

CHOICES VOICES

Issue 194- August 2026

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 Pine Cone Bird Feeder



PINECONE BIRD FEEDERS
onelittleproject.com



Supplies Needed:

- Peanut butter
- Birdseed
- Shallow container, tray or baking dish
- Butter knife or spatula
- A piece of string or ribbon

Instructions:

1. Empty some bird seed into your shallow container



2. Cover your pinecone in peanut butter, making sure to smoosh it into the crevices in between the pine needles



3. Roll the peanut-butter-laden pinecone in the seeds to give it a good coat



4. Tie string or ribbon to the top of the pinecone and form a loop to hang your feeder up outside.



August Birthdays

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

CALENDAR OF EVENTS



Office Closed: 2026

September 7th – Labor Day

October 12th – Columbus Day

November 25, 26, 27th –

Thanksgiving

December 24, 25th – Christmas

Upcoming CPR Dates

Aug 12th - 1:00-4:00

Sept 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.

STATES WORD SEARCH



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

ALABAMA ALASKA ARIZONA ARKANSAS COLORADO FLORIDA GEORGIA HAWAII IDAHO
ILLINOIS INDIANA IOWA KANSAS KENTUCKY MAINE MARYLAND MICHIGAN MISSOURI
MONTANA NEBRASKA NEVADA OHIO OKLAHOMA OREGON TEXAS UTAH VERMONT
VIRGINIA WYOMING CALIFORNIA CONNECTICUT LOUISIANA MASSACHUSETTS
MINNESOTA MISSISSIPPI PENNSYLVANIA TENNESSEE WASHINGTON

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 armadillo, 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

Treasure Hunt



Art by Gary Mohrman



pennant



bell



crescent moon



slice of pie



crayon



artist's brush

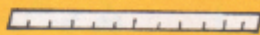


carrot

108



teacup



ruler



banana



snake



boomerang



bowl



whale



needle



butter knife



mushroom



glove

SPOTLIGHT: 2231C Centennial Rd is now a 2nd day service location!

Sometimes it can get a little chaotic and loud in the day service area! Sometimes we just need a change of pace, a different focus, or some quiet time and this can all happen at the 2nd location.

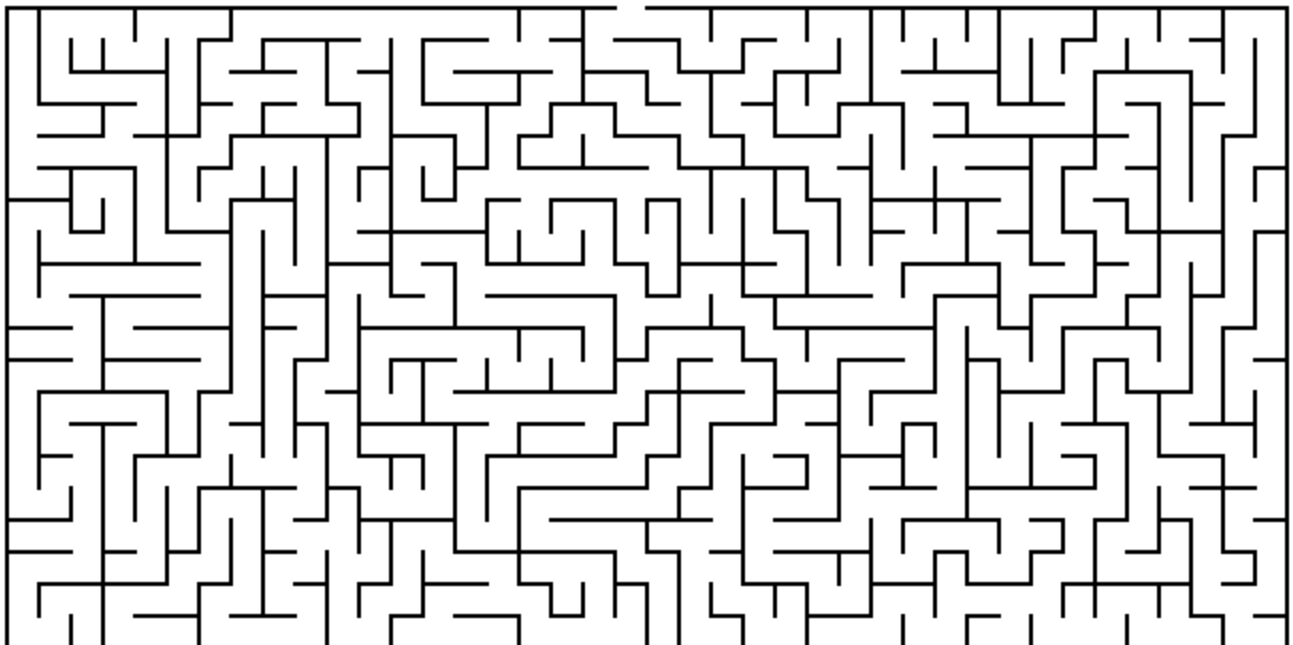
There is a quiet reading room where individuals can read and be read to, a place to do floor exercises, a puzzle room where multiple individuals can join in, a place to do learning and a place to just chill with friends!

In addition, this space can be used to work on job skills, develop resumes, practice doing an interview and other skills needed to obtain outside employment!

We hope to see you there!



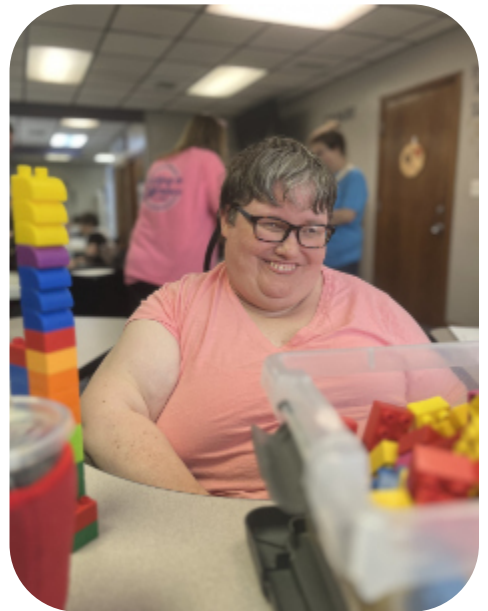
START



FINISH

Consumer Corner











Staff Anniversaries: August 2026



Karleen Roy 15 years



Cathy Noble 10 years



Noel Frederick 3 years



CONGRATULATIONS!

The Arcade







Upcoming Events:

Choices Day services will be going to



IN WICHITA, KS
THURSDAY AUGUST 20TH

We will be leaving the office around 9:30am and returning by 3:30pm. Cost is \$10 per person. Please bring a cold sack lunch to eat there and any meds that need to be administered during that time. If you would like to attend this outing or have any questions, please contact Mike or Shannon by August 17th



Kansas State Fair

Choices Network will once again be taking groups of individuals to the state fair on **September 11th, 15th, 17th, and 18th.**



Choices has purchased the passes so individuals can attend for free! Individuals will need to bring their own spending money for food and drinks for lunch.



If you are wanting to attend, please sign up during day service hours or by contacting Shannon or Mike. Also please let us know if there is a certain day that is preferred!



Coming in October, Pumpkin Patch Day!



There will be two options on the same day so please review the details of each (maybe check out their websites) and then let Shannon or Mike know what you are wanting to do! A cold sack lunch will be required on either of the trips.

P&M Pumpkin Patch

45 Mins South of Salina
Buses heading out at 10:00am and returning around 3:30pm
Larger facility, lots of walking, gravel pathways that have proven to be difficult for wheelchairs and unsteady walkers, lots of activities including petal carts, sports barn, ziplines, big slides, obstacle courses, pig races and more!

Sunny Side

15 Mins South of Salina
Buses heading out at 10:45am and returning around 1:30pm
Smaller facility, not as much walking, jump pad, crop mazes, slides, pedal carts, petting zoo, games and fun in an activities area, and one shot per person from the giant slingshot that can sling a pumpkin up to 500 feet!



FYI:

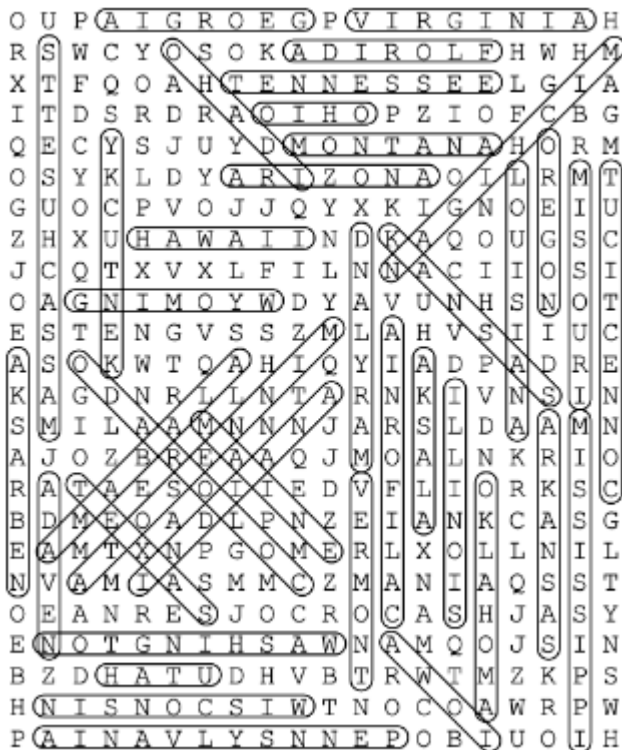
Bowling lists/orders for each week are finalized on

TUESDAY!

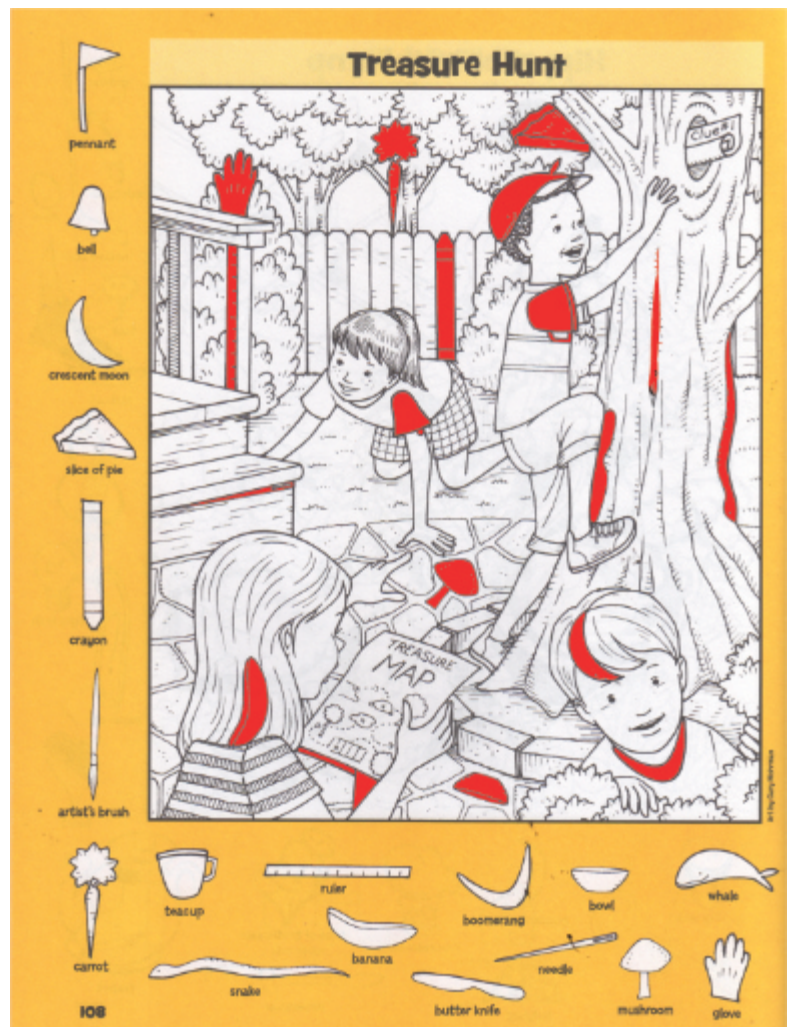
Money and orders need to be in on Tuesday or you will not be on the list to go!



Word Search & Hidden Picture Keys



ALABAMA ALASKA ARIZONA ARKANSAS
COLORADO FLORIDA GEORGIA HAWAII IDAHO
ILLINOIS INDIANA IOWA KANSAS KENTUCKY
MAINE MARYLAND MICHIGAN MISSOURI
MONTANA NEBRASKA NEVADA OHIO
OKLAHOMA OREGON TEXAS UTAH VERMONT
VIRGINIA WYOMING CALIFORNIA
CONNECTICUT LOUISIANA MASSACHUSETTS
MINNESOTA MISSISSIPPI PENNSYLVANIA
TENNESSEE WASHINGTON



Recipe Corner

90-Second Microwave Mug Omelet

- PREP TIME: 3 MINUTES
- COOK TIME: 60 TO 90 SECONDS
- SAFETY LEVEL: EXTREMELY LOW RISK (MICROWAVE ONLY, NO STOVE OR HOT PAN NEEDED)

EQUIPMENT NEEDED

- 12 OZ (OR LARGER) MICROWAVE-SAFE CERAMIC MUG
- FORK
- MEASURING SPOONS
- PAPER TOWEL

INGREDIENTS

- 2 LARGE EGGS
- 1 TABLESPOON MILK (OR WATER)
- 2 TABLESPOONS SHREDDED CHEESE (CHEDDAR, MOZZARELLA, OR MEXICAN BLEND)
- 1 TABLESPOON PRE-COOKED MEAT (BACON BITS, DICED HAM, OR TURKEY SAUSAGE)
- PINCH OF SALT & PEPPER
- OPTIONAL ADD-INS: 1 TABLESPOON CANNED DICED GREEN CHILIES, SWEET CORN, OR FINELY CHOPPED SOFT SPINACH

STEP-BY-STEP INSTRUCTIONS

1. PREP THE MUG: LIGHTLY COAT THE INSIDE OF YOUR MUG WITH NON-STICK COOKING SPRAY (OR RUB A SMALL DAB OF BUTTER INSIDE WITH A PAPER TOWEL).

2. CRACK & WHISK: CRACK THE 2 EGGS STRAIGHT INTO THE MUG. ADD 1 TABLESPOON OF MILK, A PINCH OF SALT, AND A PINCH OF PEPPER. WHISK VIGOROUSLY WITH A FORK UNTIL THE YELLOW YOLKS AND CLEAR WHITES ARE FULLY BLENDED.

3. MIX IN GOODIES: STIR IN YOUR CHEESE, PRE-COOKED MEATS, AND ANY OPTIONAL ADD-INS USING YOUR FORK.



4. COVER & MICROWAVE: LOOSE-COVER THE TOP OF THE MUG WITH A PAPER TOWEL (TO CATCH ANY SMALL SPLATTERS). MICROWAVE ON HIGH FOR 45 SECONDS.

5. STIR & FINISH COOKING: CAREFULLY REMOVE THE MUG (USE A TOWEL OR MITT IF THE HANDLE FEELS WARM), GENTLY STIR THE EGGS WITH YOUR FORK, AND MICROWAVE FOR ANOTHER 30 TO 45 SECONDS UNTIL THE EGGS ARE PUFFED UP AND NO LONGER LIQUID.

6. COOL & ENJOY: LET IT SIT FOR 1 MINUTE—IT WILL SETTLE DOWN INTO THE MUG AND COOL DOWN ENOUGH TO SAFELY EAT RIGHT OUT OF THE CUP!

HELPFUL TIPS

• **USE A BIG MUG:** EGGS PUFF UP HIGH AS THEY STEAM IN THE MICROWAVE BEFORE SETTLING BACK DOWN, SO USE A STANDARD 12 OZ OR LARGER COFFEE MUG TO PREVENT SPILLS.

• **PRE-COOKED INGREDIENTS:** MAKE SURE ANY MEAT ADDED IS ALREADY FULLY COOKED (LIKE PACKAGED BACON BITS OR DELI HAM) SINCE THE MICROWAVE ONLY NEEDS TO MELT THE CHEESE AND SET THE EGGS.

