The Self Determination

Scoop 2021

May

- Reminder—If you are administering medications during service hours, please make sure you are completing a MAR. Copies of these should be submitted to your coordinator monthly.

- TORNADO DRILLS—Residential Providers make sure you are tracking monthly tornado drills.

- SD Coordinators will be conducting FILE REVIEWS, please be sure to get them any needed documents.

- Oh baby! Bree will be on Maternity leave within the month! Nancy Griffin will fill in while she is gone!

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**Community Events and Activities**

- **Evergy Plaza Weekly Events**—FREE
  - **Mondays**—Market Mondays 3pm-7pm
  - **Tuesdays**—Crossroads Fountain Show 8pm
  - **Wednesdays**—11am–1pm LIVE MUSIC, Food Trucks, Yard Games
  - **Fridays**—Friday Flicks 630pm

- **Farmers Markets**—Every Saturday

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- Thurs, May 6th @ 9:15am–10:15am FREE Jazzercise Class @ Evergy Plaza

- Sat, May 22nd–Sun, May 23 THUNDER @ Heartland Motorsports Park—Tickets Required

- Train Rides $2 at Gage Park (TOOT, TOOT)

- Fishing in Kansas
  - Resident 1 Day Fishing License $6
  - Annual Residential Fishing License $27.50

- **Heads up! Free** Fishing Weekend in Kansas is June 5th-6th

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**Tropical Summer Fruit Smoothie**

- 1 ½ cups frozen mango chunks
- 1 cup frozen strawberries
- 1 cup frozen sweet pineapple
- 2 cups orange juice
- 1 cup vanilla yogurt

Place all ingredients in blender, blend until completely combined! Enjoy!