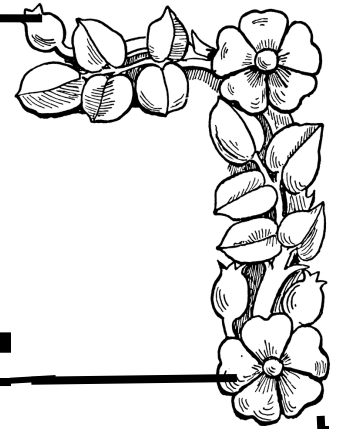


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Director Thoughts

Connections has some exciting news! We have located office space on Main Street in Fort Morgan. This office will be the satellite center serving Morgan and Logan Counties. We have hired Kevin Thompson, whom some of you may know from his work in the disability community. Kevin will be conducting outreach in the Fort Morgan and Sterling areas in an effort to expand to the more rural parts of north eastern Colorado catchment areas. We expect to open our doors for business on March 1st, 2017. The new office will be located at 423 Main, Suites C and D. Come to our open house on March 17th and celebrate our new space and Saint Patrick's Day by shaking your shillelagh and shamrocks.

If you know of someone with a disability who lives in Fort Morgan, Sterling or elsewhere in Morgan and Logan counties please have them contact the Greeley office at (970) 352-8682 and speak with Kevin to make an appointment.

Connections is starting a caregiver support group. The group is for anyone who is providing care to an individual who is disabled. Please contact Patricia at ext 102 for more details.

Connections has emancipated two individuals from nursing homes in the last three months. Congratulations to Brad Taylor and Dianna Schmidl for helping individuals with disabilities to realize their dreams of independence!

Our IL Specialist Kasie Sankey will be working with individuals who have a goal of employment. Please contact Kasie at ext 105 if you or someone you know who has a disability is looking for a job.

As always, we are grateful for all of our consumers and want to hear from you about how we are doing. Please call us and let us know. As always, thank you for the trust you put in us. We want to assist you in meeting your goals and aspirations.



Be Well, Patricia Ziegler, Executive Director, Connections.



The Christmas party was a great success! Thank you everyone who came and enjoyed food and good company. We even had Santa stop by and gave Christmas joy!



F E B R U A R Y 2 0 1 7

Mon	Tue	Wed	Thu	Fri
		1 3:30pm Veteran's Support Group	2 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support Group	3
6	7 10am-12pm Game Day	8 3:30pm Veteran's Support Group	9 1pm-2:30pm TBI Group 3pm-4:30 Musicians' Circle	10
13	14  Happy Valentines Day	15 3:30pm Veteran's Support Group	16 10:45am-11:45am Bookmobile 5pm-7pm Social Club	17
20 Presidents Day- Office Closed 	21 10am-12pm Game Day	22 3:30pm Veteran's Support Group	23 12pm-1:30pm WAND 1:30pm-3:00pm TBI Group 4pm-7pm NAMI	24 1pm-3pm Craft Group 2:15-3:30pm Balancing Life
27	28 10am-11am Low Vision Support Group			

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

Balancing Life—Topics related to a balanced life, such as dealing with stress, are presented for group discussion.

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

Craft Group: Endless Creations and Conversations—Group members work on a craft of their choosing which can include coloring.

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.

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

M A R C H 2 0 1 7

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Connections for Independent Living

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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.

¿Habla Español? Tenemos un boletín noticioso a solicitud.

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- Pizza Rolls

- 1 roll of Pillsbury™ refrigerated biscuits
- 1 package of slices pepperoni (about 1 1/2 oz)
- 20 cubes (1/2 inch) mozzarella cheese (2 1/2 oz) (Cheese sticks are the best to use)
- 1 cup pizza sauce, heated

Directions

1. Heat oven to 375°F. Spray 8 or 9-inch square pan with cooking spray. Remove dough from can. Separate dough discs. Cut cheese sticks into 1/2 inch.
2. Top each disc with 4 slices of pepperoni and 2 cheese cubes. Form the discs into balls, covering pepperoni and cheese.
3. Bake 15 to 22 minutes or until golden brown. Cool 3 minutes; remove from pan.
4. Place pizza sauce in a microwave bowl small bowl. Microwave on High for 1 minute or till warm..
5. Dip rolls in pizza sauce and enjoy.