

## The Whole Person's Blindness Low Vision Experience – May/June '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!

TWP once again made a great showing at CCVI's Trolley Run with 4 runners and 8 walkers. No rain this year, and we all scored these fabulous red t-shirts recognizing both CCVI and The Whole Person.

Consider Getting Social with TWP on Friday, May 4, from 1 –3 where the themes will be "Planting & Talent," where you will hear a motivational message, enjoy healthy snacks, receive a pot of lettuce you can take home and try to keep alive for future salads and where, there will be a talent show you can be in. So please rsvp to yours truly if you are interested in Getting Social) and if you wish to perform in the talent show.

Don't forget to sign up for hiking and picnicking at Weston Bend State Park on Saturday, May 12. It won't be too hot, it won't be too cold, but it will be just right for walking and chowing down on sandwiches in the fresh air one only encounters when leaving the city behind and venturing forth into the great outdoors. I can't wait, but enough historical novels for me, as reading them is making me talk funny.

Just a reminder that on May 19 at 9 am, free eye screenings for service animals will be once again generously donated by Eye Care for Animals here at The Whole Person, sponsored by American College of Veterinary Ophthalmologists (ACVO) and Stokes Pharmacies. I hope you didn't forget to sign up for this state of the art eye exam and treatment for service animals, but there is usually space for a couple walk-ins if you missed the official deadline.

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 [sstyron@thewholeperson.org](mailto:sstyron@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.

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### May/June 2018 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month.
- **Getting Social:** 5/4, from 1:00 – 3:00 pm, "Planting and Talent," TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** 5/7, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Bowling Blind:** 5/9, 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.
- **Hike and Picnic at Weston Bend State Park:** 5/12, 10:00 am to 3:00 pm (approx.). Call or email with questions or to RSVP.

- **Out and About with Canines and Canes:** 5/16, 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.
- **Free Service Animal Eye Exams, Courtesy of Eye Care for Animals:** 5/19, 9:00 – 11:00 am, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** 5/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 5/21, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Stretching Without Looking is canceled on Memorial Day – 5/28**
- **Stretching Without Looking:** 6/4, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Bowling Blind:** 6/13, 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.
- **Riding Tandem Bikes with BikeWalkKC:** 6/16 approx. 12 noon to 3:00 pm. Call or email with questions or to RSVP.
- **Stretching Without Looking:** 6/18, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 6/18, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** 6/20, 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:** 6/25, 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](http://www.thewholeperson.org) for information on all programs and services.

**Sheila Styron, ADAC**

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