

The Whole Person's Blindness Low Vision Experience – August/September '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 July cook-out, graciously hosted by Sam and Ruthann Jones was definitely a good time with lots of Fun around a Fire Pit in their woodsy backyard. We cooked our dinner out in the fresh air, including s'mores and singing around the campfire, and who would have guessed there existed such a natural environment near 77th and Prospect!.

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."

Kansas City's next election will take place on August 7, and TWP has been designated as a central polling place. This means that anyone can vote here, including people with disabilities, seeking an accessible, independent voting experience. There is an accessible machine on site, and anyone interested in a hands-on training, can contact myself or Karen Gridley.

Bowling Blind has returned to the second Wednesday of each month – August 8 – 6:30 – 9:30. Much thanks to Ward Parkway Lanes for doing such a great job working with TWP's Blindness Low Vision Experience!

On August 18, the BLVE will once again be hiking and picnicking at Watkins Mill State Park. We will meet here at The Whole Person around 10 am with hiking footwear, sack lunches and plenty of water. We will drive together in the famous TWP bus to what always ends up being one of my favorite BLV experiences and be back by 3.

The BLVE has 16 tickets to "Chicago" at the Starlight for September 15, a described Saturday evening performance courtesy of Audio Reader. Transportation will not be provided, and a drawing for tickets will be held if there is overwhelming interest in this performance.

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.

August/September 2018 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month.
- **Stretching Without Looking:** 8/6, 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.

- **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.
- **Stretching Without Looking** is cancelled on September 3 due to the Labor Day holiday.
- **Bowling Blind:** 9/12, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** 9/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 9/17, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** 9/19, 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:** 9/24, 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

Blindness Low Vision Specialist, 816-627-2217; sstyron@thewholeperson.org