

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

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 Roasterie tour was even more interesting than I had imagined. We learned that coffee beans aren't actually beans, but rather seeds that grow in red cherry like highly caffeinated fruit. You can eat these coffee cherries or drink the juice, Bai, which can be purchased at many stores. This was all news to me, and I really want to try some Bai and sweet caffeinated fruit.

Coming up in August, Go Ape in Swope Park: An experience for those who wish they could truly fly through the trees! We will be equipped with harnesses, pulleys, and carabiners and then receive a 30-minute, hands-on safety training before proceeding to the forest canopy, where we will be swinging through the trees. Of course, instructors and volunteers will be around to assist. The course is made up of five individual sections, with each section taking you higher into the forest canopy and finishing with a zip line – each more exciting than the last! There are 40 crossings/obstacles which include rope ladders, net bridges, Tarzan swings and 5 zip lines. The price is \$30 dollars steeply discounted for our group from the usual \$58, so please contact me if you would like to participate. Please be aware that there is an upper weight limit of 285lbs.

On Friday evening, August 25, you are invited to a BLVE Summer Swim Soiree at Suzi's, which will take place at the home of Suzi Kilbride, who has generously agreed to host the BLVE, friends and family. Details will be provided when you RSVP.

Checking out Treetop Adventures in Swope Park, we discovered the stables of the KCPD Mounted Patrol Section right next door, complete with cute little pigmy goats, who sound as cute as they appear, just hanging out. The Mounted Patrol Section is a valuable asset to the community, in no small measure for crowd control, the horse and rider's overall size and height combining to make them a formidable force in large crowd situations. One mounted patrol officer is the equivalent to 8-10 officers on foot. The Mounted Patrol Section consists of eight officers, one sergeant and nine horses, and they offer free tours. We are looking at arranging one of these for sometime in September, so please contact me with questions or your interest in participating with more details to come in the next BLVE newsletter.

The BLVE has 16 tickets available for an audio described performance of Kinky Boots at the Starlight Theater on September 30, 8pm. Kinky Boots is the winner of 6 Tony awards, including Best Musical, Best Score and Best Choreography!

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 ssyron@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.

August/September 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 is canceled for the first two Mondays in August: 8/7 and 8/14.**

- **Bowling Blind:** 8/9, 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.
- **Out and About with Canines and Canes:** 8/16, 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.
- **Go Ape in Swope Park:** 8/18. Details will be provided following your RSVP.
- **Stretching Without Looking:** 8/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Creating Squares for KC Beaded Quilt Mural:** 8/21, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Summer Swim Soiree at Suzi's:** 8/25. Details will be provided following your RSVP.
- **Stretching Without Looking:** 8/28, 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!
- **Stretching Without Looking is canceled for the first two Mondays in September: 9/4 and 9/11.**
- **Bowling Blind:** 9/13, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** 9/18, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 9/18, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** 9/20, 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:** 9/25, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Kinky Boots with audio description, Starlight Theater:** 9/30, from 4:00 – 5:00 pm, Details will be provided to participants.

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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