



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.

Connections for Independent Living

1331 8th Ave

Greeley, CO



P: 970.352.8682

800.887.5828

F: 970.353.8056

Connectionsforindependentliving.org

### Recipe of the month: Pineapple BBQ Chicken

#### Ingredients

- 3 or 4 chicken breasts
- 1 cup of BBQ sauce
- 1/4 sliced red Onion
- 1 cup shredded Mozzarella cheese
- Diced, cooked bacon (Optional)

#### Instructions

1. Preheat oven to 375
  2. Add chicken breasts to the casserole dish. Using a spoon, brush chicken breasts with BBQ sauce.
  3. Top with diced pineapple.
  4. Add chopped cooked bacon on top of the chicken.
  5. Top with sliced red onion.
  6. Top with shredded Mozzarella cheese.
- Bake for 25-30 minutes, uncovered, until the chicken is cooked through and no longer pink in the center. Broil for the last 4 minutes if desired.
- To serve, top chicken with a small amount of extra diced pineapple, remaining sliced red onion.

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

March/April 2018



Connections for Independent Living

### Connections Happenings!

Welcome to spring!

Flowers will soon be blooming as well as spring snow showers. At Connections we have a new group in the process of blooming! The new group will be a Self-Advocacy Group, where consumers will be taught by trained consumers on how to advocate for their selves. If you are interested in participating in the Self-Advocacy group, please let your ILS know.

Speaking of groups, we would love to see more consumers involved in the center groups. Our groups include: BINGO, Veteran's Support, Chronic Pain Support, Low Vision Support, TBI Support and WAND. If there is a group you would like to see at the center, please let your ILS know.

Connections serves Weld county with heart and passion for the disability community but we cannot do it without you!

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Connections Happenings

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Check it Out !



Join us on MARCH 16th for a showing of **The Movement: One Man Joins an Uprising**. A 40 minute film promoting greatness for individuals with disabilities. This is a free, open event to the community! Light refreshments will be served.

When: March 16th

Film will be starting at 3:10pm

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!

## March 2018

Mon	Tue	Wed	Thu	Fri
			1 10:45-11:15 Book-mobile 3-4:30 Chronic Pain	2
5	6 3-4:30 Let's Play BINGO	7 3:30pm Veteran's Support Group	8 1-2:30 TBI Support Group	9
12	13	14 3:30pm Veteran's Support Group	15	16 3-4:10 Showing of The Movement
19	20 3-4:30 Let's Play BINGO	21 3:30pm Veteran's Support Group	22 12-1:30 WAND	23
26	27 10-11 Low Vision Support	28 3:30pm Veteran's Support Group	29	30

## April 2018

Mon	Tue	Wed	Thu	Fri
2	3 3-4:30 Let's Play BINGO	4 3:30pm Veteran's Support Group	5 10:45-11:15 Book-mobile 3-4:30 Chronic Pain Support Group	6
9	10	11 3:30pm Veteran's Support Group	12 1-2:30 TBI Support Group	13
16	17 3-4:30 Let's Play BINGO	18 3:30pm Veteran's Support Group	19	20
23	24 10-11 Low Vision Support	25 3:30pm Veteran's Support Group	26 12-1:30 WAND	27
30	1 3-4:30 Let's Play BINGO			