

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

This Saturday, September 7, the BLVE will be picnicking and pontoon boating. Yes, we will be spending the day at Lake Jacomo! Please RSVP immediately for this activity, as we are planning transportation, still organizing volunteers and coordinating food assignments. Hurry, hurry, hurry, with your last minute RSVPs.

We are very excited to announce The Kansas City Beaded Quilt, which the BLVE helped to create, is complete! It will be on view to the public from September 6th to October 25th at Weinberger Fine Art – 114 Southwest Blvd, Kansas City, MO 64108. To help us celebrate and honor the many participants who were instrumental in making the quilt a reality, the gallery is hosting a private reception on September 12th 2019. This reception is for the artists, community partners, their friends, and families. We hope you will join us in celebration at Weinberger Fine Art.

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 is September 14. Check out the Facebook page to become more involved, and the link to join is <https://www.facebook.com/groups/2853173454698744/>

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. Our next regularly scheduled tandem ride is October 26.

Lori Kesinger wants you to know that Audio-Reader is collecting "listener comments" to share with the Audio-Reader volunteers at their appreciation brunch on October 6th. I am spreading the word and asking those of you who use and appreciate these services, to call 785-864-4758 and leave comments, the more specific the better!

For those interested in becoming more proficient using smart phones, please remember that the BLVE Tech-Info meeting has been moved from the fourth to the third Mondays of the month. The next Tech-Info session will take place from 5-6 pm on September 21.

September/October 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Getting Social:** Friday, 9/6, from 1:00 – 3:00 pm at TWP; Emergency Preparedness starts with 'E' but begins with YOU.
- **Picnicking and Pontooning at Lake Jacomo:** Saturday, 9/7, from approx. 11:00 am to 3:00 pm –call 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. 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, 9/16, 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!

- **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.
- **Getting Social:** Friday, 10/4, from 1:00 – 3:00 pm at TWP; Behind the Scenes: Understanding that there's no health without mental health.
- **Stretching Without Looking:** Monday, 10/7, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 10/7, 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, 10/14, 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, 10/16, 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, 10/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 10/21, from 5:00 – 6:00 pm at TWP.
- **Tandem Bike Riding:** Saturday: 10/26, from 1:00 – 3:00 pm – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday, 10/28, 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

Blindness Low Vision Specialist, 816-627-2217; sstyron@thewholeperson.org