

# CHOICES VOICES



Issue 170- August 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.

### AUGUST PROJECT PAINTED ROCKS TO PLACE ALONG WALKING TRAILS!



**Supplies: Rocks, paint**

**Directions:**

Pick out your rock and paint a design of your choice! We will be leaving them along the walking trail with our information to see how many get found! Come out anytime and paint a rock!

### Choices Network Wants To Say

# Thank You!

**Come Help Us Celebrate**

Celebrating  
25 Years!

**September 13<sup>th</sup>**  
**From 11:00 - 2:00**

Food & Snow  
cones!



### August Birthdays

Mason S	1st
Hollie W	1st
Alan M	2nd
Tim D	4th
Michael H	4th
Rachel D	5th
Shy G	6th
Taylor R	6th
Kara W	6th
Shannon P	7th
Blake G	8th
Robin L	8th
Mark M	8th
Brent B	9th
Brian F	14th
Marisa M	14th
Brenden C	18th
Kurtis U	18th
Lexi D	19th
Scott K	19th
Jeremy R	20th
Keely B	21st
Emberly M	22nd
Jake S	22nd
Lindsey D	23rd
Brittany G	24th
Shaun L	25th
Eli L	26th
Natalie V	26th
Melissa D	27th
William T	27th
Thomas W	27th
Kayl R	28th
Sara S	28th
Dorothy S	29th
Deshawn W	30th

# CALENDAR OF EVENTS



**Office Closed:**

- 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 Aug. 21st 1:00-4:00  
Wednesday Sep. 18th 1:00-4:00



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.

## COLORS & SHAPES WORD SEARCH



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

BLACK WHITE RED ORANGE YELLOW GREEN BLUE PURPLE BROWN GRAY PINK  
 CIRCLE TRIANGLE. SQUARE RECTANGLE HEART STAR HEXAGON OVAL  
 PARALLELOGRAM RHOMBUS TRAPEZOID SPHERE CUBE CONE PYRAMID CYLINDER  
 TETRAHEDRON HEXAHEDRON OCTAHEDRON ICOSAHEDRON DODECAHEDRON

## **SPOTLIGHT:** The old is new!!! Shannon has moved to day services!

Shannon has stepped into a new role with Choices Network! She began her career with Choices as a direct staff worker and moved into an office manager position for the day/residential department.

We were then lucky enough to move her into a residential community support specialist position, where she has been for the past 3 years! Her organizational skills, soft spoken nature and respect for the individuals we serve have made her an invaluable asset to this company!

We are so pleased to have her as a community support specialist for day services! She can be reached by calling 785-820-8018 x1017 or by email at shansen@choicesnetwork.net.



### **AUGUST STAFF ANNIVERSARIES:**



**Victoria Kelley – 10 years**

**Pat Miller – 10 years**

**Tia Westling – 10 years**



### **RECIPE CORNER:**

#### **Mexican Street Corn**

##### **Ingredients:**

- 4 ears corn on the cob, husks and silks removed
- ¼ C mayonnaise – divided
- ¼ C margarine in a squeezable container – divided
- ¼ C grated Parmesan Cheese
- 1 t chili powder - divided



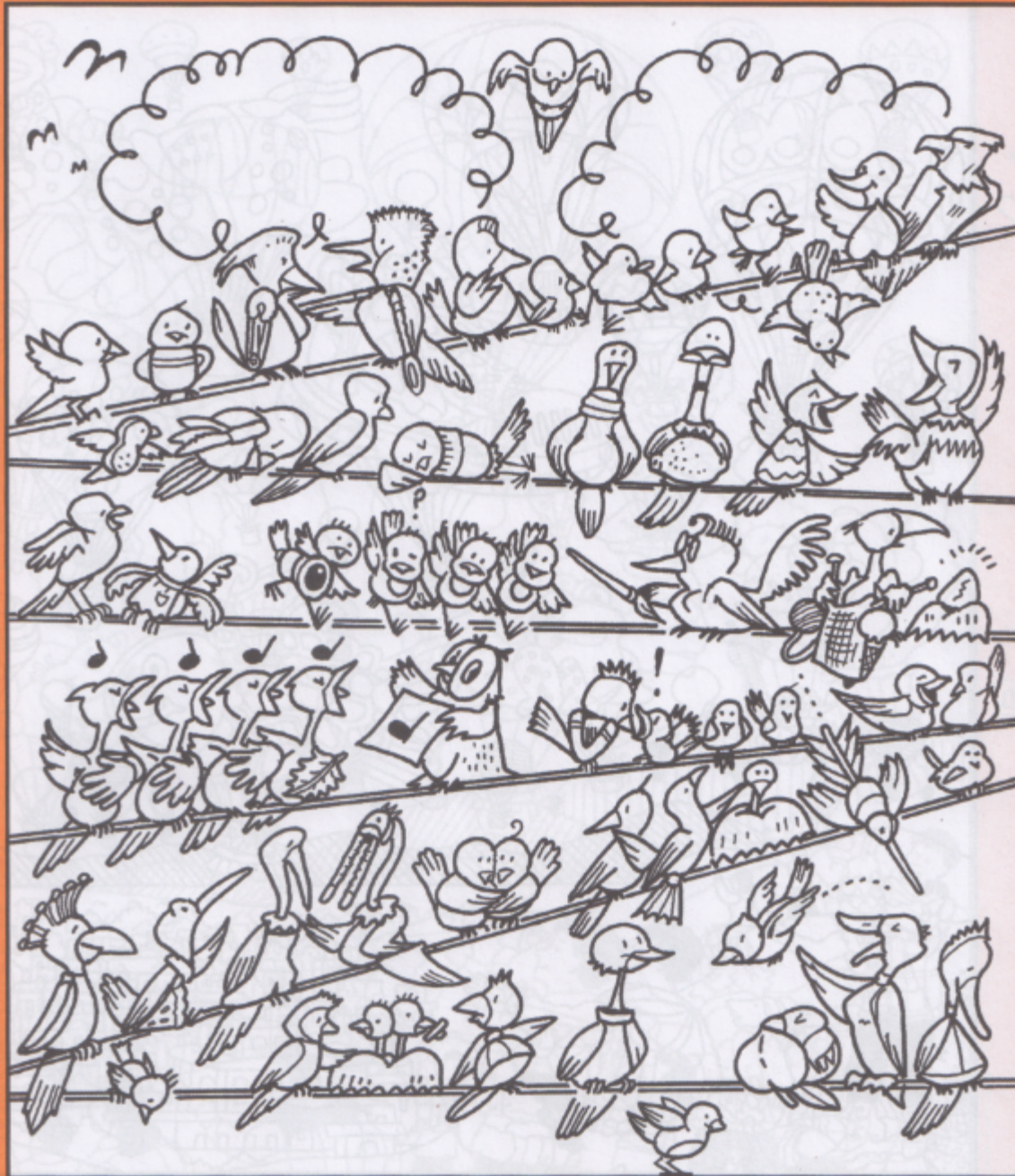
##### **Instructions:**

Bring a large pot of water to a boil and gently place ears of corn into the boiling water. Reduce heat to low and simmer until corn is very tender, 20-25 minutes.

Remove an ear of corn with tongs and spread about 1 T of mayonnaise all over the kernels. Squeeze about 1 T of margarine over the ear of corn in a zig-zag line, turning the ear as you squeeze. Generously sprinkle Parmesan cheese over the ear and dust with chili powder. Repeat with remaining ears of corn.


















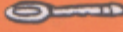




\*\*\*For a less adventurous taste, pour lime juice onto a plate, roll the corn in the lime juice, then sprinkle with salt and chili powder to taste. Either way is incredible!

# Twitter, Chitter, Chat



Art by Diana Zourellas

-  artist's brush
-  boot
-  peanut
-  dart
-  light bulb
-  golf tee
-  pennant
-  nutcracker
-  peach

-  doughnut
-  slice of pizza
-  heart
-  glove
-  lemon
-  apple
-  candy corn
-  bell
-  fan
-  butter knife
-  apron
-  boomerang
-  knitted hat
-  safety pin
-  leaf
-  sailboat
-  mug
-  spoon
-  banana
-  ice-cream cone
-  pear
-  baseball cap

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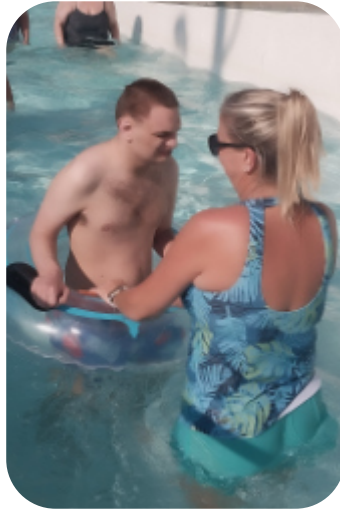
## Consumer Corner:



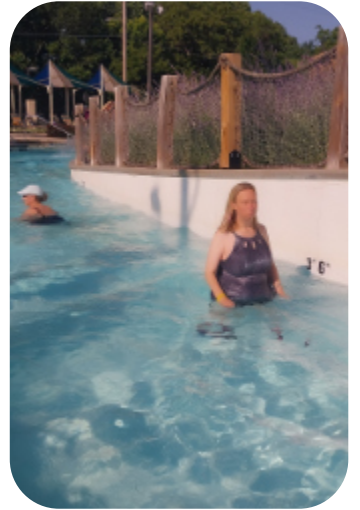
Floating at Kenwood Cove!



Brady floating along!



Walking in the wave pool!



Who said exercise has to hurt!



Kyle enjoying waterwalking!



Getting walking time in!



Taking a break!



Making a new friend!



Meeting the guard dog!



Learning about goats!



Air guitar to ZZ Top!



Debbie cracking up at staff antics!



Time at the park!



Having some fun time!



4th of July Picnic!



Jason & Nea at the SACK Conference!



Hanging with friends on the 4th!



Enjoying time with friends!

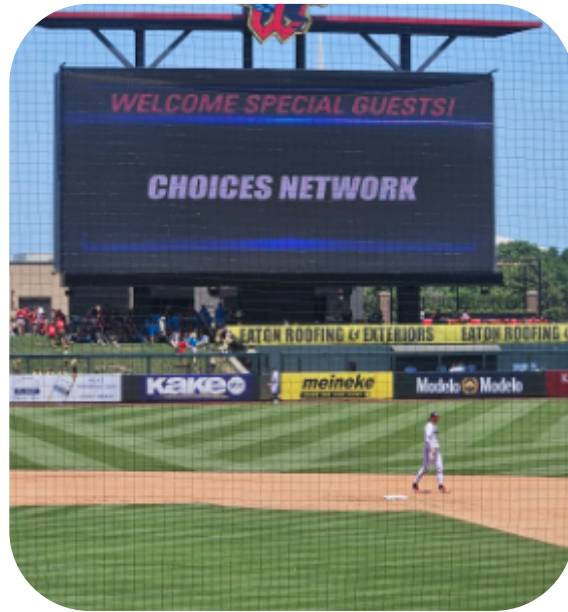


Celebrating the 4th!

## Trip To See The Wichita Wind Surge



Take me out to the ball park!



Feeling special!

### UPCOMING EVENTS:

#### RIDING THE RAILS!

We will be taking a train ride from Old Abilene Town on September 6<sup>th</sup>! We plan on leaving from Choices at 10:30 and returning at approximately 2:00 pm.

The cost is \$10/person and everyone will need to bring a sack lunch! Please let Mike or Shannon know if you plan on attending!

#### IT'S KANSAS STATE FAIR TIME!



Once again, we will be attending the state fair! We will be going on September 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>! The cost of attending is free! Individuals will need spending money to purchase food & drinks!

Please sign up with Shannon or Mike to get your name on the list!

#### MANDT TRAINING – August 14, 15

Choices will be putting on a MANDT training session for any staff wanting to learn new techniques in communicating and working through difficult situations. If you've never been through a class, or just wanting to take a refresher course, please sign up with Broc Tanner or Matt Garretson as soon as possible.



Marisa won movie passes!

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

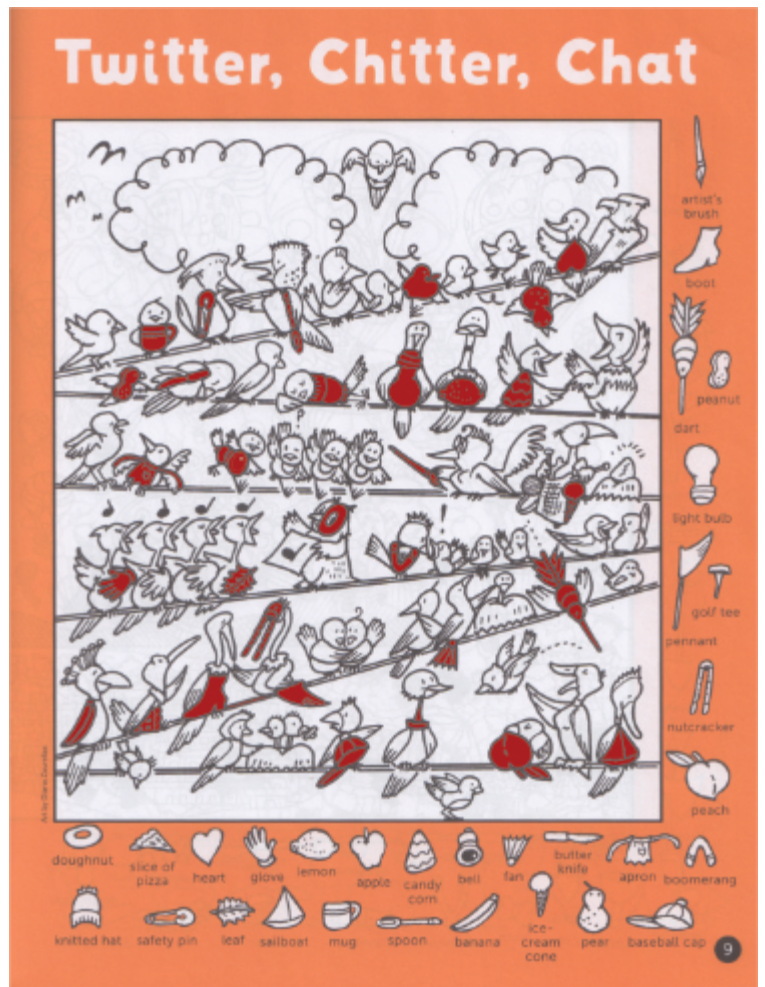


Sophia won \$100 in Chamber Bucks!

**Word Search & Hidden Picture Keys**



**BLACK WHITE RED ORANGE YELLOW GREEN  
BLUE PURPLE BROWN GRAY PINK CIRCLE  
TRIANGLE. SQUARE RECTANGLE HEART STAR  
HEXAGON OVAL PARALLELOGRAM RHOMBUS  
TRAPEZOID SPHERE CUBE CONE PYRAMID  
CYLINDER TETRAHEDRON HEXAHEDRON  
OCTAHEDRON ICOSAHEDRON DODECAHEDRON**





## Ongoing Activities:

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

**Monday through Friday** - Walking at Jerry Ivey Park at 8:00am to 9:00am during the spring and fall seasons and **water walking during the summer**. Walking at the Central Mall at 8:00am to 9:00am 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