



Connections

Connections for Independent Living | Northeastern Colorado

VOLUME 2 NUMBER 2

NOVEMBER-DECEMBER 2021

Help Connections this December 7 through Colorado Gives Day

Give where you live. Colorado Gives Day, on Tuesday, December 7, has special meaning for Connections this year.

At the October 19 Greeley City Council meeting, the members approved the city's 2022 budget. The new budget includes a grant appropriation of \$11,200 for upcoming Connections infrastructure improvements.

Community Development Block Grant funds will provide a portion of the costs to reconstruct the Connections' office entry. Our goal is that private donations, including Colorado Gives Day and end-of-year donations, will hopefully cover the remainder of the planned construction expenses. We need your help to make this happen!

Connections will be removing the double door entry and reconstructing the front door to allow for easier access for persons who use chairs or canes for mobility. The automated door opener will be updated to allow more time, as well as adding a sensor to keep the door from closing unexpectedly. In addition, segments of the outside

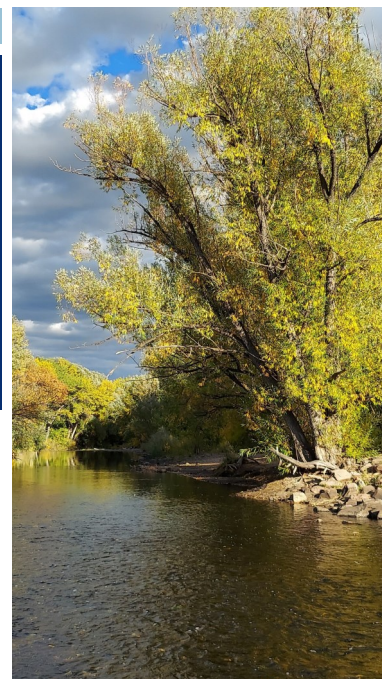
sidewalk will be replaced and a new safety railing added. The latter will be especially helpful when the walk is slick with snow and ice.

Your donation will help with these construction costs in 2022. It is estimated the project will cost about \$25,000.

We will be honored by your gift. Give securely through our online donation portal at bit.ly/ConnectionsDonations. Or contact our offices to arrange your gift.



The front entry door at Connections.



Richard Rhinehart

An idyllic autumn view in Colorado's northeastern plains.

Inside this issue

Join Connect with Friends Workshops this fall and winter2

Do you qualify for SSI/SSDI financial assistance?.....2

Free services from Connections for northeastern Coloradans.....2

Connections Peer Support Groups.....3

News & Notes3

COVID-19 Connections services update4

Our Organization

Established in 1986, Connections for Independent Living is one of nine certified Independent Living Centers (ILCs) in the State of Colorado. We serve Weld, Morgan, Logan, Phillips, Sedgwick, Washington, and Yuma Counties.

All our services are free and voluntary for our valued consumers.

Join *Connect with Friends* workshops this fall and winter

Northeastern Coloradans who live with paralysis are invited to attend Connections' *Connect with Friends* sessions this fall and winter seasons. These workshops are hosted in person at Connections, and are also available through online video conferencing upon request.

Wednesdays through December 22, *Connect with Friends* Program Specialist Peggy Garcia is hosting an art theory workshop. These sessions will include discussion and



Provided gaming image

participation in a variety of artistic forms, including creative writing and music.

Coming March 3, Independent Living Specialist David Dalgarn will be coordinating a gaming workshop. The arrival of the pandemic in 2020 has led to greater social isolation for Coloradans who live with paralysis. Through the playing of online games, social isolation can be reduced and quality of life improved.

Modern gaming through the internet is designed for persons of all abilities. Technology and superior graphics provide a profound impact on the gaming experience, offering experiences that look and feel realistic. In many multi-person games, the gamer becomes part of a larger community of individuals.

There is **no fee** to participate in these enjoyable 90-minute workshops. Sign up online or call us to participate.

Do you qualify for SSI/SSDI financial assistance?

Do you have a medical or mental health condition that makes it difficult for you to secure and hold employment? Do you have questions about Social Security disability assistance and qualifying to receive monthly financial benefits from the federal government?

Applying for Social Security Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) can be a confusing and complex process. At Connections, we have trained and knowledgeable staff who can provide assistance remotely or in person by appointment.

Please contact us today at (970) 352-8682 for free consultation. There are **no fees** to apply for SSI/SSDI assistance.

Free services from Connections for northeastern Coloradans

Connections for Independent Living is one of nine Independent Living Centers providing services to Coloradans who live with disabling conditions. We specifically serve residents of Weld, Morgan, Logan, Washington, Sedgwick, Yuma, and Philips counties.

Our services are provided at no cost to the recipient through local, state and federal funding. We provide independent living assistance, housing assistance (including Housing Choice vouchers), transition services, and advocacy and referral assistance. Our organization is also a leading provider of American Sign Language interpreting services for members of the Deaf, hard-of-hearing and Deaf/Blind community.

If you, a friend, colleague or family member can benefit from our help, please call us at (970) 352-8682. You can arrange for an initial appointment in person, or by telephone or by video conference.

Connections


Connections for Independent Living | Northeastern Colorado


PEER SUPPORT GROUPS

Anxiety Support Group

Participants share information about how they cope with anxiety and Post Traumatic Stress (PTSD). This group meets monthly, the last Thursday, from 2:00 - 3:00 p.m. Hybrid.





 bit.ly/ConnectionsAnxiety
passcode 549156

 Dial 253-215-8782
86218709472#, 0#, 549156#

Chronic Pain/Illness Group

A support group for those living with chronic pain and illness. Meets monthly, first Thursday, from 3:00 - 4:00 p.m. Online.

 bit.ly/ConnectionsChronicPain
passcode 565101

 Dial 346-248-7799
83030138798#, 0#, 565101#



Deaf Social Group


A safe space for deaf, HOH, and Deaf/Blind individuals to socialize. Monthly, second Thursday, from 3:30 - 4:30 p.m.




In-person only at
Connections.

Low Vision Support Group

Learn about and share strategies for living with low vision or blindness. Meets monthly, first Tuesday, from 11:00 a.m. - 12 noon. Hybrid.

 bit.ly/ConnectionsLowVision
passcode 289228


 Dial 669-900-6833
81692498500#, 0#, 289228#




Self-Advocacy Support Group

This group teaches people how to advocate for themselves. Meets monthly, second Tuesday, from 10:00 - 11:00 a.m. Online.





 bit.ly/ConnectionsSelf-Advocacy
passcode 752016

 Dial 669-900-6833
84949531378#, 0#, 752016#

Social Group

Informal group to socialize and discuss any chosen topic of interest. Monthly, last Friday from 11:00 a.m. - 12 noon.

 bit.ly/ConnectionsSocialGroup
passcode 279168


 Dial 669-900-6833
87239763680#, 0#, 279168#




Traumatic Brain Injury Support Group

This group offers information and support for anyone who has experienced a brain injury. Caregivers welcome. Meets monthly, second Monday, from 1:00 - 2:00 p.m. Online.





 bit.ly/ConnectionsTraumatic
no passcode

 Dial 253-215-8782
87692062801#, #

Women with Disabilities Support Group

A safe environment for women to support each other. Meets monthly, third Tuesday, from 2:30 - 3:30 p.m.

 bit.ly/ConnectionsWomenDisabilities
passcode 373583

 Dial 346-248-7799
89197179026#, 0#, 373583#



NEWS & NOTES

Our Connections newsletter is available in digital format! If you would prefer to receive our bi-monthly newsletter by email, or receive both our print and digital editions, please complete our online subscription registration at <https://eepurl.com/g7Y6Nj>.

If you are deaf, hard-of-hearing, or Deaf/Blind, the State of Colorado Department of Human Services' Communications Technology Program offers communications resources at no cost. Connections is an authorized demonstration site for this program. Contact us at (970) 352-8682 if you would like to arrange a demonstration.

We're raising funds for a good cause! Our Connections building will receive much-needed renovations in 2022. You can help us meet our fundraising goal. Donate with confidence today at bit.ly/ConnectionsDonations. Thanks!

Connections offices will be closed for the holidays November 25-26, December 23-24, and December 30-31.

Are you a Facebook user? Follow our Connections page at facebook.com/CILgreeley/ for regular updates about our organization, and information about persons with disabilities.

Connections is published bi-monthly by Connections for Independent Living and distributed at no cost to care consumers, followers, supporters, and partners.
Rochelle Miller—Executive Director;
Joshua Fulenwider—Director of Independent Living Services; **Karen McCullah**—Interpreting Coordinator; **Richard Rhinehart**—Director of Communications and Editor. Send change of address to Connections, 1331 8th Ave., Greeley, CO 80631-4601.

Connections for Independent Living

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CONNECTIONS
Challenge Barriers. Build Independence.

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U S POSTAGE
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PERMIT #593
GREELEY, CO

Happy Holidays from Connections!

Our team sends Seasons Greetings for our consumers, friends, supporters, and partners.

Happy holidays — we look forward to a great year in 2022!

About Connections for Independent Living

Our mission is to promote the full inclusion and integration of people with all types of disabilities into all levels of society. We challenge barriers, both physical and attitudinal, which restrict the rights and personal development opportunities of people with disabilities. With a staff and board of directors that consists mostly of persons with disabilities, we are effective in promoting independent living and empowerment.

COVID-19 Connections services update

Increasing hospitalizations and relatively low COVID-19 virus vaccination rates in northeastern Colorado greatly concern the Connections staff and board of directors.

Until hospitalizations decrease and vaccinations increase in our seven-county service region, all in-person visits to our Connections offices will be by appointment only. Generally, appointments with team members may be scheduled on Tuesdays, Wednesdays, and Thursdays. Call **(970) 352-8682**, or visit connectionscolorado.org/contact/ online to arrange your personal appointment.

Visitors entering our building must wear face masks and practice social distancing, regardless of vaccination status.

Connections is also temporarily suspending in-person attendance in groups and workshops, with the following exceptions.

- Connect with Friends workshops
- Deaf Social Group

Online video conferencing using the Zoom platform will still be available for all peer support group sessions.

