

The Whole Person's Blindness Low Vision Experience – April/May

Greetings from The Whole Person's Blindness Low Vision Experience, where individuals enjoy opportunities to achieve greater independence and access to the community through physical and outdoor activities, art and cultural events and any other experiences we can arrange – the sky's the limit!

Bowling Blind with the KC Chapter of the Missouri Rehabilitation Association in its annual Bowl-A-Thon fundraiser was a blast! TWP purchased a guide rail specifically for this event, and it will now be available at Ward Parkway lanes, where our numbers have been steadily increasing, with 17 attending during March Madness, so we can definitely use another guide rail.

Our first tandem ride of the season will take place on Saturday afternoon, April 8, 1 – 3 pm, thanks to our awesome partnership with BikeWalkKC. Cliff Drive, in George E. Kessler Park in historic Northeast Kansas City, approx... 4 miles, is one of only 5 officially designated as a State Scenic Byway in Missouri. This innovative program was implemented to provide car free, scenic opportunities for pedestrian and bicycle-oriented activities that promote healthy lifestyles for all. There is still space available, so be sure to let me know if you want to peddle with us.

On May 6, free eye screenings for service animals will be once again generously provided by Eye Care for Animals in partnership with The Whole Person. **Sponsored by American College of Veterinary Ophthalmologists (ACVO) and Stokes Pharmacies**, this is an opportunity for state of the art eye exams and treatment for service animals you won't want to miss! **Register online after April 1** at www.ACVOeyeexam.org

All ten spots on TWP's team for CCVI's Trolley Run are filled, so please wish us well, and it is never too early to start planning for 2018.

If you are interested in signing up for events, would like to volunteer or have questions and ideas for The Whole Person's Blindness Low Vision Experience, please contact Sheila Styron at 816-627-2217 or ssstyron@thewholeperson.org. Please carefully read the events listings below, as times and locations for familiar activities may change, and it is important to let me know if you need to cancel.

April/May TWP BLV Experiences

- **Stretching Without Looking does not occur on the second Monday of each month, as TWP board meetings are held in the Community Room at this time**
- **Stretching Without Looking:** 4/3, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO. Improve your flexibility and strength with detailed description and hands-on help. Bring an exercise mat or beach towel if you like, and you don't have to see it to do it!
- **Tandem Bike Riding:** 4/8, from 12 noon – 4:00 pm (approx.). Meet at The Whole Person.

- **Bowling Blind:** 4/12, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Here's your chance to socialize and soak up some of that amazing alley atmosphere. Come experience accessible bowling, guaranteed to reduce the frequency of gutter balls! Cost: \$3.50 per game.
- **Stretching Without Looking:** 4/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Out and About with Canines and Canes:** 4/19, from 11:00 am – 2:00 pm (approx.). All aboard RideKC! You choose where to explore, which bus route to practice. Times and dates for scheduling this event are flexible.
- **Stretching Without Looking:** 4/24, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **CCVI Trolley Run:** 4/30, 7:00 – 10:00 am (approx.). More details for participants.
- **Stretching Without Looking:** 5/1, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Free Annual National Service Animal Eye Exam:** 5/6, beginning at 10:00 am by appointment only in the Community Room at The Whole Person.
- **Bowling Blind:** 5/10, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** 5/15, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Out and About with Canines and Canes:** 5/17, from 11:00 am – 2:00 pm (approx.).
- **Hiking at Watkins Mill:** 5/20, 10:00 am – 4:00 pm (approx.) Meet at The Whole Person, wear comfortable shoes for walking, and bring water and a sack lunch.
- **Stretching Without Looking:** 5/22, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **There will be no Stretching Without Looking on May 29, Memorial Day**

Every effort will be made to contact participants if events must be canceled due to weather or any other circumstances beyond our control.

If you are interested in signing up for events, would like to volunteer or have questions and ideas for The Whole Person's Blindness Low Vision Experience, please contact Sheila Styron using the contact information below.

The Whole Person thanks you for your interest in The Blindness Low Vision Experience. Please feel free to contact me with your questions and great ideas! You can always contact The Whole Person at 816-561-0304 or visit our website at www.thewholeperson.org for information on all programs and services.

Sheila Styron, ADAC

Blindness Low Vision Specialist

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