



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

MAY NEWSLETTER 2023 • VOL. 3



Photo: May calendar with items: sunglasses, red sneakers, starfish, and flower on a blue wooden background

## From our ACIL family to yours...

Happy May! This month we spotlight Dana Moran, Special Education Teacher at Pleasantville High School and invite you to a special presentation on ABLE Accounts May 17th. As we approach Memorial Day, we would like to take the time to thank our military service members past and present and honor those who gave their lives in the line of duty.

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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.

# Community Spotlight

## Pinelands Preservation Alliance

The PPA provides regular Access Nature Forum meetings.

The Access Nature Forum was developed to provide a means for those with disabilities to unite and have a voice and be heard. They aim to engage those with disabilities, their families, caregivers, veterans' groups, assisted living organizations, advocacy groups, and more in a public discourse that identifies public interest, concerns, and ideas, and join their voices for improving access to natural places.

To learn more visit: [Access Nature](#)

## National Federation of the Blind

### South Jersey Shore Chapter

Meets on 3rd Saturdays

10:00 am – 12:00 pm

**Next Meeting: May 20th**

**Ocean City Library**

**1735 Simpson Ave. (17th St. Entrance)**

For more information 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/>



## 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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# Who We Are & What We Do

We are a nonprofit, nonresidential resource and support center for all people with disabilities, any age and any disability.

## Services provided in the last 12 months

Service Type	Total Received
Advocacy/Legal Services	81 services
IL Skills Training & Life Skills Training	333 Services
Peer Counseling Services	341 services
Information and Referrals	16,334 services



Photo: ACIL consumers, staff and other attendees show their completed artwork

## Art Classes

Each month we offer in person art related workshops. If you are not able to attend, we also offer a weekly Zoom Sketch Book Club.

Photo: ACIL Vendor table set up at local outreach events



## Community Outreach Events

You can find us at many local resource and informational events throughout the County.



Photo: ACIL Director Donald Campbell speaking at the NJSILC Public Forum

## Atlantic CIL and NJ State Independent Living Council (NJSILC) Public Forum

Atlantic CIL partnered with the NJSILC to provide a forum for community interaction about disabilities.

## Public Health Workforce Grant

The Public Health Workforce Grant aimed to empower individuals with disabilities to live up to their fullest potential. This grant provided Atlantic County residents with Life Skill workshops that strengthened their social skills among other topics.



Photo: ACIL Staff presenting a workshop

ACIL provides Life Skills Workshops to students ages 14 and up in Atlantic County.



Photos: Pleasantville High School and Y.A.L.E. School Northfield Campus



Photo: QR Code that links to our Podcast webpage

## Podcast

Check out our Podcast where we discuss issues affecting individuals. Some of our podcasts have included topics like: housing, employment, transportation and healthcare.

Podcast [LINK](#)

How to  
Donate

PayPal [LINK](#)  
Venmo [LINK](#)

Atlantic Center for Independent Living, INC





# 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

## Chair Yoga | Mondays | 10:30 am

Zoom <https://us02web.zoom.us/j/84310540194?pwd=c0xVRUVKNmxKd3B1N3FwUmVnd2hMdZ09>  
Call In: 1-301-715-8592

## Sketch Book Club | Mondays | 1pm

Zoom <https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVlRUDiQT09>  
Call In: 1-309-205-3325

## Application Help | Mondays | 2pm

<https://us02web.zoom.us/j/81321472495>  
Call In: 1-646-931-3860

## Life Skills Activities | Tuesday | 2pm

Zoom <https://us02web.zoom.us/j/81172982370?pwd=V2hBUTBRQnZKZmdJb1VhelAzYzFGZz09>  
Call In: 1-301-715-8592

## Current Events with Donald | Tuesday | 3pm

Zoom <https://us02web.zoom.us/j/83238366293?pwd=aDErbzd3K0FKczZJeGl1Q3p5bmRLQT09>  
Call In: 1-305-224-1968

## Chronic Pain & Illness Support Group | Wednesday | 2pm

Zoom <https://us02web.zoom.us/j/85449180096>  
Call In: 1-301-715-8592

## Health Connection Call | 2nd and 4th Wednesdays | 5:30pm

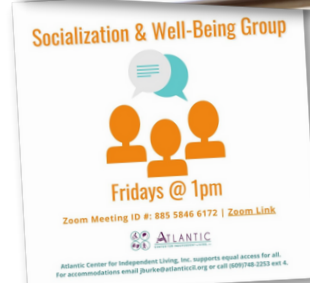
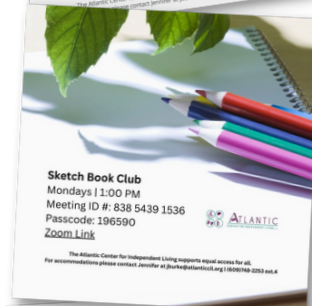
Zoom <https://us02web.zoom.us/j/87297450944>  
Call In: 1-646-876-9923

## Life Skills Activities | Thursday | 6pm

Zoom <https://us02web.zoom.us/j/85063153999?pwd=NmJXd1ZUUhphUkxneExISEJQWk8xQT09>  
Call In: 1-646-931-3860

## Socialization and Wellbeing Group | Friday | 1pm

Zoom <https://us02web.zoom.us/j/88558466172>  
Call In: 1-301-715-8592



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

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# Monthly Calendar



## May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 1	Life Skills 2pm Current Events 3pm 2	Chronic Pain 2pm 3	Life Skills 6pm 4	Social/Wellbeing 1pm 5	6
7	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 8	Life Skills 2pm Current Events 3pm 9	Chronic Pain 2pm Health Call 5:30pm 10	Life Skills 6pm 11	Social/Wellbeing 1pm 12	13
14	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 15 AITM - Painting 6pm	Life Skills 2pm Current Events 3pm 16	Chronic Pain 2pm ABLE Accounts 7pm 17	Life Skills 6pm 18	Social/Wellbeing 1pm 19	20
21	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 22 AITM - Drawing 6pm	Life Skills 2pm Current Events 3pm 23	Chronic Pain 2pm 24	Life Skills 6pm Special In Person Health Call 5:15pm SJ Field of Dreams 25	Social/Wellbeing 1pm 26	27
28	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 29	Life Skills 2pm Current Events 3pm 30	Chronic Pain 2pm 31		MENTAL HEALTH AWARENESS MONTH	Arthritis Awareness

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



## In- Person Art Classes

Call (609)277-7792 to RSVP



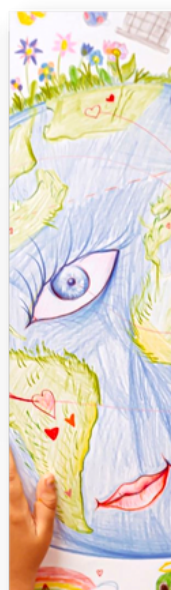
### ART IS IN THE MAKING

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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### ART IS IN THE MAKING

#### HEAVENLY BODIES - DRAW ALONG

PUTTING STENCILS, PENCILS, MARKERS AND CRAYONS TO PAPER FOR EXPRESSION AND RELAXATION!  
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: 4TH 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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# Weekly Life Skills Activities

**Tuesdays at 2pm with  
Outreach and Activities  
Specialist, Jen Burke**

**Zoom Meeting ID #:  
811 7298 2370**

**Passcode: 513838**

**Zoom Link**

**Benefits of Meditation**

May 2, 2023 | 2:00 PM | [Zoom Link](#)  
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838

1. Reduces stress  
2. Builds strength  
3. Helps control pain  
4. Improves sleep  
5. Decreases blood pressure

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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 9, 2023 | 2:00 PM  
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838  
[Zoom Link](#)

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**Mental Health Awareness**  
**THE IMPORTANCE OF PEER SUPPORT**

May 16, 2023 | 2:00 PM  
Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838  
[Zoom Link](#)

Discuss why peer support is so important for mental health and learn about different groups and resources in Atlantic County.

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**Destress with ZENDOODLES**

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

May 23, 2023 | 2:00 PM  
Zoom Meeting ID #: 811 7298 2370  
Passcode: 513838  
[Zoom Link](#)

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**TRIVIA DAY**

TOPICS: POP CULTURE AND MORE!

May 30, 2023 | 2:00 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 Meeting ID #:  
850 6315 3999**

**Passcode: 154100**

**Zoom Link**

**SEE BEYOND THE SPECTRUM!**

Understanding Autism and acknowledging its greatness!

May 4, 2023 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)

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**Understanding OCD "obsessive compulsive disorder"**

May 11, 2023 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)

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**DID YOU KNOW?**

Anxiety is a disability and it has other disorders attached to it!

May 18, 2023 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)

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**LEARNING HOW TO PROCESS PESS AND PRESS FORWARD PAST YOUR GRIEF.**

May 25, 2023 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)

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# Our Stories



Photo: Dana Moran, Special Education Teacher and Pleasantville HS

**Dana Moran** is a Special Education Teacher at Pleasantville High School. She has been a teacher for over 16 years and got her start as a classroom aide for a preschool disability classroom. That experience led her to pursue a career in Special Education. Her work with Pleasantville students has been rewarding, especially so, because she has been able to follow her students through each grade since elementary school. This is made possible by Pleasantville's Multiple Disabilities Program.

Her students are now in High School, so planning for life after school is something they are focusing on. Dana explained in addition to academics their goal is to prepare students for success as they transition beyond school, "they need life skills that will serve them for the rest of their lives." They are working on a number of skills and have partnered with Atlantic CIL on topics like transportation, social media and online gaming safety, and kitchen safety. Kitchen safety has been exciting because her students are gaining the skills to cook and bake with hands-on activities. They most recently made grilled cheese sandwiches and chocolate cake. By following a recipe and working together students are also developing their communication and social skills. Next year plan to create a morning café where they will learn business skills and sell breakfast items like muffins, bagels, juice and coffee for school staff and students. Dana is committed to providing her students with meaningful interactive experiences that will prepare them for their future.

# Atlantic CIL Fundraiser

*Please join us at*

**FIVE GUYS®**

**BURGERS and FRIES**

*Located in Absecon*

720 Whitehorse Pike, Absecon, NJ 08201. (609) 641-5558

**Wednesday, May 31, 2023**

**5:00–8:00pm**

*For a fundraiser to support  
Atlantic Center For Independent Living*



**ATLANTIC**  
CENTER FOR INDEPENDENT LIVING, INC.

**10% of All Sales (Online, Take-Out, Delivery, Eat-IN)  
will support Atlantic CIL. No flyer necessary to participate.**

# Collaboration Activities



## 12PM - 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 <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/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.

## 2PM-3PM WEDNESDAYS: BETTER TOGETHER

MEETING ID: 875 6132 4882 <https://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!

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

MEETING ID: 948 2568 3415 <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.

## 2PM-3PM SATURDAYS: COLOR ME HEALTHY

MEETING ID: 963 4262 7503 <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.

## 10AM-11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP

MEETING ID: 891 6452 0279 <https://zoom.us/join/89164520279>

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

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

MEETING ID: 927 8257 0162 <https://zoom.us/join/92782570162>

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://zoom.us/join/89512109665>

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

# Special Events



ATLANTIC  
CENTER FOR INDEPENDENT LIVING, INC.

## NJ ABLE Accounts Information Q&A Wednesday, May 17, 2023 6:00pm on Zoom

### Zoom Link

Meeting ID: 873 7181 1037 Passcode:449603

Join us for an information Q&A with Christine Chickadel, NJ ABLE Program Representative at the Department of Human Services Division of Disability Services, to learn about NJ ABLE accounts. The Achieving a Better Life Experience (ABLE) Act allows individuals living with disabilities to save for qualified disability expenses without losing your eligibility for certain assistance programs, like SSI and Medicaid.



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TAX ADVANTAGED SAVINGS FOR  
INDIVIDUALS WITH DISABILITIES

An NJ ABLE account promotes financial independence without jeopardizing eligibility for many means tested benefits  
For more information: <https://www.savewithable.com/nj/home.html>