ups for the 2020 Summer Trip. It is shaping up to be the best trip yet! We will be traveling by charter bus to Nashville, TN!! We will spend 2 nights and 3 days in Nashville. While there we will visit the General Jackson Showboat, The Country Music Hall of Fame, Studio B, the Grand Ole Opry, and the Hermitage. The dates are June 15, 16, and 17 2019.**

**If you are interested please call and talk with Toni. ALL sign ups must go through Toni. You are able to have a guide accompany you if appropriate. Please note that you will be required to share a room with your guide and they must act as your assistant at all times. There will be a required training session for all guides going on this trip. All participants must be 18 years of age to participate.**

**Due to deadlines, sign ups and cancellations end on May 13th. As in past years, if you sign up and fail to cancel by the deadline, you may be expected to reimburse the Association for your seat.**

**This trip is sponsored by the Association.**

**Three photos appear with this article. The General Jackson Riverboat on the Cumberland River, the entrance of the Grand Ole Opry House, and the front of The Hermitage – home of Andrew Jackson.**

**Basket Classes Return!**

**CWAB® will be holding basket weaving classes in February, March, and April again next year. The classes will be limited, so sign up now! Call Linda Worthy, 304-522-6991, to sign up. Consumers who have never made a basket before will be moved to the top of the list! When you are signing up, you will need to commit to three consecutive weeks to make sure you have enough time to get the basket finished.**

 **The first class will be February 5th, 12th and 19th. The second set of classes will be March 4th, 11th and the 18th. The third, and final set of classes will be April 1st, 8th, and the 15th. Classes will be held from 1:00 to 3:00 p.m. at CWAB®. Failure to complete your scheduled classes may result in failure to keep your basket.**

 **Come join us and give basket weaving a try! I’m sure you will be glad you did!**

 **I look forward to hearing from you!**

 **Linda Worthy**

 **CWAB® Recreation Coordinator**

**Line Dancing Classes**

**Dancing is fun! It’s a great way to express yourself, and at the same time, (depending on the type of dancing), have a great cardio workout. In a nutshell, “Line Dancing”, is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, executing the steps at the same time. There are several types of line dancing.**

**Keeping with promises to continually develop, and offer consumers a wide range of activities, the first of two line dancing sessions were held Wednesday, January 8th at the Services Division The instructor was Caitlin Railey.**

**The second session was held January 15th.**

**Want to learn more about future recreational activities? Sure! Call the Services Division office at 304-522-6991.**

**There is one photo with this article. The picture taken during the line dance class, shows attendees dancing in unison during one the musical numbers being played.**

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

**The GUIDE PAGE MAGAZINE is made available in a variety of formats. Large print, Braille, audio CD, web audio, PDF file format, and e-mail - all at no cost to anyone who wishes to receive it. We’ll focus on email here.**

**On average, nearly 700 copies of the GUIDE PAGE are produced each month. Each format requiring unique expenditures for publication. The most cost effective edition we offer, is 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.**

**Changing your current subscription to an email only one will greatly assist us in continuing to provide services.**

**For more information, please call 304-522-6991.**

**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.**

**Trip Of A Lifetime!**

**Vacations are as common as a cold, or a trip to the grocery store. How far will you travel: 100, 200, 500 miles? Part-time Transportaton Team member, Gordon Bloss’s recent vacation turned into a trip of a lifetime!**

 **A long-time volunteer with Marshall University’s, “Marching Thunder”, marching band, Bloss jumped at the chance to tag along when the university’s band received an invitation to perform in :ondon’s New Year’s Day Parade. Yes, I said London - ENGLAND!.**

 **The group spent a week in the country that gave us The Beatles, The Rolling Stones, and Herman’s Hermits.**

 **Gordon said he celebrated the occasion - the parade, New Year’s, his retirement, and remembering his late brother while on the trip.**

 **Bloss said they rode “the Underground”, (subway), saw Buckingham Palace, The Tower of London, the Queen’s Dolls’ house, the Crown Jewels, the London Bridge, and of course, Big Ben.**

 **It was, as Gordon put it - “a trip of a lifetime!”**

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

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

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

**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”**

**NEW SUPPORT GROUP OFFERS OPPORTUNITY**

**It has long been my desire to start a New Consumers Support Group. This would be an opportunity for new consumers (and some existing ones as space allows) to learn more about the agency and the programs that are offered through the Services Division. This dream will become a reality in January.**

**Starting in January we will begin a series of five weekly meetings. In these meetings we will cover programs, policies and resources offered through CWAB® Services Division. there will be an opportunity to complete Power of Attorney, and Living Will paperwork as well as sign up for agencies such as Dial a Ride and National Library Services Talking Books.**

**Stay tuned for more information regarding this much needed resource.**

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

**Executive Director**

**February, March, and April Wednesday Recreation**

 **February 5th Baskets**

 **February 12th Baskets**

 **February 19th Baskets**

 **February 26th Bingo**

 **March 4th Baskets**

 **March 11th Baskets**

 **March 18th Baskets**

 **March 25th Bingo**

 **April 1st Baskets**

 **April 8th Baskets**

 **April 15th Baskets**

 **April 22nd Bingo**

**There is a photo of the outside of the Services Division office with this article.**

**Monthly Recreation Activities**

**Schedules are subject to change. Check with CWAB® for specific times. Participants must call at least 24 hours in advance to participate.**

**Association Meeting: 3rd Tuesday, monthly 1-3 p.m.**

**Recreational activities: 1st, 2nd, & 3rd Wednesday 1-3 p.m.**

**Bingo: 4th Wednesday, monthly, 1-3 p.m.**

**Y.M.C.A.: Monday, Wednesday, and Friday: 10-11:30 a.m.**

**Water Aerobics: Friday 11:15 a.m. – 12:15 p.m.**

**Support Groups**

**Group A - Joann Wallace - 2nd and 4th Thursdays, 10 – Noon.**

**Group B - Brenda Blake - 1st and 3rd Thursdays, 10 -Noon.**

**Group C - Heather McComas - 2nd and 4th Thursday, 5 - 7 p.m.**

**Group D - Kim Blake - Diabetic – 1st Tuesday, 11 a.m. – 1 p.m.**

**Group G – Caitlin Railey – 4nd Tuesday, 4 to 6 p.m.**

**Parents Group – Mary Parsons - 3rd Thursdays, 6-8 p.m.**

**Seasonal activities are offered as decided by the Recreation Coordinator, and Executive Director. Check the GUIDE PAGE for details!**

**Walmart Shopping**

**Consumers who wish to go on shopping trips to Walmart Rt 60, have an opportunity to do so thanks to this convenient service.**

**SCHEDULE**

**Monthly Walmart shopping trips are scheduled the FIRST THURSDAY after the 3rd of the month. Dates will vary.**

**HERE ARE THE RULES!**

**1) No more than 8 people allowed per trip. Only one shuttle will be used each trip.**

**2) Each consumer will be allowed up to 6 packages (bags, jugs, boxes).**

**3) Sign up will close at 4:30 p.m. on the Friday prior to the trip.**

**ASSOCIATION MEETING DATES:**

**ALL CONSUMERS of Cabell-Wayne Association of the Blind are urged to attend regularly scheduled monthly association meetings.**

**These meetings are designed to keep consumers informed and up-to-date on events and activities of the Services Division and topics relative to the association as a whole.**

**Remember, to have a quorum and to be able to discuss and vote on association business, a fifty-percent plus one attendance of voting-eligible members must be present.**

**Free transportation to these meetings is provided upon request with advance notice and scheduling availability.**

**Meetings are held the third Tuesday of each month from 1 to 3 p.m.**

**Upcoming meetings:**

**February 18th**

**March 17th**

**April 21st**

**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 February 2020.**

**-- end --**