



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JUNE NEWSLETTER 2022 • VOL. 2



Photo Caption: Woman's hand holding daisy flowers and a post-it note that reads: Hello June.

From our ACIL family to yours...

This month we are excited to announce The Atlantic CIL Podcast! This bi-weekly podcast, hosted by our Director, Donald Campbell, will discuss issues affecting individuals living with disabilities, covering topics like housing, employment, transportation, and healthcare. Visit page 3 for links to listen.

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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.



Atlantic Center for Independent Living, INC

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We are excited to announce The Atlantic CIL Podcast!

Bi-Weekly episodes are available on

[Buzzsprout](#) or [YouTube](#)

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

National Federation of the Blind

South Jersey Shore Chapter

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

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

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Disability Pride PA

Advocacy, Access, Arts and Culture

**Join us for a week-long celebration for Disability Pride
Philadelphia's 10th Birthday Celebration!
June 6th -11th**

We kick off with the raising of the National ADAPT flag at City Hall on Monday, June 6th followed by activities throughout the week with Social Justice Art Project at the National Constitution Center, an Advocacy Town Hall, virtual events, and an Outdoor Social. The celebration culminates on Saturday, June 11th with our annual Parade and Festivities featuring disabled performers with Lachi head lining the show. Imani Barbarin aka Crutches_and_Spice is our host for the day. There will be FUN activities for all ages, information tables, photo ops, food trucks, and more!

What Is Disability Pride?

"Disability Pride represents a rejection of the notion that our physical, sensory, mental, and cognitive differences from the non-disabled standard are wrong or bad in any way, and is a statement of our self-acceptance, dignity and pride. It is a public expression of our belief that our disabilities are a natural part of human diversity, a celebration of our heritage and culture, and a validation of our experience. Disability Pride is an integral part of movement building, and a direct challenge of systemic ableism and stigmatizing definitions of disability. It is a militant act of self-definition, a purposive valuing of that which is socially devalued, and an attempt to untangle ourselves from the complex matrix of negative beliefs, attitudes, and feelings that grow from the dominant group's assumption that there is something inherently wrong with our disabilities and identity."

For more information visit: [Disability Pride PA](#)

Our Stories



Clipart Caption: Router emitting WIFI signal to cell phone.

Gina Hart is a proud Grandmother of three Grandchildren. She loves children and had a fulfilling career as a dedicated childcare provider before retiring. She also lives with cerebral palsy. Two years ago, she began using a wheelchair fulltime. Her limited mobility was isolating, especially through the pandemic. Gina was connected with Atlantic CIL's Cares Act program and received a laptop. This helped her better connect with friends and family during the pandemic.

Since then, Gina has appreciated working with her Independent Living Specialist, Ana Then. Together they have identified Gina's goals and began to work towards them. Most recently they went through the process of applying for Lifeline assistance to reduce the cost of internet and cell phone services through the Affordable Connectivity Program. These programs help reduce monthly bills, help individuals save money, and often make living independently possible. Gina is excited to continue to work towards her goals.

For more information about Lifeline and ACP visit: [Lifeline](#)

Support Groups & Activities

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

New

ART IS IN THE MAKING

CREATIVE EXPRESSION HELPS RELIEVE STRESS.
PLEASE JOIN US EACH MONTH FOR AN ALL LEVELS ART SESSION!
NO EXPERIENCE NECESSARY. ALL SUPPLIES PROVIDED.
EACH CLASS WILL BE INSTRUCTED BY APRIL ELIAS A LIFELONG SELF TAUGHT ARTIST.

WHERE: YOUR CBD STORE, 790 WHITE HORSE PIKE, ABSECON
WHEN: 3RD MONDAY OF THE MONTH, 6:00PM - 8:00PM
COST: FREE
SPONSORED BY ATLANTIC CENTER FOR INDEPENDENT LIVING
CALL 609-277-7792 TO REGISTER, SPACE IS LIMITED



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BATTLING BURNOUT

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

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

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



The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Sadaf at sadaf@atlanticcil.org or call (609) 748-2253 ext. 1


Discover your strength. Present your strength. Believe in your strength

CONFIDENCE Poetry SLAM

4th Thursday of each Month
1:00 pm

Zoom Link
Meeting ID: 837 7049 1184 | Passcode: 713721


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For accommodations please contact Sadaf at sadaf@atlanticcil.org or call (609) 748-2253 ext. 1



Chronic Illness Support Group

Wednesday @ 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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CURRENT EVENTS with Donald

Tuesdays @ 3pm

Zoom Meeting ID #: 832 3836 6293 | Passcode: 955834

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

Chair Yoga

Every Tuesday at 10am

Zoom Link
Meeting ID: 848 104 0744
Passcode: 432098


Every 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 better 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 Tadriss and Friends

2nd and 4th Wednesdays at 5:30pm

Zoom Link
Meeting ID: 872 8745 0944


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

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Socialization & Well-Being Group

Fridays @ 11am

Zoom Meeting ID #: 885 5846 6172 | Zoom Link


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For accommodations email jburke@atlanticcil.org or call (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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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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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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For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext. 4

Click each image for active zoom link.

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Activities & Support Groups

June

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <ul style="list-style-type: none"> Mind & Body 11am Bat. Burnout 1pm Chronic Pain 2pm 	2 <ul style="list-style-type: none"> The Floor 4pm Life Skills 6pm 	3 <ul style="list-style-type: none"> Com. Ground 9am Soc. & Well 11am 	4 <ul style="list-style-type: none"> Color Me 2pm
5	6 <ul style="list-style-type: none"> Coping Skills 11am Sketch Book 1pm Current Events 3pm Keeping Com. 8pm 	7 <ul style="list-style-type: none"> Chair Yoga 10am Life Skills 1pm Better To. 3pm 	8 <ul style="list-style-type: none"> Mind & Body 11am Bat. Burnout 1pm Chronic Pain 2pm Health Call 5:30pm 	9 <ul style="list-style-type: none"> The Floor 4pm Life Skills 6pm 	10 <ul style="list-style-type: none"> Com. Ground 9am Soc. & Well 11am 	11 <ul style="list-style-type: none"> Color Me 2pm
12 <ul style="list-style-type: none"> Meditation 7:30am 	13 <ul style="list-style-type: none"> Coping Skills 11am Sketch Book 1pm Current Events 3pm Support Net. 3pm Keeping Com. 8pm 	14 <ul style="list-style-type: none"> Chair Yoga 10am Life Skills 1pm Better To. 3pm 	15 <ul style="list-style-type: none"> Mind & Body 11am Bat. Burnout 1pm Chronic Pain 2pm 	16 <ul style="list-style-type: none"> Com. Skills 3pm The Floor 4pm Life Skills 6pm 	17 <ul style="list-style-type: none"> Com. Ground 9am Soc. & Well 11am 	18 <ul style="list-style-type: none"> Color Me 2pm 
19 <ul style="list-style-type: none"> Meditation 7:30am 	20 <ul style="list-style-type: none"> Coping Skills 11am Sketch Book 1pm Current Events 3pm Keeping Com. 8pm 	21 <ul style="list-style-type: none"> Chair Yoga 10am Life Skills 1pm Better To. 3pm 	22 <ul style="list-style-type: none"> Mind & Body 11am Bat. Burnout 1pm Chronic Pain 2pm Health Call 5:30pm 	23 <ul style="list-style-type: none"> Com. Skills 3pm The Floor 4pm Life Skills 6pm 	24 <ul style="list-style-type: none"> Com. Ground 9am Soc. & Well 11am 	25 <ul style="list-style-type: none"> Color Me 2pm
26 <ul style="list-style-type: none"> Meditation 7:30am 	27 <ul style="list-style-type: none"> Coping Skills 11am Sketch Book 1pm Current Events 3pm Keeping Com. 8pm 	28 <ul style="list-style-type: none"> Chair Yoga 10am Life Skills 1pm Better To. 3pm 	29 <ul style="list-style-type: none"> Mind & Body 11am Bat. Burnout 1pm Chronic Pain 2pm 	30 <ul style="list-style-type: none"> The Floor 4pm Life Skills 6pm 		


Click on each group/activity title for active zoom link.
Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

Weekly Life Skills Activities

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

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Writing A Resume



Learn how to
word your skills, work experience,
and format your resume.

June 7, 2022 | 1:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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

Building Confidence

Discuss ways to build self-confidence.

June 14, 2022 | 1:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Emergency Prepared: Are you Register Ready?

With hurricane season upon us it is important to be prepared. Learn how to register for evacuation assistance in the event of an emergency.

June 21, 2022 | 1:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Living with... PTSD

June is national PTSD awareness month. Post-Traumatic Stress Disorder is a condition that affects many people who have experienced a traumatic event. Join us for a discussion about living with PTSD and managing symptoms.

June 28, 2022 | 1:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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

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Understanding the importance of self expression, and the right to be free from discrimination!

June 2, 2022 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100

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June 9, 2022 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100



Identifying irrational thinking and how it can be an emotional response from the effects and aftermath of rumination!

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YOU ARE PRECIOUS

Identifying the many forms of discrimination and finding the courage to speak out against it!

June 16, 2022 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100

NO MATTER WHAT

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HOW TO COPE WITH ANGER & ANXIETY

June 23, 2022 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)



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KITCHEN SAFETY

Life Skills Activity
& Fundraiser

With Pampered Chef Consultant:

Dawn Lolla



Sunday, June 5, 2022

Live on Facebook and
Zoom at 2:00pm

Facebook: AtlanticCIL

Zoom Link

Meeting ID: 875 3660 1279
Passcode: 375842

Shopping Link: <https://www.pamperedchef.com/party/atlanticcil22>

30% of your purchase will support Atlantic Center for Independent Living

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

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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

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMOD0YG0TGVTGSW_LUNGCBEY582MB6VZKL](https://zoom.us/join/97535873500)

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

MEETING ID: 918 0901 4251 [HTTPS://ZOOM.US/MEETING/REGISTER/TJULDCORZ80H9XRYDQ3OHTXQIPQDNWCVR-T](https://zoom.us/join/91809014251)

OPEN SHARE/TOPIC FOCUSED GROUP - CONSUMERS WILL EXPLORE WAYS TO KEEP COMMITMENTS TO OTHERS BY EXPLORING WHAT MENTAL AND PHYSICAL ISSUES THAT THEY MIGHT BE EXPERIENCING AND HOW TO FACE THEM.

3PM-4PM TUESDAYS: BETTER TOGETHER

MEETING ID: 875 6132 4882 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIIRD8IETAPSQ0DD-01VP4GHGIVIBFO](https://us06web.zoom.us/join/87561324882)

TOPIC FOCUSED GROUP - THIS IS A SUPPORT GROUP FOR INDIVIDUALS WHO STRUGGLE WITH A COMBINATION OF PHYSICAL AND MENTAL HEALTH CHALLENGES. TOGETHER WE WILL DISCUSS A TOPIC SURROUNDING THE STRUGGLE OF BALANCING PHYSICAL AND MENTAL WELL-BEING. LET'S SUPPORT EACH OTHER IN OUR JOURNEYS TO WELLNESS!

11AM-12 PM WEDNESDAYS: MIND & BODY

MEETING ID: 943 5890 8820 [HTTPS://ZOOM.US/MEETING/REGISTER/TJAUUCUGHRJIMGNRC448WZ3AUGSJBZHWJ5IC6](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.

4PM-5 PM THURSDAYS: YOU HAVE THE FLOOR

MEETING ID: 948 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TJALDEYUPIGUG9FAWK7IM7HBNYSXHEZ3RRO7](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.

9AM-10AM FRIDAYS: COMMON GROUND

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHD2CUHEEDTNYHPP0AQ00LOL](https://us06web.zoom.us/join/89164520279)

OPEN SHARE/TOPIC FOCUSED GROUP - THIS IS A SAFE SPACE FOR INDIVIDUALS WITH COMMON EXPERIENCES, FEELINGS, AND STRUGGLES OF LIVING WITH A CHRONIC ILLNESS / LONG TERM HEALTH CONDITIONS. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORT ONE ANOTHER.

2PM-3PM SATURDAYS: COLOR ME HEALTHY

MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TJIUC-UURDWVGTEKARAOZU3IYUT8TLIL3U6](https://zoom.us/join/96342627503)

ACTIVITY GROUP - GRAB YOUR COLORING BOOK & ART SUPPLIES OF CHOICE AND COLOR WITH US DURING THIS RELAXING, CREATIVE HOUR! CONVERSATION IS KEPT LIGHT AND FOCUSED ON UPLIFTING TOPICS.

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



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

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

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