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Goodbye 2017 and Hello 2018!

2017 was a busy year for Connections; 929 consumers were served by Connections, Connections Transition team helped 5 Transitional participants move from nursing homes into their own private residencies, Let's Play Bingo social group began as well as the Veteran Support Group. In 2018, Connections wants to serve even more consumers and have more social opportunities!

With a new year, comes new hopes and resolutions for the upcoming year and as we all know, keeping resolutions isn't easy. According to Huffington Post, only 8% of people stick with their New Year's resolutions. What makes keeping resolutions so hard? Many would say it's not keeping the resolution that's challenging but giving up habits that goes against the resolution. An individual could set the resolution of working out every morning and be successful...if they didn't go to bed late every night. Creating good habits doesn't happen over night, neither does ending bad habits.

Below we have created a space for you to create and plan your goals for 2018. Connections for Independent Living would like to help you be apart of the 8% who keeps their New Year's

My Priorities

- 1.
- 2.
- 3.

Goal: _____

Action Steps::

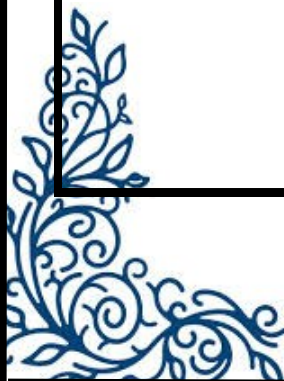
- 1.
- 2.
- 3.

Goal: _____

Action Steps::

- 1.
- 2.
- 3.

If you would like help or support from your ILS, please call at 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

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.

Chronic Pain Support 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



Mon	Tue	Wed	Thu	Fri
1 OFFICE CLOSED	2	3 3:30pm Veteran's Support Group	4 10:45am-11:45am Bookmobile 1:30-2:30 Chronic Pain Support Group	5
8	9 3-4:30 pm Let's Play BINGO!	10 3:30pm Veteran's Support Group	11	12
15 OFFICE CLOSED	16	17 3:30pm Veteran's Support Group	18 1pm-2:30pm TBI Group	19
22	23 10-11am Low Vision 3-4:30 pm Let's Play BINGO!	24 3:30pm Veteran's Support Group	25 12pm-1:30pm WAND	26
29	30	30 3:30pm Veteran's Support Group		

J A N U A R Y 2 0 1 8

F E B R U A R Y 2 0 1 8

Mon	Tue	Wed	Thu	Fri
			1 10:45am-11:45am Bookmobile 1:30-2:30 Chronic Pain Support Group	2
6	7 3-4:30 pm Let's Play BINGO!	8 3:30pm Veteran's Support Group	9	10
13	14	15 3:30pm Veteran's Support Group	16 1pm-2:30pm TBI Group	17
20	21 10-11am Low Vision 3-4:30 pm Let's Play BINGO!	22 3:30pm Veteran's Support Group	23 12pm-1:30 WAND	24
27	28			

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



Connections for Independent Living

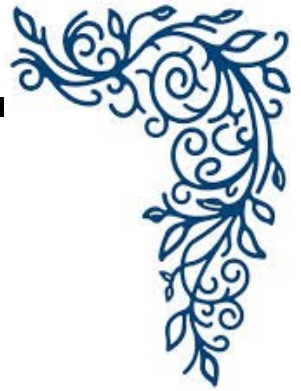
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Advancing Independence & Equality for People with Disabilities



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.

If you have a Connections Story or anything kind of media such as short stories, poems, or art that you would like to share in the Connections newsletter, please contact Kasie at 970-352-8682 ext.108



Consumer Story

My kitty and I would like to express a heartfelt thanks to our ILS and Connections Business Manager for making it possible for us to get off the streets and living in an awesome one bedroom apartment. Kudos to Connections for all your help in our success.

-Mistyblu and Brenda