

CHOICES VOICES

Issue 180- June 2025

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.

June Project Suncatcher Wind Chimes



Supplies:

Mason jar lid ring
Clear contact paper
Scissors
Ribbon
Marker
Hole punch
Glue

Directions:

Gather flowers on a nature walk! (Flower buds and petals work best!)
Cut a couple squares of clear contact paper that are slightly larger than the diameter of the mason jar lid. Set one aside until later. Next, place the canning jar lid on the center of

the contact paper square and draw around the outside edge of the ring. This is the boundary line of where to place the flower petals! Remove the backing from the contact paper and put it sticky side up on your workspace. Trim the flowers and place the blooms face down on the sticky paper. Arrange them in whatever pattern or design you want. When you have them arranged, take the piece of contact paper you set aside earlier and remove the paper backing. Place this piece over the blooms so all the petals are sandwiched in between the 2 pieces of contact paper. Press on the paper until you have worked as many of the bubbles out as possible. Cut out around the circle you drew earlier until it fits inside the mason jar lid. Use a hole punch to punch a hole about a 1/2" from the edge of the circle. Run a bead of glue inside the rim of the lid and place the flowers inside. Run a ribbon through the hole that was punched earlier and hang it in the sun to enjoy!
You can make different sizes and hang them on a stick or arrange them however you like to make a windchime! Get creative and have fun with it!

June Birthdays

Twila C.	1st
Silvano B.	2nd
Joseph M.	2nd
Geovany F.	3rd
Tyler C.	4th
Addison M.	5th
Aaron S.	6th
Warren S.	7th
Rebekah A.	8th
Bryson F.	9th
Bailey B.	10th
Diane R.	13th
Marcus Z.	14th
Nicholas L.	15th
Kayla C.	16th
Mikayla K.	17th
Josh C.	19th
Jonah S.	19th
Luke R.	20th
Sarah L.	23rd
Sharon S.	25th
Cole B.	26th
Meya F.	29th
Jennifer D.	30th
Raelynn S.	30th
Jake S.	30th

CALENDAR OF EVENTS



Office Closed: 2025

July 4th – Independence Day

September 1st – Labor Day

October 13th – Columbus Day

November 26, 27, 28th – Thanksgiving

December 24, 25, 26th – Christmas

2026

January 1st – New Year's Day

Upcoming CPR Dates

June 18th - 1:00-4:00

July 9th - 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 Mike Highsmith at Choices Network Inc. office at 785-820-8018. We offer free estimates and have very competitive pricing.

FLYING INSECTS & BUGS WORD SEARCH



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FIREFLY MOSQUITO BUTTERFLY CICADA LADYBUG DRAGONFLY BEETLE ANT
GRASSHOPPER CRICKET MOTH WASP HORNET BEE DAMSELFLY STINKBUG
EARWIG FLEA TICK GNAT APHID KATYDID HORSEFLY GREENFLY WEEVIL
LEAFHOPPER MAYFLY WATERSTRIDER SPIDER CENTIPEDE

SPOTLIGHT: This month we welcome Emma Nachtigal!

Emma was born in Peru and now resides in Salina with her shared living family! During the school year, she attends Transitions and will spend her summer with Choices! Emma is very funny and loves music of all kinds and dancing! She loves helping others and is very kind! You can often find her taking the field and participating in many special olympic sports!

One of her preferred activities is having breakfast for lunch when she's on an outing with her case manager, Rashelle! If you have a minute, please stop by and say hello to Emma!



Recipe Corner: Tator Tot Casserole

Ingredients:

- 2 lbs. Hamburger
- 32 oz. bag of tator tots
- 1 can cream of mushroom soup
- 1 bag frozen corn or green beans
- 8 oz shredded cheese (optional)

Instructions:

- Place hamburger in a 9x13 casserole dish
- Spread cream of mushroom soup over the top of the hamburger
- Pour the frozen corn or green beans over the soup and spread evenly
- Spread the shredded cheese on top of the vegetables (optional)
- Lay tator tots all across the top!

Bake at 350 degrees for approximately 1 hour or until the meat is thoroughly cooked through! Enjoy!



JUNE STAFF ANNIVERSARIES:



Mike Koetkemeyer – 3 years

Jessica Pickering – 1 year



It's Smoky Hill River Festival Time!



Choices will be going to the River Festival on Friday, June 13th! Please let Shannon or Mike know if you would like to attend.

What to wear – comfortable shoes, hat, and plenty of sunscreen

Lunch – we will be taking sack lunches so pack a cold lunch that day

Time: We will plan on leaving Choices at 10:00 and returning by 1:00

Don't forget to sign up for the baseball game if you would like to go! Space is limited!

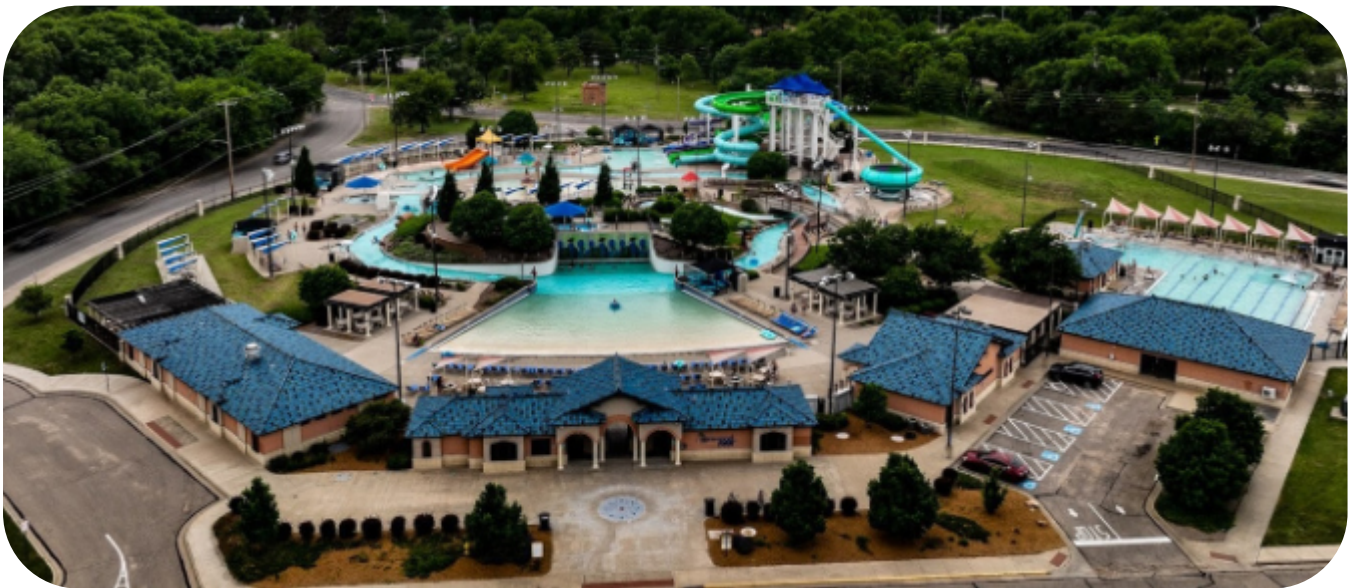


When: June 11th

Cost: \$25.00

The cost includes lunch! Windsurge is a cashless venue so any purchases inside the event must be made with a debit/credit card.

Summer is here and water walking is back!



Choices has again purchased water walking passes to use at Kenwood Cove for individuals in our day and residential programs! We're excited to be able to do this activity, and weather permitting, will have staff in the water to assist individuals on Monday, Tuesday, Thursday and Friday of each week. If you have a time preference, please let Shannon or Mike know. Available walking times are 8:15-9:15; 9:15-10:15; 10:15-11:00.

Let's go cruising! After being asked by many individuals about a Disney Cruise, we have begun exploring the possibility of making it happen!

Here's what I know so far! This would be a cruise in October or November 2026. It would sail from Florida, Port Canaveral. It would be a 5-night Bahamian cruise, stopping at both of Disney's private islands and Nassau! Individuals would be required to have a passport for this cruise. Exact pricing is not yet available, as they haven't opened up booking for October and November 2026 yet. An approximate estimate is between \$3,000-\$3500 per person.

This cost includes meals while on the cruise and a rough estimate of what the flight, transportation to and from the airport and ship would be and the overnight stay in Florida that would be needed.

I am working with the same Disney planner who assisted with our previous trip, so she is knowledgeable about our needs!

If you're interested in this trip, please contact Kenna at kboyce@choicesnetwork.net so we can reserve a space!

Below is information about the ship and what it has to offer!



Structural Similarity: The Disney Fantasy is almost identical to the Disney Dream, with a gross tonnage of 130,000, a length of 340 meters, and a width of 42 meters. ⓘ

Capacity: It can accommodate 2,500 passengers. ⓘ

Atrium: The ship boasts a three-deck atrium with features like a bronze Minnie Mouse statue, a grand piano, and a marble floor. ⓘ

Entertainment: The Disney Fantasy offers Broadway-caliber musicals, character meet-and-greets, and fireworks shows. ⓘ

Dining: Guests can enjoy a variety of dining options, including upscale restaurants, casual dining, poolside snacks, and 24-hour room service. ⓘ

Staterooms: The ship features 1,250 staterooms, including deluxe rooms with verandahs and standard staterooms. ⓘ

Water Fun: The AquaDuck is a twisting, transparent water coaster, while AquaLab and Nemo's Reef offer hands-on amusement for younger children. ⓘ

Private Island: Most cruises include a stop at Disney's private island, Castaway Cay. ⓘ

Youth Clubs: The ship has themed youth clubs for all ages, staffed by trained Disney counselors. ⓘ

Adults-Only Areas: Nightclubs and lounges provide adults-only entertainment options. ⓘ

Refurbishment: The Disney Fantasy was refurbished in 2017. ⓘ

Get on Board



heart



carrot



bowling ball



golf club



broccoli



envelope



wishbone



magnet



glove



belt



football



doughnut



colander



slice of watermelon



lollipop



crown



spool of thread



domino



cookie



button



Art by Stacy Curtis

Abilene Train Ride





Special Olympics



Consumer Corner



Bad Boys!



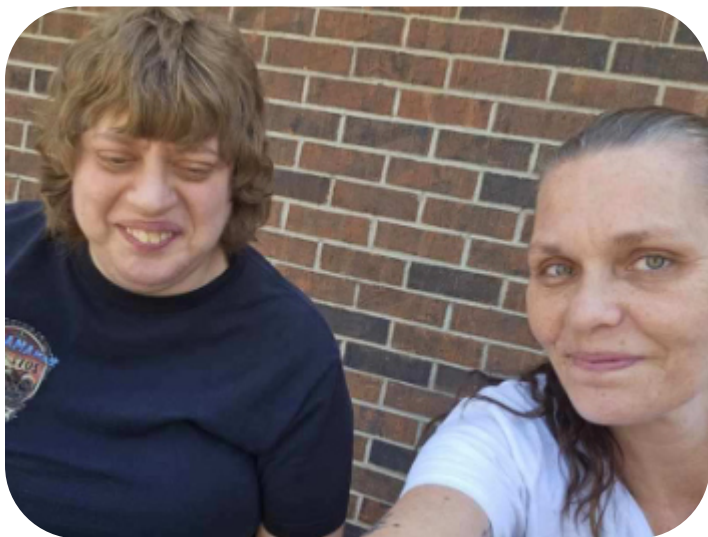
Getting some biking done!



Visiting a friend!



Front yard shenanigans!



Enjoying the nice weather!



Having lunch outside!



Spending time on the BB court!



Darin getting some exercise!



Eli and his winter coat!



Alexander showing his muscles!



Getting in a game of BB!



Lexi showing her beautiful smile!

National and International Days:

Flag Day: June 14th commemorates the adoption of the US flag in 1777.

International Yoga Day: June 21st.

World Day of Music: June 21st.

Juneteenth: June 19th celebrates the emancipation of enslaved people in Texas in 1865.

World Refugee Day: June 20th.

National Caribbean American Heritage Month: This month-long observance recognizes the contributions and history of Caribbean Americans.

National LGBTQ+ Pride Month: June is also a time to celebrate and recognize the LGBTQ+ community.

HAPPY FATHERS DAY



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Word Search & Hidden Picture Keys

A R E P P O H S S A R G W M J S F R
 G M E W U R R W C R K T A E P P C G
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FIREFLY MOSQUITO BUTTERFLY CICADA
 LADYBUG DRAGONFLY BEETLE ANT
 GRASSHOPPER CRICKET MOTH WASP
 HORNET BEE DAMSELFLY STINKBUG
 EARWIG FLEA TICK GNAT APHID KATYDID
 HORSEFLY GREENFLY WEEVIL
 LEAFHOPPER MAYFLY WATERSTRIDER
 SPIDER CENTIPEDE



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

Wednesday - Lunch and Bowl at The Alley from 11am to 1:00pm. Cost is \$14.50.

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