

August-
September

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Recipe

of the Month



Connections for Independent Living



Director's Thoughts

This summer has been filled with changes and progress for Connections as an agency. This June we have served 185 consumers and 9 of them being new consumers. Like the garden, we are flourishing not by accident but with dedication and strong relationships between staff and consumers. We want to thank YOU; the consumers for helping our community grow and become stronger. Without Connections consumers, there would be no parley growing in the garden and no Connections. Independent Living Centers were created by the consumers, for the consumers and will always be run by its consumers.

Rick and Rose planting together.



Meet Consumer: Artie!

Let us talk about longtime Connections for Independent Living consumer Artie. Artie has become so independent that he recently was able to take a series of bus routes, without taking a traveling companion along with him, all the way to Florida where he reunited with two of his sisters. Talk about a consumer driven goal! Let us all say well done to Artie. His future is so bright, he has to wear shades!



Meet Connections New ILS: Maria

I consider myself a native of Colorado. I have four lovely children and blessed with a school of grand and great-grandchildren.

I earned an Associate's degree in Liberal Arts and a Bachelor of Science degree in Human Services. I was also a recipient of Stryker Institute for Leadership and Development, involved with the AVID program as a tutor, and certified with Bridging the GAP for medical interpreters.

My strength comes from previous employment at Department of Social Services, Schaefer Enterprises, and North Colorado Medical Center. Because of these ventures I have had the pleasure of working with a diverse population. I have discovered that I can continue to gain knowledge through education but the rewards come from being a helping hand to someone and he/she realizes that there is hope.

Something I have in my bucket list is to sky dive. A few years ago I had scheduled a dive in Texas, but due to inclement weather, Mother Nature had other plans. Needless to say, I will sky dive.

AUGUST 2017

Mon	Tue	Wed	Thu	Fri
	1 1-3pm Game Day	2 3:30pm Veteran's Support Group	3 10:45am- 11:45am Bookmobile 3pm-4:30pm Pain Support Group	4
7	8 3:30-5pm Let's Play BINGO!	9 3:30pm Veteran's Support Group	10	11
14	15 1-3pm Game Day	16 3:30pm Veteran's Support Group	17 1pm-2:30pm TBI Group	18
21	22 10-11am Low Vision 3:30-5pm Let's Play BINGO!	23 3:30pm Veteran's Support Group	24 10:45am- 11:45am Bookmobile 12pm-1:30pm WAND	25 2-3:30pm Don't Stop Crafting!
28	29	30 3:30pm Veteran's Support Group	31 5pm-7pm NAMI	

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

Don't Stop Crafting— Create DIY crafts!

Game Day-Come enjoy playing games at Connections.

Don't Stop Crafting— Create DIY crafts!

Let's Play BINGO— Come and play BINGO, win prizes for your home and meet new friends!

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

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


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



S E P T 2 0 1 7

Mon	Tue	Wed	Thu	Fri
				1
4 OFFICE CLOSED 	5 1-3pm Game Day	6 3:30pm Veteran's Support Group	7 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support	8
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Connectionsforindependentliving.org



Follow Connections on Facebook to keep up on what events are happening at Connections and what is going on in the disability community throughout the nation!

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.

¿Habla Español? Tenemos un boletín noticioso a solicitud.

Recipe of the Month- Crockpot Sweet Hawaiian Barbecue Chicken

Ingredients

- 4 Boneless Skinless Chicken Breasts thawed
- bottle Sweet Baby Ray's Hawaiian Style Barbecue Sauce {18 oz.}
- 1 can Dole Pineapple Chunks {20 oz.}

Directions

1. Pour ½ cup of Pineapple Juice from can into crockpot, then add chicken. Cook chicken in crockpot on HIGH for 3 hours or LOW for 6 hours {covered}
2. After 3 hours on HIGH or 6 hours on LOW, drain all juices from crockpot
3. Strain remaining pineapples and discard pineapple juice..
4. Mix together Barbecue Sauce and Pineapple Chunks Pour mixture over chicken, and cook on HIGH for 30 more minutes {covered}, or until done.