



CHOICE unlimited

Work · Create · Connect

Welcome Fall – Welcome To Our New Home!

As autumn settles in and the air turns crisp, we’re excited to share that we’ve officially moved into our new home at 500 East 10th Street, Suite 300! The past few months have been a whirlwind of purging, packing, cleaning, organizing—and all while keeping our day-to-day operations running smoothly.

It’s been a busy time, but an incredibly rewarding one. Now, our focus shifts to completing the final touches on construction and remodeling, unpacking, and settling into our new space. We anticipate everything will be fully finished by the end of November, and we’re looking forward to celebrating with you soon.

While our office is still under construction, we will work remotely. We will open our space in phases as areas are completed. As of 10/20 our reception area will be finished and a few key staff members will move into their offices. The rest of the building will remain closed to allow construction projects to move along without interruption.

I am looking forward to sending invitations to our open house which will be a few months in the future. In the meantime, enjoy this sneak peek of our main entrance!

-Kristie Buchman, *Executive Director*



Fall Quarterly Newsletter

Volume 30
Issue 3

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Upcoming Events! Please Mark Your Calendars!

JOIN US FOR OUR 4TH Speed Friending Event!

MEET NEW PEOPLE, MAKE CONNECTIONS, HAVE FUN!

Looking to meet new friends and expand your social circle? Speed Friending is designed to help people quickly meet and connect. It is like speed dating but focuses on making lasting friendships.

Join us for this fun and inclusive event tailored for adults with disabilities. This event will be Halloween themed, costumes are encouraged but not required!



**THIS EVENT IS LIMITED TO 30 PEOPLE
REGISTER NOW TO RESERVE YOUR SPOT!**

Registration: [Register HERE](#)

When: Tuesday, October 28th, 2025

Time: 4:45PM-6:00PM ***Doors Open at 4:30**

Location: [Comfort Inn & Suites West
3900 W Superior Street, Duluth MN, 55807](#)

Questions: Contact Karel Hedstrom at khedstrom@arcnorthland.org or 218-355-0680

Or Scan the QR Code



OCT 11 - NOV 2 AT THE ST LOUIS COUNTY DEPOT

Saturday the 11th Ball from 6 - 9 PM

Oct 11 Featuring macabre music, eerie activities, haunted art gallery opening and other spooky activities. Conjure up something scary to wear, summon your friends and family and join in celebration of all things North Shorror!

Oct 11 - Nov 2 Haunted Art Gallery open 10-5 everyday

Oct 29 Science of Hitchcock
With Kelly Florence, co-author of "The Science of..." series and Travels of Terror.

i Keep an eye on other *NorthShorror!* events on social media!

NORTH SHORROR! 2025

Follow
North Shorror!
for more info
on events



This activity is made possible in part by the voters of Minnesota through a grant from the Arrowhead Regional Arts Council, thanks to appropriations from Minnesota State Legislature's General Fund.

We Appreciate Our Employees!

In recognition of **Direct Support Professionals Week** (September 8th through the 12th) we hosted a Coffee, Muffin and Donut gathering on Monday, September 8th to start everyone's morning out with a delicious treat! Later in the week, employees were invited to participate in the "Wheel of Fun" by stopping at the office to spin for a prize. Prizes included gift cards to local coffee shops and restaurants. In addition lucky employees could win one of several themed gift baskets including "Chocolate Lovers", "Bakers Basket", "Tea Basket", "Coffee Lovers", and an "Office Organizers Basket". Employees also had the chance to win Super One Gift Cards, Kwik Trip Gas Cards, and two free entries to our 2025 Hike for Health Fundraising event and two event t-shirts!

**Thank you to our Employment Specialists
and Program Support Specialists
for the work you do each and every day!**

Winners from the Wheel of Fun!



Coffee, Donut and Muffin Gathering





Quarterly Highlights

Employee of the Quarter

We are pleased to celebrate Nicki Dietman as our Employee of the Quarter! For over a year Nicki has worked at Northwood Children's Services at their main campus. She primarily works the breakfast shift and occasionally lends her talents to the lunch crew as well. Nicki is a dedicated employee who handles her responsibilities with confidence and takes pride in a job well done. Her direct supervisor, Cheri, shares: "Nicki is a hard worker. She always comes to work on time and is pleasant to work with. Nicki jokes around a lot and often says "Cheri is my favorite." The kitchen staff wholeheartedly agree: Nicki is not only one of the hardest workers, but also one of the most enjoyable people to work with. Her cheerful spirit and commitment to excellence make her a true asset to their team.



Nicki jumping in at her job at Northwood Children's Services

Congratulations on a job well done, Nicki!

Employer of the Quarter

For over twenty years, we've had the privilege of working closely with Northwood Children's Services across both Duluth campuses. Their unwavering commitment to children with severe emotional, behavioral, and learning challenges continues to inspire us.

Founded in 1883, Northwood is Minnesota's oldest and largest organization of its kind. As a private, nonprofit agency, they offer a full continuum of mental health treatment programs led by highly trained and compassionate staff. Their mission is clear: to build brighter futures for children and families through integrated, holistic care. Northwood's legacy of service dates back to the days of the Ladies Relief Society, evolving over generations to meet the changing needs of the community. Today, their values remain rooted in excellence, inclusion, and putting children first. They foster a safe, nurturing environment where every child is supported in becoming their best self.



We are proud to recognize Northwood Children's Services as our Employer of the Quarter—and even prouder to stand beside them in their vital work.



Quarterly Highlights (continued)

Volunteer of the Quarter—The many faces of Hank!



It is officially fall, and Halloween is just around the corner. There are many fun and festive events to look forward to in our city this time of year, from family-friendly activities to spine-chilling thrills, the city offers something for everyone throughout the month of October. One standout event is the Haunted Ship aboard the William A. Irvin, celebrating its 30th anniversary this year. This iconic attraction has become a beloved tradition, drawing thrill-seekers from all over the region.



Among the dedicated volunteers is Hank Batjes, who has been part of the Haunted Ship experience for the past nine years and is our Volunteer of the Quarter! Hank shares, “What I love most is that they’re like family there. I get to dress up, scare people, and just have fun.” Hank’s journey began when a fellow actor from the CHOICE, unlimited acting class mentioned the Haunted Ship. Intrigued, he looked it up online, signed up to volunteer—and hasn’t missed a season since.



Each year, Hank transforms into terrifying characters with the help of talented makeup artists and prosthetics, tailored to the ship’s annual theme. His commitment is unwavering: he volunteers every weekend leading up to Halloween night. If you're looking for the perfect blend of spooky and fun, Haunted Ship tours begin Friday, October 3rd, and run every Thursday, Friday, and Saturday through Halloween.



Don't miss your chance to climb aboard... if you dare!

What's Cooking?

Apple Crisp Pizza

Ingredients:

- 1 Pillsbury Pie Crust from the refrigerator section.
Not a frozen pie crust.
- 4 medium to large granny smith apples- peeled and sliced thinly
- 2/3 cup white sugar
- 1/3 cup brown sugar
- 3 Tablespoons of flour
- 1/2 cup flour for topping
- 1/3 cup of oatmeal
- 1/2 stick of butter-softened
- 2 teaspoons of cinnamon
- Vanilla ice cream or Cool Whip for serving



Directions:

1. Heat oven to 350 degrees
2. Set pie crust out to warm.
3. Peel and slice apples VERY thinly
4. Mix white sugar, 3 tablespoons of flour and 1 teaspoon of cinnamon. Add apples and mix until apples are coated.
5. Place crust on a large pizza pan or baking sheet and roll it larger to fit the pan. Crimp edges of the crust.
6. Place apples in a single layer-overlapping slightly-on crust covering the whole crust.
8. Mix together 1/2 cup of flour, 1/3 cup of brown sugar, 1/3 cup of oatmeal, 1 teaspoon of cinnamon and soft butter. Sprinkle over apples.
9. Bake 30-40 minutes until apples are tender.
10. Cut into wedges and serve warm with cool whip or vanilla ice cream.

ARTS Program Update



Ken in Art Class

Fall signifies the ending of something- but this year's goodbye to summer has been beautiful! Sounds of rustling and crunching leaves, sights of vivid tree foliage, scents of leaves piling up and composting, the smooth feel of pumpkins, and of course, the taste of autumnal warm drinks-fall hits all the senses and artists soak it up!

Creative Writing Class has been squirreling away in their library den every Friday afternoon, putting ideas to paper. The class has a Poetry Reading at Wussow's on Friday, November 7th at 3:15pm. Come grab a cozy drink and listen their latest incantations.

Our two in-person Music Classes concluded their most recent session with demonstrations of new work, both at Peace Church, our generous community partner. Thursday Music Class had their Demo Thursday, September 25th. There was a big turn out and the songs had the audience laughing, smiling and bopping their heads along. Tunes about creepy towns, engagement rings, confidence, family roots and white tigers were included. Truly unique and a way to highlight each person's point of view.

Monday's Demo was held on Monday, September 29th- a nice mix of brand-new and long-time students. Original songs included a story of a legend named Red Shoes, Bulldogs football, Wicked, finding humor in life, the simple joy of popcorn and flying unicorns.

Acting Class has been swept to the high seas during their Thursday Class- bringing new life to the world of piracy! They have it all: a Captain, a first mate, a bunch of scallywags, a suspected stowaway and mermaids! Every character has their own agenda but can't reveal too much or they will be forced to walk the plank! A performance of the one-act will be in November- so keep your ear to a conch shell for more information.



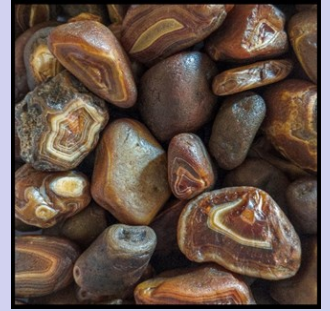
Sean belting it out at the Music Demo

Visual arts classes wrapped up the summer session with a fun reception at Wussow's at the end of July. The "Going to the Dogs" art pop up featured dog themed artwork that was sold by participating artists to raise money for the Carlton County Animal Rescue. Artists were excited to talk with the rescue team and learn more about the dogs they featured in their artworks, and many were delighted to learn about successful new homes for the furry subjects! A new session began at the end of July, with an art history theme. Artists learned about Claude Monet and impressionism, making their own water gardens come to life in water-soluble oil pastel. Next they learned about Paul Klee and expressionist art, testing their versions of some famous works and creating their own new pieces in oil pastel. Class took a spooky turn in September, when it was time to plan for the annual North Shorror exhibit at the Depot up October 11th - November 2nd. Look forward to seeing some chilling collaborative work if you dare!

BOLD-choice continues to work hard creating their latest show - a soap-opera style melodrama. The actors are exploring all sorts of sticky situations and deplorable adversaries and loving every minute of it! While in creation for a new show, a process that takes over a year, BOLD-choice likes to be visible and connect with the community. On Saturday, October 11th, cast members are participating in the North Shorror Ball, a spooky event at the Depot, to ring in the season (check out page 2 of our newsletter for more details). They will perform interactive experiences with attendees-daring folks to "stare if you dare"! Make it a new Halloween tradition and come see what it's all about-boo!

Hobby Hub—Hunting for Agates!

Weather permitting, there is good chance that you will find Adam walking along the Lake Superior shoreline hunting for agates. He is happy when a storm has moved through to churn up the lakeshore and uncover new treasures! He reports that it is better to look for agates in the spring and fall months, because that is when the best storms happen. He likes to share his agate picking passion with everyone he spends time with. It's not

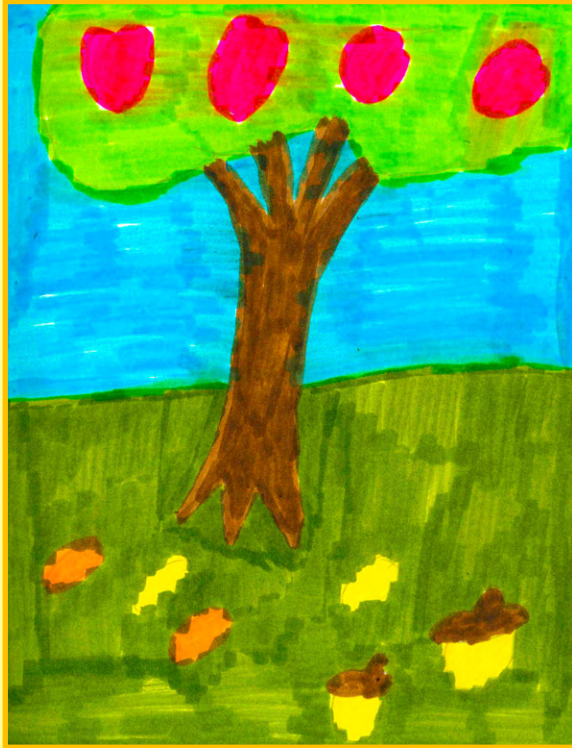


A small portion of Adam's collection



Whether it is sunny or cloudy, Adam loves the Lake Superior Shoreline for agate picking!

uncommon for Adam to have a bag or two of agates with him throughout the day. When Adam meets people for the first time he will often share his enthusiasm for agate hunting and the prime spots to go picking. No agate is too big or small, he likes them all and appreciates their unique beauty. Adam's dad supports his hobby by storing his collections, currently weighing in at about 50 pounds. Rock on Adam, and thanks for sharing your passion for agate collecting with us!



Fall Art by Kevin Ressie

Health and Wellness Program Update

With wonderful weather, the Hiking club continued to enjoy guided hikes throughout the summer and early fall, exploring trails around the Twin Ports. The hiking group coordinated with the Minnesota Nature Art class, and walked in the same location. Many of the Hiking Club walkers participated in the Hike for Health, helping us to raise funds for our Health and Wellness Program.

We had our final summer popup class in late July where people had a chance to try Tai Chi class led by the class members. The class was held at the Grant Recreation Center park, and it was a great way for people to find out what Tai Chi class is all about. Additional Fall popup classes will include a dance aerobics workout and cardio kickboxing!

The Healthy Lunch Bunch class learned how to make healthy beverages and sampled delicious alternatives to soda including prebiotic beverages and sparkling waters. Over the summer they also sampled fresh watermelon and job coach Kiera's delicious watermelon salsa!

On July 29th, the Whole Foods Co-op taught a cooking class on making spring rolls. Ingredients included marinated tofu, carrots, cabbage, bell peppers and avocado. They also made a wonderful accompanying sauce with spicy and mild options. Everyone had a chance to roll their own spring roll!



Healthy Lunch Bunch learns the art of spring rolling at The Whole Foods Coop

Thank you to Whole Foods for loyally supporting our Health and Wellness Program.

Hike for Health 2025: On the Path for Wellness

Our 13th Annual Hike for Health event took place on a beautiful fall evening, September 17th, at Hartley Nature Center. This year's Hike was our first fall event, moved from June to September due to the impending move to our new building. We had a great turnout of hikers and raised over \$4,500! The event included a long and short hike, vendor tables, a display from the Healthy Lunch Bunch Class, a silent auction, and performances from Summit Martial Arts, North Shore Ballroom, and our CHOICE, unlimited Tai Chi students. The Fox 21 news crew stopped by and aired a story highlighting our event. [Click here to see that coverage.](#)



This year was our first Silent Auction, and we are thankful to everyone who donated items.

Donors include North Shore Ballroom, Whole Foods Co-op, Teresa Joyal, Grandma's Marathon, and the Incline Station Bowling Center. We also had great door prizes for the hikers donated by Wussow's Concert Café, Gordy's Gift and Garden Center, Jackie Nelson, and Summit Martial Arts. Our event could not have been possible without the generous support of our major donors including: Brown & Brown, Moose Club of Two Harbors, Esterbrooks, North Shore Ballroom, Summit Martial Arts, and Citon.



Celebrating National Disability Employment Awareness This Month

Every October we celebrate National Disability Employment Awareness Month (NDEAM). The U.S. Department of Labor's Office of Disability Employment Policy (ODEP) leads the initiative and selects the annual theme, which focuses on a specific aspect of disability employment. Their overall goal is to educate the public about disability employment issues and to celebrate the achievements of America's workers with disabilities.



The month highlights the need for inclusive policies, accessible workplaces, and equal opportunities in employment, ensuring people with disabilities can contribute their talents to the nation's economy. Employers are urged to implement disability inclusion programs, train supervisors on disability awareness, review existing policies, and consider establishing employee resource groups. Everyone is encouraged to become educated about disability history and employment rights, display the NDEAM poster, and support businesses that champion inclusive hiring practices. Companies that invest in disability inclusion often see increased financial performance, stronger employee morale, and better employee retention. By fostering a strong workforce where every person is recognized for their abilities, NDEAM promotes a diverse, equitable, and productive society.



Autumn started off very warm and misty days made for premium mushroom sightings - when our fashionista visited wearing a white peasant top and flirty white skirt, both with great texture and a pair of green bike shorts- she embodied a cute and frilly fungus feel!

It brought us to the subject of Halloween costumes using items already in your closet; like any great get-up, it's all about the accessories! A black dress? Add a cute hat and boots, grab your broom and poof! You're a witch! Red dress- add a hooded cape or shawl, get a basket and keep your eye out for sneaky wolves.

Got a pair of overalls or a pair of worn jeans? Add a flannel and straw hat and you're a dandy farmer- extra credit if you carry some produce with you for the day. Finally, if you have warm fuzzy brown clothing, make some ears and a little collar and you become an adorable pup.

Ms. Fashionista is on the hunt for a pink confection of a dress to be transformed into Glinda the Good Witch; she said she will need a wand as well of course! Sale racks and secondhand shops can be a great place to find costume ideas. Halloween can be a fun excuse to dress outlandishly but let yourself be clothing creative like our resident fashionista all year long!





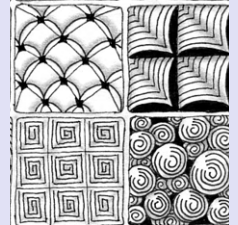
Fall Remote Class Schedule



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 D. 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
Anderson's Greenhouse and Florist
Animal Allies
Barkers Island Inn
Bayshore Health Center
Bent Paddle Brewing Company
Builders Saloon
Dicks Sporting Goods
Duluth Art Institute
Duluth Parks and Recreation
Duluth Running Co.
Essentia Health
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
Home Depot
Hydrosolutions
ISD 709
JCPenney
Johnson's Bakery
Keyport Liquor**

**Kidz Kollege Learning Center
Kohl's
McDonald's-Hermantown
Men as Peacemakers
Mexico Lindo
Michaels
Mount Royal Fine Foods
Northwest Wisconsin Community
Services Agency
Northwood Children's Services-Main
Northwood Children's Services-West
Old Chicago
Old World Meats
Perkins -West
Progressive Care-Mt. Royal Pines
Ravin Crossbows
REM Arrowhead-Sevita
Salem Lutheran Church
Slumberland Furniture
St. Mary's Catholic Church-Silver Bay
Super One Foods-Kenwood
Super One Foods-Miller Hill
TJ Maxx
Twin Ports Dog Training Club
**United Protestant Church
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.