



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

MARCH NEWSLETTER 2024 • VOL. 4

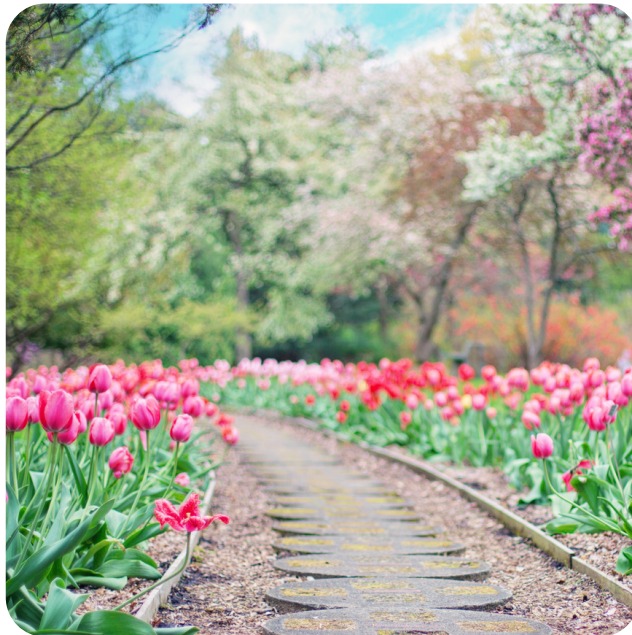


Photo: Winding path lined with spring flowers and trees.

From our ACIL family to yours...

The first day of Spring is March 19th! As the weather warms up we hope you will join us for a walk on Tuesday nights, at 5:15pm at the Stockton University Track in Galloway. This activity is open to all.

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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 Tadrís and Friends
2nd and 4th Wednesdays at 5:30pm

Zoom Link
Meeting ID: 872 9745 0944

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Coach Tadrís 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@atlanticcil.org | (609)748-2253 ext.4

Community Walks
With Coach Tadrís & 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!

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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

 NATIONAL FEDERATION OF THE BLIND
Live the life you want.

10:00 am – 12:00 pm
Next Meeting: March 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 | titi777@gmail.com
Please visit <https://www.nfbnj.org/about-nfbnj/>

People With Disabilities Hope Autonomous Vehicles Deliver Independence



In Grand Rapids, Minnesota, a unique test of autonomous vehicles is taking place to address the isolation and transportation challenges faced by people living outside major cities, especially those with disabilities preventing them from driving.

Myrna Peterson, who has quadriplegia, is actively participating in the project called goMARTI (Minnesota's Autonomous Rural Transit Initiative). This initiative, funded through 2027 with over \$13 million from federal, state, and local sources, involves five self-driving Toyota minivans equipped with advanced technology, including cameras, radar, GPS, and laser sensors. The vehicles are operated about 90% of the time by computer systems, providing over 5,000 rides since 2022 without any accidents.

The autonomous vehicle project in Grand Rapids is part of a broader effort to explore the viability of self-driving technology in rural areas. Despite the challenges, supporters like Peterson believe that autonomous vehicles could become safer than human-driven models and serve as a solution for the estimated 25 million Americans whose travel is limited by disabilities. While full autonomy remains a distant goal, the goMARTI project offers a flexible alternative to traditional public transportation, fostering a sense of inclusivity and community engagement in Grand Rapids.

Source: www.disabilityscoop.com

Inclusive Healthy 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.



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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=RzFWL2QyQjhkeFVBNEhFcjVZMllordz09>

Meeting ID: 827 2030 9410 Passcode: 238035

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



Monthly Calendar



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Social/Wellbeing 1pm  1	2
3	Sketchbook Club 1pm Art 6-8pm 4	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 5	Chronic Pain 2pm 6	Life Skills 6pm 7	Social/Wellbeing 1pm 8	9
10	Sketchbook Club 1pm 11	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 12	Chronic Pain 2pm Health Call 5:30pm 13	Chair Yoga 10am Life Skills 6pm 14	Social/Wellbeing 1pm 15	16
Happy St. Patrick's Day 17	Sketchbook Club 1pm Coloring 6pm 18	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 19	Chronic Pain 2pm Connect The Dots 6:30pm 20	Life Skills 6pm  21	Social/Wellbeing 1pm 22	23
HAPPY EASTER 24/31	Sketchbook Club 1pm 25	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 26	Chronic Pain 2pm Health Call 5:30pm 27	Chair Yoga 10am Life Skills 6pm 28	Social/Wellbeing 1pm 29	30

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



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, March 20, 2024
6:30pm on Zoom

Meeting ID: 819 1215 1267 | Passcode: 932263
<https://us02web.zoom.us/j/81912151267?pwd=WnI1bUc5Y1VDbFpQ59ncWFMVjZkdz09>

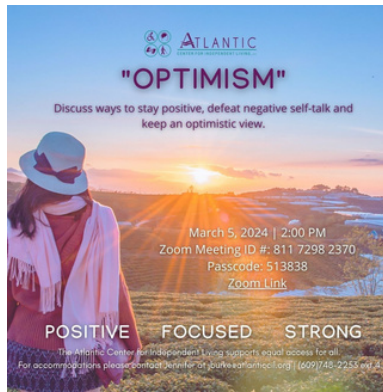
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Weekly Life Skills Activities

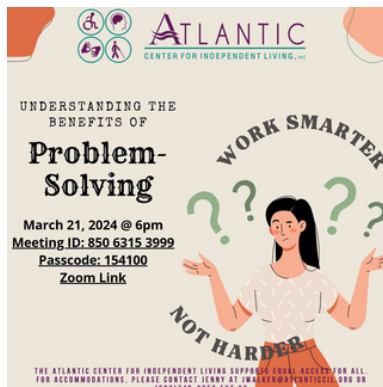
**Tuesdays at 2pm with
Outreach and Activities
Specialist, Jen Burke**

**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



Photo: April Elias at her easel.

April Elias is a self taught artist and local buisness owner in Absecon, NJ. Her store front welcomes you into a world of health and wellness where she teaches yoga and holds an “art space” for anyone looking to explore their creativity. She has formed a community of individuals who gather weekly to focus on the process of art making.

Once per month Atlantic CIL sponsors a class with April. This class titled, “Art is in the Making,” is open to all abilities bringing together beginners and experienced artists in a fun, no pressure, welcoming social enviornment. The goal is to have fun putting a brush to canvas and meet new friends. Supplies are included and participants are encouraged to work on their own ideas. Many of our consumers have expressed an appreciation for April’s ability to help them get started with a spark of inspiration offered at each class. If you would like to join in on the 1st Monday of the month from 6-8pm, please contact April at (609)277-7792 for more information and to reserve a spot.



Photos: Painters proud of their finished artwork.

Collaboration Activities



12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODYQOTGVGTSW_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/TJULDCORZ80H9XRYDQ3OHTXQJPQDNWCVR-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/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/TJALDEYUJGUG9FAWK7JM7HBNSYXHEZ3RROZ](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/TZOSCE2TRDSOHDZCUHEEDTNYHPPQAQ00LQ](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_DY88MO4E](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



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>.**

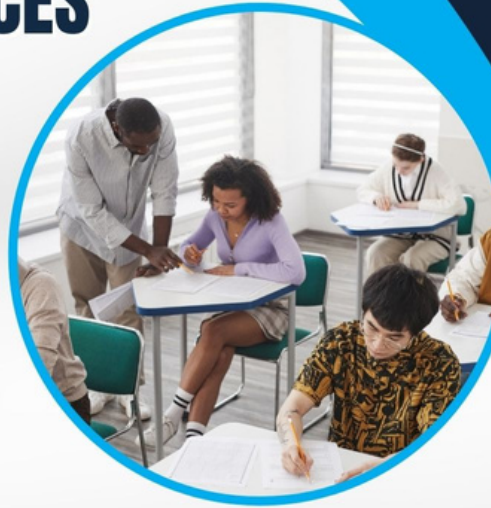
For more information about becoming an NJSILC Member
and for the zoom link to attend our meetings please contact:
Jesse Schwartzman at jesseschwartzman00@gmail.com

Coming Soon

RELATED SERVICES & EXTENDED SCHOOL YEAR SERVICES

**Monday, April 29, 2024
6:30pm on Zoom**

Join us for an information presentation with Attorneys at Hinkle, Prior & Fischer, P.C., who have over 70 years of combined experience providing specialized legal services to families of children and adults with a wide range of disabilities, and seniors. They have argued many of the precedent setting cases affecting individuals with disabilities in New Jersey and Pennsylvania.



This session will explore the means by which eligibility for Extended School Year services is required, as well as the law surrounding the provision of such services. Emphasis will also be placed on promoting continuity and generalization of skills across settings and throughout the year.

Register in advance for this meeting by visiting:

<https://hinkle1.zoom.us/meeting/register/tZYsd-ugqTooHtVewyEJC67FY4VPhuRujb82>



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Hinkle, Prior & Fischer *Attorneys at Law*

Representing people with disabilities and their families since 1974

To Register Visit:

<https://hinkle1.zoom.us/meeting/register/tZYsd-ugqTooHtVewyEJC67FY4VPhuRujb82#/registration>