

CHOICES VOICES



Issue 166- April 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.

APRIL PROJECT SQUEEGEE ART



2. Take your squeegee and hold it at a slight angle to the canvas. Gently drag the squeegee across the painted surface, spreading the colors and blending them together. The pressure and speed you use will affect the final result, so feel free to experiment with different techniques. We found pulling continuously with an even speed and pressure produced the best results.

3. Allow your squeegee art to dry completely.

Upcoming Events:

Choices Network is planning a trip to the Omaha Zoo May 14-16, 2024! We will be spending a day at the Omaha Zoo, going to the Airforce Museum, and possibly a drive-thru safari! In addition, we will be enjoying the indoor water park at the Holiday Inn Downtown! The zoo pass will include an all-day ride pass that allows everyone to ride the tram, train, and sky chairs all day. It will also include a movie in the IMAX theatre and entrance to the aquarium! The cost is going to be \$300.00/person, and includes entrance into all activities, motel, transportation and meals. They will need to bring money for souvenirs! Please send your interest to

mhighsmith@choicesnetwork.net or jdeines@choicesnetwork.net so we can do our best to take as many individuals as possible who want to go on this trip!

April Birthdays

Reagan V.	2nd
Alan M.	3rd
Samantha D.	4th
Janae J.	7th
Lacy B.	14th
Deborah P.	17th
Kayleen C.	18th
Micah A.	19th
Amanda F.	19th
Jasmine P.	19th
Amber M.	20th
Ashlee P.	23rd
Heather G.	24th
Caeden K.	24th
Zoe R.	28th
Jael S.	28th
Beckett W.	28th
Domanik W.W.	30th

Supplies:

- Heavy paper or canvas
- Acrylic paints
- Squeegee

Directions:

1. Place blobs or lines of different colors of paint all around the canvas.

This year will be Choices Network's 25th anniversary! We are planning a celebration and will update everyone soon with more details!

**CALENDAR
OF EVENTS**



Office Closed:

May 27 – Memorial Day
June 19 – Juneteenth
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

Thursday, March 7th @ 1:00

Wednesday, May 8th @ 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.



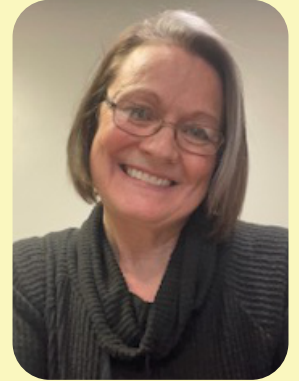
SPOTLIGHT: Rashelle Hensley

I am so excited to be here! I am RaShelle Hensley, I started as the new Targeted Case Manager in February.

My husband Tim and I have been married for 35 years and live outside of Bennington. We have 3 sons Zach, Zeb and Zane and 2 grandsons Eli and Aiden.

Before I came to Choices Network, I spent 18 years as the Social Worker/Director of Social Services at Salina Presbyterian Manor and the Ottawa County Health Center in Minneapolis Kansas.

I love spending time with my family, going to concerts, cruising the Caribbean and crafting.



BASEBALL WORD SEARCH



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



**ALLSTAR BASEBALL BATTER CATCHER CHANGEUP CLOSER COACH
 CURVE DOUBLE DUGOUT FASTBALL FIRST FLYBALL FOUL GROUNDOUT
 HAT HOMERUN INFIELD INNINGS JERSEY MITT OUTFIELD PITCHER
 SECOND SINGLE SPLITTER STRETCH STRIKE TRIPLE UMPIRE WALK**

Dr. Katt's Time Machine



spatula



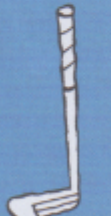
yo-yo



pennant



ladle



golf club



TV remote control



snake



sailboat



comb



envelope



crayon



slice of bread



pushpin



button



magnifying glass



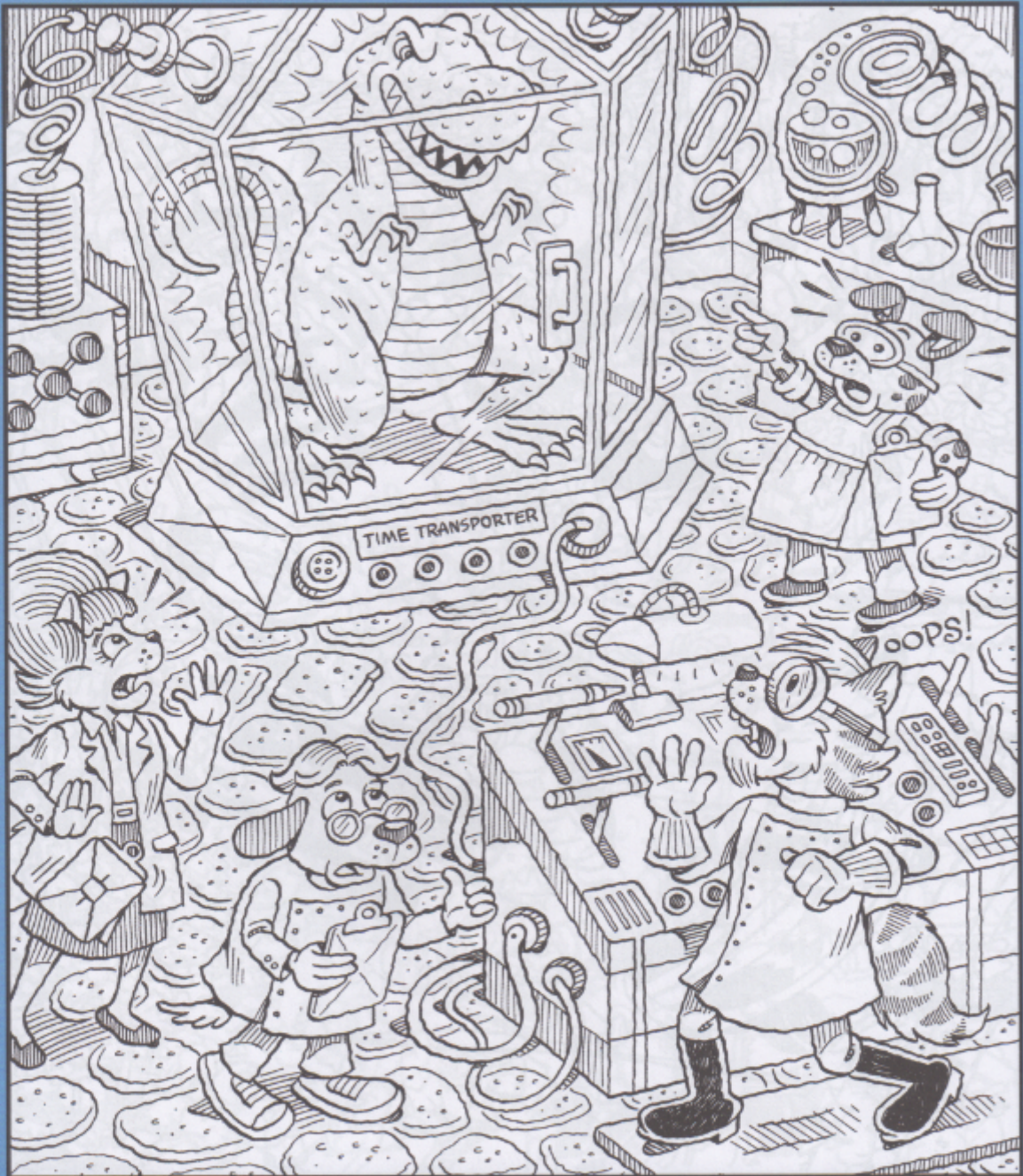
teacup



bow tie



paper clip



Art by David Helton

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Consumer Corner: Green Day Dance



2 old friends!



Getting in the spirit!



Enjoying the music!



Eddie!



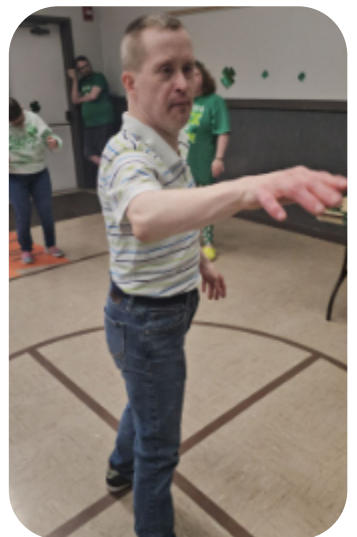
Break dancing!



Go Julie!



Dancing!



Kevin!



Janie and Josh!



Loving the music!



Happy feet!



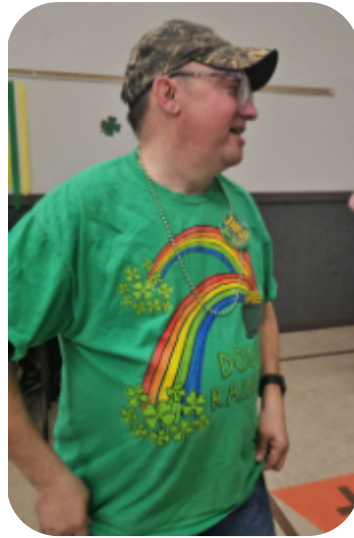
Taking in the music!



Jesse!



T & Jackie!



Paul the leprachaun!



Slow dancing!



YMCA!



Golda getting twirled!



Dancin' the night away!



Doing some line dancing!



A secret handshake!



Having a great time!



A couple of fun girls!



Making the green river!



Fun with friends!



Put your hands in the air!



Taking a break!



Josh doing a jig!



Doing some line dancing!



A secret handshake!



Having a great time!



Who is that masked man!



Sittin' this one out!



A good time was had by all!

Consumer Corner: The Rest



Reagan's 2024 ski trip!



February drawing winner
- Congrats Tianna!



Enjoying the warm sunshine!



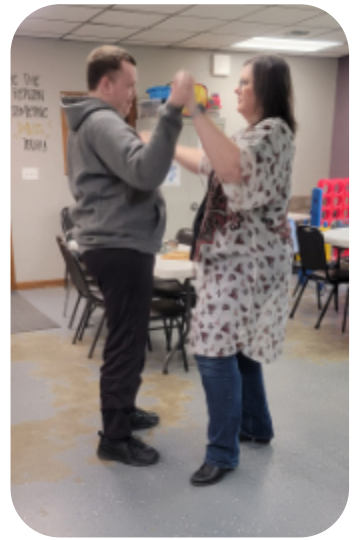
Way to go Kayla! 6 miles & counting!



Strengthening muscles!



Shannon & Jessie enjoying the music!



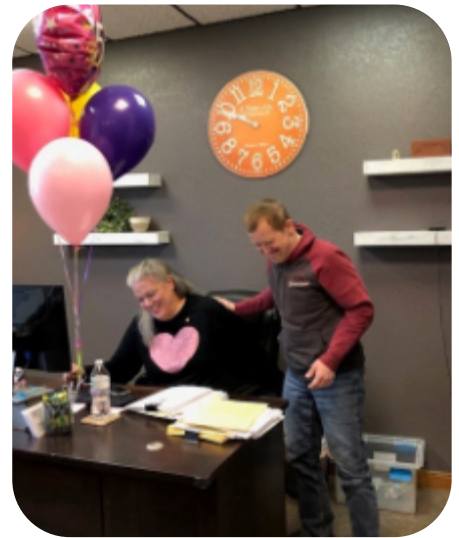
Dancing the day away!



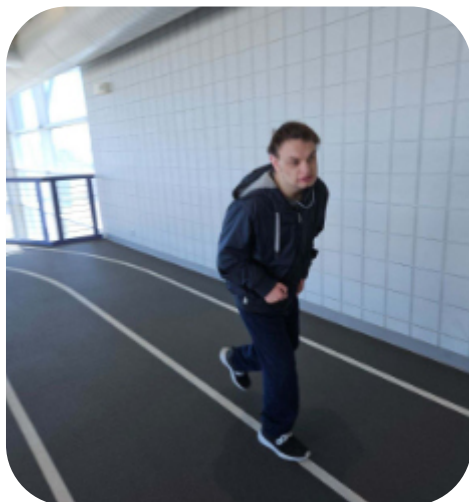
Hanging out at the zoo!



Kevin helped make his cake!



Kevin singing happy birthday to Erin!



Kyle getting his laps in at K-State!



Out for an evening stroll!



Reagan getting ready to ski!

Recipe: Pistachio Fluff

Ingredients:

- 1 20 oz. can crushed pineapple
- 1 3.4 oz. box instant pistachio pudding
- 1 ½ C small multi-colored marshmallows
- 8 oz whipped topping
- 1 C walnuts or pecans, optional



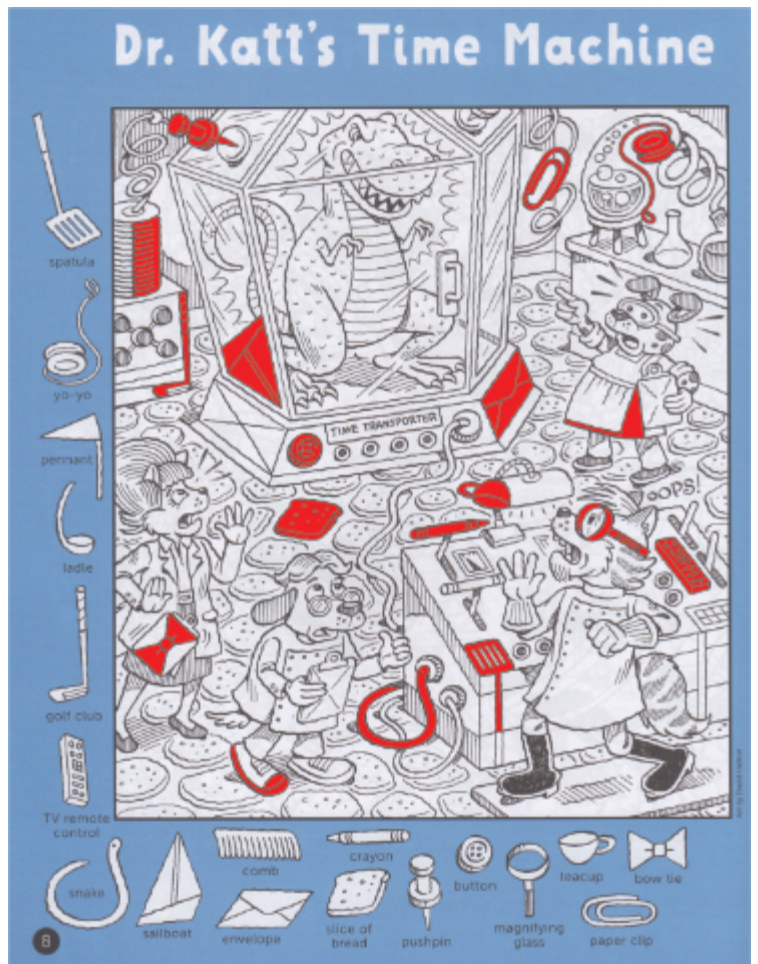
Instructions:

Mix undrained pineapple with pudding by pouring pudding into pineapple. Stir. Gently fold in marshmallows and cool whip. Add nuts, if using. Stir by hand. Chill before serving.

Word Search & Hidden Picture Keys



**ALLSTAR BASEBALL BATTER CATCHER
CHANGEUP CLOSER COACH CURVE
DOUBLE DUGOUT FASTBALL FIRST
FLYBALL FOUL GROUNDOUT HAT
HOMERUN INFIELD INNINGS JERSEY
MITT OUTFIELD PITCHER SECOND
SINGLE SPLITTER STRETCH STRIKE
TRIPLE UMPIRE WALK**



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.