



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JANUARY NEWSLETTER 2022 • VOL. 2



From our ACIL family to yours...

The start of a new year can be a very moving experience. It's a time when we reflect with gratitude on the past and set our hopes and intentions for the days ahead. Once more, a new year gives us an opportunity to reinvigorate our enthusiasm for chasing our goals and dreams. We wish you Happy and Healthy New Year!

In this month's edition...

Core Services • Page 2

Employment Trends • Page 3

Our Stories • Page 4

World Braille Day • Page 5

SSI • Page 6

Calendar & Activities • Page 7, 8

Collaboration Activity • Page 9

MHA • Page 10

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.



Disability Employment Trends

According to the “National Trends in Disability Employment” report, both the employment to-population ratio and the labor force participation rate for working-age people with disabilities are at an all-time high. In the first year of the pandemic, workers with disabilities lost nearly a million jobs – that is a 20 percent decline, compared to only a 14 percent decline among workers without disabilities. Recent months have seen some encouraging overall market numbers that would seem to signal an employment rebound. The pandemic has brought about some changes that have allowed for better inclusion of people with disabilities in the workforce including remote work. Many people with disabilities have reported feeling much more comfortable with a remote working option, and that they feel they face less of a stigma about their health condition. However, with about 20 percent of workers earning less than \$27,000 annually still being unemployed, there is much to do to achieve equity in the workforce.

Source: [Forbes](#)

Spot the Symptoms and Warning Signs of CTE.

CTE AWARENESS DAY JANUARY 30

StopCTE.org

PATRICK RISHA CTE AWARENESS FOUNDATION

Our Stories

Ronnie Polnerow is a kind-hearted and creative consumer of Atlantic CIL. She grew up in a family that encouraged education and she became a science teacher with a passion for the arts. She loves crafts of all kinds and making gift baskets that she wraps in unique ways adorned with handmade bows. Ronnie also lives with a variety of physical disabilities. She endures chronic pain that can be overwhelming and distracting. Atlantic CIL has helped Ronnie stay focused on what she needs to accomplish to maintain her independence. Having an Independent Living Specialist to work with one on one has been vital to her sustained effort to reach her goals.

Ronnie works with Jennifer Burke, ACIL's Outreach and Activities Specialist. They have worked on securing lifeline and emergency broadband services, rental assistance through the DCA and legal services. Ronnie explained, "I appreciate Jennifer's help, she goes the extra mile and doesn't give up. She is compassionate and stays on top of what we are working on until we get it done." Together they are looking forward to what they can accomplish in the new year.



World Braille Day is January 4th



Photo description: Hands touching paper printed in braille.

What is Braille?

Braille is a tactile representation of alphabetic and numerical symbols using six dots to represent each letter and number, and even musical, mathematical and scientific symbols. Braille (named after its inventor, Louis Braille, born January 4, 1809) is used by blind and partially sighted people to read the same books and periodicals as those printed in a visual font. Braille is essential in the context of education, freedom of expression and opinion, as well as social inclusion, as reflected in Convention on the Rights of Persons with Disabilities international human rights treaty of the United Nations intended to protect the rights and dignity of persons with disabilities. World Braille Day is an international day on January 4th and celebrates awareness of the importance of braille as a means of communication in the full realization of the human rights for blind and visually impaired people.

SSI: Designating a Representative Payee


Some people who receive monthly Social Security benefits or Supplemental Security Income payments may need help managing their money. A representative payee receives your monthly benefit payment on your behalf and must use the money to pay for your current needs, including: Housing and utilities, Food, Medical and dental expenses, Personal care items, Clothing, Rehabilitation expenses (if you have a disability).

If you need help managing your benefits, tell a Social Security representative that there is someone you want to be your representative payee. Your representative payee should be someone you trust and see often, and who clearly understands your needs. You can write to Social Security within 60 days of being assigned a representative payee if you don't agree that you need one or if you want a different representative payee. They also offer an option, called, Advance Designation, which allows you to designate someone to be your representative payee in the future. In the event you can no longer make your own financial decisions, you and your family will have peace of mind knowing that someone you trust may be appointed to manage your benefits for you.










You can submit your advance designation request when you apply for benefits or after you are already receiving benefits. You may do so through your personal my Social Security account at www.ssa.gov/myaccount or by calling and speaking to a Social Security representative.


You can find more information at www.ssa.gov/payee.




Monthly Calendar



Weekly Activities

-  **Sketch Book Club**
Monday | 1pm | [Zoom Link](#)
-  **Life Skills Activities**
Tuesday | 1pm | [Zoom Link](#)
-  **Current Events with Donald**
Tuesday | 3pm | [Zoom Link](#)
-  **Chronic Pain & Illness Support Group**
Wednesday | 2pm | [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](#)



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

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

Support Groups

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



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





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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Chronic Illness Support Group

Wednesdays @ 2pm

Ehlers Danlos Syndrome, Fibromyalgia, Chronic Pain, Arthritis, Multiple Sclerosis, Migraines, Complex Regional Pain Syndrome, and Chronic Fatigue Syndrome/Myalgic Encephalomyelitis

Zoom Meeting ID #: 854 4918 0096
Zoom Link

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Socialization & Well-Being Group



Fridays @ 11am

Zoom Meeting ID #: 885 5846 6172 | [Zoom Link](#)

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Disability Advocacy Group

Wednesdays @ 3pm

Zoom Meeting ID #: 891 4057 9138
Passcode: 844261
Zoom Link



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Weekly Life Skills Activities



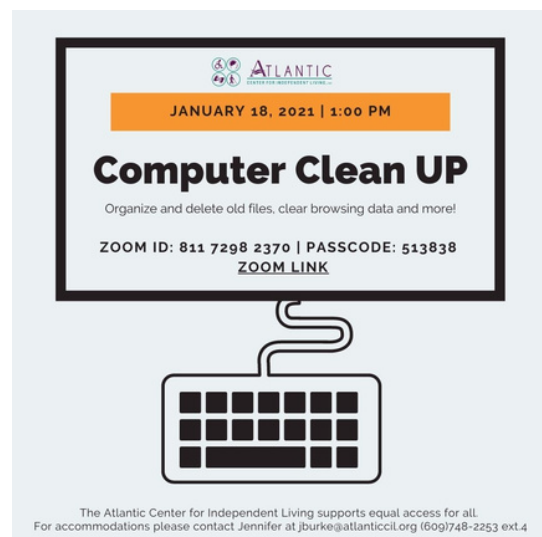
Setting a New Year's Intention Tuesday, January 4, 2021 | 1pm

Get ready to learn key differences between intentions and resolutions. Find out which one will help you successfully meet your goals and stick to them throughout the year.



2022 Vision Boards Tuesday, January 11, 2021 | 1pm & Later class time offered 5:30pm.

Visualize your 2022 goals! We will use photos and list making techniques to prioritize our goals and create a visual representation of what we want to accomplish.



Computer Clean UP Tuesday, January 18, 2021 | 1pm

During this activity we conduct a computer clean up. We will organize and delete old files, learn about the recycle bin, how to clear browsing data and more!



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Snowflakes

Tuesday, January 25, 2021 | 1pm

This is a winter themed hands on activity.

Learn a variety of ways to create a papersnowflake.

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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More from MHA



**Mental Health
Association
in Atlantic County**

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, and 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>



Mental Health Association Atlantic County
4 E Jimmie Leeds Rd. Ste. 8
Galloway, NJ 08205
Phone: 609-652-3800



*You're
Invited!*



EXPRESSIONS

A group focusing on your art and the process of creation!



**1st & 3rd Thursday of each month
7:30 pm - 8:30 pm**



**Bring your hand created art and let's share and
explore with each other!**



What is Art?



Poetry or Song lyrics you created, painting, drawing,
pottery, crochet, knitting, weaving, photography,
collage, multimedia art and so much more!

**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: MHAJ's Virtual Wellness Center

Money Talks

**Every 1st Wednesday
7pm-8pm**



Let's break the silence
about our relationship with
money and open up a new
conversation!

Join us to discuss thought-
provoking questions about
money. In this supportive
group there is no right or
wrong, only understanding
ourselves more deeply!

**Call/email for Zoom meeting information or join the
virtual wellness center at no cost using this link:**

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



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