

The Whole Person's Blindness Low Vision Experience – July/August '18

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!

The BLVE's most recent tandem ride in partnership with BikeWalkKC on June 16 was a blast on wheels. Leawood Park offers a wide array of trail choices, and we will definitely be returning there for the BLVE's next tandem ride with BikeWalkKC in October.

Due to summer bowling leagues filling up all Ward Parkway's lanes on Wednesdays in July, Bowling Blind is rescheduled for the second Monday in July – same time frame, 6:30 – 9:30. We will be back to our regular second Wednesday schedule in August.

On Friday, July 13, 5:30 to finish, Sam and Ruthann Jones will graciously host Fun around a Fire Pit in their backyard at 2813 E. 77th Terrace. We will cook our dinner out in the fresh air, including roasting marshmallows and sing around the campfire. If you have a guitar, please bring it, and I will have my ukulele which I have actually been practicing. Please contact me if you plan on attending, and we can figure out who will be bringing what for our scrumptious dinner. Hope you can attend.

Whether you are new to vision loss, in the process of losing it or vision loss has always been a part of your life, you may be interested in "Mind's Eye View," a solution focused peer support group for people with vision loss seeking to live independent, fulfilling, self-supporting lives, fully integrated into society's mainstream. "Mind's Eye View" will meet monthly from 5:30/6:30 pm on the first Monday of each month beginning August 6, at The Whole Person to discuss issues faced by people who are blind or low vision and explore strategies for achieving and maintaining emotional, psychological and social well-being. Dr. Arnold Abels, PhD, and Sheila Styron, Blindness Low Vision Specialist, The Whole Person will co-facilitate "Mind's Eye View", as part of the "Blindness Low Vision Experience."

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.

July/August 2018 TWP BLV Experiences

- **Stretching Without Looking** is cancelled on July 2.
- **Stretching Without Looking** does not occur on the second Monday of each month.
- **Bowling Blind:** 7/9, 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.
- **Fun Around a Fire Pit:** 7/13, from 5:30 – 9:00 pm (approx.). Call or email with questions or to RSVP.
- **Stretching Without Looking:** 7/16, from 4:00 – 5:00 pm, 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! TWP Community Room, 3710 Main, Kansas City, MO.

- **Creating Squares for KC Beaded Quilt Mural:** 7/16, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** 7/18, 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:** 7/23, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** 7/30, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** 8/6, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** 8/6, from 5:30 – 6:30 pm, A solution focused peer support group for people with vision loss. Call or email with questions or to RSVP. TWP Community Room, 3710 Main, Kansas City, MO.
- **Bowling Blind:** 8/8, 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.
- **Out and About with Canines and Canes:** 8/15, 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.
- **Hiking and Picnicking at Watkins Mill State Park:** 8/18, from approx. 10:00 am to 3:00 pm. Call or email with questions or to RSVP.
- **Stretching Without Looking:** 8/20, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 8/20, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Stretching Without Looking:** 8/27, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.

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

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