



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

NOVEMBER NEWSLETTER 2022 • VOL. 3



Photo Caption: Fall colored leaves pressed and layered on a wooden surface.

## From our ACIL family to yours...

This month we spotlight the work we are doing with our Public Health Workforce Grant, share a story from Social Security for Veterans Day, and remind all caregivers to join us November 1st for the Caregivers Coalition Resource Fair. We also want to wish you and your family a very Happy Thanksgiving!

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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.





Giving Tuesday is a global day of generosity that will take place on November 29, 2022. 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**

# 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.



## Listen to The Atlantic CIL Podcast!

Bi-weekly episodes are available on

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

# Our Stories

This month our story is a little different because we wanted to talk about the work we have been doing through our Public Health Workforce Grant. Atlantic CIL is committed to empowering individuals with disabilities to fulfill their greatest potential by providing a series of Life Skills Workshops created to educate our community, specifically our workforce. These Social Support Life Skills Workshops are provided in both English and Spanish languages, allowing for a greater reach within Atlantic County. Our workshops include topics on Nutrition & Healthy Cooking, Organization, Time Management, and Financial Management, to name a few. So far, ACIL has presented workshops at the Galloway Senior Center in Galloway NJ, the Oceanside II in Atlantic City NJ, and St Peter's Village in Pleasantville NJ. As part of our outreach through this grant, you will see biweekly social media posts highlighting tips and information from our different available workshops. We hope you will find these tips helpful and share them with your family and friends.

For more information about these workshops please email Ana Then at [athen@atlanticcil.org](mailto:athen@atlanticcil.org)



Photo Caption: Ana Then, conducting a workshop



Photo Caption: Mudgirls Studios



Photo Caption: Galloway Senior Center



Photo Caption: St. Peter's Village

# VETERANS AND ACTIVE-DUTY MILITARY MEMBERS: SOCIAL SECURITY HAS YOUR BACK!

By Earth M. Nieves

Social Security Public Affairs Specialist in Southern NJ



Photo Caption: Military couple smiling

Veterans Day is on Friday, November 11, 2022. Every year on this day, we honor all veterans who served our country and risked their lives to protect us.

Our Wounded Warriors webpage is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors webpage at [www.ssa.gov/woundedwarriors](http://www.ssa.gov/woundedwarriors).

The page shares information about our Social Security Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How we expedite the processing of Social Security disability claims for service members. If they develop a disability while on active military service on or after October 1, 2001, they can file a disability claim regardless of where the disability occurs.
- Answers to questions asked about Social Security.

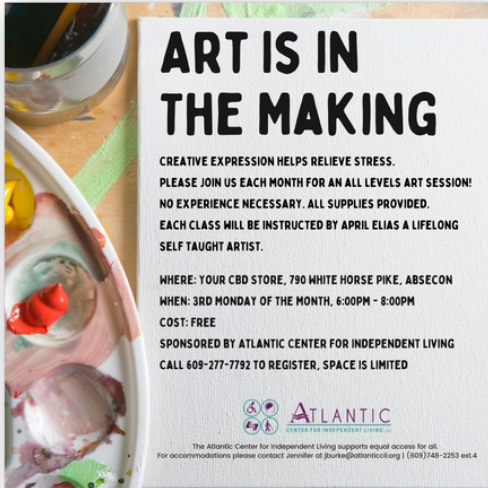
If active-duty military service members are unable to work due to a disabling condition and continue to receive pay while in a hospital or on medical leave, they should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

Our webpages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it.

# Support Groups & Activities

The Atlantic Center for Independent Living supports equal access for all.


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



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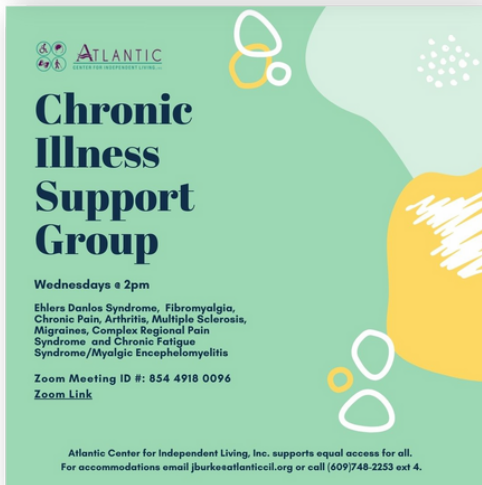
**Health Connection Call**  
with Coach Tadriss and Friends  
2nd and 4th Wednesdays at 5:30pm


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

Coach Tadriss 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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**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**

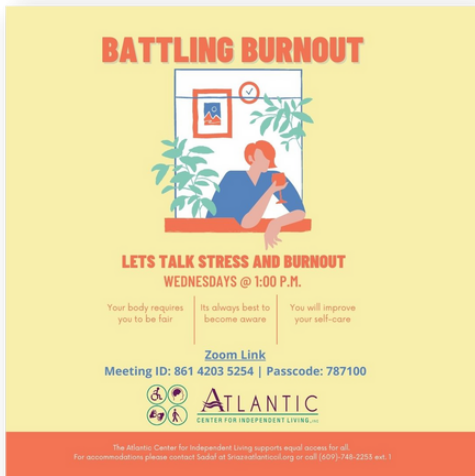


**Fridays @ 11am**


Zoom Meeting ID #: 885 5846 6172 | **Zoom Link**

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**BATTLING BURNOUT**



**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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For accommodations please contact David at [david@atlanticcil.org](mailto:david@atlanticcil.org) or call (609)748-2253 ext. 1.



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

**CURRENT EVENTS**  
with Donald

Tuesdays @ 3pm

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

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

Active zoom links for virtual groups can be found on our monthly calendar.

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# Monthly Calendar



## NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Current Events 3pm</u>	2 <u>Battling Burnout 1pm</u> <u>Chronic Pain 2pm</u>	3 <u>Life Skills 6pm</u>	4 <u>Social/Wellbeing 11am</u>	5
6	7	8 <u>Life Skills 1pm</u> <u>Current Events 3pm</u>	9 <u>Battling Burnout 1pm</u> <u>Chronic Pain 2pm</u>	10 <u>Life Skills 6pm</u>	11 <u>Social/Wellbeing 11am</u>	12
13	14 	15 <u>Life Skills 1pm</u> <u>Current Events 3pm</u>	16 <u>Battling Burnout 1pm</u> <u>Chronic Pain 2pm</u>	17 <u>Life Skills 6pm</u>	18 <u>Social/Wellbeing 11am</u>	19
20	21 Art Is In The Making 6pm - Your CBD Store	22 <u>Life Skills 1pm</u> <u>Current Events 3pm</u>	23 <u>Battling Burnout 1pm</u> <u>Chronic Pain 2pm</u>	24 Happy Thanksgiving	25	26 
27	28	29 <u>Life Skills 1pm</u> <u>Current Events 3pm</u>	30 <u>Battling Burnout 1pm</u> <u>Chronic Pain 2pm</u>			

## Atlantic CIL 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)

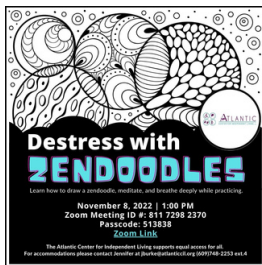


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# Weekly Life Skills Activities

Tuesdays at 1pm with Outreach and Activities Specialist, Jen Burke



## Destress with Zendoodles

November 8, 2022 | 1:00 PM

Zoom Meeting ID #: 811 7298 2370

Passcode: 513838, [Zoom Link](#)



## Time Management

November 15, 2022 | 1:00 PM

Zoom Meeting ID #: 811 7298 2370

Passcode: 513838, [Zoom Link](#)

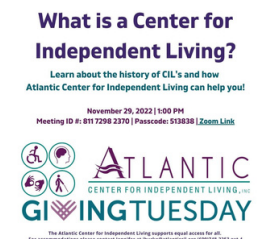


## Let's Talk thanksgiving

November 22, 2022 | 1:00 PM

Zoom Meeting ID #: 811 7298 2370

Passcode: 513838, [Zoom Link](#)



## What is a CIL?

November 29, 2022 | 1:00 PM

Zoom Meeting ID #: 811 7298 2370

Passcode: 513838, [Zoom Link](#)

Thursdays at 6pm with Independent Living Specialist, Jenny Walker



Join in each week for a variety of wellness topics!

Thursdays | 6:00 PM

Zoom Meeting ID #: 811 7298 2370

Passcode: 513838, [Zoom Link](#)



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# Calling All Caregivers!



**Holy Trinity Greek Orthodox Church**  
**7004 Ridge Ave, Egg Harbor Township**



## Information and Resources

Caregiving is a demanding role. You need resources for those you care for and for yourself- Come talk to agencies and service providers who offer an array of services that can help caregivers from all stages of life. On Site screening will be available.



## Education & Enrichment

Guest speakers will present on topics such as:

- Mind & Body Connection
- 5 Important Estate Planning Documents
- Sound Healing
- Veterans Benefits
- Too Much Stuff - Hoarding Disorder



## Nourishment

During the fair we will offer nourishment for the mind and body. Lunch will be available for purchase.

**The first 50 registered attendees will receive a free lunch.**

Activities to nourish your soul and offer you self care.

**Attendees should register at**

**<https://CACCCaregiverFair.eventbrite.com>**



## CONTACT US

Cape Atlantic  
Caregivers Coalition

609-652-3800 EXT . 307  
[CapeAtlanticCaregivers@gmail.com](mailto:CapeAtlanticCaregivers@gmail.com)

# Collaboration Activities with MHA



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)

## 12pm - 1pm Mondays: Coping skills support group

Meeting ID: 975 3587 3500 [https://zoom.us/join/zoom/register/tJModQyggTgvGtSW\\_lunGcByEY582mb6vZkl](https://zoom.us/join/zoom/register/tJModQyggTgvGtSW_lunGcByEY582mb6vZkl)

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/join/zoom/register/tJUldCorz8oH9XRyDo3ohTXqjgDNWcVr-t>

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/join/zoom/register/tZMoceirrD8iEtap00dD-o1VP4ghglvIBf0>

Topic focused 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/join/zoom/register/tJAucuGhrjMiGNRC448WZ3Aug38ZHwj5jc6>

A virtual meeting for those living with a disability. Group topics include goal-setting, adapting, find support, motivation, spirituality, refocus.

## 12pm-1 pm Thursdays: Got Stress?

Meeting ID: 948 2568 3415 <https://zoom.us/join/zoom/register/tJAldeyupjguG9FawK7Jm7HbnSYXHEz3rr07>

Open share group - The purpose of this group is to talk about any stress that we might be feeling, highs and lows, as well as our successes!

## 4pm-5 pm Thursdays: you have the floor

Meeting ID: 948 2568 3415 <https://zoom.us/join/zoom/register/tJAldeyupjguG9FawK7Jm7HbnSYXHEz3rr07>

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.

## 3-4 pm Quote Me Happy (Last Thursday of the month)

Meeting ID: 966 7036 0860 <https://zoom.us/join/zoom/register/tJlrc0mrqDsiHNTGIL20c64TGYHmclU7e9p3>

Topic focused group - This group is open to all who enjoy sharing quotes and words of inspiration! Please bring a few of your favorite quotes to share and reflect on how it is meaningful to you!

## 9am-10am Fridays: Common Ground

Meeting ID: 891 6452 0279 <https://us06web.zoom.us/join/zoom/register/tZ0scc2trDsoHd2CuHEEDtNYHPpoag0oLQL>

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.

## 6-7 pm Creative collective (1st Friday of the month)

Meeting ID: 917 4468 6413 <https://zoom.us/join/zoom/register/tJUqc-2upjOuG9e9lp-003ej-kxpBX9JhRqS>

Topic focused group - Join us on the first Friday of every month to showcase your creative talents! During this group, we will offer the opportunity to recite poetry, sing a song, play an instrument, read a short story, share progress on your artwork, display your quilts... you name it!! Come to group prepared with what you like to share. Attendees may choose to participate or enjoy as an audience member!

## 2pm-3pm Saturdays: Color me healthy

Meeting ID: 963 4262 7503 <https://zoom.us/join/zoom/register/tJluc-uurDwvGtekara0zuZ3iYUt8TLIL3u6>

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.

## 12pm-1 pm Sundays: you have the floor

Meeting ID: 948 2568 3415 <https://zoom.us/join/zoom/register/tJAldeyupjguG9FawK7Jm7HbnSYXHEz3rr07>

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.

## 7:30-8:15pm Sundays: meditation

Meeting ID: 927 8257 0162 <https://zoom.us/join/zoom/register/tJYqf-utqTsrHNYABpFwUMG04NvxjHifKP-x>

End your weekend/ start your week off peacefully with our meditation hour.

## 8-9 pm Rediscovering You Through Vital Wellness (2nd and 4th Sunday)

Meeting ID: 895 1210 9665 [https://us06web.zoom.us/join/zoom/register/tZ0oduuprjlsHNGSWwtJed0sX88\\_dY88m04E](https://us06web.zoom.us/join/zoom/register/tZ0oduuprjlsHNGSWwtJed0sX88_dY88m04E)

Topic-focused/Activity-based - A socially open group in which we discuss coping skills for today's struggles and tomorrow's success. Join us to be a part of an accepting conversation or activity.



[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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