

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.

### June Project Fruity Cork Coasters



#### Supplies Needed:

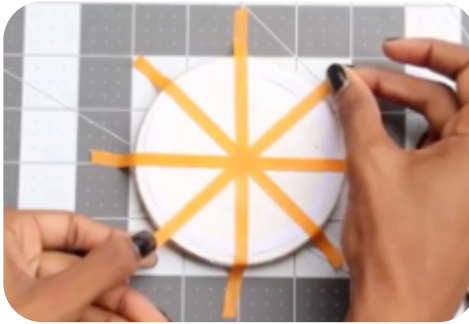
- Cork coasters or cork circles
- White acrylic paint
- Yellow, orange, green, or pink acrylic paint
- Foam brush or sponge
- Small paintbrush
- Thin tape or painter’s tape
- Small circle stencil or sticker
- Clear sealer (optional)
- Citrus essential oils (lemon, orange, lime, grapefruit, etc.)

#### Directions:

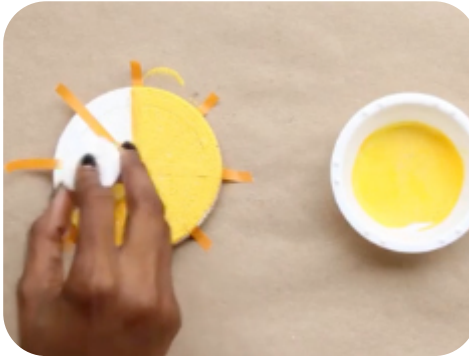
1. Paint the top and sides of the cork coaster white and let dry completely. Leave the bottom cork surface unpainted.



2. Place a small circle stencil in the center of the coaster.  
3. Use thin tape to divide the coaster into citrus “slice” sections.



4. Dab on your fruit color using a sponge or foam brush.



5. Carefully remove the tape and touch up any lines with a small paintbrush.



6. Seal the painted top if desired and allow everything to dry fully.  
7. Add 2–3 drops of citrus essential oil to the natural cork bottom for a fresh summer scent. Reapply as needed.

### 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: 2026**

- June 19th – Juneteenth
- July 3rd – Independence Day
- September 7th – Labor Day
- October 12th – Columbus Day
- November 25, 26, 27th – Thanksgiving
- December 24, 25th – Christmas

## Upcoming CPR Dates

June 17th - 1:00-4:00  
July 15th - 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.

## CAMPING WORD SEARCH



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

TENT CAMPFIRE LANTERN BACKPACK SLEEPINGBAG MARSHMALLOW  
HIKING COMPASS CANOE FISHING TRAIL WILDERNESS BINOCULARS  
CAMPGROUND MOSQUITO FIREWOOD COOLER HAMMOCK FLASHLIGHT  
WILDLIFE RIVER MOUNTAINS STARS BONFIRE KAYAK SURVIVAL  
RANGER PICNIC CABIN ADVENTURE

## Ongoing Activities:

**Monday through Friday** - Walking at Jerry Ivey Park at 8:00am to 9:00am Walking at the Central Mall at 8:00am to 9:00am during the winter season or inclement weather days.

**Monday, Tuesday, Thursday, and Friday - Water walking at Kenwood Cove is back!**

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

**Friday (Sometimes on Mondays)** - Tour Rolling Hills Zoo from 10am to 1pm.

## 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

# Viking Explorers



bottle



handbell



paintbrush



ring



crescent moon



saltshaker



golf club



needle



leaf



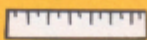
whistle



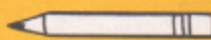
mug



spoon



ruler



pencil



cupcake



baseball cap

# SPOTLIGHT: John Waterman is our newest addition to Choices Network!

John joined the CSS team at Choices in April! He describes himself as a proud Grandpa, pet owner and advocate for mental health awareness and the arts.

One of John's biggest accomplishments is creating a mural for the city of Salina with 20 individuals with autism and IDD, which is displayed downtown!

"I grew up in upstate New York and came to Kansas on a collegiate scholarship. I am now happy to call Kansas my home!"



## Recipe Corner No Bake Fiesta Dip

### What You Need

- 1 cup sour cream (or plain Greek yogurt)
- 1 cup mild salsa
- 1 cup shredded cheddar cheese
- 1 can (15 oz) black beans, rinsed and drained
- 1 bag of your favorite tortilla chips

### Kitchen Tools

- 1 medium mixing bowl
- 1 measuring cup (1-cup size)
- 1 big spoon for stirring
- 1 strainer or colander (for the beans)

### Step-by-Step Directions

#### 1. Wash and drain the beans

Open the can of black beans. Pour them into a strainer in the sink and rinse them with cold water. Let the water drip off completely.

#### 2. Measure and pour

Pour the rinsed black beans into your mixing bowl. Use your 1-cup tool to measure and add the sour cream, salsa, and cheese into the same bowl.

#### 3. Mix it up

Use your big spoon to gently stir everything together until the white sour cream turns pinkish-red from the salsa and everything is mixed well.

#### 4. Serve and enjoy

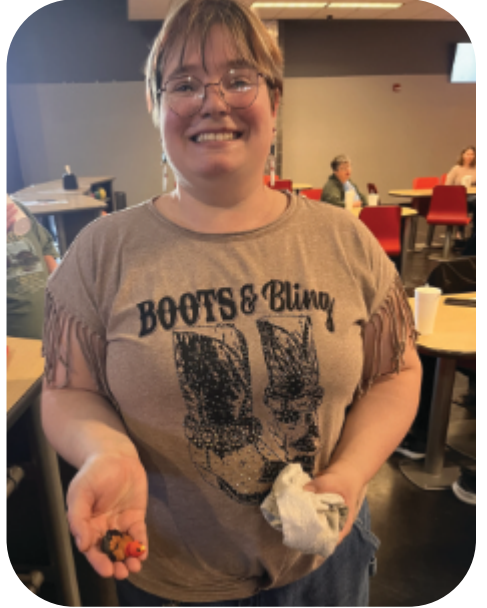
Scoop the dip into a nice serving bowl or leave it right there. Open your bag of tortilla chips, dip, and enjoy your creation!



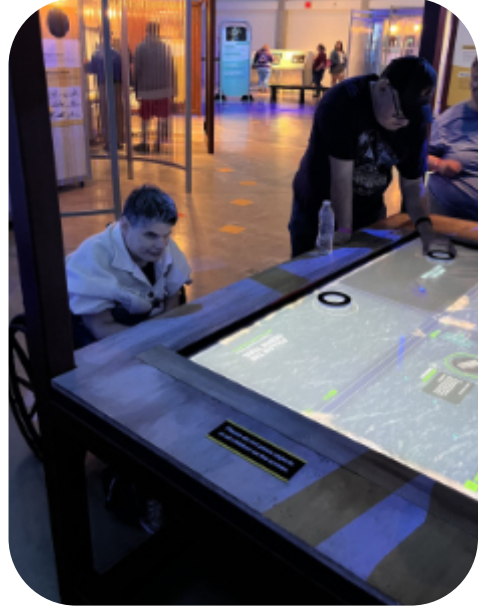
# Consumer Corner

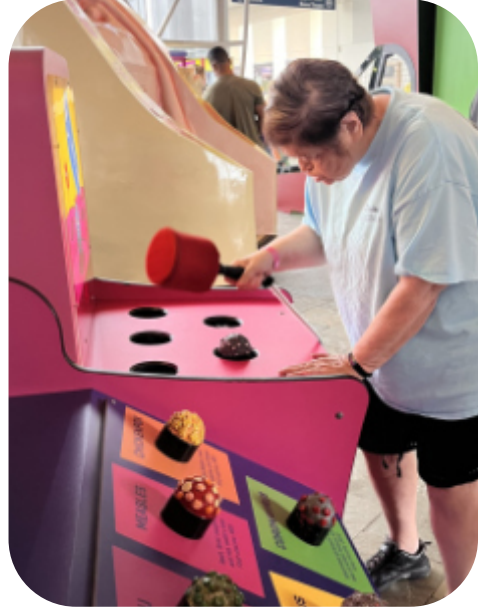




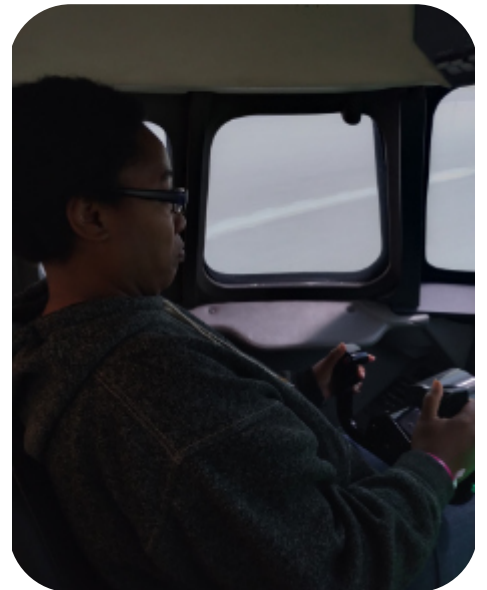












## Upcoming Events:



### It's Smoky Hill River Festival Time!

Choices will be going to the River Festival on Friday, June 12th! 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 are planning on leaving Choices at 9:00 and returning by 1:00

### 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 plan on water walking, please come to Choices in your swimsuit and be ready to go!



**July 17<sup>th</sup> Choices Network Day services**  
will be going to **THE ARCADE** in Wichita!  
WHERE THE GAME IS NEVER OVER

**COST: \$20**  
**INCLUDES PIZZA,**  
**A DRINK, AND**  
**UNLIMITED PLAY**  
**TIME!**  
**LEAVE BY 9:30AM**  
**RETURN BY 3:30PM**

**Please pack meds that need to be given during this time.**  
**This outing is not for everyone and is not wheelchair friendly as it is a tight and busy space.**  
**We will finalize the list on July 13<sup>th</sup>!**  
**Please let Shannon or Mike know by that date if you are wanting to participate in this outing!**



# VOLUNTEERS NEEDED!

Volunteers are needed for the charity golf tournament supporting The Arc of Saline County, Inc.

WEDNESDAY  
**JUNE 17**

GREAT LIFE GOLF COURSE  
Opportunities available :  
8:30a.m. -12:00PM  
12:00PM-3:30 PM  
Or all day

.....  
If interested in volunteering please contact Irl Johnson at [sbluethunder@gmail.com](mailto:sbluethunder@gmail.com)



# Staff Anniversaries: June 2026



Linda Sauer

10 years



Edie Grizzle

5 years



Bailey Williams

3 years

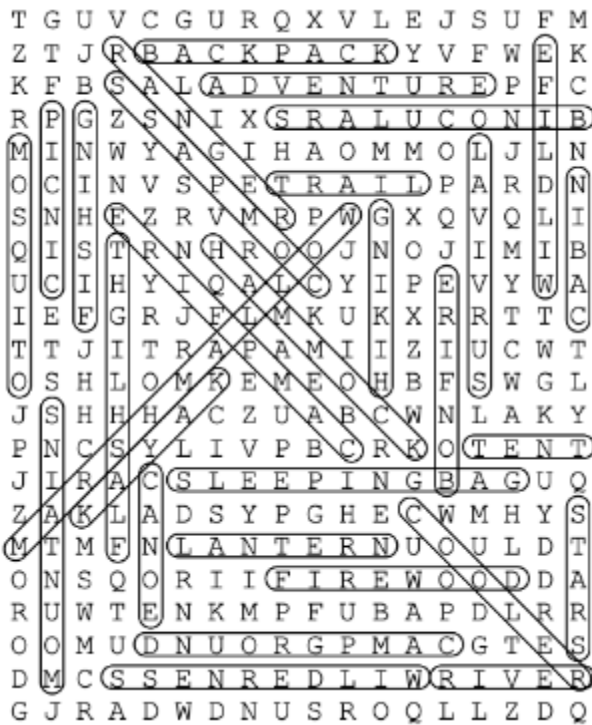
Ryker Grossner

1 year



## CONGRATULATIONS!

### Word Search & Hidden Picture Keys



TENT CAMPFIRE LANTERN BACKPACK  
 SLEEPINGBAG MARSHMALLOW  
 HIKING COMPASS CANOE FISHING TRAIL  
 WILDERNESS BINOCULARS  
 CAMPGROUND MOSQUITO FIREWOOD  
 COOLER HAMMOCK FLASHLIGHT  
 WILDLIFE RIVER MOUNTAINS STARS  
 BONFIRE KAYAK SURVIVAL  
 RANGER PICNIC CABIN ADVENTURE

