

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 boletin noticiaro a solicitud.

Greelev, CO

1331 8th Ave



Independent Living

P: 970.352.8682

800.887.5828

F: 970.353.8058

Connections for independent living.org

### Recipe of the month: French Bread Chicken Alfredo Pizza

### Ingredients

1 Loaf of French

Bread

2 Cups Cooked &

Sliced Chicken

**Breasts** 

1/2 Cup Fresh

Spinach

1/2 Cup chopped

Purple

Onion

1 Jar of Alfredo

Pasta Sauce

1 16 oz. Package of Mozzarella Cheese

## Instructions

- 1. Slice French Bread in half length wise
- 2. Spread Alfredo Sauce over French Bread Evenly \*(You may not need the whole jar depending on how big your jar is)
- 3. Layer on the Spinach, Onion and Chicken Breasts
- 4. Top with Mozzarella Cheese Generously
- 5. Bake at 350 Degrees for around 20 Minutes, If you like the Cheese Crispy then you can place under a broiler for
- 1-2 minutes until golden.

If you have a Connections Story or short stories, poems, recipes or art that you would like to share in the Connections newsletter, please contact Kasie at 970-352-8682



Connections Happenings!

### Let's have a BBQ!

Summer is a time for cold ice tea, enjoying the cool summer nights and of course bbg-ing! On July 26th at 1pm, we will be celebrating the 28th anniversary of the ADA and YOU are invited! There will be good food, good company and hopefully good weather! We hope to see you there!

# **Annual Golden Age** of Giving Gala

At our Golden Age of Giving Gala, we will be having a photo exhibit of our consumers that answers what independence means to them. In the photo, no faces will be shown to keep confidentiality. If you would like to take part in the photo gallery, please contact Kasie at 970-352-8682 ext. 105.

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Connections Happenings

July.....2018

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Check it Out!



Join us on JULY 20th for a showing of part II of Joni.

On August 17th, we will be showing Wonder

These are free, open events to the community! Light refreshments will be served.

When: Friday July 20th Friday August 17th ilms will be starting at 2:00pm

We hope you can attend! If you are interested in more events like this, LET YOUR ILS KNOW! This is your center and we want to put on events you want to be a part of!



# JULY 2018

n Fri	5 Book- <b>6</b> lic Pain	sroup 13	20 2pm Movie Showing: Joni Part II	VAND 27 ADA tion
Thu	<b>5</b> 10:45-11:15 Book- mobile 3-4:30 Chronic Pain	12 1pm TBI Group	<b>19</b> 10:45-11:15 Book-mobile	<b>26</b> 12-1:00 WAND 1pm- 3pm ADA BBQ Celebration
Wed	4 Happy 4 of July	<b>11</b> 3:30pm Veteran's Support Group	<b>18</b> 3:30pm Veteran's Support Group	<b>25</b> 3:30pm Veteran's Support Group
Tue	3	10 10am-11 Self- Advocacy Group 3pm-4:30 Let's Play BINGO	17	24 10am-11 Low Vision Support 3-4:30 Let's Play BINGO
Mon	2 1pm Coloring Group	6	16	23

ax and enjoy peaceful coloring with friends. Let's Play BINGO: Come and play BINGO win prizes for your home and Bookmobile: The High Plains Library brings a selection of books and movies to Connections. Coloring Group: Re-Group: Support group for those living with chronic pain. Self-Advocacy: Learn from other consumers how to advocate for yourself. TBI Group: A support group for those who have suffered a traumatic brain injury. Veterans' Supmeet new friends! Low Vision Support Group: Learn about and share strategies for living. Pain Management port Group. WAND: Weld Advocacy Network on Disabilities is a group committed to improving Greeley.

# **AUGUST 2018**

Mon	Tue	Wed	Thu	Fire
30	31	<b>1</b> 3:30pm	2 10:45-11:15 Book-	3
		Veteran's Support	mobile	
		Group	3-4:30 Chronic Pain	
<b>6</b> 1pm Coloring	<b>7</b> 10am-11 Self-	<b>8</b> 3:30pm	9 1pm TBI Group	10
Group	Advocacy Group	Veteran's Support		
	3p,-4:30 Let's Play	Group		
	BINGO			
13	14	<b>15</b> 3:30pm	<b>16</b> 10:45-11:15 Book-	17 2pm Movie
		Veteran's Support	mobile	Showing of:
		Group		Wonder
20	<b>21</b> 3-4:30 Let's Play	<b>22</b> 3:30pm	23	24
	BINGO	Veteran's Support		
		Group		
27	<b>28</b> 10am-11 Low	<b>29</b> 3:30pm	<b>30</b> 12-1:30WAND	31
	Vision Support	Veteran's Support		
		Group		