



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

OCTOBER NEWSLETTER 2023 • VOL. 4



Photo: Fall leaves against blue sky

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From our ACIL family to yours...

Happy October! This month marks the start of the 4th edition of Atlantic CIL's monthly newsletter. This month we reflect on three years of "Our Stories" and bring you two new "Connecting the Dots" workshops for parents of students transitioning to adulthood. See page 7 for details.

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: October 21st

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/>



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

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Collaboration Activity



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!



10/28 & 11/25

Galloway Library

**306 E. Jimmie Leeds Road
Galloway, NJ 08205**

12-2pm | Free

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

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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Supreme Court Weighs Limiting Disability Rights Lawsuits



This week the U.S. Supreme Court was presented with arguments in a case with possible ramifications for Americans with disabilities. Discussing whether a disability rights campaigner can sue hotels for failing to disclose accessibility information if they don't plan to actually book a room. This case could, "limit the ability of disability rights activists to ensure that hotels and other places accessible to the public comply with the Americans with Disabilities Act."

Sources: [NBC](#) & [Disability Scoop](#)

Health Connection

Walk & Talk

with Coach Tadris



October Dates
10/5 & 10/12, 5:25pm
Mainland HS Gazebo
Wabash Ave, Linwood

10/19 & 10/26, 5:25pm
Northfield Pike Path,
Jackson Ave, Northfield



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Virtual Support Groups & Activities

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Sketchbook Club | Mondays | 1pm | Zoom

[https://us02web.zoom.us/j/83854391536?](https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09)

[pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09](https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09)

Call In: 1-309-205-3325 | Meeting ID 838 5439 1536

Life Skills Activities | Tuesday | 2pm | Zoom

[https://us02web.zoom.us/j/81172982370?](https://us02web.zoom.us/j/81172982370?pwd=V2hBUTBRQnZKZmdJb1VhelAzYzFGZz09)

[pwd=V2hBUTBRQnZKZmdJb1VhelAzYzFGZz09](https://us02web.zoom.us/j/81172982370?pwd=V2hBUTBRQnZKZmdJb1VhelAzYzFGZz09)

Call In: 1-301-715-8592 | Meeting ID 811 7298 2370

Current Events with Donald | Tuesday | 3pm | Zoom

[https://us02web.zoom.us/j/83238366293?](https://us02web.zoom.us/j/83238366293?pwd=aDERbzd3K0FKczZJeGl1Q3p5bmRLQT09)

[pwd=aDERbzd3K0FKczZJeGl1Q3p5bmRLQT09](https://us02web.zoom.us/j/83238366293?pwd=aDERbzd3K0FKczZJeGl1Q3p5bmRLQT09)

Call In: 1-305-224-1968 | Meeting ID 832 3836 6293

Passcode 955834

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

<https://us02web.zoom.us/j/85449180096>

Call In: 1-301-715-8592 | Meeting ID 854 4918 0096

Health Connection Call | 2nd and 4th Wednesdays | 4pm | Zoom

<https://us02web.zoom.us/j/87297450944>

Call In: 1-646-876-9923 | Meeting ID: 872 9745 0944

 New Time

Life Skills Activities | Thursday | 6pm | Zoom

[https://us02web.zoom.us/j/85063153999?](https://us02web.zoom.us/j/85063153999?pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09)

[pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09](https://us02web.zoom.us/j/85063153999?pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09)

Call In: 1-646-931-3860 | Meeting ID 850 6315 3999

Passcode 154100

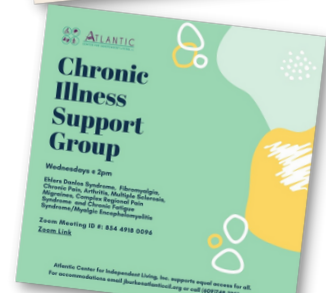
Socialization and Wellbeing Group | Friday | 1pm | Zoom

<https://us02web.zoom.us/j/88558466172>

Call In: 1-301-715-8592 | Meeting ID 885 5846 6172



Would you like weekly zoom links sent to your inbox every Monday?
Email Jen at jburke@atlanticcil.org to join our weekly link eblast.



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

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Monthly Calendar



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October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<u>Sketchbook Club 1pm</u>	<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>	7
8	<u>Sketchbook Club 1pm</u>	<u>Life Skills 2pm</u> <u>Current Events 3pm</u>	<u>Chronic Pain 2pm</u> <u>Health Call 4pm</u>	<u>Walk & Talk 5:25pm</u> <u>Life Skills 6pm</u>	<u>Social/Wellbeing 1pm</u>	14
15	<u>Sketchbook Club 1pm</u>	<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>	21
22	<u>Sketchbook Club 1pm</u>	<u>Life Skills 2pm</u> <u>Current Events 3pm</u>	<u>Chronic Pain 2pm</u> <u>Health Call 4pm</u> <u>Connect The Dots 6:30pm</u>	<u>Walk & Talk 5:25pm</u> <u>Life Skills 6pm</u> <u>Connect The Dots 6:30pm</u>	<u>Social/Wellbeing 1pm</u>	<u>Express Yourself 12pm</u> Galloway Library
29	<u>Sketchbook Club 1pm</u>	<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>	28

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



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Adult Independent Services

Connecting the Dots to Independence



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

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October Workshops

Wednesday, October 25, 2023

Topic: Getting Paperwork Together

Thursday, October 26, 2023

Topic: Guardianship

6:30pm on Zoom

Meeting ID: 895 8376 1081

Passcode: 821852

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Weekly Life Skills Activities

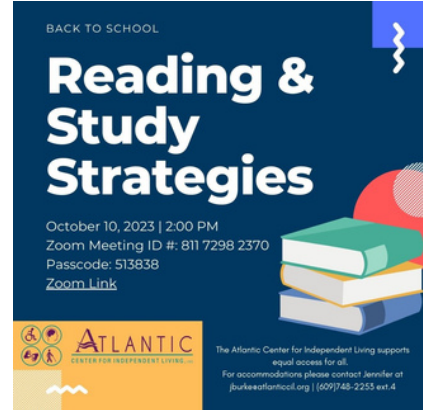
**Tuesdays at 2pm with
Outreach and Activities
Specialist, Jen Burke**

Zoom Meeting ID #:

811 7298 2370

Passcode: 513838

Zoom Link



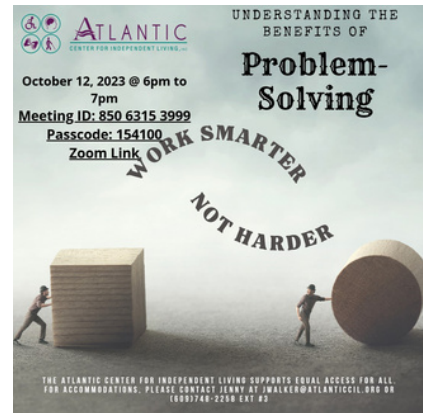
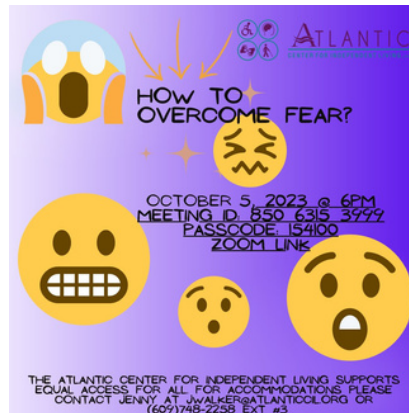
**Thursdays at 6pm
with Independent
Living Specialist,
Jenny Walker**

Zoom Meeting ID #:

850 6315 3999

Passcode: 154100

Zoom Link



Our Stories

This month we begin the 4th edition of our monthly newsletter. This edition makes three years of bringing you disability rights news, information about special presentations, community collaboration projects, details about our services, and last but not least, “Our Stories.” We have had the pleasure of interviewing over 30 Atlantic CIL consumers and community partners for this column and wanted to take a moment to reflect on that experience.

Some of the common themes we have seen throughout have been stories of determination to persevere through difficult times, journeys to developing self-advocacy skills, and gratitude for support from friends, family, and peers. We are reminded that sharing our stories is a way to celebrate our progress, and in doing so, it helps others grow. “Spending time interviewing our consumers, listening to their experiences, and learning how we have been able to assist them in their goals has been inspiring. I hope the column has the same impact on everyone who reads it,” expressed, Jennifer Burke, Atlantic CIL’s Outreach and Activities Specialist and writer of “Our Stories.” These stories have also become a great way for the community to get a better understanding of what our services look like in action. Living independently has a different meaning for everyone. We strive to detail the various approaches and choices people make towards achieving their goals. “We want to highlight our accomplishments and the wonderful successes of our consumers, explained Donald Campbell, Executive Director of Atlantic CIL. We are proud of our consumers and the work we do to assist them in living as independently as possible.



To read more of “Our Stories,” [Click Here](#)

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



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

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