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Director's Thoughts

As many of us know, the seasons changes can bring up many emotions, ranging from excitement to dread to unsureness. But no matter what emotions are created the seasons changes will still happen, like spring changing into summer. At Connections, we have had changes in leadership. Alicia Garza is presently our Interim Executive Director and Colin Morey is now our new Programs Director. Staff have changed into new positions but the mission of Connections has not changed. Since 1987, Connections has promoted the full inclusion and integration of people with all types of disabilities into all levels of society. We challenge barriers, both physical and attitudinal, which restrict the rights and personal development opportunities of people with disabilities. We will continue to stay true to our mission as well as creating a safe and welcoming community for people with disabilities. The seasons change but their true nature of supporting and growing does not.



A Consumer Story

In a time when there is so much darkness in our lives, a beam of light comes shinning through in the form of a good deed. A new mother, in her first apartment, starting off life with no more than the clothes on her back. This new mother reached out to a very helpful and concerned Independent Living Specialist named Ana. Ana's determination to help my daughter was above and beyond anything we were expecting. Ana's range of knowledge and expertise has given my daughter less to worry about and more time to concentrate on her newborn.

My daughter and I would like to send a heartfelt "THANK YOU" to Ana. The time you spent and promptness you displayed was greatly appreciated. Like an elephant, we will always remember your patience and your professional manner. We believe you should be recognized for the help you provided.

Connections Moments



Sincerely, Felisia and Frank

J U N E 2 0 1 7

Mon	Tue	Wed	Thu	Fri
			1 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support Group	2
5	6 1-3pm Game Day	7 3:30pm Veteran's Support Group	8	9
12	13 3:30-5pm Let's Play BINGO!	14 3:30pm Veteran's Support Group	15 1pm-2:30pm TBI Group	16
19	20 1-3pm Game Day	21 3:30pm Veteran's Support Group	22 10:45am-11:45am Bookmobile	23
26	27 10am-11am Low Vision Support Group	28 3:30pm Veteran's Support Group	29 12pm-1:30pm WAND 5pm-7pm NAMI	30 2-3:30pm Don't Stop Crafting!

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 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



J U L Y 2 0 1 7

Mon	Tue	Wed	Thu	Fri
3	4 OFFICE CLOSED 	5 3:30pm Veteran's Support Group	6 10:45am-11:45am Bookmobile 3pm-4:30pm Pain Support Group	7
10	11 3:30-5pm Let's Play BINGO!	12 3:30pm Veteran's Support Group	13 1-2:30pm Making Music Instruments	14 2-3:30pm Kraft's w/ KC
17	18 1-3pm Game Day	19 3:30pm Veteran's Support Group	20 1pm-2:30pm TBI Group	21
24	25 10am-11am Low Vision Support Group 3:30-5pm Let's Play BINGO!	26 3:30pm Veteran's Support Group	27 10:45am-11:45am Bookmobile 12pm-1:30pm WAND 5pm-7pm NAMI	28 2-3:30pm Don't Stop Crafting!
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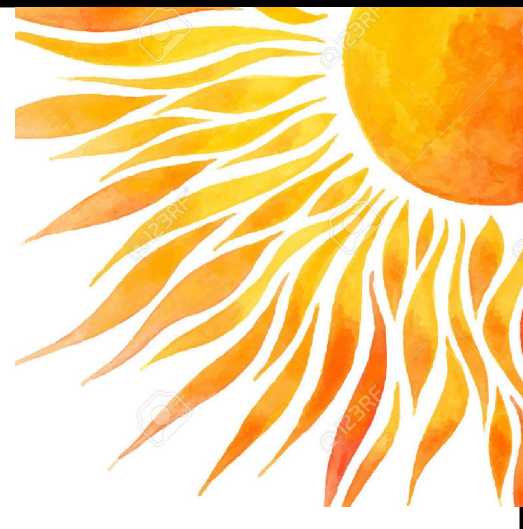
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Advancing Independence & Equality for People with Disabilities

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.



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- Crock Pot Cream Cheese Chicken Chili

Ingredients

- 2 chicken breasts, still frozen
- 1 can Rotel tomatoes
- 1 can corn kernels, do not drain
- 1 can black beans, drained and rinsed
- 1 pkg. Ranch dressing mix
- 1 T cumin
- 1 t chili powder
- 1 t onion powder
- 1 8-oz pkg. cream cheese

Note: Both corn and beans are optional

Directions

- 1) Put the chicken in the crock pot.
- 2) Top with the tomatoes, corn, the drained and rinsed beans, ranch dressing, cumin, onion and chili powders, stir to combine then top with the cream cheese.
- 3) Cook on low for 6-8 hours, stirring one or twice to blend in the cheese.
- 4) Shred the chicken into large pieces and serve over rice.

