

The Whole Person's Blindness Low Vision Experience – August/Sept. 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!

The BLVE's Watkins Mill Hike-Nic couldn't have been scheduled for a more glorious day, featuring perfect weather for being out in nature, not too cold, hot or wet. It was somewhat warmer on the evening we had tickets to Cats at the Starlight, but the performance and its description were well worth braving the heat.

You are cordially invited to the next Art Beyond Sight Community Get-Together at no cost on Saturday, August 17th from 10 am to noon at the Nelson-Atkins Museum of Art. Art Beyond Sight tours are designed for people who are blind or have low vision. On five different tours, (choose one) participants will touch objects, use tactile diagrams, and engage in other activities to bring the art alive. Light refreshments served. Registration is required. Register today at 816-751-1278 or visit nelson-atkins.org. I will be traveling so not available to organize a group, but I encourage you to consider attending.

On Saturday, September 7, the BLVE will be grilling and pontooning. Yes, we will be spending the day at Lake Jacomo! Please RSVP early for this activity, as we will need volunteers and to coordinate food and grilling. The next newsletter will not come out until September 3. So we need to get organized in the first half of August, as I won't be here for the second half. Details will be announced in the September newsletter, but I really need to hear from you this month to coordinate logistics.

Would you like to have the opportunity to ride tandems more often, or have you ever thought you would do this if you knew how? The good news is that BikeWalkKC will soon be offering training for tandem captains, and the date for the first training will be announced in September's newsletter. In the meantime, Quincy Jennings has created a Facebook page for captains and stokers to become more involved. TWP's BLVE and BikeWalkKC will still be offering quarterly rides for a larger group, but we are hoping to plan more frequent rides for smaller groups through our new FB connection. The link to join is <https://www.facebook.com/groups/2853173454698744/>

Our enthusiastic group interested in becoming more proficient using smart phones has decided to move the BLVE's Tech-Info event from the fourth to the third Monday of the month. August's meeting is cancelled, and the next Tech-Info session is scheduled for the third Monday in September.

August/September 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday, 8/5, 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, 8/5, 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, 8/12, 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.

- **Second community get together for Art Beyond Sight Tours at the Nelson:** Saturday, 8/17, from 10:00 am to noon – Call for reservations: 816-751-1278 or visit nelson-atkins.org
- **Getting Social:** Friday, 9/6, from 1:00 – 3:00 pm at TWP; Emergency Preparedness starts with 'E' but begins with YOU.
- **Grilling and Pontooning at Lake Jacomo:** Saturday, 9/7, from approx. 11:00 am to 3:00 pm –cCall or email with questions or to RSVP.
- **Bowling Blind:** Monday, 9/9, from 6:30 to approx. 9:30 pm at Ward Parkway Lanes, 1523 W. 89th.
- **Stretching Without Looking:** Monday, 9/16, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 9/16, from 5:00 – 6:00 pm at TWP.
- **Out and About with Canines and Canes:** Wednesday, 9/18, 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, 9/23, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** Monday, 9/30, 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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