

The Whole Person's Blindness Low Vision Experience – Jan./Feb. 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!

Happy New Year! Most people I have spoken to are feeling very optimistic about the prospects for 2020, and please accept my best wishes for health, happiness and prosperity, as we enter into the final year of the first fifth of the 21st century.

The forms are online for Midwest Adaptive Sports activities at Snow Creek, and instead of downhill skiing on January 25, the BLVE will be participating in Tubing 101 on Wednesday evening, January 15. This event is free of charge, and we will be meeting at TWP at 3 to prepare to travel as a group to Snow Creek. Please let me know if you wish to attend but plan on using private transportation. Anyone and everyone can participate, and a few pairs of eyes would be helpful. There are FOUR forms that must be filled out for Tubing 101, and it is extremely important to RSVP and get started on these as soon as possible.

1. Tubing 101 Registration Form (can be filled out online)
2. Snow Creek Tubing Release (can be filled out online)
3. DSUSA Liability Release part 1 also online
4. DSUSA Liability Release part 2 online

To access the forms, please click on the following link or copy and paste it into your browser window.
<https://www.midwestadaptivesports.org/copy-of-get-involved>

If you cannot fill out these forms on your own or find someone to assist you, please let me know, so we will have enough time to get them completed prior to the event.

If you are seriously interested in downhill skiing before the end of February, please contact me to discuss. We can still look at January 25 but don't have the resources to manage tubing and skiing on the same day.

Please note that I will be out of town during the first half of February, so there will be no newsletter and no Bowling Blind on February 10. Additionally, Stretching without Looking will not take place on February 3 or February 17. Mind's Eye View and Tech Info are also cancelled for February 3 and 17. Normal scheduling will resume in March.

The BLVE will visit the Nelson Atkins Museum of Art on Saturday at 1 pm, February 22, 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.

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.

January/February 2020 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday, 1/6, 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, 1/6, 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, 1/13, from 6:30 to approx. 9:30 pm at Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game. Cost: \$3.50 per game.
- **Out and About with Canines and Canes:** Wednesday, 1/15, 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.
- **tubing 101 at Snow Creek:** Monday, 1/15, from 3:00 – 8:00 pm, (approx.). Call or email with questions or to RSVP.
- **Stretching Without Looking:** Wednesday, 1/20, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 1/20, from 5:00 – 6:00 pm at TWP.
- **Stretching Without Looking:** Monday, 1/27, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Out and About with Canines and Canes:** Wednesday, 2/19, 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.
- **Art Beyond Sight Tours at the Nelson Atkins Museum of Art:** Saturday, 2/22. Please call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday, 2/24, 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.

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; ssyron@thewholeperson.org