



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

DECEMBER NEWSLETTER 2023 • VOL. 4



Photo: Toy red truck carrying cookies through a model forest of green trees.

From our ACIL family to yours...

Happy Holidays!

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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



If you have a disability and want to work, the New Jersey Division of Vocational Rehabilitation Services (DVRs) may be able to assist you.

The mission of the New Jersey Division of Vocational Rehabilitation Services is to enable eligible individuals with disabilities to achieve an employment outcome consistent with their strengths, priorities, needs, abilities, and capabilities.

For more information and additional locations visit:
<https://www.nj.gov/labor/career-services/special-services/individuals-with-disabilities/>

Atlantic County

2 South Main Street, 1st Floor, Suite 2
Pleasantville, NJ 08232-2728
Phone: 609-813-3933
Fax: 609-813-3959
VP: 732-606-4961
DVR. Pleasantville@dol.nj.gov

Cape May County

3801 Route 9 South, Unit 3,
Rio Grande, NJ 08242
Phone: 609-224-2010
Fax: 609-224-2047
VP: 732-606-4961
DVR.RioGrande@dol.nj.gov

National Federation of the Blind

South Jersey Shore Chapter

Meets on 3rd Saturdays

10:00 am – 12:00 pm



Next Meeting: December 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/>



Atlantic/Cape May



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC



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!



1/27, 2/24, 3/23

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

Atlantic Center for Independent Living, INC



NJ Law Will Improve Transport For People With Disabilities



A state law involving transportation research and people with disabilities recently crossed the finish line. This legislation will make sure that anytime new public infrastructure projects are proposed we will put the mobility needs of disabled New Jerseyans front and center.

“Sen. Kristin Corrado (NJ-40) was among those cheering for a bipartisan bill, S-146/A-3328, which Gov. Phil Murphy signed into law on Monday.

According to Corrado, a co-sponsor of the bill, all contracts approved by the New Jersey Transportation Research Bureau must now “consider the mobility needs of individuals with physical, sensory, intellectual and developmental disabilities.”

The bottom line? People with disabilities will soon be able to enjoy “safer, more mobility friendly streets,” she said.”

To read more about this law visit:

<https://patch.com/new-jersey/caldwells/nj-law-will-improve-transport-people-disabilities-senator>



Virtual 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

Sketchbook Club | Mondays | 1pm | Zoom

<https://us02web.zoom.us/j/83854391536?>

[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?>

[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?>

[pwd=aDERbzd3K0FKczZJeG1lQ3p5bmRLQT09](https://us02web.zoom.us/j/83238366293?pwd=aDERbzd3K0FKczZJeG1lQ3p5bmRLQT09)

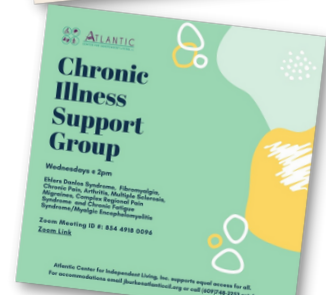
Call In: 1-305-224-1968 | Meeting ID 832 3836 6293

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



Life Skills Activities | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/85063153999?>

[pwd=NmJXd1ZUUhHpUkxneExISEJQWk8xQT09](https://us02web.zoom.us/j/85063153999?pwd=NmJXd1ZUUhHpUkxneExISEJQWk8xQT09)

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.

Atlantic Center for Independent Living, INC



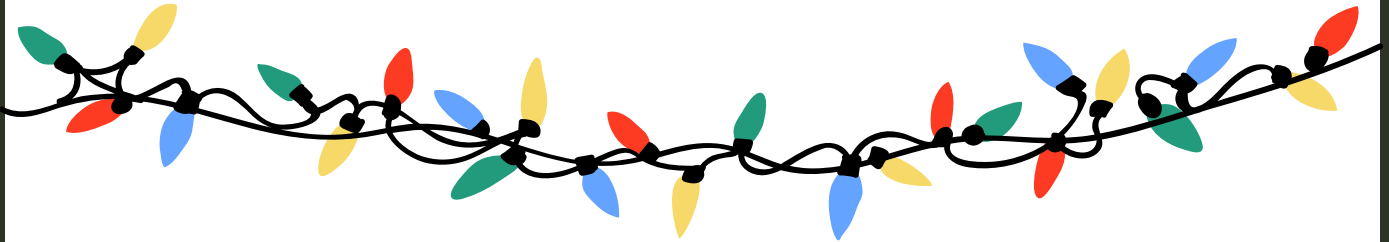
Monthly Calendar



December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Walk & Talk 5:25pm Life Skills 6pm	Social/Wellbeing 1pm	
				1	2	1
						2
	Sketchbook Club 1pm	Life Skills 2pm Current Events 3pm	Chronic Pain 2pm Connect The Dots 6:30pm	Walk & Talk 5:25pm Life Skills 6pm	Social/Wellbeing 1pm	
3	4	5	6	7	8	9
	Sketchbook Club 1pm	Life Skills 2pm Current Events 3pm	Chronic Pain 2pm Health Call 4pm	Walk & Talk 5:25pm Life Skills 6pm	Social/Wellbeing 1pm	
10	11	12	13	14	15	16
	Sketchbook Club 1pm	Life Skills 2pm Current Events 3pm	Chronic Pain 2pm Connect The Dots 6:30pm	Walk & Talk 5:25pm Life Skills 6pm	Social/Wellbeing 1pm	
17	18	19	20	21	22	23
24\31	Merry Christmas	Life Skills 2pm Current Events 3pm	Chronic Pain 2pm Health Call 4pm	Walk & Talk 5:25pm Life Skills 6pm	Social/Wellbeing 1pm	30
	25	HAPPY KWANZAA 26	27	28	29	

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



ATLANTIC CENTER FOR INDEPENDENT LIVING

Adult Independent Services

Connecting the Dots to Independence

Learn how to prepare yourself or loved one to live as independently as possible. Start to take the steps to transition into adulthood successfully.

Topic: Getting Paperwork Together
Wednesday, December 6, 2023
6:30pm on Zoom

Meeting ID: 869 6250 4873 | Passcode: 084683
<https://us02web.zoom.us/j/86962504873?pwd=OFZrbjR8a29uZm5kbDNWwM5ackZCZzO9>

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

ATLANTIC CENTER FOR INDEPENDENT LIVING

Adult Independent Services

Connecting the Dots to Independence

Learn how to prepare yourself or loved one to live as independently as possible. Start to take the steps to transition into adulthood successfully.

Topic: PerformCare
Wednesday, December 20, 2023
6:30pm on Zoom

Meeting ID: 819 1215 1267 | Passcode: 932263
<https://us02web.zoom.us/j/81912151267?pwd=Wn1lUc5Y1VDcFNpQ59ncWFMYjZkdzO9>

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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



Snowflakes
Every snowflake is beautiful and unique!
Let's draw winter snowflakes!

December 5, 2023 | 2:00 PM
Zoom ID: 811 7298 2370 | Passcode: 513838
[Zoom Link](#)

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The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlantic.org | (609)748-2255 ext.4



Setting a New Year's Intention
LEARN HOW TO SET AN INTENTION TO APPROACH YOUR GOALS WITH MORE SELF-COMPASSION

New Year
Fresh Start

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

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Kitchen Safety: Holiday Cookies

Let's bake cookies!
We will explore how to safely navigate the kitchen while following a recipe. Have your favorite cookie recipe ready to bake along with us or come to learn more about kitchen safety!
Email Jennifer for recipe ideas.

December 19, 2023 | 2:00 PM
Zoom 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@atlantic.org | (609)748-2253 ext.4



Thursdays at 6pm
with Independent
Living Specialist,
Jenny Walker

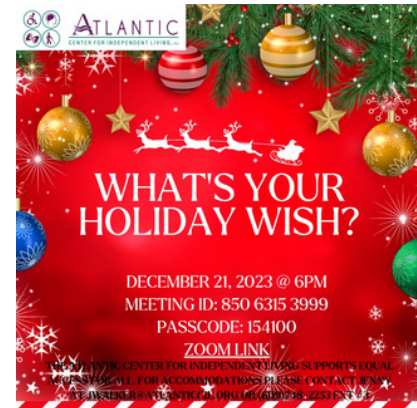
Zoom Meeting ID #:
850 6315 3999
Passcode: 154100
Zoom Link



Each new season brings new possibilities. So dream big because you have power!

December 07, 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@atlantic.org or (609)244-2291 ext. 2.



WHAT'S YOUR HOLIDAY WISH?

DECEMBER 21, 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@atlantic.org | (609)244-2291 ext. 2.




Simplify your life by embracing a new attitude with this new year.

December 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@atlantic.org or (609)244-2291 ext. 2.



Our Stories

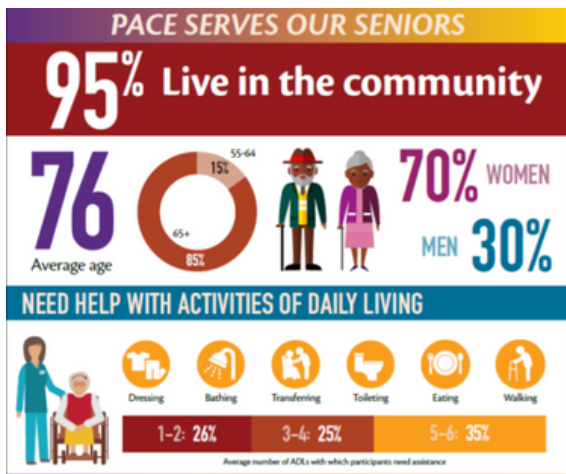


Photo Caption: PACE Infographic

Susan Brown is the Manager of Enrollment and Community Relations for the AtlantiCare LIFE Connection. As a Program of All-Inclusive Care for the Elderly (PACE) in New Jersey, AtlantiCare LIFE Connection is a nursing home alternative that gives you a personalized team of health care professionals to provide services to you in a setting of your choosing.

Susan began her career as a nurse and became familiar with PACE while working in Homecare. Susan explained, “The first individual I referred to PACE was waiting for a nursing home and there was not much hope for improvement. However, within six months of being connected with PACE, she progressed so much it was amazing. I began referring more individuals because it was so beneficial.” AtlantiCare’s program connects individuals over the age of 55 living in Atlantic and Cape May County who meet a level of care for a nursing home who want to remain living in the community.

Susan has been a great resource for Atlantic CIL working closely with Dawn Padick, Independent Living Specialist. Our missions align, Atlantic CIL 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. Susan and Dawn communicate regularly assisting each other with Medicaid and community based questions to refer individuals to the services they need. Susan’s work has come full circle working for AtlantiCare’s Life Connection, “I believe in it because I’ve seen what it can do. What we are clear on is we are an option for individuals who want to remain living in the community.”

To learn more please visit <https://lifeconnection.atlanticare.org/>

Collaboration Activities



12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODYOYQOTGVGTWSW_LUNGCBYEY582MB6VZKL](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/TJULDCORZ80H9XRYD030HTXQJQPDNWCVR-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.

2PM–3PM WEDNESDAYS: BETTER TOGETHER

MEETING ID: 875 6132 4882 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIRRD8IETAPSQODD-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/TJALDEYUJGUG9FAWK7J1M7HBNSYXHEZ3RROZ](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/MEETING/REGISTER/TJLUC-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.

10AM–11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHDZCUHEEDTNYHPPQAQOOLQL](https://us06web.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/MEETING/REGISTER/TJYQF-UTQTSRHNYABPFWUMGQ4NVXJHIFKP-X](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://US06WEB.ZOOM.US/MEETING/REGISTER/TZ00DUUPRJSHINGSWWTJEDOSX88_DY88M04E](https://us06web.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

Atlantic Center for Independent Living, INC

