



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

OCTOBER NEWSLETTER 2021 • VOL. 2



From our ACIL family to yours...

Happy October! This month we are shining a light on invisible disabilities to spread awareness, education, and the importance of peer support. Peer support is one of our core services because we believe that individuals experiencing the same issues (peers) are in the best position to support one another dealing with similar experiences. If we can provide you with support, please call us at (609)748-2253 ext. 4.

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Atlantic Center for Independent Living

160 S. PITNEY RD., UNITS 3 & 4, GALLOWAY, NJ 08205
PHONE: (609)748-ABLE (2253) | ATLANTICCIL.ORG

Our Mission

Atlantic Center for Independent Living, Inc. is a center that assists individuals with disabilities to live and work as independently as possible.

Our core services include:

Information & Referral

Information about & referrals to services and organizations that can help you achieve your independence.

Advocacy

Staff assist individuals with personal issues to advocate for what they need. Systems advocacy identifies issues that affect others within the community and develop strategies to bring about systems change.

Peer Support

We believe that individuals experiencing the same issues (peers) are in the best position to support one another dealing with similar experiences.

Life Skills Training

Services are designed to assist you in gaining the skills necessary to live independently in your community.

Transition Services

Youth: Our youth services provide support and guidance to students transitioning from school to adult life with a strong emphasis on employment.

Seniors: Atlantic staff can assist seniors living with disabilities to ensure they are receiving benefits and services designed to ensure the greatest independence possible with the goal of remaining within their communities.



CIL Support for Disability & Disaster Legislation



The New Jersey Statewide Independent living Council (NJSILC) announced its support of two pieces of federal legislation introduced in August, The Real Emergency Access for Aging and Disability Inclusion for Disasters (REAADI) Act and the Disaster Relief Medicaid Act (DRMA). These two historic pieces of disability and disaster legislation that will dismantle barriers faced by disaster-impacted people with disabilities, older adults, people with access and functional needs, and other Medicaid-eligible people impacted by disasters.

The REAADI Act will fund research and by expanding a national commission to include people with disabilities, older adults, experts on disability inclusive emergency management and government and community stakeholders to provide guidance on disability and aging issues before, during and after disasters.

The Disaster Relief Medicaid Act will provide uninterrupted access to Medicaid services when recipients must evacuate across state lines, which increases health maintenance and community living, and prevents institutionalization during disasters. This bill creates a grant to help States develop an emergency response corps to provide home and community-based services. This kind of corps would have been valuable in the early months of the pandemic to keep people with disabilities out of institutions.



Our Stories



Karen Aydelotte has been a consumer of ACIL for a number of years.

"People have disabilities, sometimes you see them, sometimes you can't - mine you can't see," Karen explained. She grew up in a military family where it was important to show strength outwardly. Talking about her disability doesn't come naturally so it has been beneficial to have a supportive, understanding, and patient person to confide in.

Dawn Padick, Karen's Independent Living Specialist, is that person.

Dawn calls regularly and provides her with peer support that has been helpful especially through the pandemic. Feeling isolated and not having the technology to communicate virtually led Karen to apply for Cares Act Assistance for a laptop. Having a laptop opened a whole new world for Karen to connect with others. She recently attended ACIL's Computer Basics activity is excited to be learning new skills.

Karen loves nature and photography of our surrounding area. Fall is her favorite season, and she is excited for fall festivals like Octoberfest.



Sun setting over the Smithville Village
by photographer Angela Campanale

What is an invisible disability?



An invisible disability is any long-term impairment, health condition or illness that isn't immediately visible in most everyday circumstances, examples include depression, fibromyalgia, or lupus.

Mark your calendars for the 2021 Invisible Disabilities Week – Visible Courage, Stories of Life! Together we can bring awareness, education and support to your neighborhood and around the world during Invisible Disabilities Week Oct 17 – 23, 2021.

What does it take to make it through the day? Courage is needed in the moments that are tough and overwhelming, not when everything is going easy and well. Courage is to possess mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty! Living each day with a disability, illness, pain or injury is a journey often filled with moments of tragedy and triumph. Many disabilities are invisible and are only known to the person themselves. Share you your stories of Visible Courage using the hashtag #InvisibleDisabilitiesWeek.

Visit invisibledisabilities.org for more information.

Disability Friendly TRICK or TREAT



- Consider avoiding flashing or excessive lights and loud music when putting up yard or house decorations, as these can be overwhelming to children with disabilities and could even cause seizures.
- Try asking questions children can respond to by pointing or showing the answer, and don't press them or withhold their candy.
- Make sure everyone, including those with allergies and dietary restrictions, can get a treat by offering toys or trinkets.
- If a child is taking a long time to choose or is rooting through the candy, be patient, as they may want a closer look to ensure they get the candy they want.
- Be aware that some children with disabilities may have less developed motor skills, making it hard to just grab one piece of candy.
- Maturity levels and the interests of individuals with intellectual or developmental disabilities don't always line up with age, so a teenager or young adult might come to your door.

For parents or guardians of children with disabilities:

- Help familiarize the child with what trick-or-treating may be like by practicing with a neighbor. Rehearse going up to a door, knocking or ringing the doorbell, and asking for candy however the child can.
- Set a trick-or-treating route and walk it in advance.
- Encourage the child to try their costume on before Halloween, in case modifications need to be made for comfort.
- Before trick-or-treating, discuss and set rules on how much candy the child can eat and when.
- Let the child stop or go home when they want to.
- Make sure the child has identifying information on them, such as a tag, glow necklace, card or bracelet in case of accidental separation.

FYI: A free, sensory friendly hayride will be offered for families with Autism and other developmental disabilities at 4 p.m. Oct. 23 at the Scullville Junkyard, 354 Zion RD. While there will still be scary images, there will not be long lines, "pop-outs," loud noises or flashing lights.

Registration is required. For information, call (609) 927-2588

Monthly Calendar



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CENTER FOR INDEPENDENT LIVING, INC.

October



Weekly Activities

- Sketch Book Club**
Monday | 1pm | [Zoom Link](#)
- Living with a Disability During Covid-19**
Monday | 2pm | [Zoom Link](#)
- Life Skills Activities**
Tuesday | 1pm | [Zoom Link](#)
- Current Events with Donald**
Tuesday | 3pm | [Zoom Link](#)
- Chronic Pain & Illness Support Group**
Wednesday | 1pm | [Zoom Link](#)
- Advocacy Group**
Wednesday | 3pm | [Zoom Link](#)
- Socialization and Wellbeing Group**
Friday | 11am | [Zoom Link](#)
- College Survival Club**
Friday | 1pm | [Zoom Link](#)
- Building a Support Network**
2nd Tuesday | 3pm | [Zoom Link](#)
- Communication Skills**
3rd Thursday | 3pm | [Zoom Link](#)
- Stress Management During Covid-19**
4th Friday | 3pm | [Zoom Link](#)

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31 HALLOWEEN	25	26	27	28	29	30

Contact us for more information at jb Burke@atlanticcil.org | (609)748-2253 ext. 4

Support Groups

Stress Management during Covid-19

A monthly support group to discuss ways to relieve stress during the pandemic.

4th Fridays at 3:00pm

Zoom ID #: 824 1067 4491
Passcode: 071768



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The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext. 4

BUILDING A SUPPORT NETWORK

2ND TUESDAYS
AT
3:00PM

A monthly support group to discuss ways to build your support network.

Zoom ID #: 864 0593 0624
Passcode: 206910



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Disability Advocacy Group

Wednesdays 3pm on Zoom

Email mdouglas@atlanticcil.org for Zoom link



Atlantic Center for Independent Living, Inc. supports equal access for all. For accommodations email mdouglas@atlanticcil.org or call 609-748-2253.

COLLEGE SURVIVAL CLUB

Come and learn from people who have been there and gain support from your peers. Open to current and future college students with disabilities.



FRIDAY AFTERNOONS 1-2PM

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A weekly group keeping up to date with current events with the Director of ACL.

CURRENT EVENTS
with Donald

Tuesdays @ 3pm

Zoom Meeting ID #: 832 3836 6293 Passcode: 955834

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COMMUNICATION SKILLS SUPPORT GROUP

A MONTHLY DISCUSSION OF EFFECTIVE WAYS TO COMMUNICATE.

3RD THURSDAYS @ 3:00PM

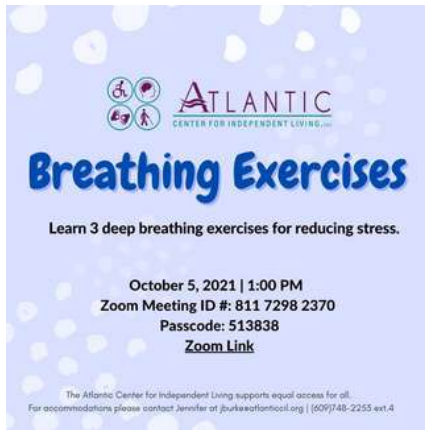
Zoom ID #: 874 8523 8023 Passcode: 688079



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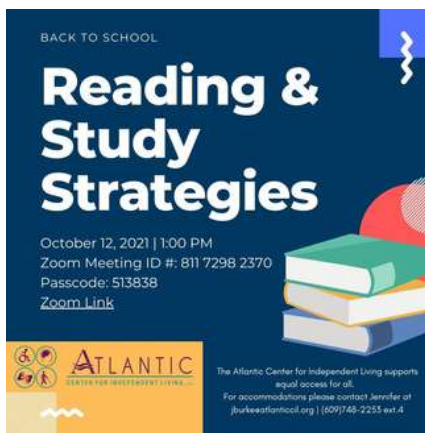
Weekly Life Skills Activities



Breathing Exercises

Tuesday, October 5, 2021 | 1pm

Deep breathing is one of the best ways to lower stress in the body. Join us for 3 deep breathing exercises to reduce stress.



Reading Strategies

Tuesday, October 12, 2021 | 1pm

Discuss different reading strategies to help reading comprehension, working memory and note taking skills.



Kitchen Safety

Tuesday, October 19, 2021 | 1pm

Pumpkin bread is the perfect fall recipe and requires use of many kitchen tools, appliances, and techniques. We will explore how to safely navigate the kitchen



Halloween Silhouettes

Tuesday, October 26, 2021 | 1pm

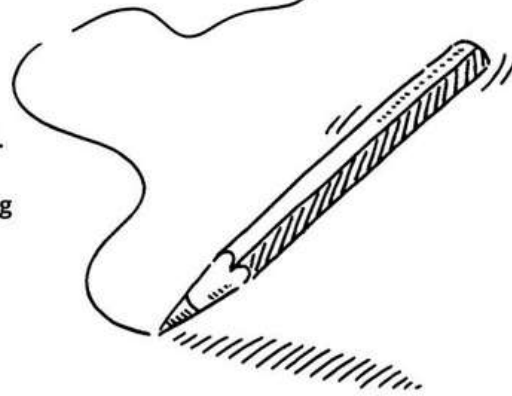
Create a Halloween themed work of art!



Collaboration Activity

Sketch Book Club

Let's explore our creativity through art!
Drawing is a fun and relaxing way to unwind.
Join us for a new topic each week.
Create a realistic or expressive drawing using
any supplies you have handy.



Mondays | 1:00 PM
Zoom Meeting ID #: 838 5439 1536
Passcode: 196590

[Zoom Link](#)



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Mental Health
Association
in Atlantic County


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PREPARING IS CARING ARE YOU REGISTER READY?



More from MHA

JOIN OTHERS & PURSUE YOUR INTERESTS
with 


UNITED BY WELLNESS

A VIRTUAL WELLNESS CENTER

Offering Multiple Groups, 7 days a week, such as:

- Mental Wellness
- Support Groups
- Peer Career Info
- Employment Wellness
- Coping Skills
- Relaxation Tools
- & Many More!!

FREE Emotional Support, Education, & Advocacy
in a Non-Judgmental, Diverse Community

 **United by Wellness**
a virtual wellness center

EXPLORE OUR WEBSITE:
<http://www.mhaac.info/ubw.html>

BECOME A MEMBER:
<https://www.surveymonkey.com/r/8VXP2K8>

CONTACT:
unitedbywellness@mhanj.org OR (609)652-3800

A 3-Month Pilot Program from Mental Health Association in New Jersey.

National Depression Screening Day is
Thursday, Oct. 7

Call-in, text, and online screenings will be provided locally by
The Mental Health Association in Atlantic County

To take a screening with a staff member 3 pm to 7 pm,
call 609 652-3800 or TEXT 609 380-3197

Five-minute online presentations about mental health at the top of every hour
3 pm to 7 pm via Facebook live and Zoom www.zoom.us
Meeting ID: 846 6042 0386
Passcode: 419 027



This service is offered by the Mental Health Association in Atlantic County



PAUSE FOR PAWS

Certified Pet Therapy Dogs

FIRST WEDNESDAY OF EACH
MONTH AT 6 PM

www.zoom.us
Meeting ID 890 0555 3509

They're cute, they're fun,
they're talented...
and they're ONLINE



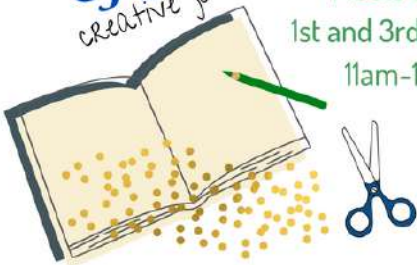
Join us to reduce stress and
smile a while!

A program of the Mental Health Association in Atlantic County

Gallery of You

creative journaling


Meets on the
1st and 3rd Monday
11am-12pm



Join us for an hour of self-care,
expression & relaxation

Art experience is not necessary.
All you'll need is everyday items -- magazines,
photographs, watercolor, colored pencils, markers, etc

Call/email for Zoom meeting information or join the
virtual wellness center at no cost using this link:
<https://www.surveymonkey.com/r/8VXP2K8>



609-652-3800 Unitedbywellness@mhanj.org mhaac.info/ubw

This is a Group of United BY Wellness: MHANJ's Virtual Wellness Center