



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

MAY NEWSLETTER 2022 • VOL. 2



Photo Caption: Field of poppy and daisy flowers.

## From our ACIL family to yours...

As we approach Memorial Day, we would like to take the time to thank our military service members past and present. We honor those who gave their lives in the line of duty.

This month you will notice a new design to our calendar with clickable zoom links. If you would like a list of activity and support group zoom links, please email [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org).

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Atlantic Center for Independent Living, INC

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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.

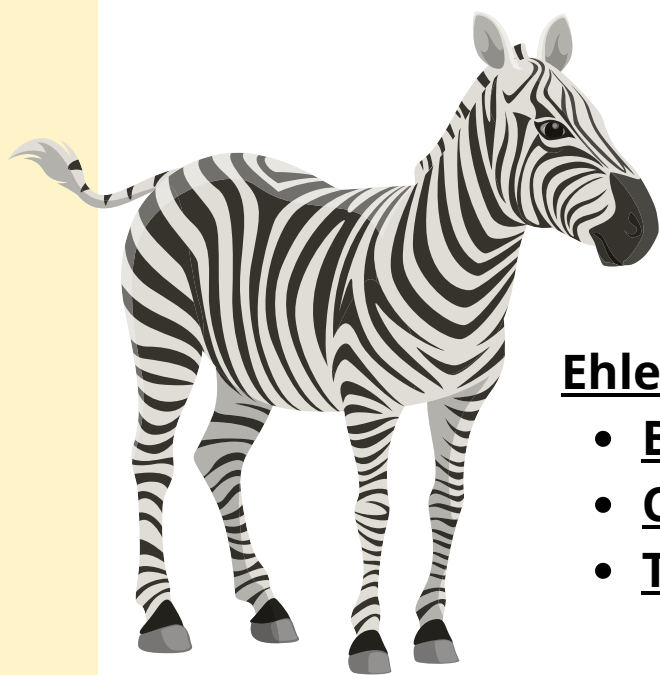


# May is Ehlers-Danlos Syndrome Awareness Month

## What is Ehlers-Danlos Syndrome?

Ehlers-Danlos Syndromes (EDS) are heritable disorders in which the body's connective tissue lacks structural integrity. People with EDS suffer from a range of systemic problems, including widespread pain, frequent joint subluxations or dislocations, and gut and nervous system dysfunction. If untreated, EDS can be highly limiting — even disabling. Current estimates suggest 1 of every 2500-5000 people has EDS; since misdiagnosis is common, we believe the actual number is much higher. In addition to struggling to get a diagnosis, people with EDS often lack access to proven, affordable treatments.

Source: <https://www.edsrf.org/>



**ACIL Chronic Illness and  
Pain Support Group  
Wednesdays at 2pm  
Zoom Link**

## Ehlers-Danlos Syndromes Resources

- [Bobby Jones CSF](#)
- [Caplan Pain Scale](#)
- [Three Zebras in a Pod](#)

# ACIL Membership Program

Become a member of Atlantic Center for Independent Living!

Join us in our mission and have a voice on our advisory committee selecting and participating in ACIL events, programs and activities throughout the year. With your help we will be able to better meet the needs of our consumers.

## Yearly Membership

**Individual membership: \$5**

**Family membership: \$10**

If you are interested in becoming a member email [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org)

## South Jersey Shore Chapter NFB

National Federation Of The Blind is an organization that believes in the full capacity of blind people, and has the power, influence, diversity and determination to help transform our dreams into reality.

Members work together for a brighter tomorrow by raising expectations so that blind persons can live the life they want.

### **South Jersey Shore Chapter**

(Atlantic and surrounding counties)

Meets on the 3rd Saturday of the month

10:00 am – 12:00 pm

For more information and to join a meeting contact:

Phil Harrison, President | 609-788-0890

Anthony Lanzilotti, Vice President | (609) 361-3038 | [tti777@gmail.com](mailto:tti777@gmail.com)

Please visit <https://www.nfbnj.org/about-nfbnj/> for more information.

# Our Stories



Photo Caption: Yamiles and her daughter, Kimberly

**Yamiles Galvin** is a dedicated mother and consumer of Atlantic CIL. She lives with a learning disability and met Independent Living Specialist, Dawn Padick, when she was a senior in High School. Yamiles was getting ready to graduate and found having Dawn's support helpful as she transitioned into adult life.


Dawn helped her weigh her options between going to college and finding job training. Yamiles ultimately connected with a job coach through DVRS to find the right kind of job for her. Yamiles began working in food preparation for a very busy restaurant. One day on her way to work, she was struck by a car while crossing the street. This was a devastating experience and Yamiles' leg was injured. Her recovery required a specialist and Dawn was able to help her connect with the right care. Yamiles has since recovered, is back to work, and playing with her daughter Kimberly. "My Daughter is my everything," Yamiles explained. Kimberly is 3 years old now and loves everything at this stage in her life. She is learning new things and loves playing outside.



# Support Groups & Activities

**BATTLING BURNOUT**


**New**



**LET'S TALK STRESS AND BURNOUT**  
WEDNESDAYS @ 1:00 P.M.

Your body requires you to be fair | It's always best to become aware | You will improve your self-care

**Zoom Link**  
Meeting ID: 861 4203 5254 | Passcode: 787100

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The Atlantic Center for Independent Living supports equal access for all.  
For accommodations please contact Sadaf at [Srazeatlanticcl.org](mailto:Srazeatlanticcl.org) or call (609) 748-2253 ext. 1

**Chair Yoga**

Every Tuesday at 10am

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Enjoy one hour of mindful stretching and breathing with April Elias, experienced certified yoga teacher. This chair yoga class is accessible to all levels. It is hatha yoga. It involves controlling and balancing the body, the breath and the mind. Each class ends in a guided gratitude meditation.

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**Health Connection Call**  
with Coach Tadris and Friends  
2nd and 4th Wednesdays at 5:30pm

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**Zoom Link**  
Meeting ID: 872 9745 0944




Coach Tadris Parker has been helping people in our community live healthier lives since 2013. Join in as he discusses topics such as: goal setting, healthy eating, healthy living, accountability, workout tips, weight management tips, and how to develop a positive mindset.

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**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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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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**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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Click each image for active zoom link.

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## Activities & Support Groups

# May

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> <ul style="list-style-type: none"> <li><a href="#">Meditation 7:30am</a></li> </ul> 	<b>2</b> <ul style="list-style-type: none"> <li><a href="#">Coping Skills 11am</a></li> <li><a href="#">Sketch Book 1pm</a></li> <li><a href="#">Current Events 3pm</a></li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li><a href="#">Chair Yoga 10am</a></li> <li><a href="#">Life Skills 1pm</a></li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li><a href="#">Mind &amp; Body 11am</a></li> <li><a href="#">Bat. Burnout 1pm</a></li> <li><a href="#">Chronic Pain 2pm</a></li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li><a href="#">The Floor 4pm</a></li> <li><a href="#">Life Skills 6pm</a></li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li><a href="#">Soc. &amp; Well 11am</a></li> </ul>	<b>7</b>
<b>8</b> <ul style="list-style-type: none"> <li><a href="#">Meditation 7:30am</a></li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li><a href="#">Coping Skills 11am</a></li> <li><a href="#">Sketch Book 1pm</a></li> <li><a href="#">Current Events 3pm</a></li> <li><a href="#">Support Net. 3pm</a></li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li><a href="#">Chair Yoga 10am</a></li> <li><a href="#">Life Skills 1pm</a></li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li><a href="#">Mind &amp; Body 11am</a></li> <li><a href="#">Bat. Burnout 1pm</a></li> <li><a href="#">Chronic Pain 2pm</a></li> <li><a href="#">Health Call 5:30pm</a></li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li><a href="#">The Floor 4pm</a></li> <li><a href="#">Life Skills 6pm</a></li> </ul> 	<b>13</b> <ul style="list-style-type: none"> <li><a href="#">Soc. &amp; Well 11am</a></li> </ul>	<b>14</b>
<b>15</b> <ul style="list-style-type: none"> <li><a href="#">Meditation 7:30am</a></li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li><a href="#">Coping Skills 11am</a></li> <li><a href="#">Sketch Book 1pm</a></li> <li><a href="#">Current Events 3pm</a></li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li><a href="#">Chair Yoga 10am</a></li> <li><a href="#">Life Skills 1pm</a></li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li><a href="#">Mind &amp; Body 11am</a></li> <li><a href="#">Bat. Burnout 1pm</a></li> <li><a href="#">Chronic Pain 2pm</a></li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li><a href="#">Com. Skills 3pm</a></li> <li><a href="#">The Floor 4pm</a></li> <li><a href="#">Life Skills 6pm</a></li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li><a href="#">Soc. &amp; Well 11am</a></li> </ul> 	<b>21</b>
<b>22</b> <ul style="list-style-type: none"> <li><a href="#">Meditation 7:30am</a></li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li><a href="#">Coping Skills 11am</a></li> <li><a href="#">Sketch Book 1pm</a></li> <li><a href="#">Current Events 3pm</a></li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li><a href="#">Chair Yoga 10am</a></li> <li><a href="#">Life Skills 1pm</a></li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li><a href="#">Mind &amp; Body 11am</a></li> <li><a href="#">Bat. Burnout 1pm</a></li> <li><a href="#">Chronic Pain 2pm</a></li> <li><a href="#">Health Call 5:30pm</a></li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li><a href="#">Poetry Slam</a></li> <li><a href="#">The Floor 4pm</a></li> <li><a href="#">Life Skills 6pm</a></li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li><a href="#">Soc. &amp; Well 11am</a></li> </ul>	<b>28</b>
<b>29</b> <ul style="list-style-type: none"> <li><a href="#">Meditation 7:30am</a></li> </ul>	<b>30</b> <small>Memorial Day</small> <ul style="list-style-type: none"> <li><a href="#">Coping Skills 11am</a></li> <li><a href="#">Sketch Book 1pm</a></li> <li><a href="#">Current Events 3pm</a></li> </ul> 	<b>31</b> <ul style="list-style-type: none"> <li><a href="#">Chair Yoga 10am</a></li> <li><a href="#">Life Skills 1pm</a></li> </ul> 				



Click on each group/activity title for active zoom link.

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



# Weekly Life Skills Activities

Tuesdays at 1pm  
with Outreach and  
Activities Specialist,  
Jen Burke  
[Zoom Link](#)

## Benefits of Meditation

May 3, 2022 | 1:00 PM | [Zoom Link](#)  
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838



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## Mental Health Awareness Month THE IMPORTANCE OF PEER SUPPORT

May 10, 2022 | 1:00 PM  
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838  
[Zoom Link](#)



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## GET ORGANIZED!

- 1 Develop a plan of action to meet your weekly goals!
- 2 Declutter your physical and digital space regularly.
- 3 Write down a list of daily tasks and priorities.

May 17, 2022 | 1:00 PM  
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838  
[Zoom Link](#)



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**Destress with ZENDOODLES**  
Learn how to draw a zendoodle, meditate, and breathe deeply while practicing.  
May 24, 2022 | 1:00 PM  
Zoom Meeting ID #: 811 7298 2370  
Passcode: 513838  
[Zoom Link](#)

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For accommodations please contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) | (609)748-2253 ext.4



Thursdays at 6pm  
with Independent  
Living Specialist,  
Jenny Walker  
[Zoom Link](#)

## UNDERSTANDING THE IMPORTANCE OF CRITICAL THINKING

Identify unhealthy thinking patterns, impulsive decision making, and discuss the benefits of critical thinking

MAY 5, 2022 @ 6PM  
MEETING ID: 850 6315 3999  
PASSCODE: 154100  
[ZOOM LINK](#)



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**UNDERSTANDING THE MEANING OF RESILIENCY AND SELF-AWARENESS**  
MAY 12, 2022 @ 6PM  
MEETING ID: 850 6315 3999  
PASSCODE: 154100  
[ZOOM LINK](#)

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FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) OR (609)748-2258 EXT #3



Learning how to cope with stress and our emotions!

May 19, 2022 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)



Interact with peers, reinforce existing relationships, implement self-care and self-love.

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For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2258 ext #3

## Learning the Meaning of Empathy

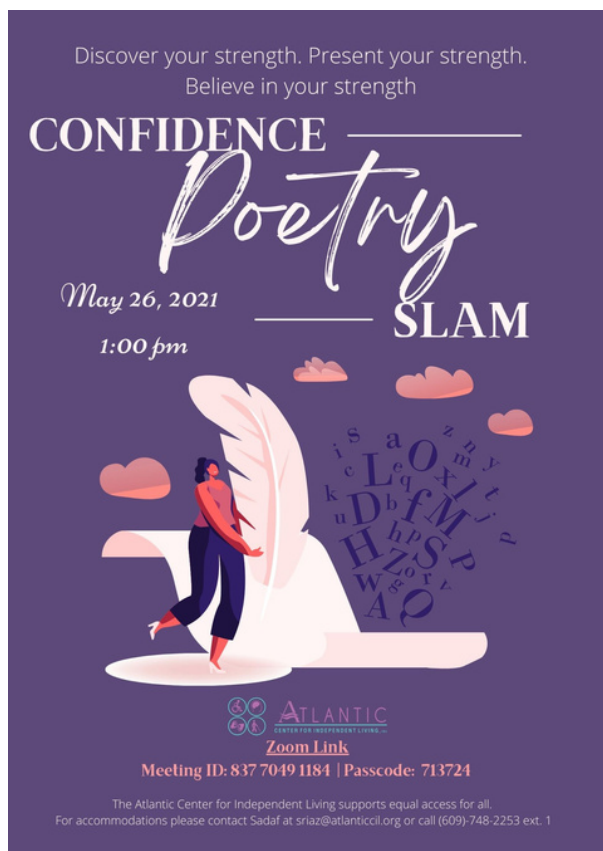
Help Others When They Are In Need.

May 26, 2022 @ 6pm  
[Zoom Link](#)  
Meeting ID: 850 6315 3999  
Passcode: 154100

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For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2258 ext #3







We are excited to welcome Independent Living Specialist, Sadaf Riaz to our ACIL team!

Sadaf will be guiding a Confidence Poetry Slam, Thursday, May 26th, at 1pm  
Join in on Zoom!

[Zoom Link](#)

For more information, contact Sadaf at [sriaz@atlanticcil.org](mailto:sriaz@atlanticcil.org)



## School and Small Business Energy Efficiency Stimulus Program

### Energy Efficiency Stimulus Grant

for Women and Minority-Owned Small Businesses

**Improve indoor air quality at your business and bring your HVAC, plumbing, and appliances to modern standards.**

Are you a certified Women and/or Minority-Owned business in New Jersey that is independently owned with less than 100 employees and less than \$12M annual gross revenue?

**Receive a grant that covers up to 75% of total project costs (up to \$500,000) to:**

- ◆ Upgrade, repair, or replace your HVAC
- ◆ Replace non-compliant plumbing fixtures and appliances to achieve water conservation



visit [NJCleanEnergy.com/SSBSstimulus](http://NJCleanEnergy.com/SSBSstimulus)

email [Outreach@NJCleanEnergy.com](mailto:Outreach@NJCleanEnergy.com)

call 866.657.6278

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# Collaboration Activity



Sponsored by Atlantic Center for Independent Living

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160 SOUTH PITNEY ROAD, SUITE 3 & 4  
GALLOWAY, NJ 08205  
(609) 748-2253 [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

## 11 AM-12 PM MONDAYS: COPING SKILLS SUPPORT GROUP

ZOOM MEETING ID: 956 8419 3391 [HTTPS://ZOOM.US/MEETING/REGISTER/TJERF-2PPZGPE9UNFCNE7C2YTYUCITDHCGHP](https://zoom.us/join/95684193391)

LEARN NEW COPING SKILLS TO HELP DEVELOP RESILIENCY AND WAYS TO PROCESS STRESS. TYPES OF ACTIVITIES VARY FROM WRITING, ART, POETRY, AND MUSIC.

## 8PM-9PM MONDAYS: KEEPING OUR COMMITMENTS

DETAILS COMING SOON!

## 3PM-4PM TUESDAYS: PHYSICAL & MENTAL HEALTH GROUP

DETAILS COMING SOON!

## 11-12 PM WEDNESDAYS: MIND & BODY

MEETING ID: 943 5890 8820 [HTTPS://ZOOM.US/MEETING/REGISTER/TJAUCUGHRJMI9NRC448WZ3AUGSJ8ZH1WJ5JC6](https://zoom.us/join/94358908820)

A VIRTUAL MEETING FOR THOSE LIVING WITH A DISABILITY. GROUP TOPICS INCLUDE GOAL-SETTING, ADAPTING, FIND SUPPORT, MOTIVATION, SPIRITUALITY, REFOCUS.

## 4-5 PM THURSDAYS: YOU HAVE THE FLOOR

MEETING ID: 948 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TJALDEYUPJGUG9FAWK7JM7HBNSYXHEZ3RRO7](https://zoom.us/join/94825683415)

ALLOW PEOPLE TO BE SEEN AND HEARD BY GIVING THEM THE FLOOR SO TO SPEAK TO TALK FOR UP TO FIVE MINUTES. MAY ALSO INCLUDE, FROM TIME TO TIME, TOPICS ON BETTER COMMUNICATION SKILLS.

## CHRONIC HEALTH SUPPORT GROUP

DETAILS COMING SOON!

## SATURDAYS: COLOR ME HEALTHY

DETAILS COMING SOON

## 7:30-8:15PM SUNDAYS: MEDITATION

MEETING ID: 927 8257 0162 [HTTPS://ZOOM.US/MEETING/REGISTER/TJYQF-UTQTSRHNYABPFWUMGQ4NVXJHIFKP-X](https://zoom.us/join/92782570162)

END YOUR WEEKEND/ START YOUR WEEK OFF PEACEFULLY WITH OUR MEDITATION HOUR.



[WWW.MHAAC.INFO/UBW](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHANJ.ORG](mailto:UNITEDBYWELLNESS@MHANJ.ORG)



609-652-3800

**MHA Virtual Wellness Center, click here for sign up: [Survey](#)**

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