



CHOICE unlimited

Work · Create · Connect

Happy Summer Everyone!

Summer is here and we have many plans in the works! We are eagerly anticipating our CARF survey which is scheduled for the end of July. This will be our 10th review with CARF and we look forward to learning from the survey team and showing them the variety of services we offer.

We held our annual Hike for Health fundraising event on June 26th which raised money to support our Health and Wellness program. This is our twelfth year holding this event and it was our most successful thus far! We raised over \$7,500.00! Funds raised will be used to purchase memberships to the YMCA and Essentia Fitness, and support various health and nutrition classes.

Our ARTS program has several upcoming events and shows throughout the summer, so please check out page seven for more details. BOLD-choice is touring their latest show, *Sundown on the Jasper County Jewel* with performances planned later in the year in Grand Rapids and Grand Marais!

As an organization we are planning more volunteer opportunities to participate in during the summer. We had several people volunteer at Grandmas Marathon helping at water stations, ticket sales, and the spaghetti dinner. What a great community event! We are already looking forward to next year! In August we are planning to volunteer at the Dragon Boat Festival in Superior Wisconsin. Proceeds from this event will benefit *23rd Veteran*.

Summer is short here in the Northland so I hope you enjoy it and are able to participate in all our community has to offer.

~ Kristie Buchman, Executive Director

Summer Quarterly Newsletter

Volume 29

Issue 2

Summer Greetings from the Executive Director CARF Coming Soon!	1
Meet our New Board Member Caravan for Disability Freedom and Justice	2
Thank You Donors!	3
Hike for Health	4
Quarterly Highlights	5
Here's What's Cooking This Summer Focus Groups	6
ARTS Program Update	7
Thank you Lloyd K. Johnson Foundation and The Minnesota State Arts Board !	8
Hobby Hub	9
Volunteering for Grandma's Marathon	
Health and Wellness Update	10
We Are Hiring!	11
The Frugal Fashionista	
Remote Summer Classes	12
Thank you Employer Partners!	13

CARF Coming Soon!



We are excited to share that a Survey Team from CARF International will review our organization for accreditation on Monday July 29th through Wednesday July 31st! Through accreditation, CARF assists service providers in improving the quality of their services, demonstrating value, and meeting internationally recognized organizational and program standards.

Meet Our New Board Member!



Sophie Brau is a medical student at the University of Minnesota Duluth. Sophie initially connected with our organization by joining our Hike for Health Committee which organizes our annual fundraising event for our Health and Wellness program. This seemed to be a perfect volunteer role for her based on her education and medical training. She joined our Executive Board of Directors in April of this year. She has a passion for giving back to local groups that truly care about their work and the people they serve. She wants to help make our community a more enriching place for everyone because she plans to

settle down here in the near future. She is hoping to contribute to our Executive Board of Directors and our organization by bringing a new perspective to the group. As a Board member, Sophie looks forward to participating in our organization's future and making an impact year-round.



Sophie at our Hike for Health offering blood pressure checks to participants

The Caravan for Disability Freedom and Justice

We are excited to share that the Caravan for Disability Freedom and Justice will visit the Twin Ports in July. With a mission to build community, raise awareness on disabilities, promote accessibility and inclusivity in public spaces and services, and provide resources and support for individuals with disabilities and their families. The caravan will arrive on Monday, July 15, 2024, and will be stationed at Center City Park in Superior from 11am to 2pm. During its stay, the bus will offer:



- Interactive exhibits showcasing adaptive technologies and tools.
- Information sessions on disability rights, accessible transportation, and community resources.
- Opportunities for community members to engage with advocates and experts in the field.
- Voter engagement and voter resources including the opportunity to register to vote.



We encourage all residents, businesses, and community organizations to participate in this important event. Your involvement will help foster a more inclusive environment and demonstrate our commitment to accessibility for all. To ensure the success of the Caravan for Disability Freedom and Justice event, we kindly request your support in spreading the word about this event among your networks.

The arrival of the Caravan for Disability Freedom and Justice presents a valuable opportunity for our cities to come together in support of individuals with disabilities. By working together, we can create more accessible and welcoming communities for all! To find out more about the Caravan for Disability Justice and Freedom, go to <https://thedisabilitycaravan.com/>

Thank you donors!

A special thank you to the generous people and businesses who donated to our organization during the last fiscal year (July 1, 2023 through June 30, 2024). Your contributions and gifts to our organization are highly valued and appreciated!

Individual Donors

Barbara Ahlberg
Steve Anthony
David Ashbach
Robin Brown
Kristie & Daniel Buchman
Kelsey Cady
Jeannine A. Churchill
Craig Coffey
Dee Dressler
Kelly & Jody Faughnan
Ann Forsman
Debbie Freedman
Sandy & Scott Goode
Wanda Grew-Jasken
Adele Hartwick
Michele Harrington
Alex & Susan Hautajarvi
Karen Hennis
Tom Houghtaling
Marcia Jenkins
Amy Johnson
Louwanna Johnson
Marge Johnson
Carolyn & John King
Danny Klotz
Kim Klotz

Robert Knighton
Carrie Kopischke
Emmy Kostecki
Becky Lambert
Nancy & Douglas Lane
Aaron Latto
Susan Latto
Benjamin Luoma
Jackie Nelson
Rick Nelson
Keira & Oliver Norwyn
Amber & Jim Novak
Sara Olson & Andy Solin
Susan Rasmussen
Mark Reed
Pam Reitan
Lizette Roebke
Michelle Rowley
Aiden Rusk
Karen Schmidt
Peggy Shelton
Derek Siegle
Ryann Signorelli
Judith & Ronald Stingle
Mary Streufert
Gracia Swensen

Scott Swift
DeeAnn Trotta
Terrie Whitesel
Lynn Wilcox
Georgette & Tom Wondolkowski
Peggy Zahorik
Many Anonymous Donors

Business Donors

Brown & Brown
Citon
Enbridge Inc
Esterbrook
Global Village
MN Power Employee Credit Union
Olga B Hart Education Foundation
State Farm Insurance
Rotary Club of Superior
Twin Ports Spay / Neuter
Two Harbors Moose Lodge #1463
Voyager Bus Company
Swift's Leadership Martial Arts
North Shore Ballroom
Essentia Health


FOR YOUR DONATION

Our 12th Annual Hike for Health was a big success!

Thank you to everyone who came out to hike with us at Hartley Nature Center on Wednesday June 26, 2024! With your generous support and donations we raised over \$7,500 for our Health and Wellness program!



Employee of the Quarter

CHOICE, unlimited takes pride in connecting talented individuals with meaningful employment opportunities. One of our success stories involves Robbie Hagberg, a dedicated employee at Old World Meats since March 2011. Robbie's journey with Old World Meats began over a decade ago, and his commitment to his job has been unwavering. His role is crucial to the business. His dedication to maintaining a clean and safe work environment creates a welcoming atmosphere for customers. The spotless store is a testament to Robbie's hard work and attention to detail, making a positive impact on everyone who walks through the doors.



Old World Meats' commitment to providing opportunities for local talent like Robbie highlights the importance of community partnerships in fostering inclusive and supportive work environments. Robbie Hagberg is a shining example of how dedication and hard work can benefit both the employee and the employer. We are proud to celebrate his achievements as a vital member of the Old World Meats Family!

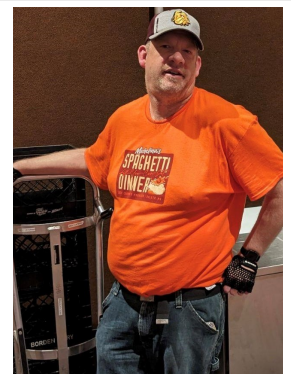
Employer of the Quarter—Old World Meats

CHOICE, unlimited is thrilled to recognize Old World Meats as our Employer of the Quarter. Their dedication to quality, tradition, and community makes them an exemplary partner. Old World Meats' story began with Frank Wrazidlo, who left Czarno Wang, Germany in 1928 carrying his family's cherished meat recipes to America. After passing through Ellis Island, he settled in Duluth, Minnesota and opened Frank's Quality Meats in 1951. His sons, Richard and Leonard, continued the family business, building a reputation for quality and trust. Today, Frank's grandson, Paul, continues this legacy with Wrazidlo's Old World Meats. Upholding old world methods, Paul ensures every product is prepared with care. Their offerings, including Certified Angus beef and all-natural pork and poultry, are USDA federally inspected, providing customers with wholesome and safe meats. Their dedication to quality extends beyond their products to their role as a community partner with CHOICE, unlimited.



Volunteer of the Quarter

Shawn Stanich is an active member of our community who is passionate about giving back. Shawn dedicates his time and energy to a variety of volunteering efforts, making a difference at Duluth events. For several years Shawn has been a regular volunteer at the DECC working during hockey games and, more recently, arena football with the Duluth Harbor Monsters. Shawn just completed a long-haul day of volunteering for the Grandma's Marathon Spaghetti Dinner. When asked what he likes to do during his volunteer shifts, he responds with a smile, "whatever they need me to do, I'll do it." He also thoroughly enjoys working at Bentleyville around the holidays and says it is his favorite event of the year. "I do the campfires, popcorn, hot cocoa, marshmallows... everything!" Additionally, during the holidays you will also see Shawn ringing the bells for Salvation Army! His job coach, Josh, assists Shawn during his volunteer shifts. They make a great team, sometimes working events well into the evening and on weekends.



Shawn encourages others to volunteer at the DECC, specifically because "it is a great opportunity, they can train you, they are friendly, and you'll get your picture taken." Shawn is looking forward to helping out at the annual Taco Fest! Thank you Shawn for volunteering your time and talents to help our community!

Here's What's Cooking this Summer!

Easy Strawberry Pie

Ingredients:

- 1 box Pillsbury™ refrigerated pie crusts
- 6 cups of fresh strawberries
- 1 cup sugar
- 3 tablespoons cornstarch
- ½ cup water
- 1-8 ounce container of cool whip lite

Directions:

1. Heat oven to 450°F.
2. Bake pie crust as directed on box for One-Crust Baked Shell, using 9-inch glass pie plate. Cool completely on cooling rack, about 15 minutes.
2. Meanwhile, in small bowl, crush enough strawberries to make 1 cup. In 2-quart saucepan, mix sugar and cornstarch; stir in crushed strawberries and water. Cook, stirring constantly, until mixture boils and thickens. If desired, stir in food color. Cool completely, about 30 minutes.
3. Place remaining strawberries, whole or sliced, in cooled baked shell. Pour cooked strawberry mixture evenly over the berries. Refrigerate until set, about 3 hours, before serving.



Focus Groups 2024!



We are in the process of collecting valuable input from the people we serve in order to help form the framework of our new Strategic Plan. Earlier this year surveys were conducted with the people we serve to gather information regarding their satisfaction with our services. Based on the information gathered from the survey process, questions were created to dive deeper within a focus group setting. In total, three groups will meet to provide feedback and brainstorm ideas regarding their interests in future services. The first focus group met on July 1st and two more are planned for July 9th and July 11th. DeeAnn Trotta and Anna Tennis (pictured to the left) are facilitating the process.

ARTS Program Update

Every season is busy for the ARTS Program- and summer is no exception! BOLD-choice has begun recording their album of original songs from the musical "Sundown on the Jasper County Jewel"! Look for upcoming details about an album release and party! BOLD-choice performed at the Depot Theater for a show for St. Louis County workers and partners. It had been six months since a full audience had seen a performance and the actors loved being back! **BOLD-choice will be heading to Grand Rapids on Saturday September 28th to perform at the Reif Performing Arts Center**, invited by our friends at Itasca Life Options and supported through a grant from The Arrowhead Regional Arts Council. We hope to reach a whole new group of audience members and give current fans an excuse for a beautiful fall drive up north.



Toby, Rob, Jason & Grace



Roxanne with her Veggie Art

Visual Arts Classes have been creating unique and beautifully original work centered around themes and lessons. Students created mandalas-geometric designs, often in a circular pattern that comes from Hindu and Buddhist cultures, on old vinyl records (don't worry collectors-they were scratched). The result was a cool modern twist on an ancient practice. The classes had community art showing the month of June at the Hillside Co-op-a fruit and veggie study and arts vocation participants showed at the Superior Public Library. July has the artists showcasing portrait work inspired by Gustav Klimt and cut paper art inspired by Henri Matisse at Wussow's Concert Café. **A Closing Reception will be held at the café on Thursday, July 25th from 3-4 pm.** Summer session has the students creating in the great outdoors, meeting at local parks to use their observation skills for details and landscape work.

Creative Writing had their Spring Poetry Reading on April 19th. Once again, Wussow's Concert Café, our generous community partner held the showcase on their stage. Each session concludes with a reading of new work and a poetry chapbook for purchase. A summer session is underway and is focusing on a smaller group with some varied approaches for motivation and creativity. Classes have been held in both the Depot and the Duluth Public Library.

Acting Class performed their most recent one act on Thursday, June 13th on the Depot Theatre Stage. "Spare Me" was an all-American bowling alley story...with a macabre twist! You never know what 10 individuals will collectively come up with, and this play was no different. A bit of family loyalty, arrogant professionals, temperance, a hired cowboy, new romance, a birthday party, and poison rounded out the drama! A new session has begun with nearly a whole new group of individuals that will be certain to create a plotline like no other.



Adam and Dane en plein air

Thursday Music Class has been working on new material for months and are ready to show it off! A demo of their work will be **Thursday, July 18th at 1:30** at First Covenant Church (2101 W 2nd Street). The event is free and open to the public. Come listen to the never before heard songs and raps the students have created. Monday Music Class started a new session after their Spring performance and are working on a new set of songs to present later this summer.

Exciting news for one of our artists: **Josh the Rapper has a debut album dropping on July 16th**. A Celebration and presentation of his work will be held at Wussow's Concert Café the evening of the 16th at 6:00pm with special guest Kenneth Gregory (a former BOLD-choice actor even!). Josh has been working with his producer (our music instructor Toby Churchill), to make his dreams of being a recording artist a reality. Come join Josh and friends in this monumental accomplishment.

Thank Lloyd K. Johnson Foundation!

We are thrilled to announce that BOLD-choice Theatre Company was awarded a \$10,000 grant which will allow the company to take "Sundown on the Jasper County Jewel" up the shore to Grand Marias in the coming year. We are grateful for this generous gift and look forward to this opportunity!

LLOYD K. JOHNSON FOUNDATION

Founded in 1975, the Lloyd K. Johnson Foundation seeks to promote access to educational opportunities and to improve the quality of life in the North Shore communities of Cook, Lake and southern St. Louis Counties through grantmaking in the areas of arts and culture, community and economic development, education, the environment and social welfare programs to qualified organizations.



Minnesota State Arts Board awards a generous grant of \$35,000 to CHOICE, unlimited!

THANK YOU TO THE MINNESOTA STATE ARTS BOARD

For awarding CHOICE, unlimited's ARTS Program
The 2024 Arts Experiences Grant!

We are dedicated to creating artistic outlets and experiences for people with disabilities, providing platforms for self-expression and an opportunity to educate the public to the incredible possibilities all individuals possess.



Hobby Hub Summer 2024

Sean Kunze has spent over 20 years perfecting his baton skills. He started with some lessons in high school and has never stopped! Sean loves to show his skills to everyone, and likes to incorporate it in things that he does like parades and plays. He practices his hobby at home, and enjoys sharing his baton skills outside and in the presence of his friends, family, and other important people in his life.



Volunteering for Grandmas Marathon 2024

A great time was had by CHOICE, unlimited staff and friends who volunteered or competed in the race weekend. What a wonderful community event!



All ready to start selling!



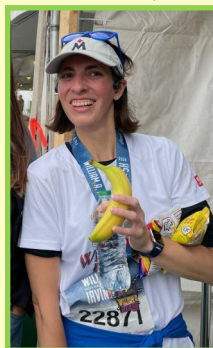
Water Station group including our own Lizzy



Karen S, Karen W & Terrie after the William Irvin 5K



Karen, Jed, Jackie, Officer Jackie, Nina, Terrie, Laurie, Wing and Megan



Kelsey after the William Irvin 5K



Lizette, Sean, Brooke & Jim at the Marathon Water Station

Health and Wellness Spring Update

The Health and Wellness Program had an action-packed spring and early summer filled with cooking classes, hiking, and other outdoor exercise opportunities.

The Healthy Lunch Bunch sampled different juices and healthy snacks and had two cooking classes at Whole Foods Co-op. The April class learned how to prepare a healthy version of a pasta dish with shrimp, greens, and tomatoes. The June class focused on making a wild rice salad using healthy ingredients. It's a great alternative to the mayonnaise-laden Midwestern "salads" that end up at every summer picnic and potluck.

Hiking Club started up in June and continues to have a great turnout. Throughout summer, hikers will have the opportunity to visit a variety of trails and parks around our beautiful Twin Ports region. The group hiked along the Lakewalk, Millenium Trail, and Barker's Island. Along with hiking, there are scavenger hunt items to find at each location!

Despite a cool wet start to our summer, classes have begun to move outdoors. The Thursday Tai Chi class took advantage of a beautiful day and met at Lincoln Park. All of the Health and Wellness classes have started to regularly use Peace Church's outdoor tent area behind their building, which provides a shady area in the grass right next to the Grant Rec field. We're looking for many more outdoor opportunities now that summer has finally arrived.



Shawn, Roxanne, and Dan are prepping veggies for the Cooking Class at Whole Foods Co-op!



Tai Chi class at Lincoln Park



Tai Chi Under the Tent at Peace Church

Positions Available

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, 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



Summer is here! And as fun as it is to wear summer shorts and dresses, it can be an investment to buy things you will only wear for 3 months!

That is precisely why Ms. Frugal loves a good rummage sale excursion- "I like things cheap! But I want to look cute!". Flowy dresses and skirts are what she likes the most-easy to dress up or down. Going rummaging or thrifting can be an adventure, you never know what you'll find or for how much, and that is part of the fun for Fashionistas.

Summer is also the perfect time to show off your creative outfits; our gal loves to go to Music in the Park where she knows she will see a ton of people she knows (and whom will appreciate the effort she put in to looking put together). A train ride up the shore was another activity she looked forward to donning some new finds-and recommended for a unique date night. One thing she was feeling she needed updates was a move from her spring nail polish-navy blue- to a pop of summer "maybe yellow like the sun!"



Summer Remote Class Schedule

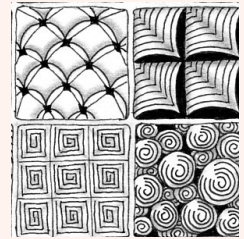
Book Club - Wednesdays 8:30am - Listen to audio recordings of famous literary works. Discussion about the books' happenings included before and after the listening session.



Coffee Club - Thursdays 10am - In coffee club, we get together with our morning beverage of choice and talk about what we did for the week to feel better about ourselves and reduce stress.

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 shares positive uplifting stories from around the world, giving everyone a reason to smile!



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.

Wild Minnesota: Nature Drawing- Fridays 10am - In this class students will watch videos and study pictures of local Minnesota plants and wildlife, including trees, flowers, birds, mammals, fish, and more.



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**

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

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

Keyport Liquor
McDonald's Hermantown
Men as Peacemakers
Mexico Lindo
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
Ravin Crossbow
REM Arrowhead
Salem Lutheran Church
Slumberland
St. Ann's Residence
St. Mary's Catholic Church-Silver Bay
Super One Foods Kenwood
Super One Foods Miller Hill
Twin Ports Dog Training Club
Voyageur Bus Co.
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.