

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

There is a scattering of snow falling as I write, which makes last Saturday's tandem ride feel like ancient history. The sun was shining, and everyone was shedding jackets while riding. It was somewhat chillier when the BLVE toured Louisburg Cider Mill, but the mood set by the brisk fall weather felt right for the hayride and sipping cups of that oh so delicious cider while huddled around the campfire.

Although group tandem rides will not resume until spring, 2020, please 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, even during the winter.

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.

You are invited to our Ugly Sweater Holiday Open House! Consumers, staff, volunteers, community partners and organizations, family and friends of TWP are invited to our annual Holiday Open House on Thursday, December 5 from 4-7pm.

Dress to impress in your holiday worst and enjoy refreshments, music, family activities and a visit with Santa! RSVP so we know how many to plan for at: [www.thewholeperson.org/holiday](http://www.thewholeperson.org/holiday). Rock your look at the TWP Ugly Sweater Party and have a tacky good time!

With all the extra holiday activities enjoyed with friends and families, not to mention winter's challenges, it is more difficult to get out and do the things we love to do during the other 3 seasons. However, there are things to do, and as always, I enjoy hearing what you might be interested in. Are there any indoor tours or activities you would like to suggest? The BLVE's Louisburg Cider Mill tour was suggested by Darrin Sherman. Thank you Darrin! Would an afternoon shopping in a mall with sighted assistance be of interest? Would anyone like to revisit ice skating at Crown Center? Or what about a talent or variety show where you could perform or simply enjoy listening to others? Please feel free to share your thoughts.

### November/December 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday, 11/4, 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, 11/4, 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. 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, 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.
- **Stretching Without Looking:** Monday, 12/2, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 12/2, 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.
- **Holiday Party at TWP:** Thursday 12/5 from 4:00-7:00 pm – call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 12/9, from 6:30 to approx. 9:30 pm at Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** Monday, 12/16, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 12/16, from 5:00 – 6:00 pm at TWP.
- **Out and About with Canines and Canes:** Wednesday, 12/18, 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, 12/23, 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](http://www.thewholeperson.org) for information on all programs and services.

**Sheila Styron, ADAC**

*Blindness Low Vision Specialist, 816-627-2217; [ssyron@thewholeperson.org](mailto:ssyron@thewholeperson.org)*