

The Whole Person's Blindness Low Vision Experience – Mar./Apr. 2020

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!

I returned from two weeks of cross country skiing in one piece, and I cannot believe March and spring are almost here! The BLVE has lots of info for you this month, so please read on!

The BLVE had a great time at the Nelson Atkins Museum of Art on February 22, where we experienced Art as Architecture, with hands-on both the new and older buildings, including being invited to touch The Gates of Paradise.

TWP is once again sponsoring 10 participants for CCVI's annual Trolley Run, on Sunday, April 26. If you are interested in walking or running, (it's four miles) please contact me at your earliest convenience, as all registrations need to be in by the middle of March, so there will be enough time to make t-shirts in the correct sizes for everyone.

Mind's Eye View, a solution based peer support group for people with b/lv, is back on schedule at 5 pm following Stretching without Looking Monday, March 2 at 4, both right here at TWP. Stretching is not only good for you, but it is lots of fun, and you may wish to consider trying one of our Monday afternoon offerings.

The following Monday, March 9, is Bowling Blind at Ward Parkway Lanes, where you could be a rock star with guide rails, no gutter balls and 2 games for the price of 1.

On March 16, the third Monday, following Stretching without Looking at 4, we will gather to exchange Tech-Info. The agenda is wide open, and we can talk about iPhones or androids, other exciting gadgets like the OrCam or amazing miniature digital recording devices and share and learn which apps work best. You can be the teacher, the student or both if you like.

On Monday, March 23, after Stretching without Looking, join the BLVE for a Pizza Powwow at 5 pm at TWP, where we will discuss the BLVE over pepperoni or whatever – changes, new activities, anything that may be on your mind. And as usual, please call or email with questions or to RSVP.

Finally, the BLVE will be once again teaming up with BikeWalkKC for our first ride on April 11, and you can email or call to let me know of your interest in participating.

Beading is back! In the fall of 2021, G.K. Callahan and Laura White have been awarded a show of "new beaded quilts" at the Johnson County Arts and Heritage Center and Museum, which means we will be meeting from 5 to 7 pm following Stretching without Looking on fourth Mondays, beginning April 28th. I am excited and will share more in April, as this newsletter is getting way long.

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.

March – April TWP BLVE Schedule

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday, 3/2, 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, 3/2, 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.
- **Bowling Blind:** Monday, 3/9, 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.
- **Stretching Without Looking:** Monday, 3/16, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 3/16, from 5:00 – 6:00 pm at TWP.
- **Out and About with Canines and Canes:** Wednesday, 3/18, 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, 3/23, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Pizza Powwow:** Monday, 3/23, from 5:00 – 7:00 or 8:00 pm. Call or email for more information or to RSVP.
- **Stretching Without Looking:** Monday, 3/30, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** Monday, 4/6, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tandem Bike Riding with BikeWalkKC:** Saturday afternoon, 4/11. Please call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 4/13, from 6:30 to approx. 9:30 pm at Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Out and About with Canines and Canes:** Wednesday, 4/15, 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.
- **Stretching Without Looking:** Monday, 4/20, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Beading Circle:** Monday, 4/28, from approx. 5:00 – 7:00 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.

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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