

# CHOICES VOICES



Issue 169- July 2024

## Day & Residential Happenings

If you would like to receive this newsletter by E-mail, please give your E-mail address to Choices Network, Inc. by contacting Kenna Boyce at kboyce@choicesnetwork.net. This newsletter can also be accessed via the website at www.choicesnetwork.net Or you can follow us on "Facebook" by entering Choices Network, Inc. and tapping the "like". Choices Network, Inc. Day and Residential Management can be reached between 8:00 am to 3:00 pm at 785-820-8018, after hours Day can be reached at 785-714-0036 and Residential at 785-714-0095.

**Please mark your calendars to celebrate 25 years of Choices Network!**



**When:** September 13, 2024

**Where:** 2151 Centennial Rd

**What:** Food & Fun

**Time:** 11:00-2:00

We will be serving lunch, handing out goodies, and enjoying snow cones so please plan on joining us for the fun!

### JULY PROJECT FIREWORKS PAINTING



**Supplies:**

- Toilet paper roll
- Paint (red, white, blue)
- Construction paper
- Paper plates

**Directions:**

Cut the ends of the toilet paper roll into strips. Pour each color of paint onto separate paper plates and dip the cut ends into the paint. Dab onto the construction paper and let dry!

July Birthdays	
Edward B.	1st
Brooklyn H.	1st
Matthew R.	1st
Jason W.	1st
Jennifer G.	2nd
Alexander B.	6th
Zackary H.	6th
Declan H.	8th
Jesse H.	10th
Alexis H.	10th
Eric G.	14th
Brandon T.	14th
Caroline C.	21st
Michael W.	23rd
Samuel M.	24th
Christopher F.	27th
Cody J.	27th
Adam M.	28th
John W.	28th
Gunner H.	29th
Sebastian B.	30th
Craig M.	30th

# CALENDAR OF EVENTS



**Office Closed:**

- July 4 – Independence Day
- September 2 – Labor Day
- October 14 – Columbus Day
- November 27, 28, 29 – Thanksgiving
- December 24, 25, 26 – Christmas
- January 1, 2025 – New Years Day

## Upcoming CPR Dates

Wednesday, July 17th @ 1:00



If you have not renewed in the last 12 months, you must do so within the next 90 days.

Please RSVP to Matt Garretson at (785) 820-8018.

## Choices Network, Inc. Lawn and Maintenance Crew

If you are needing .....

- Lawn Maintenance • Lawn Clean-up • Trash Removal • Leaf Raking • Hedge Trimming • Tree Pruning • Snow removal

**(Whatever your needs may be. Give us a call!)** Please contact Broc Tanner at Choices Network Inc. office at 785-820-8018. We offer free estimates and have very competitive pricing.

## 4TH OF JULY WORD SEARCH



D	H	X	G	A	D	G	A	Y	T	R	A	P	Q	V	R	R
O	M	J	N	Z	A	L	U	H	I	A	S	U	S	F	M	E
Y	R	T	N	U	O	C	V	N	P	W	R	V	D	W	C	N
Z	D	F	G	Y	C	A	R	C	O	M	E	D	L	K	K	N
C	C	F	A	S	F	B	R	X	F	F	L	I	I	W	B	A
X	S	O	C	T	R	V	B	L	D	I	K	N	P	O	R	B
P	S	U	I	A	E	C	A	R	O	R	R	D	A	N	A	Y
T	E	R	R	R	E	G	R	O	P	E	A	E	R	O	V	P
X	I	T	E	S	D	R	B	C	A	W	P	P	O	I	E	Q
J	D	H	M	C	O	M	E	K	T	O	S	E	P	T	H	K
N	S	A	A	P	M	I	C	E	R	R	E	N	S	A	S	W
X	O	C	U	X	H	Q	U	T	I	K	P	D	U	R	E	X
Z	T	I	Y	H	M	R	E	S	O	S	I	E	M	B	S	E
E	T	P	T	L	Z	E	R	R	T	D	R	N	M	E	C	D
T	W	I	S	U	U	D	N	L	I	M	T	C	E	L	T	A
I	W	C	U	T	L	J	N	G	C	L	S	E	R	E	G	R
H	H	N	E	H	P	O	O	O	L	E	S	Z	T	C	R	A
W	Y	I	O	W	P	Q	V	R	H	A	U	H	P	C	C	P
P	N	C	J	F	W	U	F	E	R	L	N	L	T	M	Z	F
E	B	E	K	S	V	M	U	L	R	W	E	D	B	Q	S	H



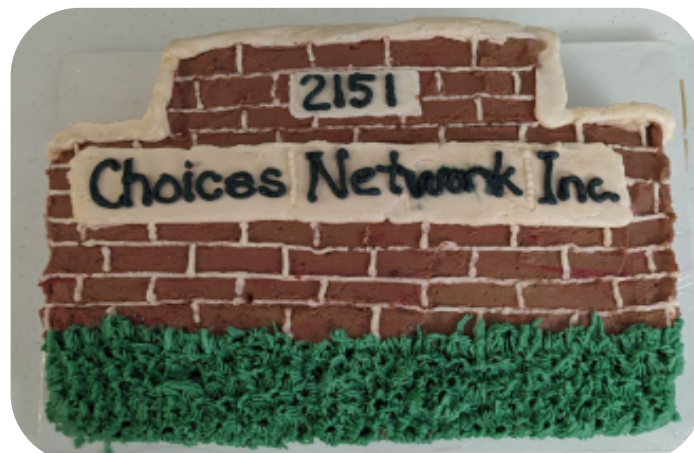
AMERICA BANNER BARBECUE BLUE BRAVE CELEBRATION COUNTRY DEMOCRACY  
 ENGLAND FIREWORKS FLAG FOURTH FREEDOM INDEPENDENCE JULY PARADE  
 PARTY PATRIOTIC PICNIC RED REVOLUTION ROCKETS SPARKLERS STARS  
 STRIPES SUMMER WAR WHITE

## SPOTLIGHT: CHOICES NETWORK IS 25!

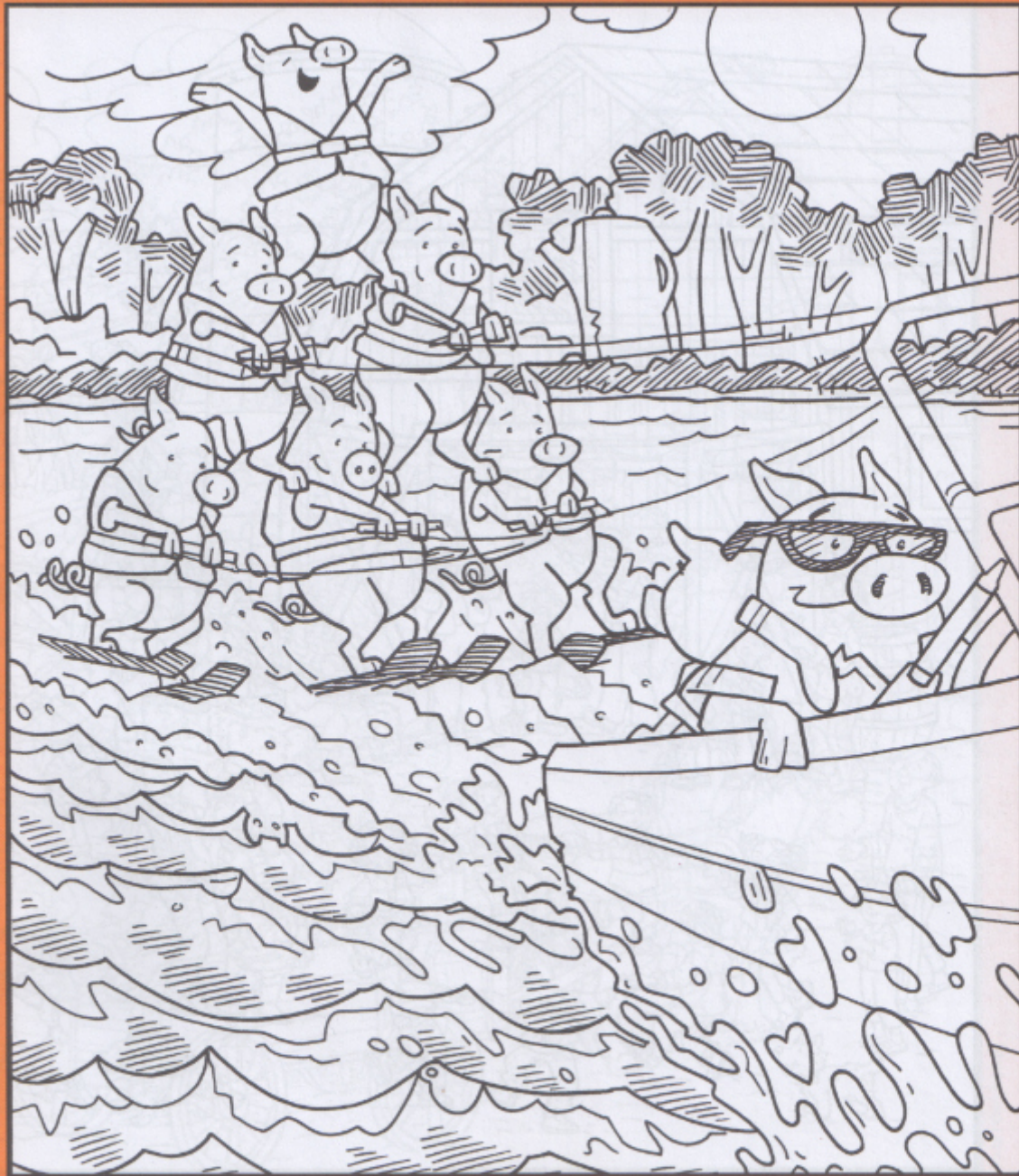
Choices Network, Inc. began serving individuals with disabilities in 1999, under the direction of Avereil Boyer and Dawn Merriman! They started out being a payroll agency for individuals who were receiving personal care services. As time went on, they saw the vision of adding additional services to the company, and began providing case management, day and residential services, as well! We have had offices on Rockhurst, in Assaria, on Santa Fe and where we currently reside on Centennial Road! It's been a journey! In 2016, Mandie Cain, Andrea Swenson, Brenda Cook, Kenna Boyce and Janny Vance purchased the company! Janny retired at the end of 2022, leaving the other 4 in place!

It has long been our goal to ensure those we serve have an opportunity to be an active part of their community! We have been able to take trips to Disney World, the Omaha Zoo, Great Wolf Lodge, Frontier City, Worlds of Fun, Kansas City Chiefs games, Kansas City Royals games, hockey games, Wichita Windsurge games and a host of other places! We regularly visit Rolling Hills Zoo, The Garage, the YMCA, K-State Salina Gym, the annual River Festival, walking tours of the downtown area, water walking at Kenwood Cove in the summer months, have a daily walking group, and so much more! None of this would be possible without the dedication of our staff! We believe we have the best of the best!

Thank you to all those who have continued to support us and believe in what we do!



# Piggy Pyramid



Art by Mike DoSantis



artist's brush



crown



ladle



wishbone



candle



crayon



golf club



coffeepot



bat



shoe



mitten



teacup

button



spoon



crescent moon



banana



pencil



heart



sock

3

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Consumer Corner:



**River  
fest  
'24!**



Dancing with friends!



Friends being friends!



Dancing at the festival!



Ready to rock & roll!



Fun times at the festival!



Fun times in the pool!



Finding goodies at the festival!



Enjoying a pineapple drink!



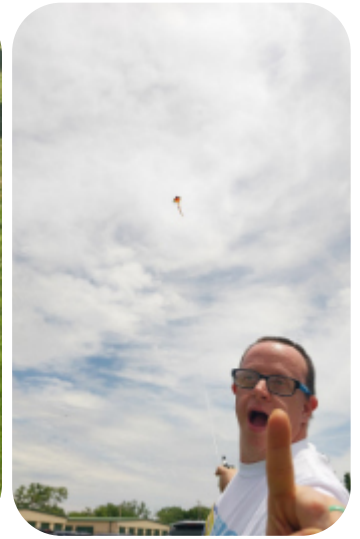
Strolling through the festival!



Swing your partner!



Frisbee golf anyone?



How high can it go!



Golfers!



Flying kites!



So much silliness!



Learning how to fly a kite!



Taking a quick break!



Waiting for the music to start!



Putting the newsletter together!

### **RECIPE: Patriotic Cheesecake Fruit Salad**

#### **Ingredients:**

- 1 C Blueberries
- 1 C Blackberries
- 1 C Strawberries
- 1 brick cream cheese (whipped)
- 1-3.4 oz box instant cheesecake mix
- 2-6 oz containers vanilla yogurt
- 1 container whipped topping



#### **Instructions:**

In a large mixing bowl, add the yogurt, whipped cream cheese, instant cheesecake mix, and whipped topping. Mix with a hand mixer on medium until everything is well mixed. Gently fold in berries! Enjoy!

### **Dream Catcher Ranch Tour**



We will be going to the Dream Catcher Ranch on July 16<sup>th</sup> to enjoy the company of the goats! This will be a free event so please let us know if you would like to go have some fun!



Amika won a set of wireless headphones!

**25<sup>th</sup>  
Anniversary  
June Drawing  
Winners:**



Clyde Miller won an Amazon Fire tablet!

**Word Search & Hidden Picture Keys**

D H X G A D G A Y T R A P Q V R R  
 O M J N Z A L U H I A S U S F M E  
 Y R T N U O C V N P W R V D W C N  
 Z D F G Y C A R C O M E D L K K N  
 C C F A S F B R X F F L I I W B A  
 X S O C T R V B L D I K N P O R B  
 P S U I A E C R R O R R D A N A Y  
 T E R R E G R O P E A E R O Y P  
 X I T E S D R B C A W P O I E Q  
 J D H M C O M E K T O S E P T H K  
 N S A A P M I C E R R E N S A S W  
 X O C U X H Q U T I K P O U R E X  
 Z T E Y H M R E S O S I E M B S E  
 B T P T L Z E R R T D R N M E C D  
 T W I S U U D N L I M T C E L T A  
 I W C U T L J N E C L S E R E G R  
 H H N E H P O O L E S Z T O R A  
 W Y I O W P Q V R H A U H P C C P  
 P N C J F W U F E R L N L T M Z F  
 E B E K S V M U L R W E D B Q S H

AMERICA BANNER BARBECUE BLUE BRAVE  
 CELEBRATION COUNTRY DEMOCRACY  
 ENGLAND FIREWORKS FLAG FOURTH  
 FREEDOM INDEPENDENCE JULY PARADE  
 PARTY PATRIOTIC PICNIC RED REVOLUTION  
 ROCKETS SPARKLERS STARS STRIPES  
 SUMMER WAR WHITE





## Ongoing Activities:

**Monday** – Tour Rolling Hills Zoo from 10am to 1pm. Bring sack lunch.

**Monday through Friday** - Walking at Jerry Ivey Park at 8am to 9am during the spring and fall seasons and **water walking during the summer**. Walking at the Central Mall at 8am to 9pm during the winter season or inclement weather days.

**Monday, Tuesday, Thursday, and Friday** - Exercise at the K-State Salina gym from 9:30am to 11:45am

**Tuesday and Thursday** – YMCA exercises 9:30am to 11:30. Must have a membership. (Choices Network staff can assist individuals with applications for reduced rate memberships at request.)

**Wednesday** - Lunch and Bowl at The Alley from 11am to 1:00pm. Cost is \$13.00.

**Friday** – BINGO at Choices 10am to 11am.

**Friday** - The Garage

## CALENDAR OF COMMUNITY ACTIVITIES AVAILABLE IN SALINA:

**Discovery Center and Park, 1323 E. Iron, Salina, KS.** The nature center displays many educational stations that help connect people with the local wildlife through discovery and exploration. The park offers 5 acres of trails.

**Salina Art Center, 242 S. Santa Fe, Salina, KS.** The Art Center's programming is connected to a schedule of contemporary visual art exhibitions of work by regional, national, and international artists in a wide variety of media.

**Central Kansas Flywheels Yesteryear Museum, 1100 W. Diamond Dr. Salina, KS.** An interactive and informational museum focusing on the agricultural history of Kansas.

**Smoky Hill Museum, 211 W. Iron, Salina, KS.** The Smoky Hill Museum explores history in unexpected ways with interactive fun around every corner. It's a big-city museum in a small package intentionally designed to make kids eager to stay longer and adults want to come back for more.

**Sculpture Tour Salina, Downtown Salina, KS.** Sculpture Tour Salina (STS) is an annual juried competition and exhibition. The exhibition is open to all artists creating works suitable for outdoor display. Between 20 and 30 sculptures are selected and carefully sited in historic downtown Salina to be displayed for one year.

**Rolling Hills Zoo 625 N. Hedville Rd. Salina, KS.** Here you can get face-to-face with a majestic snow leopard, an Indian rhino, a curious orangutan, an ornery aardvark, or many of the other 100+ species of wildlife at home in our Zoo.

**Fossett Plaza 2035 Beechcraft Rd. Salina, KS.** The monument honoring Steve Fossett's record setting around-the-world, solo, nonstop flight in the Global Flyer. The historic 22,936-mile, 67-hour flight started and ended at the Salina Regional Airport.

**Salina Fieldhouse, 145 N. 5th, Salina, KS.** The Salina Fieldhouse features multi-purpose hardwood and synthetic courts, as well as turf fields. Three hardwood and three synthetic basketball courts are cross lined to include eight volleyball courts and six futsal courts. While turf fields accommodate soccer, football, kickball, baseball, softball and field hockey, hardwood and synthetic courts accommodate volleyball, futsal, dodgeball, cheer, dance, and other activities. The facility also contains specialized equipment such as drop-down batting cages and pitching tunnels.

**The Alley, 115 E Ash St, Salina, KS.** Bowling, Arcade, Laser tag, Hologate & AJ's Sports Grill.

**The Garage** – The Garage will contain both classic and custom cars, interactive exhibits, concessions, and gift shop for your family to experience.

**Hiking Trail in and around Salina, KS.**

**Indian Rock Trail** is a 1.2 mile moderately trafficked loop trail located near Salina, Kansas

**Marty Bender Nature Area Trail** 3028 S Holmes Rd, Salina, KS is a 2.8-mile loop trail located near Salina, Kansas and is good for all skill levels. The trail is primarily used for hiking.

**Salina Levee Trail**, The Salina Levee Trail traverses the flood control levee along the west bank of the Smoky Hill River in Salina. You can access it from E. Crawford at Bill Burke Park or E. Magnolia Soccer Complex.

**Jerry Ivey Loop** is a 1.4-mile loop trail located in Salina that is good for all skill levels.

**YMCA Loop**, A trail along river around YMCA. It is a single-track in the middle of the city