



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

FEBRUARY NEWSLETTER 2024 • VOL. 4



Photo: Horse standing behind a wooden fence in a snowy landscape.

From our ACIL family to yours...

Hello February! This month we are happy to announce our in-person community activities are starting back up. Join us for an art class, yoga class, or a walk! Check out page 5 for more details about our activities with Coach Tadriss and April Elias. Additionally, we have a new virtual group beginning February 19th at 6pm. Our Express Yourself Coloring Group in collaboration with NAMI Atlantic Cape May has gone virtual. Join us on 3rd Mondays to color and chat!

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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

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

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.

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



Community Walks
With Coach Tadriss & Friends
Tuesdays at 5:15pm
Stockton University Track
Call (609)748-2253 Ext. 4
For More Details.



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Art Is In The Making
1st Mondays at 6pm
Call April at 609-277-7792
to participate!



NATIONAL RECREATION OF THE BLIND
Live the life you want.

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For accommodations please contact Jennifer at jburke@atlanticil.org | (609)748-2253 ext.4

Chair Yoga



2nd and 4th Thursdays at 10am

This class meets in person at Your CBD Store.
790 White Horse Pike, Absecon
To attend call April at 609-277-7792 to register.




Enjoy one hour of mindful stretching and breathing with April Elias, experienced certified yoga teacher. This chair yoga class is accessible to all levels. It is hatha yoga, it involves controlling and balancing the body, the breath and the mind. Each class ends in a guided gratitude meditation.

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NFB South Jersey Shore Chapter
10:00 am – 12:00 pm
Next Meeting: February 24th
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/>

Disability Travel & Economic Growth



Photo: Person skiing using adaptive ski equipment.

Destinations around the world are recognizing the business potential of accessible tourism and making substantial investments in disability-friendly attractions. With approximately one in six people globally living with significant disabilities, including mobility issues, invisible conditions, and neurodivergence, creating inclusive travel experiences is not only a social imperative but also a lucrative market. According to the World Health Organization, disabled travelers represent a \$58 billion industry, and destinations that embrace accessibility can reap financial benefits by tapping into this underserved community.

Investments in accessible attractions, programming, and infrastructure, such as wheelchair-accessible ramps and elevators, contribute to a more inclusive tourism landscape.

Source: [The BBC](#)

Inclusive Health Communities

CIVIC ENGAGEMENT INITIATIVE

Civic engagement is an essential aspect of democracy that encourages individuals to take part in public life and actively contribute to society.

Imagine the impact we can all make by becoming more civically involved in our community.

All workshops are available virtually



Receive the zoom link for our workshops by joining United by Wellness at:
<https://www.mhaac.info/ubw-how-to-join.html>



QR Code

Register for one of 24 Civic Action and Engagement workshops designed to offer building blocks for successful civic engagement.

Closed Captioning will be available during this meeting. For any other meeting accommodations contact Ana Then at: athen@atlanticcil.org two weeks prior to each workshop.



Mental Health Association in Atlantic County

Inclusive Healthy Communities
NJ Division of Disability Services



The Atlantic Center for Independent Living and The Mental Health Association in Atlantic County support equal access for all. This initiative was funded by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.

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>

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>

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=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 | 5:30pm | 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>

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

Additional Atlantic CIL Collaboration Activity Contacts

United by Wellness virtual support groups with MHA

Visit: <http://www.mhaac.info/ubw.html>

In-Person Art and Yoga Classes at Your CBD Store, Absecon

709 White Horse Pike, Absecon, NJ 08201

Contact April Elias at (609)277-7792

Community Walks with Coach Tadris, Tuesdays at 5:15pm

Stockton University Track, 101 Vera King Farris Dr, Galloway, NJ 08205

Contact Jennifer at jburke@atlanticcil.org, (609)748-2253 ext.4

Express Yourself, coloring group, with NAMI Atlantic Cape May, 3rd Mondays | 6pm | Zoom

<https://us02web.zoom.us/j/82720309410?pwd=RzFWL2QyQjhkeFVBNEhFcjVZMlR09>

Meeting ID: 827 2030 9410 Passcode: 238035

Contact Amanda at namiacm.am@gmail.com for more info.



Monthly Calendar



FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Life Skills 6pm	Social/Wellbeing 1pm 	
	Sketchbook Club 1pm Art 6-8pm 	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm	Chronic Pain 2pm	Chair Yoga 10am Life Skills 6pm	Social/Wellbeing 1pm	
	Sketchbook Club 1pm	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm	Chronic Pain 2pm Health Call 5:30pm <i>-Happy Valentine's-</i>	Life Skills 6pm	Social/Wellbeing 1pm	
	Coloring 6pm 	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm	Chronic Pain 2pm Connect The Dots 6:30pm	Chair Yoga 10am Life Skills 6pm	Social/Wellbeing 1pm	
	Sketchbook Club 1pm	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 	Chronic Pain 2pm Health Call 5:30pm	Life Skills 6pm 	Social/Wellbeing 1pm	

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

HAPPY Valentine's Day

Did you know people who have a “diagnosed, permanent, disability” are eligible to get a FREE National Parks Pass? Who is eligible to get an Interagency Access Pass?



The Interagency Access Pass may be issued to US citizens or permanent residents of any age that have been medically determined to have a permanent disability (does not have to be a 100% disability) that severely limits one or more major life activities.

For more info visit: [NPS.Gov](https://www.nps.gov)

Weekly Life Skills Activities

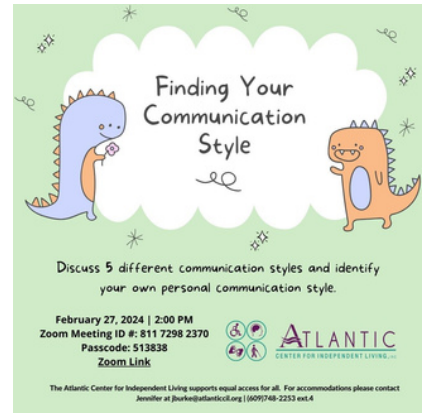
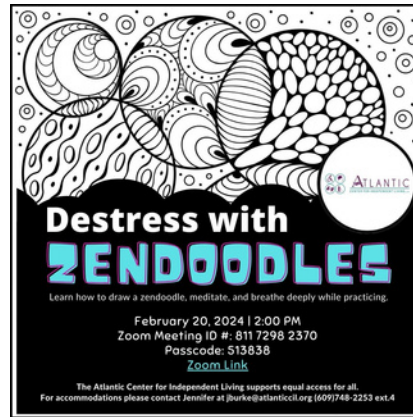
Tuesdays at 2pm with
Outreach and Activities
Specialist, Jen Burke

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](#)



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Our Stories



Photo: Lindsey and Debra Freed

Lindsey Freed lives with a rare Intellectual Disability and Brittle Bone disease. Lindsey explained her experience has not been easy, but she has learned to cope with it. “I stay strong for me and my family. I have a great loving family,” she expressed. Lindsey’s family has been advocating for her every step of the way.

Lindsey’s Mom, Debra, explained how rare Lindsey’s disability is. Lindsey is 1 of 11 people in the world who have the same chromosomal abnormality. There were many unknowns about Lindsey’s development. There were times Debra asked, “Where is our support?” They had to create their own path to find support specific to Lindsey’s disability. Throughout her life Lindsey has undergone 5 hip surgeries and over 100 other procedures due to her autoimmune disease. “Lindsey has been through so much,” Debra explained, “She is our hero.”

Today Lindsey’s autoimmunity is in remission and she lives independently in her own apartment within a group home. Lindsey loves to draw, paint, and participate in fun activities like bowling. She also loves her job working at a food hall. Lindsey said, “I love to make people smile so this is a great job for me.”

 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.

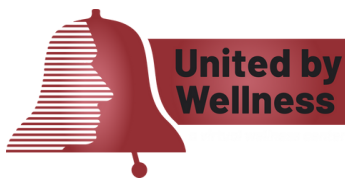
Open Discussion
Let's talk about what you need.

Wednesday, February 21, 2024
6:30pm on Zoom

Meeting ID: 819 1215 1267 | Passcode: 932263
<https://us02web.zoom.us/j/81912151267?pwd=WHh1ZUc5Y1VDbFh0Q5hlcWFMjZkd0OQ>

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Collaboration Activities



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC
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/MEETING/REGISTER/TJMODYQOTGVGTSW_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/TJULDCORZ80H9XRYD030HTXQJQDNWCVR-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/TZMOCEIRRD8IETAPS00DD-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-UURDWVGTAKARAQZU3IYUT8TLIL3U6](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/TZOSCE2TRDSOHDZCUHEEDTNYHPP0AQ00LQ](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-UTQTSRHNABPFWUMGQ4NVXJHIFKP-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/TZ00DUUPRJSHNGSWWTJEDOSX88_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



Advocacy Opportunity

NJ SILC

NEW JERSEY STATEWIDE
INDEPENDENT LIVING COUNCIL



Call for Members

The New Jersey Statewide Independent Living Council (SILC) is a 17-member body appointed by the Governor which maximizes opportunities for people with disabilities through planning and advocacy. The SILC is a separate entity, in, but not of, the New Jersey Department of Labor. The SILC membership represents the interests of New Jersey's cross disability population.



**We are looking for individuals
living with disabilities to join
NJSILC in advocating for people
with disabilities.**

**To learn more about NJSILC
visit <https://bit.ly/NJSILC-Trifold>.**

For more information about becoming an NJSILC Member
and for the zoom link to attend our meetings please contact:
Jesse Schwartzman at jesseschwartzman00@gmail.com

New Support Group Coming Soon

BETTER TOGETHER

EVERY THURSDAY 4:00PM BEGINNING JULY 6TH
AT OCEANSIDE II FAMILY SUCCESS CENTER
3201 ATLANTIC AVENUE, ATLANTIC CITY, NJ 08401





A SUPPORT GROUP FOR INDIVIDUALS WHO STRUGGLE WITH A COMBINATION OF PHYSICAL AND MENTAL HEALTH CHALLENGES. TOGETHER WE WILL DISCUSS A TOPIC AND SUPPORT EACH OTHER IN OUR JOURNEYS TO WELLNESS!

A GROUP HOSTED BY THE MENTAL HEALTH ASSOCIATION OF ATLANTIC COUNTY

To Register:
Call 609-594-4990
Email
atlanticoceanside2@gmail.com
Or Complete an online form
<https://forms.office.com/r/153JaUck5x>

FAMILY
SUCCESS & CENTER
OCEANSIDE II



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