

# CHOICES VOICES



Issue 156 - April 2023

## 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](mailto:kboyce@choicesnetwork.net). This newsletter can also be accessed via the website at [www.choicesnetwork.net](http://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.

### APRIL PROJECT VALENTINE'S HEART STAMP



Voilà, you made a bunny!

### CALENDAR OF EVENTS



#### Office Closed:

2023

<b>April 7</b>	Good Friday
<b>May 29</b>	Memorial Day
<b>June 19</b>	Juneteenth
<b>July 4</b>	Independence Day
<b>September 4</b>	Labor Day
<b>October 9</b>	Columbus Day
<b>November 22-24</b>	Thanksgiving
<b>December 25-26</b>	Christmas

#### 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.

#### Upcoming CPR Dates

Wednesday, April 19th  
1:00-3:00pm



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.

### April Birthdays

Reagan V.	2nd
Alan M.	3rd
Samantha D.	4th
Logan R.	5th
Janae J.	7th
Lacy B.	14th
Deborah P.	17th
Kayleen C.	18th
Micah A.	19th
Amanda F.	19th
Jasmine P.	19th
Amber M.	20th
Heather G.	24th
Caeden K.	24th
Zoe R.	28th
Jael S.	28th
Beckett W.	28th
Domanik W.W.	30th

#### Supplies:

You will need white/pink washable paint, a hand, construction paper, a black sharpie, and a paintbrush.

#### Directions:

Start by painting your hand with white paint except your thumb. Squeeze your pinky/ring finger together and pointer/middle finger together when pressing down to make bunny ears.



Add pink paint on the bunny's ears and nose. After it dries, draw a bunny face with the black sharpie.

# EASTER WORD SEARCH

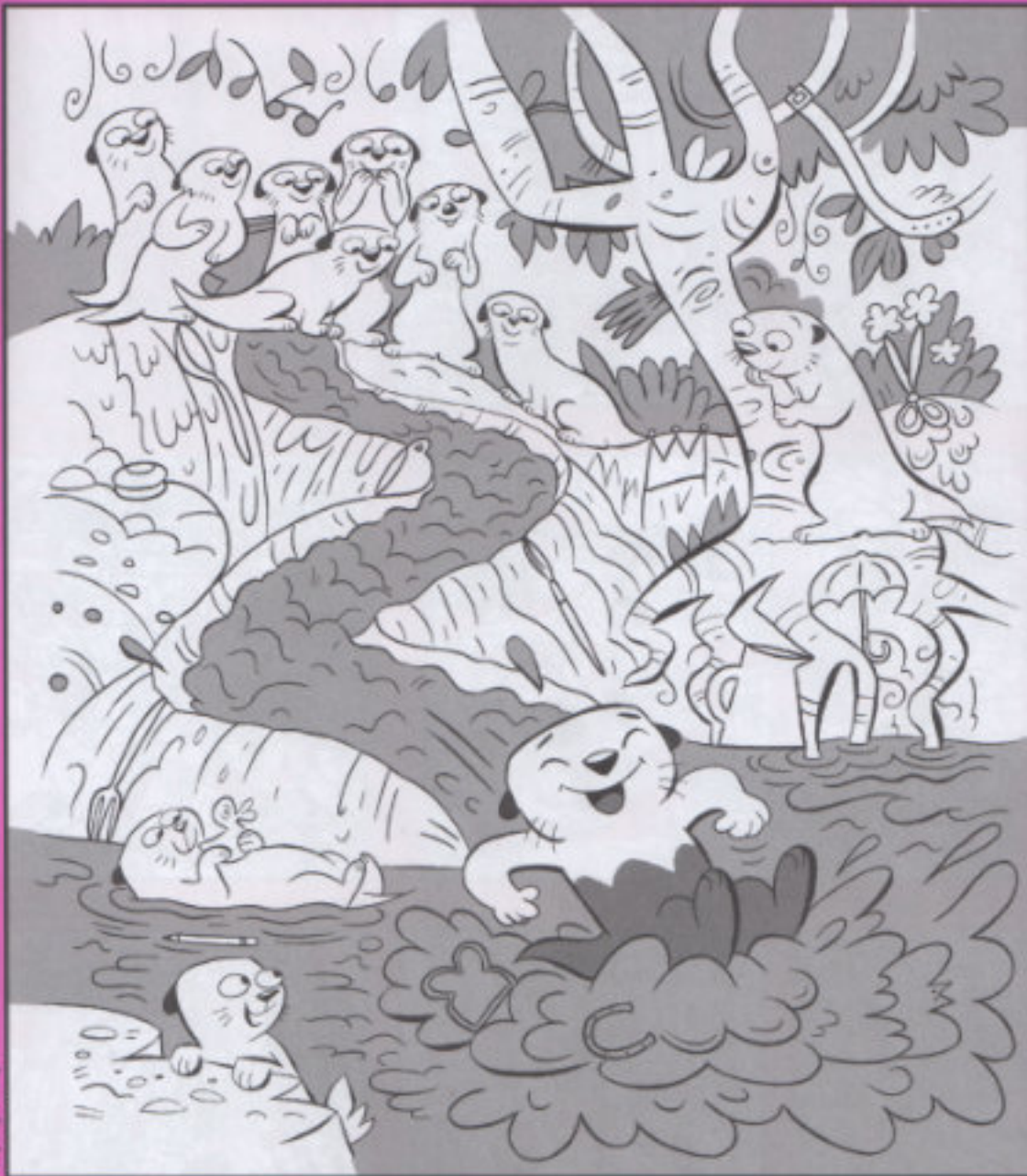


Y E A Q S D O I H E J S Y N T P U  
 L E P J K N E N G F R U N C K P Z  
 L K U K C T O C T N F Z N Y Z R P  
 I N C U U E M I O E I X U G T O E  
 L A J H D Q Q X T R K R B J L G D  
 D M H O C A N D Y C A S P E G Y R  
 E T A L O C O H C D E T A S A A C  
 Y S U W E Y O T M B E R E B B B H  
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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

**BASKET BONNET BUNNY CANDY CHICKS CHOCOLATE DAFFODIL  
 DECORATE DUCKS DYE EASTER EGGS FAMILY FLOWERS GRASS HAPPY  
 HUNT JELLYBEANS JESUS LAMB LILLY MARSHMALLOWS PARADE PEEPS  
 RABBIT RESURRECTION SPRING SUNDAY TULIPS**



# Otter Splash Fun



umbrella



bat



artist's brush



fork



boot



horseshoe



sock

belt



pitcher

pencil



spoon

scissors



glove



teacup

crown



eyeglasses

yo-yo



slice of bread

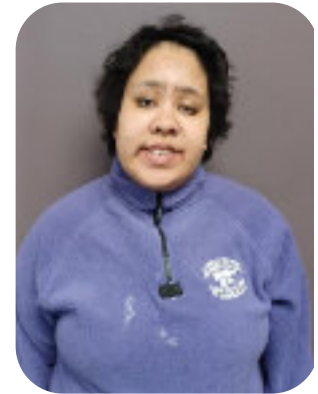
## SPOTLIGHT: Sarah Roman

Sarah started with Choices Network, Inc. in January of 2023. She moved here to be closer to her family and friends. Sarah attended the Salina school system and participated in many activities during that time.

Sarah enjoys drawing, watching make-up videos, following Instagram and working math pages.

One exciting opportunity she is planning on this year is participating in Special Olympics Tennis. During the time Sarah is at Day Services she goes bowling, exercising at K-State Salina, playing Bingo and she loves the complicated coloring books. She has a lovely smile, when she chooses to share it with you and her friends say she is “fun to be around.”

We welcome Sarah to Choices and hope she is going to have great success with Tennis this year.



### SEVERE WEATHER CAN HAPPEN ANY MONTH/DAY/TIME:



- 1. Be Weather-Ready:** Check the forecast regularly to see if you're at risk for tornadoes. Listen to local news or a **NOAA Weather Radio** to stay informed about tornado watches and warnings. Check the **Weather-Ready Nation** for tips.
- 2.** communities have outdoor sirens. Others depend on media and smart phones to alert residents of severe storms capable of producing tornadoes.
- 3. Create a Communications Plan:** Have a family plan that includes an emergency meeting place and related information. If you live in a mobile home or home without a basement, identify a nearby safe building you can get too quickly, such as a church or family member.
- 4.** Pick a safe room in your home, such as a basement, storm cellar, or an interior room on the lowest floor with no windows. Check more ideas for your family plan at: <https://www.ready.gov/make-a-plan>
- 5. Practice Your Plan:** Conduct a family severe thunderstorm drill regularly so everyone knows what to do if a tornado is approaching. Make sure all members of your family know to go there when tornado warnings are issued. Don't forget pets if time allows.
- 6. Prepare Your Home:** Consider having your safe room reinforced. You can find plans for reinforcing an interior room to provide better protection on the **Federal Emergency Management Agency** website.
- 7. Help Your Neighbor:** Encourage your loved ones to prepare for the possibility of tornadoes. Take CPR training so you can help if someone is hurt.
- 8. Prepare a “Safety Go Bag” that contains medications, water, snacks, flashlights, radio, batteries, etc.** Customize your bag for you and your families personal needs. Also make sure you have hard soled shoes on.
- 9. Know the difference between a watch and a warning!**

## 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

### Ongoing Activities:

**Monday through Friday** - Walking at Jerry Ivey Park at 8am to 9am during the spring, summer and fall seasons. 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 or 12pm to 1pm. No cost and/or membership needed,

**Monday** - Coffee Club at a local restaurant from 10am to 11am. Cost is the price of the coffee.

**Monday** – Tour Rolling Hills Zoo from 10am to 1pm. Bring sack lunch. There is no cost.

**Tuesday and Thursday** – YMCA exercises 12pm to 1pm. Must have a membership. (Choices Network staff can assist individuals with applications for reduced rate memberships at request.)

**Tuesday and Friday** – Exercise and meditation 11am to 1pm. Bring sack lunch.

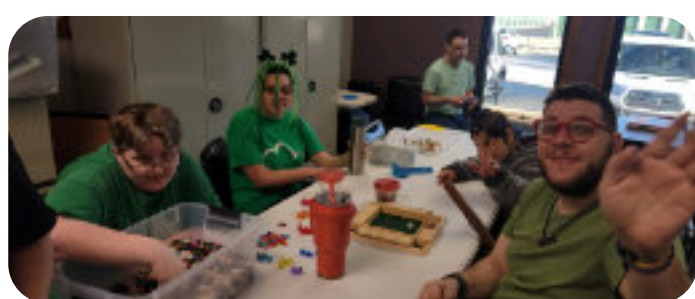
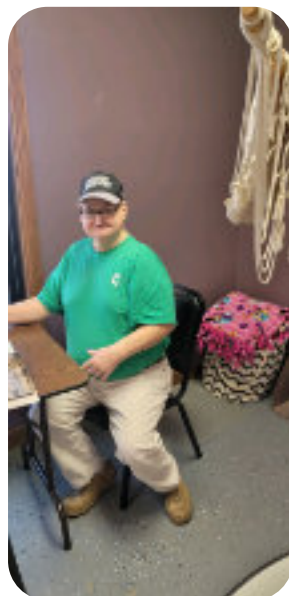
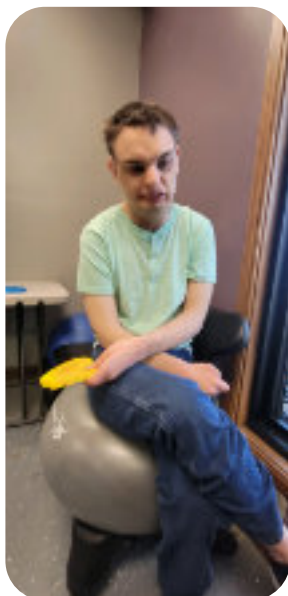
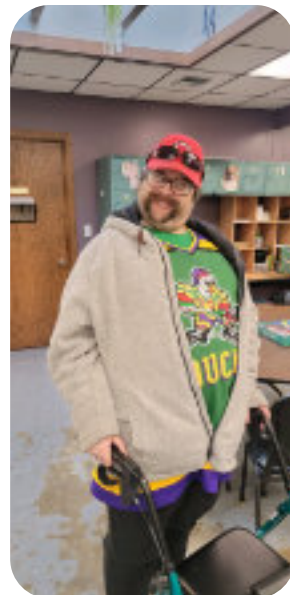
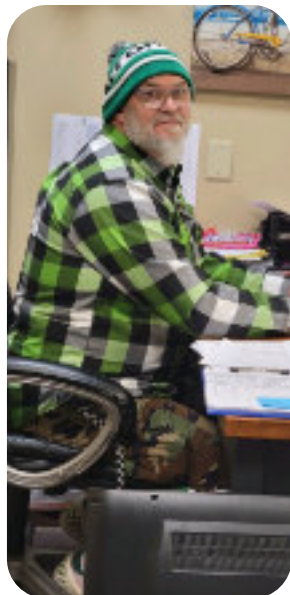
**Wednesday** - Lunch and Bowl at The Alley from 11am to 1:30pm. Cost is \$13.00.

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

**Friday** – Horse therapy at New Hope Therapy 10 am to 11am. Cost is \$25.00 per session.

## CONSUMER CORNER:

### St. Patty's Day



**Riddle:** What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?

**Riddle:** What has a head, a tail, is brown, and has no legs?

**Riddle:** Give me a drink, and I will die. Feed me, and I'll get bigger. What am I?

**Riddle:** What word begins with E and ends with E, but only has one letter?

**Riddle:** What appears once in a minute, twice in a moment, but not once in a thousand years?

**Riddle:** I go all around the world, but never leave the corner. What am I?

**Riddle:** What goes up but never comes back down?

**(Answers on page 9)**



Kevin & his brother & Travis, the photo bomber!



Alicia & Josh watching the games!



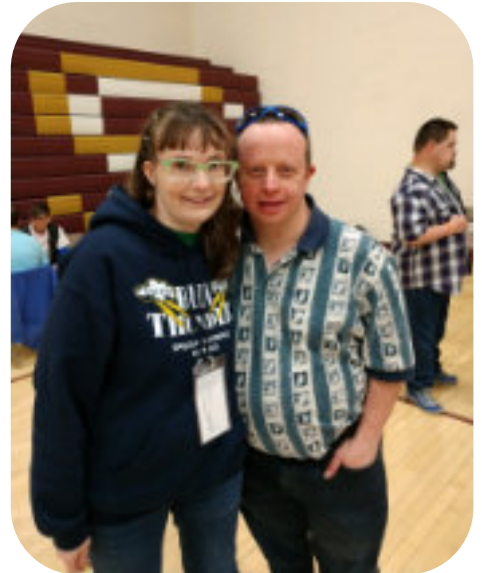
Courtney mugging for the camera!



Enjoying the music!



Lindsey showing her moves!



Love is in the air!



Sisters enjoying state BB!



State BB!



Alan getting ready to party!

## Recipe Corner

### Rice Krispies Easter Egg Pops



#### Ingredients:

1. Kellogg's Rice Krispies Original Treats
2. Icing Writing Tubes
3. Spring Colored Sprinkles
4. Lollipop Sticks
5. Knife or Kitchen Scissors



They sell the prepacked Rice Krispies Treats at the grocery store for \$0.50 each so you can grab some and cut them into an egg shape with kitchen scissors.

Then you can use the writing icing tubes and sprinkles to decorate the eggs.



They'd look so cute stuck into a pot as an Easter centerpiece too!





**Answer:** The word is starting! starting, staring, string, sting, sing, sin, in, I. Cool,huh?

**Answer:** A penny.

**Answer:** A fire.

**Answer:** Envelope.

**Answer:** The letter "M."

**Answer:** A stamp.

**Answer:** Your age.

### Word Search & Hidden Picture Key



**BASKET BONNET BUNNY CANDY CHICKS  
 CHOCOLATE DAFFODIL DECORATE DUCKS  
 DYE EASTER EGGS FAMILY FLOWERS  
 GRASS HAPPY HUNT JELLYBEANS JESUS  
 LAMB LILLY MARSHMALLOWS PARADE  
 PEEPS RABBIT RESURRECTION SPRING  
 SUNDAY TULIPS**

