

November

December

Inside this issue is  
a recipe



# Connections “got TALENT” fundraiser a huge Success



This year’s fundraiser ended on a happy note. The talent show was held at the newly opened and beautifully remodeled Millennium Event Center in downtown Greeley. The event.....the food....the silent auction.... was so successful that we plan to hold another bigger and better show next year.

We want to extend our appreciation to everyone who supported us through sponsorship, volunteering, donating funds and silent auction items.

Congratulations to our Winners; 1st Place.....Caleb Dunckhorst, who sang an original song “The Way You Move. 2nd Place went to Zared Rodriguez and Jesus Conejo, with the Mexican dance, “El Gusto.” Our 3rd Place winner was Tommy Medina, playing “Fiddles on Fire,” on his violin.



We also want to thank our Judges, Michael Rodriguez, Chief Probation Officer, Steve Moreno, County Commissioner, Dianna Campbell, Transitions Coordinator with Connections, Master of Ceremonies, Bryce Jacobson, Greeley Tribune Publisher, and of course our DJ, Jorge Cruz.



Next year’s event is already in the planning stages and we’ll announce when we start auditions for “got TALENT.”

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## LOW VISION SUPPORT GROUP

The Low Vision Support Group is about people getting together and sharing tips and tricks that make living with low vision easier. We usually start out with a video about living with low vision and the difficulties the participants face on a daily basis. We are able to share with each other what works and does not work for us. There are many options out there for assistive devices for people with low vision. Just recently, I learned about a smart cane costing only \$500, so in our next group, we may talk about that and how it can help our participants here at Connections for Independent Living.

## Connect with Us through the Housing Navigation Center.












Connections for Independent Living is reaching out to the community for those not able to come to the downtown Greeley office. An Independent Living Specialist will accommodate individuals who want to become participants by completing a pre-intake or scheduling intakes at the Housing Navigation Center in Evans, two times a week. Our availability is Monday from 11:00-Noon and Friday from 11:00-12:30 p.m.

at:      Housing Navigation Center

3001 8th Avenue, #285

Evans, CO 80620

# November, 2019

Mon	Tue	Wed	Thu	Fri
				1
4 Coloring & Crafts Group 1:00-2:00p 	5	6 Veteran's Group 3:30-5:00p 	7 Chronic Pain /Illness Support Group 3:00-4:30p	8
11 Traumatic Brain Injury Support Group 1:00-2:00p	12 Self-Advocacy Support Group 10-11a Let's Play  3:00-5:00p	13 Veteran's Group 3:30-5:00p 	14 Bookmobile 10:30-11:00a 	15
18	19	20 Veteran's Group 3:30-5:00p 	21 Anxiety Support Group 2:00-3:00p  W.A.N.D. 2:00-1:30p	22 Women's Group 2:00-3:00p 
25	26 Low Vision Group 10:00-11:00a Let' Play  3:00-5:00p	27 Veteran's Group 3:30-5:00p 	28	29
				

A Special Thank You goes out to our Sponsors:









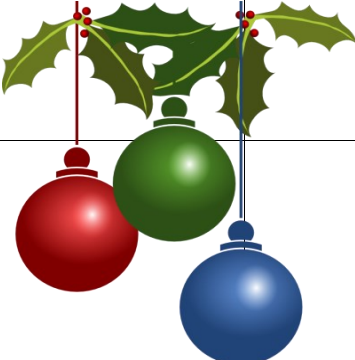
Growing Bear  
Company



....and to our Donors:

Aleman Sprinklers, Arapahoe Basin, Boondocks, Budweiser Event Center, Butch's Guns, Casey's Casing, Chippers Lanes, Coalbank Creek Land & Livestock, Colorado Model Railroad Museum, Comedy Works, Denver Art Museum, Denver Museum of Nature & Science, Denver Zoo, Distortions, Elitch Gardens, Elite Island Resorts Caribbean, Fort Fun, Fritzler's Corn Maze, Garretson's Sport Center, Glowgolf, Greeley Chop House, History Colorado Centers, Kevin Thompson, King Soopers, Kress Cinema & Lounge, Lodge Casino, Mesa Verde Museum, Nordy's, Sam's Club, Santa's Workshop, Showcase Art Center, Space Foundation, Stanley Hotel, The Molly Brown House Museum, The Summit, Union Colony Civic Center, Unified Title, Village Inn, Wal-Mart , Warm Hugs, Weldwerks, Wing Shack, Wing Stop, YMCA of the Rockies.

# December, 2019

Mon	Tue	Wed	Thu	Fri
2 Coloring & Crafts Group 1:00-2:00p 	3	4 Accessible Book Club 9:30-10:30a Veteran's Group 3:30-5:00p 	5 Bookmobile 10:30-11:00a Chronic Pain/Illness Support Group 3:00-4:30p	6
9 Traumatic Brain Injury Support Group 1:00-2:00p	10 Self-Advocacy Support Group 10-11a Let's play  3:00-5:00p	11 Accessible Book Club 9:30-10:30a Veteran's Group 3:30-5:00p 	12 Christmas  1:00-3:00p	13
16	17	18 Accessible Book Club 9:30-10:30a Veteran's Group 3:30-5:00p 	19 Bookmobile 10:30-11:00a Anxiety Support Group 2:00-3:00p	20
23 	24	25	26	27
30	<div> <p><i>Connections will be closed for the Holidays.</i></p> <p><i>We will return on January 2nd, 2020.</i></p> <p><i>Happy Holidays from All of Us!</i></p> </div>			

**Anxiety Support Group**—Participants share information about how they cope with anxiety and PTSD.

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

**Accessible Book Club**— Has large print, digital & audio versions for individuals with low vision.

**Chronic Pain/Illness Support Group**—A support group for those living with chronic pain and illness.

**Coloring and Crafts Group**—A group for socializing and coloring and crafts

**Let's Play BINGO**— Come and play BINGO. Meet new people and win prizes.

**Low Vision Support Group**—Learn about and share strategies for living with low vision.

**Self-advocacy Group**—Teaches people how to advocate for themselves.

**TBI Group**—A support group for those who have suffered a traumatic brain injury/stroke, etc.

**Veterans' Support Group**— Veterans helping other Veterans to promote recovery and independence.

**WAND**— Weld Advocacy Network on Disabilities is a group committed to systems advocacy change in Weld County .

**Women's Disability Group**—A safe environment for women to support each other.



## Connections for Independent Living

### 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 noticiario a solicitud.**

1331 8th Ave  
Greeley, CO 80631

Phone: 970-352-8682  
800-887-5828  
Fax: 970-353-8058

Online at:  
[Connectionsforindependentliving.org](http://Connectionsforindependentliving.org)



## Christmas Party

Connections will be hosting our annual Christmas party on December 12th, from 1:00-3:00p.m. There will be lots of good food and fun. Please RSVP to your Independent Living Specialist

## Holiday Closing

Each year Connections closes its doors through the Christmas and New Year's holidays, beginning December 23rd and returning on January 2, 2020. Staff at Connections wishes everyone a happy holiday season.



## Chronic Pain/Illness Peer Support Group

We meet together to discuss our experiences, share ideas, and provide emotional support for one another. Join us once a month so we don't feel alone.

## Recipe of the Month - Ranch Buffalo Chicken Wing Dip

**Preparation time—5 minutes**

**Cook time—25 minutes**

**Servings –12**

This is literally the perfect party dip! Creamy, cheesy and spicy; this Buffalo wing flavored dip is loaded with shredded chicken and tons of yummy cheese.

### Ingredients:

8 oz. softened cream cheese  
1/2 cup ranch dressing  
1/2 cup sour cream  
2 cups shredded chicken  
1 cup buffalo sauce divided  
2 green onions, thinly sliced  
1 cup shredded Monterey jack cheese  
Corn tortillas for serving

### Instructions:

Preheat Oven to 375 Degrees

Combine cream cheese, sour cream, ranch dressing and green onions with a mixer on medium speed. Spread into the bottom of a pie plate or small casserole dish.

Toss chicken with 1/2 cup buffalo sauce. Spread over cream cheese mixture and drizzle with remaining buffalo sauce.

Top with cheeses and bake 25-30 minutes or until hot and bubbly.



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