

# Guide Page Magazine

Cabell-Wayne  
Association of the Blind  
Services Division  
38 Washington Ave.  
Huntington, WV 25701

FREE MATTER  
FOR THE BLIND AND  
PHYSICALLY HANDICAPPED  
POSTAL MANUAL  
PART 138

**Volume 12**

**January 2002**

**Issue 1**



*Happy  
New Year!*  
**2002!**

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New O&M intern . . . . . Page 2  
AFB in Kinetic Park . . . . . Page 11  
Valentine Social announced . . . Page 14



**Cabell-Wayne  
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# New face in O&M



**Cabell-Wayne Association of the Blind is proud to announce Nancy Henderson has joined the Services Division as an O&M intern. Henderson will replace Patricia Carl in March of this year. Carl plans to return to her native Canada and marry later in the summer.**

**Henderson, originally from upstate New York, has lived in West Virginia for over seven years. She is a graduate of Marshall University and this past summer attended the University of Michigan and is currently in an internship for her Masters degree. "I really love it here," she commented recently. "I am truly looking forward to meeting all the consumers."**

**Call 522-6991 for details on O&M and other services of CWAB.**

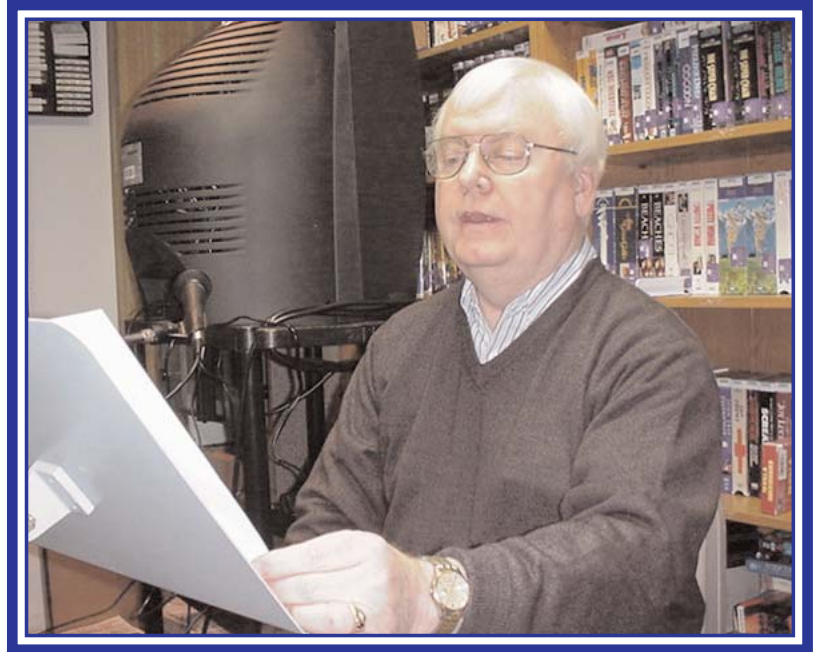


# Computer Instructor trades keyboard for microphone

CWAB Computer Instructor Kermit Nance recently demonstrated his talent as an “announcer” as he graciously volunteered to read the December issue of the **GUIDE PAGE MAGAZINE** for tape.

“There’s a lot of information here,” Nance said. “There’s a lot of preparation also. I hope the consumers enjoy it.”

Nance joins broadcasters and other professionals who have read the tape edition.



**CWAB Computer Instructor  
Kermit Nance**

## PHOTO CREDITS

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*"From the  
Director's desk..."*



**Hello Everyone!**

**I trust you had a wonderful Christmas and Happy New Year holiday! We at CWAB are excited about the year 2002 as it promises to bring a number of good things to the association.**

**I want to thank everyone who has assisted the Services Division in another great year of serving the blind and visually impaired residents of Cabell and Wayne County.**

**I would like to take this opportunity to welcome Nancy Henderson as the newest member of the Services Division staff. Nancy, now an O&M intern, will replace Patricia Carl in March. Please feel free to call Nancy, introduce yourself and welcome her to our "family".**

**The new year also brings change to association officers as well. Having fulfilled her term as President, Juanita Souder will step down in January and will be replaced by Brenda Blake. Bill Sayre replaces Blake as the new Vice-President. Both were elected during an association meeting in November. Wanita Postlethwait has been replaced by Margerilla Simmons on CWAB's Board of Directors.**

**I know the holidays are a busy time of year, so please if you can, take the time to think of Cabell-Wayne Association of the Blind when it comes to your holiday contributions. Speaking of donations, the "Coal Miner's" quilt raffle brought in over \$1200 for the building fund. Consumer Bob Trumbo brought in over \$2000 in "golfball dog" sales. Every donation helps.**

**The Valentine Social will be February 8th at the Junior League building. Hope to see you there. Until next month .....**



# CWAB GOSPEL CD AVAILABLE

As a combined promotional tool and Available, CWAB is offering copies of its March 29, 2001 Gospel Concert on CD.

The CD holds performances by CWAB consumers Patty Aldridge and Lisa Blankenship as well as guests Kayla Carter, Kermit Nance, The Bible Apostolic Church Choir, and Redeemed.

The concert is available on a 2CD set for a suggested \$10 donation, cassettes are \$6. To place an order, call 522-6991.



## CD One

- 1 He Is Alive
- 2 Silver and Gold
- 3 I Will Lift Your Name on High
- 4 When 10000 Angels Cry
- 5 Gospel Music Memories #1
- 6 Gospel Music Memories #2
- 7 Gospel Music Memories #3
- 8 Gospel Music Memories #4
- 9 Written In Red
- 10 Do You Know How It Feels
- 11 The Judgement
- 12 Oh For A Thousand Tongues
- 13 He's Alive
- 14 There s A Lighthouse
- 15 All The Way
- 16 Consider The Lilly

## CD Two

- 1 Praise The Lord
- 2 Holy Holy God Almighty
- 3 He Has Done Marvelous Things
- 4 I Will Sing Praises
- 5 We Will Worship The Lamb
- 6 What He's Done For Me
- 7 Dancing Round The Throne
- 8 I'm Bound For A City
- 9 Mornin's Comin''
- 10 It's Who You Know
- 11 The Blood Is Still There
- 12 The Lamb, Lion, And King



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## **It's Another New Year**

**“Happy New Year!” That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year’s Day in modern America was not always January 1.**

### **ANCIENT NEW YEARS**

**The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of Spring).**

**The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.**

**The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year’s Eve festivities pale in comparison.**

**The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun.**

**In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.**

### **THE CHURCH’S VIEW OF NEW YEAR CELEBRATIONS**

**Although in the first centuries AD the Romans continued celebrating the new year, the early Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early**



church began having its own religious observances concurrently with many of the pagan celebrations, and New Year's Day was no different. New Years is still observed as the Feast of Christ's Circumcision by some denominations.

During the Middle Ages, the Church remained opposed to celebrating New Years. January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

### **NEW YEAR TRADITIONS**

Other traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

The Tournament of Roses Parade dates back to 1886. In that year, members of the Valley Hunt Club decorated their carriages with flowers. It celebrated the ripening of the orange crop in California.

Although the Rose Bowl football game was first played as a part of the Tournament of Roses in 1902, it was replaced by Roman chariot races the following year. In 1916, the football game returned as the sports centerpiece of the festival.

The tradition of using a baby to signify the new year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of that god as the spirit of fertility. Early Egyptians also used a baby as a symbol of rebirth.

Although the early Christians denounced the practice as pagan, the popularity of the baby as a symbol of rebirth forced the Church to reevaluate its position. The Church finally allowed its members to celebrate the new year with a baby, which was to symbolize the birth of the baby Jesus.

The use of an image of a baby with a New Year's banner as a symbolic representation of the new year was brought to early America by the Germans. They had used the effigy since the fourteenth century.





## FOR LUCK IN THE NEW YEAR

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the new year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is a lucky food that is eaten on New Year's Day.

## AULD LANG SYNE

The song, "Auld Lang Syne," playing in the background, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. At least partially written by Robert Burns in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

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From "Sharing Solutions" The Lighthouse, Winter 2002, Page 4

## ***Medicare Coverage for Vision Rehabilitation: You Can Help!***

*As we move forward in uncertain times, people ask, "How can I help?" At the same time, we also wonder, "Can one person make a difference?" Fortunately in a democracy, one person - plus another, and another - can make positive changes. We can work together to enact laws that benefit our lives. Every voice counts as we unite to improve access to vision rehabilitation services.*

### **Evolution of the Medicare Now! Campaign**

Vision loss cannot necessarily be prevented or reversed, but vision rehabilitation can help restore safety, functional abilities and independence. These vital services help people with vision loss manage daily living activities; prevent falls, burns and other injuries; and restore quality of life.

Unfortunately, not everyone has access to vision rehabilitation services. Services provided by rehabilitation professionals are reimbursable under Medicare; the services of vision rehab professionals are not.

To correct this inequity, the Medicare Vision Rehabilitation Act of 1999 was created. This bill that would have provided Medicare payment for the services of qualified low vision therapists, rehabilitation teachers, and orientation and mobility specialists.

The Act, introduced last year, gained support from 120 Congress members, thus, nearly 2,000 people nationwide contacted their legislators asking them to support the bill. Although this initial bill was not passed, this important issue made it onto the radar screens of a large number of people around the country.

### **Where We Are Now**

A new, more comprehensive bill, the Medicare Vision Rehabilitation Services Act of 2001 (H.R. 2484), has been introduced by Rep. Michael Capuano and several others from both parties. Like its predecessor, H.R. 2484 calls for Medicare to cover the cost of vision



rehabilitation in much the same way that rehabilitation is covered for a broken hip or a stroke. It ensures reimbursement for the services of qualified vision rehabilitation professionals.

With over 60 cosponsors to date, the bill is receiving an ever-growing number of bipartisan supporters. Efforts continue to build public awareness, and educate members of Congress and enlist more cosponsors.

Under H.R. 2484, vision rehabilitation services would be covered for the first time by Medicare in every state. Medicare coverage also does something else. It serves as a reminder to medical professionals that vision rehabilitation exists! Instead of telling patients that “nothing more can be done,” physicians will be able to make Medicare-covered referrals for vision rehabilitation services.

### **It's Easy to Get Involved**

A major thrust of the Medicare Now! campaign is to educate our Congressional delegates and continue to build support for this vital legislation. Show your support by contacting Representatives and asking them to sign on as cosponsors of H.R. 2484. People with vision loss are in a unique position to talk personally about their experiences, challenges and needs.

There are a number of ways to take action, but due to recent problems with mail delivery to government agencies, methods other than written letters may be considered. If you're a member of a support group, perhaps making this a group project might be the answer.

- Call the US Capitol switchboard, (202) 224-3121, and ask for the office of your Representative. If you know your Congressperson's name, you may also find a local office number in your telephone directory.
- E-mail: Visit [www.medicarenow.org](http://www.medicarenow.org) to create and send an e-mail message directly to Congress. The site includes sample letters along with messages for Senators to introduce a similar bill.

**Together we can - and will - make a difference!**



# American Foundation for the Blind to locate technology center in Kinetic Park

By JOANN C. ELMER  
Staff Writer

The State Journal

(From December 24, 2001, page 3).

HUNTINGTON — The first tenant to sign with Kinetic Park, the American Foundation for the Blind (AFB), announced Dec. 17th that it would be bringing a technology and employment center to Huntington.

Through a partnership with the Teubert Foundation and the Huntington Area Development Council (HADCO), the American Foundation for the Blind Technology and Employment Center will serve as a research and mentoring facility to provide employment opportunities for the blind or visually impaired.

"Blind or visually impaired people face much more limited employment opportunities, especially because of difficulties we encounter keeping up with the rapid evolution of technology," said Carl R. Augusto, AFB president and CEO.

"Having recognized the cru-

*"Having recognized the crucial link between technology and successful employment, we could find no better place to pilot test our innovative array of solutions than Huntington."*

Carl R. Augusto  
President and CEO  
AMERICAN FOUNDATION FOR THE  
BLIND

cial link between technology and successful employment, we could find no better place to pilot test our innovative array of solutions than Huntington."

AFB TECH's new office will feature two areas, which will be a products evaluation laboratory and a CareerConnect program. In the product evaluation laboratory, AFB technicians will work with software and equipment develop-





ers to make mainstream products - including cell phones, Internet browsers and ATMs - more accessible for the visually impaired.

The laboratory also will evaluate assistive technology available to better help blind or visually impaired consumers make knowledgeable choices, Augusto said. Reviews from the laboratory's research will be published in AccessWorld magazine.

CareerConnect will be an online database for employed blind or visually impaired professionals to serve as mentors for other blind or visually impaired people. The database also will be designed to educate employers about the abilities and advantages of hiring people with visual impairments.

AFB will provide internship opportunities for students at Marshall University that include evaluation, testing, publishing results and expanding CareerConnect.

"The AFB will not just be putting an office here. This will be a facility for testing and talking about technology," said A. Michael Peny, chairman of HADCO.

"The typewriter was a device

designed to help the blind and look how that changed the world, this is an exciting endeavor for Huntington," Perry said.

People with visual impairments require skilled instruction in the use of Braille and assistive technology, including computers with synthetic speech or large print displays but there is a shortage of personnel with the appropriate training to teach the literacy skills, according to the AFB.

More than two-thirds of working-age blind or severely visually impaired Americans are not employed due to a lack of training opportunities or because employers are not aware of the capabilities of people with visual impairments, Augusto said.

The new technology center in KineticPark will be designed to improve opportunities for the visually impaired to have access to technology-based products and services.

This center will provide much needed jobs and needed services for the blind or visually impaired in the city of Huntington," Mayor David Felinton said.

Gov. Bob Wise said AFB's \$3



million investment in the new center will keep or enable the approximately 4,200 people with visual impairments to continue working or find jobs in West Virginia.

"This high-tech facility is exactly what KineticPark was designed to accommodate," Wise said.

"West Virginia has invested a great deal of time, money and energy in the development of KineticPark. It is a prime spot for companies that use technology to improve the world we live in, and the American Foundation for the Blind is just that type of company.

The AFB is a national nonprofit organization headquartered in New York City. It was founded in 1921 and led by Helen Keller for more than 40 years. More information about the AFB and the new technology center is available by visiting the company's website at <http://www.afb.org>.

## Please Remember!

The cold wintery weather is fastly approaching, with it slick roads and sidewalks.

Be prepared, pay close attention to weather reports when scheduling appointments with CWAB's transportation services. Vans will NOT run during inclement weather. Some appointments for transportation may need to be postponed or cancelled altogether.

Call 522-6991 and speak with Don Means, transportation supervisor, if you have any questions.

Annual

# Valentine Social

Friday, February 8, 2002

Junior League building

617 - 9th Avenue

7 - 10pm



Entertainment by Eric Early

Games and prizes

Call 522-6991 for transportation

Deadline is Friday, February 1st.



## CWAB's In-Home Services offers valuable assistance in day-to-day living

In our December issue we briefly mentioned CWAB's In Home Services. This month, we'd like to give a brief overview of the program and what you could and could not expect when receiving a visit from coordinator Toni Walls.

### *In-Home Services for Consumers of CWAB:*

1. **Reading:** Personal mail, books, product labels, etc.
2. **Banking:** Check writing, account balancing, and bank visits.
3. **Correspondence:** Forms, letter writing, bill paying.
4. **Shopping with the consumer** for various items.
5. **Mending:** Hems, patches, buttons or zippers. Specialty projects as needed.

***CLOTHING MUST BE FRESHLY LAUNDERED!***



6. **Deliveries:** Items to and from CWAB, medical/business offices, other consumers.
7. **Organization:** Various items in home, including - but not limited to - paperwork, groceries, clothing, household items.
8. **Other:** Notary Services, post office, pharmacy, phone calls.





## ***In Home Services does NOT Include:***

- 1. House cleaning of any kind.**
- 2. Assistance with personal hygiene.**
- 3. Cooking.**
- 4. Errands without the presence of the Consumer.**
- 5. Legal Services, with the exception of Notary Services.**
- 6. Doctors visits.**

**All Services provided by In-Home Services are subject to the discretion of the Director of CWAB and the In-Home Service Coordinator.**

**If you have any questions, wish to apply for the program or services, or know someone - living in Cabell or Wayne Counties in WV - who could benefit from these services, please contact:**

**Cabell-Wayne Association of the Blind  
38 Washington Ave.  
Huntington, WV 25701  
(304) 522-6991**



## **RECIPE OF THE MONTH**

*It's an old addage that to eat cabbage will bring fortune in the new year, so to that end, here is a recipe for "Cabbage Soup"!*

**3 cups water**

**4 cups cabbage, shredded**

**1/3 cup sliced carrots**

**1/3 cup chopped onions**

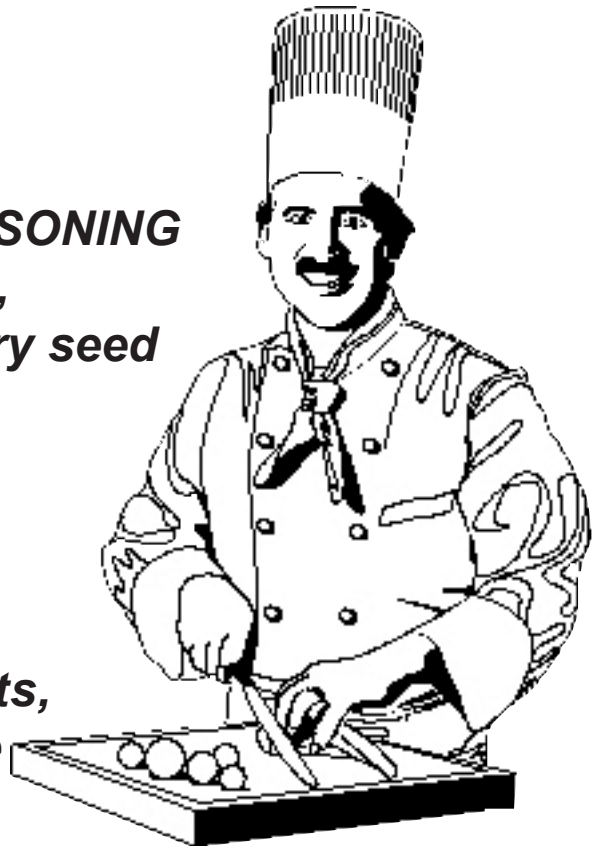
**1-1/2 teaspoons SALT FREE SEASONING  
or 1/4 teaspoon each of basil,  
oregano, cloves, thyme, celery seed  
and dill**

**1/8 teaspoon pepper**

**1 cup unfiltered apple juice**

**2 tablespoons lemon juice**

**• Place water, cabbage, carrots, onions, and seasoning in a large pot.**



**• Bring to a boil, reduce heat and simmer until water level drops down to less than 1 inch (about 20 minutes).**

**• Stir in apple and lemon juices and simmer for an additional 25 minutes. Yield: about 4 cups of soup. One serving: 1 cup.**

**From "Large Print Recipes For a Healthy Life" Page 9.**



# Marshall 2002 Basketball Schedule

<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Jan 16	Central Michigan	Mt. Pl, MI	7:00 p.m.
Jan 19	Buffalo	Home	7:30 p.m.
Jan 23	West Virginia	Charleston	8:00 p.m.
Jan 26	Toledo	Toledo, OH	7:00 p.m.
Jan 29	Ball State	Home	7:30 p.m.
Feb 2	Ohio	Athens, OH	TBA
Feb 5	Akron	Home	7:30 p.m.
Feb 9	Bowling Green	B. Green, OH	1:00 p.m.
Feb 14	Miami	Home	7:30 p.m.
Feb 16	Ohio	Home	TBA
Feb 19	Kent State	Kent, Ohio	7:00 p.m.
Feb 23	Buffalo	Buffalo, NY	7:00 p.m.
Feb 27	Central Michigan	Home	7:30 p.m.
Mar 2	Akron	Akron, OH	3:00 p.m.
Mar 4	MAC 1st Round	Sites	TBA
Mar 7- 9	MAC Tournament	Cleveland, OH	TBA

***Be sure to visit CWAB's concession booth  
at all home games!***

## ***Continuing Outreach***



**Jeff Sturm**

### **Radio part of CWAB outreach**

Executive Director, Paul Slone, joins “Tri-State Today” program host Jeff Sturm each month for discussion, interviews and up-to-date information about services and activities from Cabell-Wayne Association of the Blind.

Tri-State Today can be heard Wednesday evenings at 7:30 on WEMM-FM 107.9.

***WEMM***

***Gospel 107.9***



***WEMM is one of CWAB's many regular supporters!***





## **WEDNESDAY ADULT CONSUMER CRAFT SCHEDULE 2002**

January 16th  
Baskets - H. McComas

January 23rd  
Bingo - Linda

January 30th  
Labeling Class - Nancy

February 6th  
Crafts - Toni and Linda

February 13th  
Crafts - Toni and Linda

February 20th  
Crafts - Toni and Linda

February 27th  
Bingo - Linda

March 6th  
Easter Crafts - Linda

March 13th  
Easter Silks - Linda

March 20th  
Easter Silks - Linda

March 27th  
Bingo - Linda

April 3rd, 10th, 17th  
Open

April 24th  
Bingo - Linda

May 1st  
Sewing - Toni

May 8th  
Sewing - Toni

May 15th  
Sewing - Toni

May 22nd  
Bingo - Linda

**Due to hectic holiday  
schedules, all bowling  
activities will resume later  
in January. See you then!**

# **GUIDE PAGE MAGAZINE**

## **supporters!**

**GUIDE PAGE MAGAZINE** supporters are important. They provide goods and services, and offer support for our publication through a small donation. If, in the course of your day, you patronize one of our sponsors, please tell them you saw their name mentioned in the **GUIDE PAGE MAGAZINE**, and let them know how much you appreciate their support.

*"Like a good neighbor,  
State Farm is there"*

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Fax 304-529-7987



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304-522-1201



Food and Drug

## **Keeping Safe**

Transportation is a vital part of CWAB's services. Remembering simple rules will keep everyone safe.

It is important to *always buckle your seat belt* when riding in CWAB vehicles. If you have trouble, please ask. Your driver will be glad to assist you!

Also, remember to re-buckle the belt after using it. This will reduce the risk of passengers stumbling on the belt if it accidentally falls to the floor.



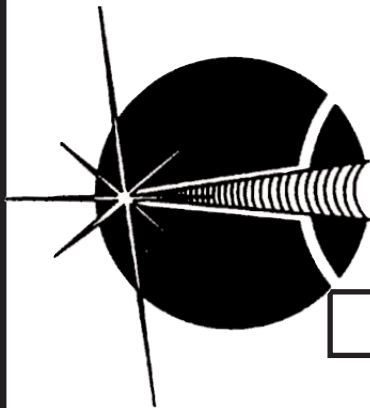
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# **Cabell-Wayne Association of the Blind**

## **Mission and Vision Statements**

### **OUR MISSION:**

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

### **OUR VISION:**

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

