October-November

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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 I 4th, 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.

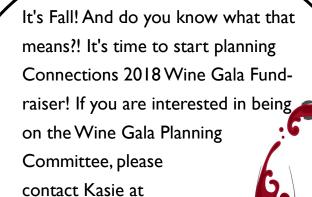
Come and join the Don't Stop Crafting on October 31thh to paint skulls, listen to Halloween music and have a spooky good time! Please RSVP for this

Crafting event by contacting

Rose at-

970-352-8682 Ext

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kasie@connections4il.org



	Mon	Tue	Wed	Thu	Fri
			5	5	
	2	3 3-4:30 pm	4 3:30pm	5 10:45am-	9
			Support	Bookmobile	
			Group	3pm-4:30pm	
. (Pain Support	
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•			Support		
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	16	30 pm	18 3:30pm	19 1pm-	20
		BINGO	Veteran's	2:30pm TBI	
2		1:30-2:30 Chronic Pain	Group	<u> </u>	
		Anonymous			
	23	24 10-11am Low Vision	25 3:30pm Veteran's	26 10:45am- 11:45am	27
			Support	Bookmobile	
))	12pm1:30pm WAND	
	30	31 3-4:30 pm BINGO!			
		1-2:30 pm Don't Stop Crafting!			
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	Mon	Tue	Wed	Thu	Fri	Adaptive Yoga at Greeley Rec Center—Gentle,
7			4 2.20mm	2 40.4Epm	0	yoga mostly in chairs, adapted for each individual.
• •			n Stanbin	4 10:45am-	~	Bookmobile — The High Plains Library brings a
			Veteran's	11:45am		selection of books and movies to
(Support	Bookmobile		Connections for your convenience
)			Group			Don't Stop Crafting- Create DVI crafts!
)				3pm-4:30pm		Game Dav-Come enjoy playing games at Con-
•				Pain Support		nections.
>				-		Let's Play BINGO- Come and play BINGO, win
<u> </u>	u	7	8 3.30nm	a	10	prizes for your home and meet new friends!
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			Veteran's			Low Vision Support Group—Learn about and
			Support			share strategies for living.
			Group			Pain Management Group—A support group for
			5			those living with chronic pain.
(TBI Group-A support group for those who have
7						suffered a traumatic brain injury
	13	14 3-4:30 pm	15 3:30pm	16 1pm-	17	Veterans' Support Group
ı)		Veteran's	2:30nm TRI	•	WAND- Weld Advocacy Network on Disabilities is
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>		BINGO:	Support	Group		Greeley
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	20	21 10-11am	22 Office	23 OFFICE	24 OFFICE	
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•		1:30-2:30 Chronic Pain				
		Anonymous				
<u> </u>	27	28 3-4:30 pm	29 3:30pm	30		
		Let's Play BINGO!	Veteran's Support Group	12pm1:30pm WAND		
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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 boletin noticiaro a solicitud.

1331 8th Ave Greeley, CO 80631

Phone: 970-352-8682

800-887-5828 970-353-8058

Online at:

Connections for independent living.org







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

- -31/2 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 expect 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.

