

The Whole Person's Blindness Low Vision Experience – Oct./Nov. 2019

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!

Grilling and pontoon boating at Lake Jacomo was awesome! There was participation from all age groups, including 3 young people and four guide dogs. We had great volunteers, fabulous food including ribs, and pontoon boating was so much fun! The water was so warm that some even came off the boat to swim in their clothes, having not brought swimsuits, believing they would be able to resist the call of the lake. Much thanks to everyone who contributed to our successful, fun outing!

There are still a couple days remaining to help Audio-Reader collect "listener comments" to share with the Audio-Reader volunteers at their appreciation brunch on October 6th. I am asking those of you who use and appreciate these services to please call 785-864-4758 and leave comments, the more specific the better!

The BLVE will be touring Louisburg Cider Mill on Thursday, October 17 at a cost of \$9 per person. This will be happening on a Thursday, as unfortunately, tours are not offered on weekends. Come take a nostalgic, delicious, and educational tour. Watch as apples are squeezed into natural cider before your eyes and observe the bottling process in action! See how apple cider donuts are made. Breathe in the scents of the fall season while meandering through the pumpkin patch and enjoy fresh cider, a donut, some pumpkin pie and a hayride. We need 15 participants including volunteers for this tour, so please contact me if interested, and more details will be provided when you sign up.

Our next tandem bike ride in partnership with BikeWalkKC is scheduled for October 26, and please rsvp or contact me with questions or for more information. Check out the Facebook page to become more involved, and the link to join is <https://www.facebook.com/groups/2853173454698744/>

Both captains and stokers are welcome to join, and the FB page will facilitate some smaller impromptu rides in addition to our larger quarterly rides.

The BLVE will visit the Nelson Atkins Museum of Art on Saturday, November 9, for Art Beyond Sight accessible tours. We can choose from Modern American Art (1940s-1970s), The Human Figure in Ancient Western Art, Architecture as Art, Life and Afterlife in Ancient China, and Noguchi. Please contact me to rsvp and to express your tour preference or for more information.

October/November 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Getting Social:** Friday, 10/4, from 1:00 – 3:00 pm at TWP; Behind the Scenes: Understanding that there's no health without mental health.
- **Stretching Without Looking:** Monday, 10/7, 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, 10/7, 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, 10/14, from 6:30 to approx. 9:30 pm at 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:** Wednesday, 10/16, 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.
- **Stretching Without Looking:** Monday, 10/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 10/21, from 5:00 – 6:00 pm at TWP.
- **Tandem Bike Riding:** Saturday: 10/26, from 1:00 – 3:00 pm – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday, 10/28, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** Monday, 11/4, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 11/4, from 5:00 – 6:00 pm 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.
- **Nelson Atkins Museum, Art Beyond Sight tour:** Saturday, 11/9, from 1 – 3 pm. Meet at the museum – – call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 11/11, from 6:30 to approx. 9:30 pm at Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** Monday, 11/18, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 11/18, from 5:00 – 6:00 pm at TWP.
- **Out and About with Canines and Canes:** Wednesday, 11/20, 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:** Monday, 11/25, 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 for information on all programs and services.

Sheila Styron, ADAC

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