

October-  
November

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Recipe

of the Month



### Connections Happenings

Welcome to Fall! The seasons are changing the leaves to beautiful yellow and reds that will soon be gone and the trees will be covered in soft white snow. Like the seasons, Connections is also going through a beautiful change. As of September 14th, Alicia Garza was appointed by the Board of Directors, official Executive Director of Connections. Alicia has been serving Connections consumers since April 2009, working one-on-one with consumers in our Section 8 housing program as Housing Director to working behind the scenes of the functions of Connections. The Board of Directors and Connections staff are embracing our new Executive Director with smiles and support as she paves a new path for Connections as a agency and in the community.

We are more than excited to share that on October 26th, Connections monthly WAND meeting will have Colorado Senator Dave Young as a special guest! He will be fielding questions from the audience about the needs and the wants of the disability community.

Come and join the Don't Stop Crafting on October 31st to paint skulls, listen to Halloween music and have a spooky good time! Please RSVP for this

Crafting event by contacting

Rose at-

970-352-8682 Ext

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It's Fall! And do you know what that means?! It's time to start planning Connections 2018 Wine Gala Fund-raiser! If you are interested in being on the Wine Gala Planning Committee, please contact Kasie at [kasie@connections4il.org](mailto:kasie@connections4il.org)



# OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
2	3 3-4:30 pm Let's Play BINGO!	4 3:30pm Veteran's Support Group	5 10:45am- 11:45am Bookmobile 3pm-4:30pm Pain Support	6
9	10	11 3:30pm Veteran's Support Group	12	13
16	17 3-4:30 pm BINGO 1:30-2:30 Chronic Pain Anonymous	18 3:30pm Veteran's Support Group	19 1pm- 2:30pm TBI Group	20
23	24 10-11am Low Vision	25 3:30pm Veteran's Support Group	26 10:45am- 11:45am Bookmobile 12pm1:30pm WAND	27
30	31 3-4:30 pm BINGO! 1-2:30 pm 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.

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**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**— Weid Advocacy Network on Disabilities is a group committed to improving accessibility in Greeley

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## Connections for Independent Living

1331 8th Ave  
Greeley, CO 80631

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

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



## 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 noticioso a solicitud.**



Follow Connections on Facebook to keep up on what events are happening at Connections and what is going on in the disability community throughout the nation!

### Ingredients

- 3½ lbs stew meat
- 3- teaspoons salt
- ½- teaspoon pepper
- 2 cups chopped onions
- 4 cups beef broth
- 2 Tablespoons tomato paste
- 2 cups chopped carrots
- 4 cups cubed potatoes
- 1 bay leaf
- 1 teaspoon thyme
- 4 cloves garlic, minced
- 1 Tablespoon worcestershire sauce
- 2 cubes beef bouillon
- 2 cups frozen peas

### Directions

1. Spray slow cooker with cooking spray.
2. Add all ingredients except for peas and stir.
3. Cook on low for 6-8 hours.
4. Remove bay leaf.
5. Add peas to stew 10 minutes before serving for firmer peas. For less firm peas, add the peas 20-30 minutes before.
6. For thicker stew, combine 4 Tablespoons water with 2 Tablespoons mesa flour (or regular flour) in a small bowl. Stir into stew 10 minutes before serving.

