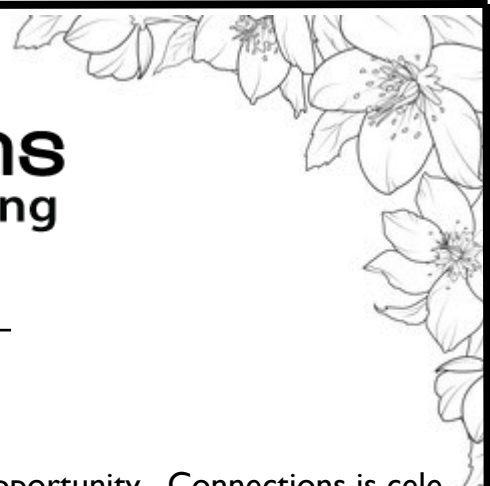


Inside this Issue:

- April 2017 2
- May 2017 3
- Recipe of the Month 4



Director's Thoughts

Happy Spring to all!

I have always loved spring with its heralding of rebirth and new opportunity. Connections is celebrating the prospect of new opportunity with the opening of our Fort Morgan satellite center! The new center is located at 423 Main Street #500 Fort Morgan, CO. We held an open house on March 17th which was attended by approximately forty guests. The center is open from 9-5 Monday-Friday. If you know someone in the Fort Morgan area who could benefit from our services, please have them give us a call at (970) 867-0297.

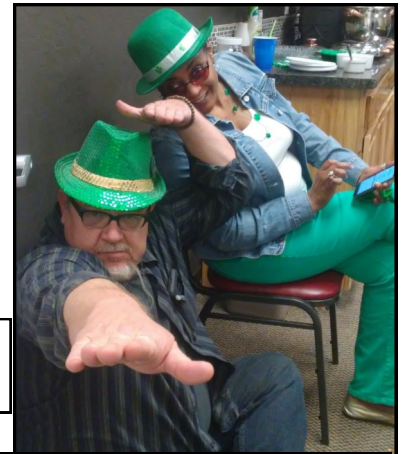
As the weather gets warmer we will be getting our garden ready for planting. We are always in need of volunteers to weed water and keep our garden looking spiffy. If you or someone you know is interested in helping us with our garden, please contact Rose at extension 115.

Please contact Patricia at extension 102 if you are interested in the caregiver support group.

Enjoy the warm weather and if you are out and about stop in and say hi!

Warmly,

Patricia Ziegler, Executive Director



{Connections Moments}



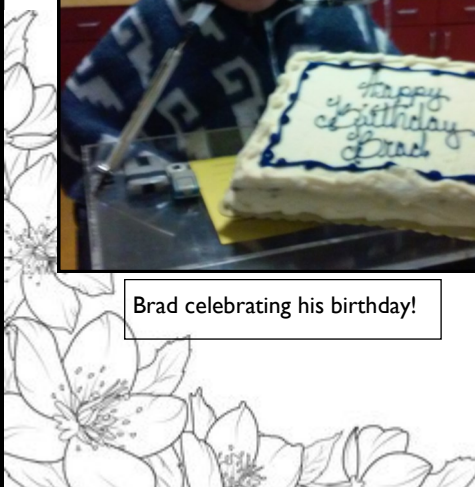
Brad celebrating his birthday!

Commerce of Chamber and Patricia .

Michael and Trincia

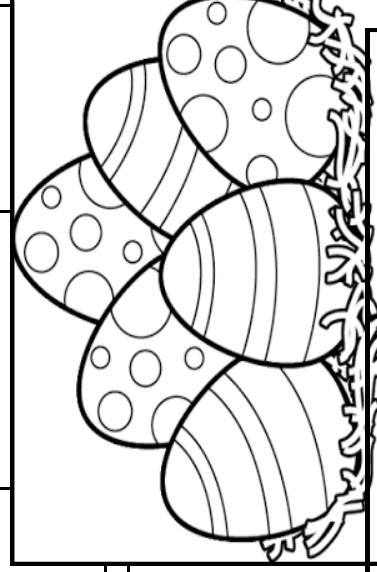


Ft. Morgan Open House ribbon cutting. (Ana, Sarah, Dianne, Patricia, Pam, Kevin, Trincia, Brad.)



A P R I L 2 0 1 7

Mon	Tue	Wed	Thu	Fri
3	4 1-3pm Game Day	5 3:30pm Veteran's Support Group	6 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support Group	7 5:30pm Public DVR Stakeholder Mtg
10	11	12 3:30pm Veteran's Support Group	13 1pm-2:30pm TBI Group 3pm Egg Coloring 3pm-4:30 pm Musicians' Circle	14
17	18 1-3pm Game Day	19 3:30pm Veteran's Support Group	20 10:45am-11:45am Bookmobile 5pm-7pm Social	21
24	25 10am-11am Low Vision Support Group	26 3:30pm Veteran's Support Group	27 12pm-1:30pm WAND 4pm-7pm NAMI	28



Easter is April 16th! Please join us on April 13th to dye and color eggs!

Questions? Refer to our online calendar or call (970) 352-8682

Adaptive Yoga at Greeley Rec Center—Gentle, yoga mostly in chairs, adapted for each individual.

Bookmobile— The High Plains Library brings a selection of books and movies to Connections for your convenience

Game Day-Come enjoy playing games at Connections.

Low Vision Support Group—Learn about and share strategies for living.

Pain Management Group—A support group for those living with chronic pain.

Musicians' Circle— A chance to play music with players from all styles and skill levels at Connections. Some instruments provided, All welcome!

TBI Group-A support group for those who have suffered a traumatic brain injury

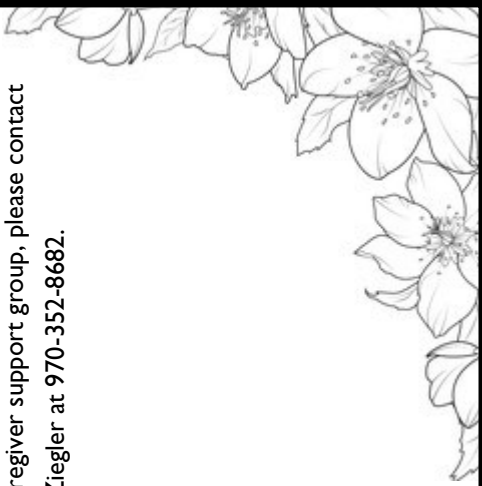

Veterans' Support Group

WAND— Weld Advocacy Network on Disabilities is a group committed to improving accessibility in Greeley

At Connections we not only want to provide support to our consumers but our consumers caregivers. If you or someone you know would be interested in a caregiver support group, please contact Patricia Ziegler at 970-352-8682.



M A Y 2 0 1 7

Mon	Tue	Wed	Thu	Fri
<p>1</p> 	<p>2 1-3pm Game Day</p>	<p>3 3:30pm Veteran's Support Group</p>	<p>4 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support Group</p>	<p>5</p>
<p>8</p>	<p>9</p>	<p>10 3:30pm Veteran's Support Group</p>	<p>11 1pm-2:30pm TBI Group 3pm-4:30 pm Musicians' Circle</p>	<p>12</p>
<p>15</p>	<p>16 1-3pm Game Day</p>	<p>17 3:30pm Veteran's Support Group</p>	<p>18 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support Group</p>	<p>19</p>
<p>22</p>	<p>23 10am-11am Low Vision Support Group</p>	<p>24 3:30pm Veteran's Support Group</p>	<p>25 12pm-1:30pm WAND 4pm-7pm NAMI</p>	<p>26 1:30-2:30pm Resume Building Group</p>
<p>29 OFFICE CLOSED-</p> 	<p>30</p>	<p>31 3:30pm Veteran's Support Group</p>		

Adaptive Yoga at Greeley Rec Center— Gentle, yoga mostly in chairs, adapted for each individual.

Bookmobile— The High Plains Library brings a selection of books and movies to Connections for your convenience

Game Day—Come enjoy playing games at Connections.

Low Vision Support Group—Learn about and share strategies for living.

Pain Management Group—A support group for those living with chronic pain.

Musicians' Circle— A chance to play music with players from all styles and skill levels at Connections. Some instruments provided, All welcome!

TBI Group—A support group for those who have suffered a traumatic brain injury

Veterans' Support Group

WAND— Weid Advocacy Network on Disabilities is a group committed to improving accessibility in Greeley

At Connections we not only want to provide support to our consumers but our consumers caregivers. If you or someone you know would be interested in a caregiver support group, please contact Patricia Ziegler at 970-352-8682.



Connections for Independent Living

1331 8th Ave
Greeley, CO 80631

Phone: 970-352-8682
800-887-5828
Fax: 970-353-8058

Online at:
Connectionsforindependentliving.org



Advancing Independence & Equality for People with Disabilities

Connections for Independent Living helps people with disabilities obtain choices and control in daily life. We are a nonprofit independent living center serving as an empowerment and learning community. Many of our staff members have disabilities, and we support people in developing their own goals and plans for attaining them.

Wheelchair Clinics

Are you having issues with your wheelchair? Contact your Independent Living Specialist to sign up for repair services with Numotion.

Numotion provides “mobility solutions,” including repairs and sales of wheelchairs. If you or someone you know would be interested in Numotion services, please contact Connections!

Recipe of the Month- Goulash

- | | |
|-------------------------------------|---|
| *2 pounds ground beef | *1 yellow onion, chopped |
| *3 cloves garlic, minced | *Two 15-oz. cans diced tomatoes (undrained) |
| *Two 15-oz. cans tomato sauce | *3 cups water |
| *2 tablespoons Worcestershire sauce | *16-oz. box elbow macaroni |
| *1 tablespoon Italian seasoning | *2 teaspoons seasoned salt |
| *16-oz. box elbow macaroni | |

1. In a large saucepan, cook ground beef over medium heat until no longer pink. Drain grease. Add chopped onion and garlic and cook for 3 minutes, or until soft and fragrant.

2. Add diced tomatoes, tomato sauce, water, Worcestershire sauce, Italian seasoning, seasoned salt and elbow macaroni to the pan. Mix well and bring to a boil. Reduce to medium-low heat, cover pan and simmer for 25-30 minutes or until pasta is cooked through.

3. Remove from heat and serve immediately!

