



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

NOVEMBER NEWSLETTER 2021 • VOL. 2



From our ACIL family to yours...

November is a time for reflection and we want to take the time to thank you for being a part of our family. We hope you have a healthy, happy, and fulfilling month ahead. Join us at a support group or activity meeting and let us know how you are doing. We would love to hear from you! Give us a call at (609)748-2253 ext. 4.

In this month's edition...

Core Services • Page 2

National Autism Plan • Page 3

Our Stories • Page 4

Giving Tuesday • Page 5

Utility Assistance • Page 6

Calendar & Activities • Page 7, 8

Collaboration Activity • Page 9

MHA • Page 10

Atlantic Center for Independent Living, INC

1

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.



Public Input Requested on National Autism Plan

The Interagency Autism Coordinating Committee, a group of government officials and members of the autism community that is charged with advising the secretary of health and human services and coordinating federal autism activities, is working to update its Strategic Plan for Autism Spectrum Disorder. The plan guides priorities for autism research, services and supports and is relied on by both federal agencies and private organizations.

As part of the process, the committee is seeking input from stakeholders. The strategic plan has been organized around several topics — screening and diagnosis, biology, risk factors, treatments and interventions, services, lifespan issues, infrastructure and surveillance. In addition, the IACC is seeking input on two new topics, one related to the impact of the COVID-19 pandemic on the autism community and the other about considerations for underserved populations like racial and ethnic minorities, economically disadvantaged communities and rural populations.

Public comments are being collected through Nov. 30.

Submit your input here: [IACC Link](#)



Our Stories

Sean McDonald loves to make people happy. He is always telling jokes and wants to make you laugh. Sean lives with cerebral palsy and is also an autistic savant. If you tell him your birthday, he can tell you what day of the week you were born! He is also an active consumer at Atlantic CIL. You will find Sean at many of our support groups and activities.



Sean McDonald smiling with a view of New York Harbor.

Sean grew up a friend of Donald Campbell, ACIL's Director, and a few years ago they reconnected through social media. "Donald is awesome! I love talking to him, he is such a great friend. I work on issues with my anxiety and frustration. I've learned to focus on things I love to do like swinging on a swing and listening to music, it also helps just to talk things out with Donald."

Sean is happy to be a consumer of ACIL because it has opened up new ways for him to meet friends. "All of the peers I meet in the groups are awesome and the staff are super supportive and patient with me," Sean explained. "They never put me down, always make me feel welcome and treat me with respect."



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GIVING TUESDAY

Giving Tuesday is a global day of generosity that will take place on November 30, 2021. We hope you will consider making a donation to Atlantic Center for Independent Living this Giving Tuesday.

Your donation will help us continue to achieve our mission to assist individuals with disabilities to live and work as independently as possible. We provide important services including Information & Referral, Advocacy, Peer Support, Life Skills Training, and Transition Services.

Thank you for your continued support.

[**Donate**](#)





Utility Assistance Available

The NJ Department of Community Affairs mailed 350,000 households with overdue electric and natural gas bills to notify them that they are potentially eligible for assistance to pay their utility arrearages. The department urges people who receive a letter to act quickly and immediately to apply for help since the assistance is available for a limited time only. Approximately \$375 million in federal funding has been allocated for utility arrearages.

For those households that are current on their utility bills, but are still in need of assistance, the LIHEAP and New Jersey Universal Service Fund (USF) program application period opened on October 1, 2021. New Jersey residents can apply online by visiting:

<https://njdca-housing.dynamics365portals.us/en-US/dcaid-services/>.

To find out if they're eligible for this assistance, people can use the completely anonymous online screening tool called DCAid by visiting: nj.gov/dca/dcaid.

For more information about DCA – Energy Assistance, visit [NJ Department of Community Affairs](https://nj.gov/dca/dcaid)



Monthly Calendar



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November



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 	25 	26 	27
28	29 	30 				

Contact us for more information at jburke@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

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

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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

Atlantic Center for Independent Living, Inc. supports equal access for all. For accommodations, email mdouglas@atlanticcil.org

CURRENT EVENTS with Donald

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



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

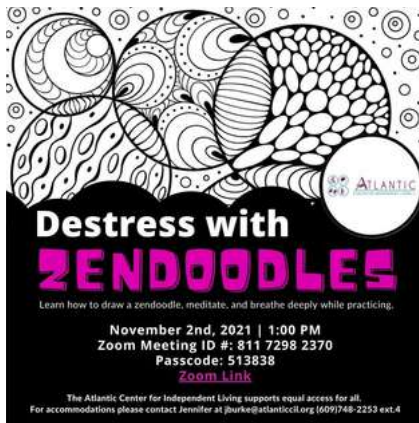
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Weekly Life Skills Activities



Destress with ZENDOODLES
Learn how to draw a zendoodle, meditate, and breathe deeply while practicing.

November 2nd, 2021 | 1:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Destress with Zendoodles

Tuesday, November 2, 2021 | 1pm

When you draw a Zendoodle, you're creating a work of art, but you're also deliberately creating a mood, focus, and state of mind. Learn how to draw a zendoodle, meditate and breathe deeply while practicing.



Life Skills for Career Success
Discuss life skills for the workplace.

November 9th, 2021 | 1:00 PM
Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

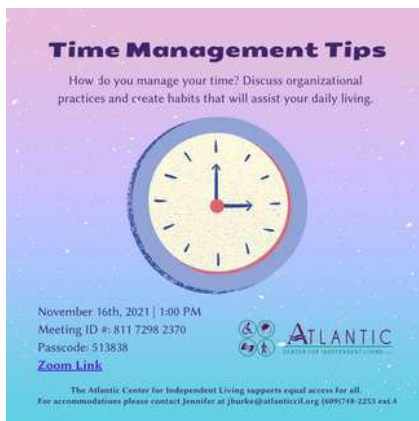
Communication, Resiliency, Decision-making, Cooperation, Time-management

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Life Skills for Career Success

Tuesday, November 9, 2021 | 1pm

Discuss life skills needed in the workplace, including: Communication, Resiliency, Decision-making, Cooperation, Ability to accept constructive criticism, and more!



Time Management Tips
How do you manage your time? Discuss organizational practices and create habits that will assist your daily living.

November 16th, 2021 | 1:00 PM
Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Time Management Tips

Tuesday, November 16, 2021 | 1pm

Managing time effectively can help create an atmosphere of wellbeing and security. Join us to discuss organizational practices and how to create habits that will assist you with daily living.



Let's Talk Thanksgiving

Thanksgiving can be a stressful time for many people. Whether you will be alone, hosting or visiting family, being prepared to manage your stress and utilize coping skills can help. What are your Thanksgiving plans? Let's talk about it.

November 23rd, 2021 | 1:00 PM
Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Let's Talk Thanksgiving

Tuesday, November 23, 2021 | 1pm

Thanksgiving can be a stressful. Whether you will be alone, hosting or visiting family, being prepared to manage your stress and utilize coping skills is important. What are your Thanksgiving plans? Let's talk about it.

What is a Center for Independent Living?

Learn about the history of CIL's and how Atlantic Center for Independent Living can help you!

November 30th, 2021 | 1:00 PM
Meeting ID #: 811 7298 2370 | Passcode: 513838 | [Zoom Link](#)



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What is a CIL?

Tuesday, November 30, 2021 | 1pm

In celebration of Giving Tuesday join us for a discussion about the disability rights movement, creation of CIL's and an overview of ACIL's services.

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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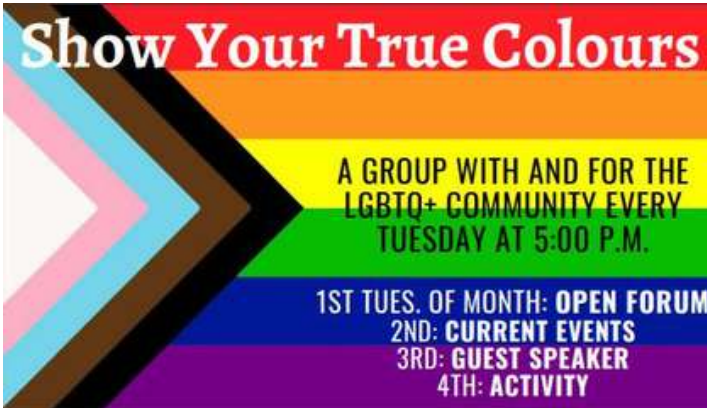
Mental Health
Association
in Atlantic County

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Mental Health Association in Atlantic County

Show Your True Colours



A GROUP WITH AND FOR THE
LGBTQ+ COMMUNITY EVERY
TUESDAY AT 5:00 P.M.

1ST TUES. OF MONTH: OPEN FORUM
2ND: CURRENT EVENTS
3RD: GUEST SPEAKER
4TH: ACTIVITY

If there is a 5th Tuesday in the month, group will hold an open forum

This is a group from United By Wellness:
MHANJ's Virtual Wellness Center
Contact:
unitedbywellness@mhanj.org
609-652-3800
www.mhaac.info/ubw



International Survivors of Suicide Loss Day

Atlantic City, NJ November 20, 2021

Stockton University - Atlantic City Campus
Time: 9AM-12PM

isosld.afsp.org/atlantic-city-new-jersey

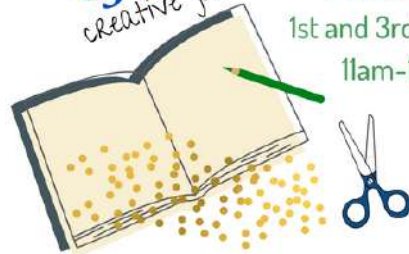


American
Foundation
for Suicide
Prevention

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

Balance & Body Image

Every 1st & 3rd
Tuesday at
7pm

A peer-led support group for adults living with
or recovering from disordered eating

Join us as we:

- Find support from others who have experienced disordered eating
- Learn about healthy coping skills to aid recovery
- Work together to improve self-worth and self-esteem

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

THIS IS A GROUP OF UNITED BY WELLNESS: MHANJ'S VIRTUAL WELLNESS CENTER

609-652-3800

Unitedbywellness@mhanj.org

mhaac.info/ubw