



CHOICE unlimited

Work · Create · Connect

Welcome to our Fall Newsletter!

The temperature reads more like summer but October is right around the corner and has us anticipating the changing colors of the leaves, harvesting our gardens, pumpkin carving, and hot apple cider! Summer flew by and was filled with many activities. In July our organization participated in a survey review to maintain our CARF accreditation. I am thrilled to share that our agency was awarded a three-year accreditation from CARF International, Commission on Accreditation of Rehabilitation Facilities, which is in effect until June 30, 2027.

Our in-person review took place July 29th through the 30th with two survey team members reviewing all the standards relating to Community Employment Services: Employment Supports; Community Employment Services: Job Development; Community Integration; Employee Development Services; Employment Planning Services, and the Governance Standards. This is the tenth consecutive three-year accreditation awarded to our agency! By pursuing and achieving accreditation, our organization has demonstrated that it meets international standards for quality and is committed to pursuing excellence.



Our Leadership Team with the CARF Survey Team following the exit survey

~Kristie Buchman-Executive Director



Fall Quarterly Newsletter

Volume 29
Issue 3

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BOLD CHOICE THEATRE COMPANY *PRESENTS*

SUNDOWN ON THE JASPER COUNTY JEWEL



SATURDAY SEPTEMBER 28 2024
GRAND RAPIDS AT THE REIF

7:00 PM \$22 \$11 *STUDENT*

REIF BOX OFFICE: 218 327 5780 reifcenter.org



ARROWHEAD
REGIONAL
ARTS
COUNCIL



Grand Rapids
Human Rights Commission
Est. 2004

granditasca
Clinic & Hospital

Part of Fairview Health Services



Paul Bunyan
COMMUNICATIONS

POWERED BY
GIGAZONE



Upcoming Events In October!

Check out this page and the next for exciting events happening soon in our community.

PUBLIC RECEPTION

**AN UNFINISHED
JOURNEY:
CIVIL RIGHTS FOR
PEOPLE WITH
DEVELOPMENTAL
DISABILITIES AND
THE ROLE OF THE
FEDERAL COURTS**

October 9, 2024

Reception from 5:00-7:00pm
Remarks at 5:30pm
ASL Interpreters provided

Gerald W. Heaney Federal
Building and U.S. Courthouse
and Customhouse
515 West First Street, Duluth
4th Floor

**Educational exhibit,
public art & music**

Accessible drop off NE
entrance on Priley Drive

**Free and open to the
public**

No public parking at the
courthouse

**Appetizers and
beverages provided**

For more information

📞 612-201-7371

👤 RebeccaH_Parks
@mnd.uscourts.gov

Upcoming Events In October!

Another exciting event happening soon in our community.

Join us for a Speed Friending Event!

Looking to meet new friends and expand your social circle? **Speed Friending** is designed to help people quickly meet and connect with new people. It's like speed dating, but focuses on friendship rather than romantic relationships. Join us for a fun and inclusive event tailored for adults with disabilities. This is an 18+ event. Light appetizers served!

When: Wednesday, October 16th, 2024

Event Facilitator: Hadrian DeMaioribus

Time: 4:30pm to 6:30pm

Location: Clyde Iron Works, Banquet Room (2920 West Michigan Street, Duluth, MN 55806)



Registration: RSVP to reserve your spot now by scanning here



This event is limited to 30 people, so register now if you are interested.

Questions: If you have questions, contact Karel Hedstrom at khedstrom@arcnorthland.org or 218-355-0680

Event Access: Location is fully accessible. Accessible Parking available in "Event Center" parking lot off 29th Avenue West.

*Elevator located to the right of the entrance and stairs are located to the left of the entrance.

Your Hosts:



Dragons Unlimited Competed at the Lake Superior Dragon Boat Festival

For a second year, employees from CHOICE, unlimited participated in the Lake Superior Dragon Boat Festival in August. This fun family event is a fundraiser for Superior Rotary, Skyline Rotary and 23rd Veteran. Our team, Dragons Unlimited, competed with 42 other teams. Our logo was created by artist, Jayson Knutson, and was admired by many! The team, comprised of employees along with family and friends, had a great time and raised \$770.00 for the 23rd Veteran! We are already making plans to compete next year!



Pop-up Café - a Dining Pleasure

On August 23rd, 2024, Sean R. and Matt C. cooked up a storm serving 30 people at CHOICE, unlimited's first Pop-up Cafe at the West Duluth American Legion. Matt and Sean said they missed the cooking class our agency held during the pandemic. They wanted to prepare a meal and share it family and friends. The idea for a Pop-up Café was the brainchild of Jackie Nelson, Program Director with our agency. The menu consisted of Grilled Chicken Caesar Wraps, Pasta Salad, and Pineapple Upside Down Cake for dessert. This event was a great success, and everyone enjoyed the meal. To top it off, newscaster Robb Coles from *Northern News Now* covered the story which appeared that evening on Channel 6 News. [Check out the Northland News story here.](#)

The second Pop-up café was held on September 26th and featured Beef Stew, Corn Bread and Biscuits with a cinnamon butter glaze and Apple Pie Bars for dessert! Our next pop-up café is planned for October 31st. Call our office for details and reservations.





Quarterly Highlights

Employee of the Quarter

Jamey has worked at Keyport in Superior for 9 years. January 15, 2025, will be his 10-year anniversary! Jamey is responsible for sanitizing all the chairs and tables in the lounge and restaurant before they open. In addition, he cleans all the beer coolers in the liquor store, dusts shelves, cleans the windows inside and out when the weather is nice, brings cardboard out to recycling when needed, and fields customer questions. When asked about his job, Jamey stated "I like my job; I do what they ask, and they like me". Adam, one of the managers stated, "Jamey always does a great job keeping the store clean". Mark Casper, the store owner, stated "Jamey is great, we don't know what we would do without him!" The annual holiday work party is always something Jamey enjoys and looks forward to as it gives him the opportunity to visit with the owners and his fellow employees. Congratulations, Jamey!



Employer of the Quarter

Keyport Liquor Store/ Lounge and Restaurant has been serving Superior for over 28 years. They now have a Duluth location at 2530 London Road. Keyport has a friendly neighborhood atmosphere. Their restaurant has affordable American food with daily specials and live music events. "Voted the Northlands #1 Liquor store 22 years in a row" they boast a wide variety of wine, liquor and beers and non-alcohol options-something for everyone.

The employment relationship between Keyport and CHOICE, unlimited began in 2008. That year Keyport also sponsored the first CHOICE, unlimited Wine Tasting Fundraising Event - *Toast the Arts- Taste the Wine*. This collaboration continued for a number of years. Thank you Keyport for your long standing commitment to inclusive hiring.



Volunteer of the Quarter

Kelsey Cady is an avid athlete, a member of the Special Olympics, and a runner. She recently ran in the Grandma's 5-K and also volunteered at the water stations to give aid to the marathon racers during their run. She volunteers with Special Olympics and Grandma's Marathon events. She spent this summer volunteering at the Wednesday night kid races through the Young Athletes Foundation. Kelsey shared that she greatly enjoys volunteering for these events because exercising is healthy for the body. She is dedicated to encouraging young athletes to do what they love and wants to help them have a positive race experience.

Thank you Kelsey for giving of your time and talent to help others!



Kelsey volunteering at Young Athletes Foundation



ARTS Program Update



Fall is here but the weather and memories of summer still linger. Summer was eventful, hot, creative and busy for participants in The ARTS Program!

The visual art classes wrapped up the summer session with classes outdoors at the Rose Garden. It was a perfect location for exploring the use of color in art. Students enjoyed the floral inspirations and sights and sounds of the bustling park. Some projects included floral studies in oil pastel, how to paint clouds with watercolor, and creating natural collaged art with found dropped leaves and flower petals. And finally, at the end of the session students used their knowledge of color theory to create their own tie-dye t-shirts, with very cool results!



Peggy in her tie-dye creation.

Acting Class has begun a new session and is developing another truly original piece of theater together. This group has chosen the setting of a coffee shop and although the location is common place, the characters, sub-plots and comedy is certainly unique. Early fall, the class will be ready to perform their original one-act for an audience.



Kenny performing his song

Dance Class continues to gather, shake it, and have fun while working on stamina, muscle memory, strength and staying funky! There continues to be an in-person and a remote option to meet the needs of interested dancers.

On Mondays and Thursdays Music Class meets to create songs from scratch and get a chance to practice and perform. This summer season, demos were held at First Covenant Church giving plenty of room for audiences and use of a great sound system. The songwriters showcased their pieces on Thursday, July 17th and Monday, August 12th. As always, songs ranged from silly to heartwarming.

Creative Writing had a wonderful summer session, trying a bit smaller class size and mixing up inspiration prompts resulting in a fresh, fun set of poems printed in the summer chapbook (available at the CHOICE, unlimited office). A poetry reading at Wussow's on Friday, August 30th capped off the session and the poets presented their work with authenticity, humor, sass, and a sense of reflection.

Performing and visual artists will be part of a celebration on October 9th at the federal courthouse in Duluth to spotlight the journey of people with developmental disabilities and their fight for civil rights through the federal courts. Along with CHOICE, unlimited artists, this event will feature local stakeholders, leaders, and allies to the disability community including Minnesota's honorable Judge Franks. Free and open to the public, we would love to have you join us.

BOLD-choice had a fun summer together- heading to The Guthrie Theatre in Minneapolis for dinner and a show- "Little Shop of Horrors" is now a cast favorite. The cast also attended local shows, had fun dancing down the street in the Pride Parade, and participating in the Season Splash Event at Wade Stadium with fellow local non-profit art organizations.

However, the focus has been gearing up all summer for their upcoming performance on Saturday, September 28th in Grand Rapids at The Reif. The mission is to bring BOLD's unique and impressive work to a new community to make connections, challenge stereotypes, and bring the house down! The Grand Rapids community has been generous in their sponsorship and friendship. Tickets available at reifcenter.org



Alex at Season Splash! 7

MINNESOTA NATURE DRAWING CLASS JOINED HIKING CLUB



This past summer, *Minnesota Nature Drawing Class* joined *Hiking Club* each Friday. Individuals were able to choose each week whether they wanted to get in a long hike or a short nature-based walk. The nature based walks included hands-on learning such as measuring earthworms, identifying wildflowers and trees, foraging for mushrooms, and so much more!



Minnesota Nature Drawing Class has recently evolved into *Nature Class* and will continue meeting each Friday throughout the fall. We have MANY fun field trips planned, including learning about bird migration at Hawk Ridge, touring the National Weather Service Station, and visiting WLSSD to learn about composting and recycling!



Autumn Recipe - Pumpkin Bars

Ingredients:

2 cups of Flour
1 ½ cups of sugar
2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons of cinnamon
¼ teaspoon salt
4 eggs
1 16 ounce can of pumpkin
1 cup of vegetable or canola oil
15x10 cookie sheet to bake bars on

Directions:

1. Preheat oven to 350 degrees.
2. Spray cookie sheet with cooking spray.
3. In a large bowl, mix the sugar, oil and eggs together.
4. Add the pumpkin and mix well.
5. Add the flour, baking powder and baking soda, salt and cinnamon and combine until well mixed.
6. Pour onto cookie sheet and bake for 25-30 minutes.
7. For the frosting-cream together cream cheese and butter. Add vanilla and mix again. Add powdered sugar and mix well until light and fluffy. Spread over cooled bars.

Frosting

6 ounces of cream cheese
½ cup soft butter (not margarine)
2 teaspoons of vanilla
4 ½ cups of powdered sugar



Health and Wellness Update

Summer season brought with it outdoor classes and healthy summer snacks. Hiking Club met at trails around the Twin Ports to take advantage of the beautiful weather and scenery and some of their hikes combined with the Wild MN Nature Drawing class for a fun group experience.

Our Seated Stretch and Strengthen class recently moved to First Covenant Church, and we appreciate the large space for our growing class! We are also scheduling some integrated chair exercise classes with the North Pointe Resource Center and we're excited about that partnership.

The Healthy Lunch Bunch enjoyed trying no-bake energy snacks made with oatmeal, peanut butter, honey, dark chocolate chips, and flaxseed meal. The group learned how to make healthy choices at community events and food trucks and how to make the most of seasonal foods.

In July, our intern Anna Tennis wrapped her session of *Feel Good Food* where participants learned how to eat mindfully, strategically, and enjoy the food they love.



In September, the Health and Wellness Program offered a nutrition Pop-up class called *Eating the Rainbow*, which taught how to eat a balanced diet with a variety of fruits and vegetables. Two more fall pop-up classes will offer fitness opportunities. We look forward to a fun and healthy fall!

Hobby Hub



Exercising with a smile!

Liza McCoshen is a very busy individual! Her hobby is physical fitness. When she is not working, she enjoys many sports and outdoor activities. She enjoys biking, kayaking, and skiing. More recently, she spends her free time going to the YMCA to swim twice a week and participate in an aerobics class three times a week. She enjoys horseback riding at North Country Ride, and participates in Special Olympics Gymnastics every spring. Liza also enjoys spending time with her family, painting, and taking her dogs for walks. Liza, you are a true inspiration for getting out there and staying active!



Liza enjoying a kayaking trip

We're
HIRING



Employment Specialist/Job Coach

Full and Part time entry-level openings starting at \$17.25 per hour.

Benefits Available Include

- Health, Dental, and additional voluntary benefits
- PTO-ESST, HSA, 403(b) Retirement Plan
- Mileage is reimbursed
- Wage differentials for evening and weekend shifts

Interested in learning more about our open positions?

**Call Terrie Whitesel, Human Resource Manager, for more information at
218-724-5869 or apply at www.choiceunlimited.org**



When we caught up with our Fashionista she was looking the part of autumn cool girl esthetic. She was sporting a black leather moto jacket, black jeans with short boots. She had dyed her hair the perfect fall hue of a deep red burgundy and had her dark lined eyes and lipstick that complemented her hair.

As the days start to cool down, April starts to dress in layers-she loves to feel cozy and look sharp. She had recently just strolled a Fall Fest this past weekend and donned jeans and a pretty sweater as she sipped a warm drink and looked at craft booths.

She was anticipating having to move some social activities indoors and was looking forward to going out to eat and bowling. Although she said she would wait a bit until she went full spooky season, she did know she would be leaning toward a cute costume (rather than sassy or scary). Whatever she chooses we know she will be flaunting it fabulously.





Fall Remote Class Schedule



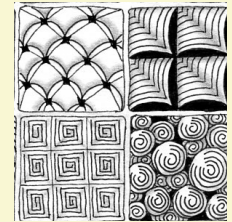
Book Club - Wednesdays 8:30am - Listen to famous literary works. Discussion about the books' happenings included before and after the listening session.



Coffee Club - Thursdays 10am - In coffee club, we get together with our morning beverage of choice to visit and enjoy each others company.

Dance - Wednesdays 11am - Weekly dance instruction, exercise and social connection that allows students an opportunity to move their body, get exercise, and see fellow students.

Mindfulness Through Zentangle- Thursdays 9am - A class designed to teach participants to tune into their thoughts and use the Zentangle method tools to increase focus, happiness, and peace.



Music- Wednesdays 10am - Weekly music exploration and instruction. Drawing out and honing natural strengths-instrumentation, voice, rhythm and lyric work.

Something to Smile About- Tuesdays 10:30 am - This class showcases heartwarming and inspiring stories from around the world, guaranteed to lift your spirits and bring a smile to your face. Each session highlights acts of kindness, courage, and triumph, and a little laughter reminding us of the incredible good in the world.

Studio Art- Tuesdays, Wednesdays at 2:00 pm, A creative social hour to spend time working on personal creative projects such as drawing, painting, knitting, or other projects.



Art Club – Fridays at 1:00 pm—An opportunity for artists to gather and work on art, share their latest project, and talk about art and art happenings scheduled throughout the community.

Sweatin' to the Oldies- Tuesdays 9am - Exercise class set to fun music.



****If you are interested in participating in remote classes, call Karen Wright at 218-724-5869 for more information.**

**We would like to recognize and extend our appreciation to the
Community Employers with whom we partner!**

310 Pub
Animal Allies
Barkers Island Inn
Bayshore Health Center
Bent Paddle Brewing Company
Dicks Sporting Goods
Duluth Art Institute
Duluth Parks and Recreation
Duluth Running Co.
Ecuman Lakeshore
Enger Park Golf Course
First Lutheran Church
First United Methodist Church
****Five Below**
Gordy's Gift and Garden
Grandma's Marathon
Hampton Inn Duluth
Hampton Inn Superior
Holiday Inn Express-Superior
Holiday Inn Express-Duluth
Home Depot
ISD 709
JCPenney
Johnson's Bakery
Keyport Liquor

****Kohl's**
McDonald's Hermantown
Men as Peacemakers
Mexico Lindo
****Michaels**
Mount Royal Fine Foods
New Horizon Foods
**Northwest Wisconsin Community
Services Agency**
Northwood Children's Services Main
Northwood Children's Services West
Old Chicago
Old World Meats
Perkins West
REM Arrowhead-Sevita
Salem Lutheran Church
Slumberland
St. Mary's Catholic Church—Silver Bay
Super One Foods Kenwood
Super One Foods Miller Hill
****TJ Maxx**
Twin Ports Dog Training Club
Walmart Hermantown
Wild State Cider

**** Denotes a new Employer Partner this quarter.**



CHOICE
unlimited

Vision

CHOICE, unlimited envisions a vibrant community that empowers individuals with disabilities and fosters a culture of inclusiveness.

Mission

CHOICE, unlimited creates and enhances opportunities for individuals with disabilities within local communities.