

## The Whole Person's Blindness Low Vision Experience – Nov./Dec. '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!

Tandem biking with BikeWalkKC may have been our best ride yet. People had adventures, the weather was perfect, and the event was so well attended, that yours truly was handing out trail mix instead of tandeming. Stay tuned for next spring's tandem schedule.

Join us for TWP's Getting Social on Friday, November 2 from 1:00-3:00pm. We will hear from Stacy Davis, Director of Mental Health Promotion at Mental Health America of the Heartland, who will provide greater exposure and education to the world of Mental Health. You will learn and have the opportunity to practice positive coping strategies, including a Fall-themed Art Lesson facilitated by KC Art Angels. Please direct RSVPs to Meg Ward, and we hope to see you there!

"Mind's Eye View," the BLVE's solution focused peer support group for people with vision loss is changing its meeting time from 5:30/6:30 to 5:00/6:00 pm starting this coming Monday, November 5. Talking through disability related issues with peers to identify how to achieve emotional and physical wellbeing can be an extremely valuable experience.

Kansas City's election is next Tuesday, November 6, coming right up, and TWP has been designated as a central polling place, which means that anyone can vote here. If you are registered, however or wherever you choose to vote, please do not neglect to do so, as this election is extremely important.

The BLVE is going ice-skating on Friday, November 16, and a few adventurous individuals have already signed up! We need sighted partners for this event, so hopefully, we will garner enough interest from everyone to make this event a big success. I have not yet secured a discount, so be prepared to pay \$7 to get in and \$3 for skate rental. More details will follow for those interested, and I can't wait!

The Whole Person's annual Holiday Open House Shindig will be held on Thursday, December 6 from 4 – 7 pm here at TWP. We will also be celebrating our 40th anniversary, so stay tuned for more details!

The Stone Soup Singers will be caroling on Saturday, December 15, and TWP is graciously once again providing transportation. Echo Ray, who created and nurtured this beloved annual tradition for so long, recently passed away, making this year's gathering especially meaningful.

### November/December 2018 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Getting Social:** Friday, 11/2, from 1:00 – 3:00 pm. Mental health coping strategies and a fall themed art lesson. RSVP to Meg Ward, [mward@thewholeperson.org](mailto:mward@thewholeperson.org).
- **Stretching Without Looking:** Monday – 11/5, 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!

- **Mind's Eye View:** Monday, 11/5, from 5:00 – 6:00 pm at TWP. A solution focused peer support group for people with vision loss – call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 11/12, 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.
- **Ice-skating at Crown Center:** Friday, 11/16, from 10:00 am – 1:00 pm (approx. ) – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday – 11/19, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 11/19, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 11/21, 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:** Monday – 11/26, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** Monday – 12/3, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 12/3, from 5:00 – 6:00 pm at TWP. A solution focused peer support group for people with vision loss – call or email with questions or to RSVP.
- **The Whole Person's Holiday Open House Shindig:** Thursday, 12/6, from 4:00 – 7:00 pm, TWP, 3710 Main, Kansas City, MO.
- **Bowling Blind:** Monday, 12/10, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Caroling with the Stone Soup Singers:** Saturday, 12/15 – all day and into the night – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday – 12/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 12/17, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 11/21, from 11:00 am – 2:00 pm (approx.).

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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