



My Choice June Newsletter



Welcome back to the My Choice Newsletter. We have been very busy with a lot of fun activities throughout the spring and early summer.

OHIO ARTS COUNCIL!

A local artist from Cleveland, Ohio, named Sarah Elswick, contacted us back in May. She was awarded a grant from the Ohio Arts Council called the "Artie Grant for Disabled Individuals." Her project's theme was "What does Disability mean to you?". She is working towards creating awareness for disability through art and how therapeutic art can be. Her facebook page is called, Making Art Through Disabilities.

For a couple weeks, Sarah came to help us paint canvases and find magazine pictures that represented ourselves with our hobbies, wants, and in some cases, our disabilities. Those of us that participated also put our photos on the canvases. Megan enjoyed painting her hand and placing a handprint on her canvas. Christina had fun painting her canvas as well. Shane liked posing with an axe for his photo. Deanna included one of her poems and the word "DREAM" on her canvas.

After we finished the paintings, we displayed them at the Seven Hills Rec Center for others to see. We will eventually display them somewhere else as well.



OTHER ART PROJECTS

The My Choice staff and individuals have been very crafty lately. Dalenna had the idea to create a Garden themed project with bumblebees and flowers in the main hallway. Everyone used toilet paper rolls for the bees and colored flowers. Deanna decided to draw and add butterflies, more flowers, and mushrooms. She used various materials, such as cardstock, glitter paper, scrapbooking paper, and pipecleaners. Deanna then hung up all of her projects on the windows throughout the hallway.

As the garden project was finishing, we quickly transformed into an Under the Sea theme outside Dalenna's room. Here, everyone colored surfboards and fish. Deanna helped cut everything out and glued the fish onto the blue "water." We are working on creating surfers with our pictures. We are also thinking about where we would like to go on vacation.

OUTINGS



Unfortunately, one of our plans had to be changed. Many of us wanted to try out the Hotdog Diner. However, they were closed. Instead we went to Steak 'n' Shake. We all enjoyed burgers, other sandwiches, fries, onion rings, pop, and milkshakes. Kevin and Jen enjoyed the cheese fries. Cedric loved his PB milkshake. Geoff enjoyed a Steak Frank with BBQ sauce.

Also, the rain and air quality, really put a damper on us going putt putting this month. So last minute to end June, we enjoyed a trip to Chuck E Cheese! We even got to eat pizza for lunch and play games for an hour. Andrews favorite game was Wheel of Fortune. Robert enjoyed throwing the football and collecting points!

At My Choice, we have a lot of sports fans. Since it is baseball season, some of our individuals had an opportunity to visit the Baseball Museum. For everyone who attended, they learned about the history of baseball. They each received a baseball card. Everyone enjoyed watching a game in progress. Larry's favorite player was #38.

We enjoyed a nice walk on the parkway and some delicious smoothies from Pulp. We also took a trip to Best Buy to look around and took a couple trips to the Dollar Store. We purchased some snacks and coloring books to enjoy from The Dollar Tree.

We teamed up with Creative Cabana this month to create some crafts together at their store front in Broadview Hts. We explored different technics of ways to tie-dye. We had such a blast creating different shirts with designs and colors.





Erin from Rec2Connect had us learning the basic skills of Kickball during the month of June. We all learned how to field the ball as well as kicking and running the bases. Previously, we learned about pickleball. Pickleball is a combination of ping pong and tennis. We were able to go to the Independence park and play on their courts. In July, we will be having a kickball game at the baseball field in Seven Hills! Cedric stated that he enjoyed running the bases during our kickball skills. Amber enjoyed the kicking drills we practiced in the field. Chrissy enjoyed catching the ball and running the back and forth drills.



Check out Rec2Connect's page for their latest event calendar:



VOC/HAB CLASS



Every Tuesday, Wednesday, and Thursday, anyone who is focused on getting a job attends Voc/Hab class with Collin. In June, their focus was on applying and interviewing. They went on an outing to go and look at available jobs in the area. Collin asked everyone to pick at least one job while they were out to apply for, even if we weren't going to turn in the application. They then took time practicing how to fill out an application. During the last week of June, they then practiced some mock interviews with each other. They intend to do more of that in July.

VOLUNTEER



We are still putting together cards Because I Said I Would cards. They just recently opened a bereavement family camp in Columbus, Ohio. They have cabins open for rent. They recently had a fire in their main office and lost a lot of supplies, so resources have been scarce. They still intent to work with us in assembling cards as we all love to do them.

We continue to volunteer at the Kid's Book Bank. We always have fun looking back on the books we grew up on, as well as seeing what new books are coming out. Sometimes, we get to have group pics with props including signs or stuffed animal characters. We also are occasionally allowed to pick out a book to take home. Patrick always seeks out books with Legos characters. Deanna picked out a book about all the U.S. presidents. She hopes to someday write a poetry book about the presidents, and now has a little background of all of them.

We are also having a book drive. Please feel free to donate any unwanted slightly used books. The Kid's Book Bank is currently looking for diverse books. Please consider topics such as different races, cultures, or religions. See image below for more information.



BOOK DRIVE



We are holding a book drive at My Choice for the Kids Book Bank!

Every month a group of us volunteer our time at the Kids Book Bank. We sticker the books with the Kids Book Bank label. We have also packaged and labeled boxes as well.

Please help us in collecting books for the Kids Book Bank!
Our address is 12900 Snow Rd Parma Ohio (with the wrap around driveway).

What to donate:

- Gently used or like new children's book for ages 0-18.
- Books featuring diversity.

What not to donate:

- Books older then 20 years.
- Text books, Encyclopedias, etc.
- Adult Books

Look for this receptacle at our location in Parma!



If you cant make it in, check out their amazon wishlist.



Check out We Thrive Together's Zoom events coming up:



My Choice:

