



2023

Newsletter



New Year, New Stories!

Have you done something that made you so proud you want to shout it from the roof top or better yet, have it show-cased in our newsletter?

If so, let us know! We are currently collecting success story nominations for upcoming newsletters.

At Connections Case Mgmt. we love to celebrate our customers and their accomplishments, no matter how big or small they may seem. A win is a win!

Some examples of past stories have included: obtaining or making steps towards community integrated employment, participating in local theater, reaching a long-term goal, learning a new skill, overcoming adversity, getting a driver's license, securing housing for the first time, volunteering, and much, much more.



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If you'd like to enter to have your story shared, let us know by talking to your Personal Agent or emailing us at info@connections.cm.org

DIRECTOR'S CORNER

By Robin Mouser, CCM Director

Possibility is defined as:

- A thing that may happen
- The state or fact of being likely or possible
- potential
- promise
- a chance, a prospect, a likelihood



What if we chose to think of **Possibilities** as **Opportunities**?

Opportunities to set new goals, make new friends, explore new places, plan a vacation, exercise more, stress less, learn to cook, join a gym, volunteer to help others, finish school, create a piece of artwork, learn how to play an instrument, join a social group, read that book you have been putting off, start a new job or business, practice mindfulness, get more sleep, grow a garden, drink more water.

The **Opportunities** to explore new **Possibilities** are everywhere. What will you explore?

“You’ll never get bored when you try something new. There’s really no limit to what you can do.” **Dr Seuss**

*“Celebrate endings, for they precede new beginnings. So, as we say goodbye to 2022, we look forward to 2023 and the limitless **possibilities** it brings to all of us.”*
Jonathan Huie

*“We will open the book. Its pages blank. We are going to put words on them ourselves. The book is called **opportunity** and its first chapter is New Year’s Day.”* **Edith Lovejoy Pierce**

The staff at Connections Case Mgmt. wish for you a peaceful and joyous holiday season and a new year full of endless **Possibility** and **Opportunity**.

Goodbye 2022. Hello 2023!

DID YOU KNOW?

January is National Thank You Month!

Expressing gratitude is not only good for your health but for your relationships too. Telling someone thank you can help them feel valued and appreciated.

While saying thank you over the phone or text is great, writing a handwritten note is even better!

We've included a template below to help you get started. Think of someone you want to thank, write it down, then give them the note. Simple as that and you've made someone's day!

DEAR _____

Thank you

SINCERELY,



Easy Banana Bread Recipe

This banana bread is one of the easiest recipes and it turns out perfectly every time!

Ingredients

- 3 medium bananas mashed
- ½ cup mayonnaise
- 1 egg
- 1 ½ cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup sugar
- ½ cup chopped pecans (You can substitute your favorite nut instead or chocolate chips)

Instructions

1. Preheat oven to 350°F.
2. In a bowl mix together mashed bananas, mayo and egg. In a separate bowl combine flour, sugar, baking soda, salt, and pecans
3. Add flour mixture to wet mixture and stir just until combined. Note: The mixture will be very thick, do not over mix
4. Pour into a greased loaf pan. Bake 60-70 minutes or until a toothpick comes out clean.
5. Remove from pan and allow to cool completely.

Source: <https://www.spendwithpennies.com/easy-banana-bread-recipe/>

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