

January

February



Bring on
the
NEW YEAR!

GREETINGS FROM OUR BOARD MEMBERS

Happy Holidays! I have been on the Connections for Independent Living Board since the year after the building was purchased in 2009. What a great move for CIL. When I joined the Board I knew nothing of all the good work that the staff has done over the years and **continues** to do. "We have gone through many changes, however, we have never deviated from the "Mission." I am proud to be a part of Connections for Independent Living and have great hopes for a brighter New Year –











Best Wishes for a Very Happy Holiday Season – Board Chair **Mary Jo Brockshus**

Hi! I'm **Josh Fulenwider**. I was invited to join the Connections' Board in early 2019. I wanted to be a part of Connections because my mother worked in special education for 30 years and my wife currently helps kids with disabilities transition from school to the workforce. I'm an entrepreneur and previously worked in banking. It is my hope that I can help Connections reach into the smaller communities east of Greeley. If you see me around please say hello.

We're just all over the place.....

Connections for Independent Living provides services in Greeley and all of Weld County. What you might not know is that Connections for Independent Living works with people of all ages and with all types of disabilities and our catchment area stretches all the way to the Nebraska border. Connections helps people in Morgan, Logan, Yuma, Washington, Sedgwick and Philips counties. We work with people in encouraging them to achieve their goals and to live as independently as possible. For additional information you can visit our website at Connectionsforindependentliving.org If you, or someone you know, needs some support in reaching their full potential, please contact Kevin at Connections for Independent Living 970-352-8682.

January, 2020

Mon	Tue	Wed	Thu	Fri
		1 Happy New Year!	2 Chronic Pain /Illness Support Group 3:00-4:30p	3
6 Coloring & Crafts Group 1:00-2:00p 	7 Let's Play  3:00-5:00p	8 Veteran's Group 3:30-5:00p 	9	10
13 Traumatic Brain Injury Support Group 1:00-2:00p	14 Self-Advocacy Support Group 10-11a	15 Veteran's Group 3:30-5:00p 	16 Anxiety Support Group 2:00-3:00p	17
20 CLOSED  Martin Luther King Day	21 Let's Play  3:00-5:00p	22 Accessible Book Club 9:30-10:30a Veteran's Group 3:30-5:00p 	23  W.A.N.D. 12:00-1:30p	24  Women's Disability Group 2:00-3:00p
27	28	29 Veteran's Group 3:30-5:00p 	30	31

Meet the Staff.....



Jessica Standiferd
Outreach Coordinator.....

....was born and raised in Greeley. She's been working at Connections since the summer of 2017 and before that was a stay at home mom for 7 years. In her free time, Jessica likes to spend time outdoors, at the lake fishing, hiking and camping. Her children are involved with sports and she spends a lot of time at their games.













Amber Svitak – Independent Living Specialist

Amber has been with Connections since 2018. After her internship she was hired, full-time, as an Independent Living Specialist. She received her Bachelor's Degree from the University of Northern Colorado and also attended the University of Phoenix. Amber graduated from Greeley Central High School and has lived in Greeley for 27 years.

Amber has her own disabilities to deal with and she believes it helps her to become an empathetic Independent Living Specialist. Even though Amber is the newest member of the "Team," she feels that she is learning a lot from her teammates and she is able to use this information to give her participants the best services possible.

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3 Coloring & Crafts Group 1:00-2:00p 	4 Let's play  3:00-5:00p	5 Veteran's Group 3:30-5:00p 	6 Chronic Pain/Illness Support Group 3:00-4:30p	7
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Anxiety Support Group—Participants share information about how they cope with anxiety and PTSD.

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.

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— The Weld Advocacy Network on Disabilities is committed to systems advocacy change in Weld County .

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

Recipe of the Month - Grandma's Chicken and Dumpling Soup

INGREDIENTS

1 broiler/fryer chicken
(3-1/2 to 4 pounds), cut up
2-1/4 quarts cold water
5 chicken bouillon cubes
6 whole peppercorns
3 whole cloves
1 can (10-3/4 ounces) condensed cream of
chicken soup, undiluted
1 can (10-3/4 ounces) condensed cream of
mushroom soup, undiluted
1-1/2 cups chopped carrots
1 cup fresh or frozen peas
1 cup chopped celery

1 cup chopped peeled potatoes
1/4 cup chopped onion
1-1/2 teaspoons seasoned salt
1/4 teaspoon pepper
1 bay leaf

DUMPLINGS:

2 cups all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
1/4 teaspoon pepper
1 large egg, beaten
2 tablespoons butter, melted
3/4 to 1 cup whole milk
Snipped fresh parsley, optional



Place the chicken, water, bouillon, peppercorns and cloves in a stockpot. Cover and bring to a boil; skim foam. Reduce heat; cover and simmer 45-60 minutes or until chicken is tender. Strain broth; return to stockpot.

Remove chicken and set aside until cool enough to handle. Remove meat from bones; discard bones and skin and cut chicken into chunks. Cool broth and skim off fat.

Return chicken to stockpot with soups, vegetables and seasonings; bring to a boil. Reduce heat; cover and simmer for 1 hour. Uncover; increase heat to a gentle boil. Discard bay leaf.

For dumplings, combine dry ingredients in a medium bowl. Stir in egg, butter and enough milk to make a moist stiff batter. Drop by teaspoons full into soup. Cover and cook without lifting the lid for 18-20 minutes. Sprinkle with parsley if desired.



Connectionsforindependentliving.org

Online at:

Fax: 970-353-8058

800-887-5828

Phone: 970-352-8682

Greeley, CO 80631

1331 8th Ave

?Habla Español? Tenemos un boletín noticiario a solicitud.

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.