



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

SEPTEMBER NEWSLETTER 2023 • VOL. 3



Photo: Back to school supplies, alarm clock and floral arrangement on a desk.

From our ACIL family to yours...

This month we are excited to begin our work with our Inclusive Health Communities Grant in partnership with the Mental Health Association in Atlantic County. Join us next Tuesday, September 12th at 4:30pm to share your personal experience with advocating and civic engagement. See page 5 for more details and how to attend.

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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

National Federation of the Blind

South Jersey Shore Chapter

Meets on 3rd Saturdays

10:00 am – 12:00 pm

Next Meeting: September 16th

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

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



NATIONAL FEDERATION
OF THE BLIND

Live the life you want.

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

Atlantic Center for Independent Living, INC

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Information Presentation, Q&A



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Connecting the Dots to Independence

Wednesday, September 13, 2023
6:30pm on Zoom

Meeting ID: 889 6585 7135 Passcode: 826678

Zoom Link: <https://us02web.zoom.us/j/88965857135?pwd=OWxidDJBL2syNzhuc2pzWlVxTk1Fdz09>



Photo: Lindsey and Debra Freed

Join us for an overview of how to prepare yourself or loved one to live as independently as possible. Learn about the steps to take to transition successfully.

This workshop is presented by Debra Freed of Adult Independent Services who has first hand knowledge and experience transitioning her daughter, Lindsey, into adulthood.

For more information contact Debra Freed at (954)541-7765

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

Civic Action and Engagement Initiative

This fall an exciting new statewide initiative aims to empower and support individuals who live with any type of disability. Individuals will learn how to advocate for change and become representatives at various levels of civic involvement through a series of workshops and one-to-one support.

Two partnering agencies who applied for and received the grant – The Atlantic Center for Independent Living, ACIL, and MHA Atlantic -- will outreach and engage interested participants who wish to become more involved in local or statewide leadership roles. The goal of this initiative is to empower individuals with the skills to be active participants on non-profit boards, members of coalitions, committees, and other advisory leadership roles.

“For me, I just think that the key to everything comes down to being present. We need to be present to see changes in systems, laws, and policies,” said Donald Campbell, Executive Director of the ACIL. “Decisions are made by people who show up at the table. We are preparing people to be at the table.”

Toward that end, among the topics covered in the online workshops are public speaking, active listening, letter-writing, negotiation, compromise, and the process for getting legislation passed.

Leaders at the nonprofits who are heading up this initiative say individuals who want to champion a specific issue, such as affordable housing, public transportation improvements, employment, access, service animals and emotional support animals, for example, will benefit from skill-building, learning how government works, and follow-up supports.

ACIL and MHA Atlantic are long-time community partners and now are collaborators on this project, which is grant-funded. For MHA Atlantic, the opportunity to participate in this endeavor was a natural fit.

“Sometimes we hear very passionate people in our groups who are outraged by something that’s happened. Then we’d follow up and ask, ‘How is that going, how did it go?’ Consistently, we see there’s a barrier about resolving an issue – maybe their skill set or confidence, for example,” said Carolyn Quinn, Director of Community Engagement at MHA Atlantic. She said these workshops are an opportunity to empower consumers, which is a part of advocacy and one of the agency’s cornerstones.

In addition to the workshops, “coaches” will be provided to support participants with their specific goals -- virtually, in-person, or a hybrid of the two. Grant Coordinator and coach, Ana Then of ACIL, is bilingual. At MHA Atlantic the coach is Abby Hamilton. They will be engaging and outreaching to the disability community through podcasts, a media campaign, social media campaigns, community events and statewide disability advocacy events.



Photo: Ana Then, Grant Coordinator & Coach, ACIL

Join
Atlantic Center for Independent Living &
Mental Health Association Atlantic County

For Our CIVIC ACTION & ENGAGEMENT INITIATIVE ADVISORY GROUP

September 12, 2023
AT 4:30 - 5:30PM

<https://us06web.zoom.us/j/82937548941?pwd=VnUvRlFtenhpeFVXZlFwZ3dtVTF6Zz09>
Meeting ID 829 3754 894
Passcode: 252125
OR
Mental Health Association
4E Jimmie Leeds Rd. Ste. 8
Galloway, NJ 08205

- Share your personal experience with advocating & civic engagement
- Brainstorm how to better engage disability communities

Please give two weeks notice for any requested accommodations to attend the meeting.
Contact Patti Kuhn pkuhn@atlanticcil.org 609-748-ABLE Press 1

Inclusive Healthy Communities
iHC
NJ Division of Disability Services
"This initiative was funded (or funded in part) by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services."

Called the Civic Action and Engagement Initiative, the project is grant-funded by the Division of Disability Services Inclusive Healthy Communities. The workshops will be repeated eight times during the next two years.

Special thanks and congratulations to Donald Campbell and Patti Kuhn at ACIL and Vicki Phillips and Carolyn Quinn at MHA Atlantic for their efforts on this important initiative. For more information, contact athen@atlanticcil.org, (609)748-2253, ext. 6 or ahamilton@mhanj.org, (609)653-3800.

Zoom Link: <https://us06web.zoom.us/j/82937548941?pwd=VnUvRlFtenhpeFVXZlFwZ3dtVTF6Zz09>

Monthly Calendar



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<u>Social/Wellbeing 1pm</u>	
					1	2
3	LABOR DAY!	<u>Life Skills 2pm</u> <u>Current Events 3pm</u>	<u>Chronic Pain 2pm</u>	<u>Walk & Talk 5:25pm</u> <u>Life Skills 6pm</u>	<u>Social/Wellbeing 1pm</u>	
	4	5	6	7	8	9
10	<u>Yoga 10:30am</u> <u>Sketch Book Club 1pm</u> <u>Application Help 2pm</u>	<u>Life Skills 2pm</u> <u>Current Events 3pm</u>	<u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u> <u>Connect The Dots 6:30pm</u>	<u>Walk & Talk 5:25pm</u> <u>Life Skills 6pm</u>	<u>Social/Wellbeing 1pm</u>	
	11	12	13	14	15	16
17	<u>Yoga 10:30am</u> <u>Sketch Book Club 1pm</u> <u>Application Help 2pm</u> AITM - Painting 6pm	<u>Life Skills 2pm</u> <u>Current Events 3pm</u>	<u>Chronic Pain 2pm</u>	<u>Walk & Talk 5:25pm</u> <u>Life Skills 6pm</u>	<u>Social/Wellbeing 1pm</u>	<u>Express Yourself 12pm</u> Galloway Library
	18	19	20	21	22	23
24	<u>Yoga 10:30am</u> <u>Sketch Book Club 1pm</u> <u>Application Help 2pm</u> AITM - Drawing 6pm	<u>Life Skills 2pm</u> <u>Current Events 3pm</u>	<u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	<u>Walk & Talk 5:25pm</u> <u>Life Skills 6pm</u>	<u>Social/Wellbeing 1pm</u>	
	25	26	27	28	29	30

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

THE ATLANTIC CIL PODCAST

HOSTED BY DONALD CAMPBELL

Discussing issues affecting individuals with disabilities like housing, employment, transportation, healthcare, and more.

Health Connection

Walk & Talk

with Coach Tadris

Join us
Thursdays in
September
at Kennedy Park,
Somers Point,
5:25pm
24 Broadway, Somers
Point, NJ 08244

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NAMI Atlantic/Cape May



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Express Yourself

Coloring has the ability to relax the fear center of your brain, reduce stress, and improve focus. Join our creative community to socialize and express yourself through color!



7/22, 8/26, 9/23

Galloway Library

306 E. Jimmie Leeds Road

Galloway, NJ 08205

12-2pm | Free

For more information contact: namiacm.jh@gmail.com

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Atlantic Center for Independent Living, INC

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Weekly Life Skills Activities

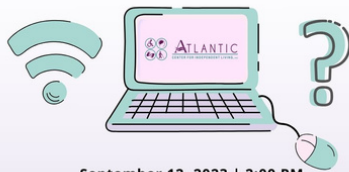
Tuesdays at 2pm with Outreach and Activities Specialist, Jen Burke

Zoom Meeting ID #: 811 7298 2370

Passcode: 513838 [Zoom Link](#)

Computer Basics

Better navigate a computer by learning it's basic functions. If you are new to using a desktop or laptop or maybe have only ever used a phone to navigate the web, send an email, or search on google, this activity is for you! Contact Jennifer for more details.



September 12, 2023 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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September 19, 2023 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Organization Skills

Discuss how keeping your home organized can help create an atmosphere of wellbeing and security.

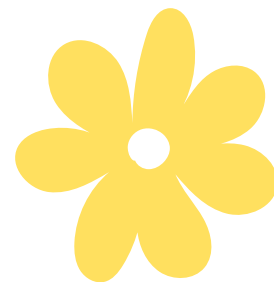
September 26, 2023 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)



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hello ♡
September



Thursdays at 6pm with Independent Living Specialist, Jenny Walker

Zoom Meeting ID #: 850 6315 3999

Passcode: 154100 [Zoom Link](#)



Support others.

Learning how to accept emotional support

Sept. 14 2023 @6PM
Meeting ID:
850 6315 3999
Passcode 151100
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticil.org or (609)748-2258 ext #3



Know that your health is important!
August is wellness month!

Sept. 21, 2023
6pm to 7pm
Meeting ID: 850 6315 3999
Passcode: 154100

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticil.org or (609)748-2258 ext #3



HOW TO BATTLE THE AUTUMN TIME BLUES

SEPT. 28, 2023 @ 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticil.org or (609)748-2258 ext #3

Our Stories

Liz Fuls has been a consumer of ACIL from its early days. She had been caregiving for her mother and decided to go to a resource fair at Stockton. She remembers receiving a copy of the DDS Resource guide full of important information that she still uses today. “Taking care of Mom was a challenge, but I learned a lot,” Liz explained.

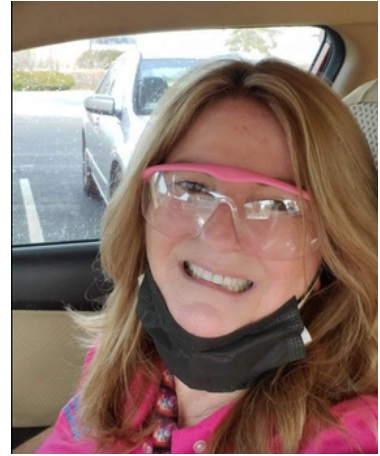


Photo: Liz Fuls

Liz worked in the Casino industry for 33 years. She specialized in communications but her love for learning led her into many different positions throughout the years. While caring for her Mom, who lived at home with the family into her 90's, Liz became aware of how many people aren't in the position to stay home and wanted to help. She began working at Our Lady's Center for Rehabilitation and now works for the Health Center of Galloway where she can be an advocate and compassionate support person for those living in nursing care facilities. She works in the recreation department and loves lifting everyone's spirits with fun activities like bingo, arts and crafts, dances and educational classes.

Liz and her husband Earl have been married for 38 years and are proud parents and grandparents. Recently she and her daughter, Brittany, have been attending the Art Classes sponsored by Atlantic CIL. “It has been a great stress relief.” They both have found it difficult to get out socially since the pandemic so doing this activity together has been therapeutic. Liz is a Breast Cancer survivor and lives with anxiety, depression and ADD. Having a class to go to where she can focus on one activity for a set amount of time has been a confidence booster. She recently finished a painting for her Grandson, which is an exciting accomplishment.

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

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

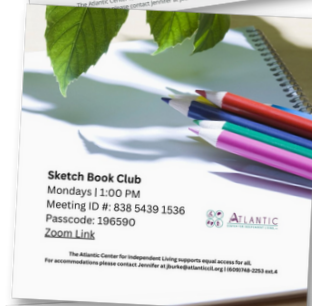
Zoom <https://us02web.zoom.us/j/87297450944>
Call In: 1-646-876-9923

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.

Atlantic Center for Independent Living, INC

Collaboration Activities



12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMOD0YQGTGVGTSW_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/TJULDCORZ80H9XRYD030HTXQJPQDNWCVR-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/TZMOCEIRRD8IETAPSQ0DD-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!

4PM-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.

3PM-4PM SATURDAYS: COLOR ME HEALTHY

MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TJLUC-UURDWVGTEKARAQZU3IYUT8TLIL3U6](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: OVERCOMING OBSTACLES

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHD2CUHEEDTNYHPP0AQ00LQ1](https://us06web.zoom.us/join/89164520279)

OPEN SHARE/TOPIC FOCUSED GROUP – THIS IS A SAFE SPACE FOR INDIVIDUALS WHO EXPERIENCE COMMON EXPERIENCES, FEELINGS, AND STRUGGLES WHEN IT COMES TO LIFE'S OBSTACLES. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORTING ONE ANOTHER.

7:00PM-7:45PM 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