

The Whole Person's Blindness Low Vision Experience – October/November '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!

Bottle feeding baby goats and the hayride at Deanna Rose Farmstead turned out to be even more fun than I thought when planning, not to mention all the hands-on Native American artifacts we had the opportunity to explore. And if you missed "Pick of the Litter" on the big screen at the Tivoli, it is now available for home viewing.

"Mind's Eye View," the BLVE's new solution focused peer support group for people with vision loss is meeting from 5:30/6:30 pm this coming Monday, October 1. Sometimes, talking through disability related issues with peers can be an extremely valuable experience.

Do you like hotdogs, games, and the outdoors? If so, join us for TWP's 'Oktoberfest' on Friday, October 5 from 1:00-3:00pm at Sunnyside Park (8255 Summit St., Kansas City, MO 64114).

Adaptive yoga, outdoor games, a motivational message from our very own Rick Haith, a pumpkin decorating contest... could there be a better way to kick off this fall season? We hope to see you there!

Please send all RSVPs to Meg Ward.

Remember that Bowling Blind has moved to the second Monday of the month, which will be October 8. I look forward to seeing some of you there in about a week and a half.

Kansas City's next election is on Tuesday, November 6, and TWP has been designated as a central polling place, which means that anyone can vote here. TWP will have an accessible machine on site, in October, and anyone interested in familiarizing yourself with using it, can contact me to make an appointment.

We will once again partner with BikeWalkKC on Saturday, October 27 in the afternoon for tandem bike riding in Leawood Park. Whether you prefer to be a captain pedaling in front, or a stoker from behind, please email or call to RSVP or with questions.

The BLVE is going ice-skating! Yes, on Friday, November 16 Ice Terrace at Crown Center. We need sighted partners for this event, so hopefully, we will garner enough interest from everyone to make this event a big success. I have not yet secured a discount, so be prepared to pay \$7 to get in and \$3 for skate rental. More details will follow for those interested, and I can't wait!

October/November 2018 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday – 10/1: 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, 10/1, from 5:30 – 6:30 pm at TWP. A solution focused peer support group for people with vision loss – call or email with questions or to RSVP.

- **Getting Social:** Friday, 10/5, from 1:00 – 3:00 pm. Play games, hear from Rick Haith about the importance of staying fit plus hotdogs and other snacks. RSVP to Meg Ward, mward@thewholeperson.org.
- **Bowling Blind:** Monday, 10/8, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game. 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, 10/15, from 5:30 – 6:30 pm at TWP.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 10/15, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 10/17, 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 – 10/22: from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tandem Bike Riding at Leawood Park with BikeWalkKC:** Saturday, 10/27, from 1:00 to 3:00 pm. Call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday – 10/29, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** Monday – 11/5, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 11/5, from 5:30 – 6:30 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, 11/12, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Ice-skating at Crown Center:** Friday, 11/16, from 10:00 am – 1:00 pm (approx.) – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday – 11/19, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 11/19, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 11/21, 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 – 11/26, 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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