



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JUNE NEWSLETTER 2024 • VOL. 4



Photo: Beach waves with sunset sky

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## From our ACIL family to yours...

This month we are welcoming the warm weather and looking forward to Summer! We are also excited to announce our 2nd annual fundraiser at Five Guys in Absecon. We would like to invite you to join us on Wednesday night, July 10th from 5-8pm. Your support is deeply appreciated and integral to the work we do. See pages 4 & 5 for details.

Atlantic Center for Independent Living, INC

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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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 NATIONAL FEDERATION  
OF THE BLIND  
Live the life you want.

**NFB South Jersey Shore Chapter**  
10:00 am – 12:00 pm  
Next Meeting: June 15th  
Ocean City Library, 1735 Simpson Ave. (17th St. Entrance)  
For more information contact: President Ed Garcia at 650-759-0470  
Please visit: <https://www.nfbnj.org/chapters/south-jersey-shore-chapter/>



# Fundraiser to Support Atlantic CIL

Atlantic Center for Independent Living will be hosting their 2nd annual fundraiser at Five Guys, located in Absecon on Wednesday, July 10, 2024. “Last year we had an awesome event! So many of our consumers and community members who support our mission came out, it was a lot of fun. We want to make it even bigger this year,” explained, Jennifer Burke, Atlantic CIL’s Outreach and Activities Specialist.

Five Guys will donate 10% of the profit earned during the fundraiser window to Atlantic CIL. It is important to note that the fundraiser window is from 5pm to 8pm and only purchases paid for during that window will count towards the fundraiser. This applies to online, takeout, delivery, or eat-in orders. “We encourage participants to place their orders and come hang out with us at our resource table,” Jennifer detailed.

Atlantic CIL’s mission is to assist individuals with disabilities to live and work as independently as possible. This event will double as an outreach event where Atlantic CIL will share information about their no-cost services, support groups and community activities. Those looking to learn more and support Atlantic CIL who can’t make it to the fundraiser can visit [www.atlanticcil.org](http://www.atlanticcil.org) for more information and to donate.



ACIL Consumer Sean McDonald at last years Five Guys Fundraiser

# Fundraiser



**ATLANTIC**  
CENTER FOR INDEPENDENT LIVING, INC.

Place your online, takeout, delivery, or eat-in orders between  
5 and 8pm so that 10% of proceeds will benefit Atlantic CIL.  
No flyer necessary to participate.



**WEDNESDAY, JULY 10, 2024, 5-8PM**

**720 WHITE HORSE PIKE, ABSECON, 08201, (609) 641-5518**



# 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](mailto: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](mailto:jburke@atlanticcil.org) | (609)748-2253 ext.4

## **Sketchbook Club | Mondays | 1pm | Zoom**

<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVlRUDIQT09>

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 Tadriss, Tuesdays at 5:15pm**

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

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

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

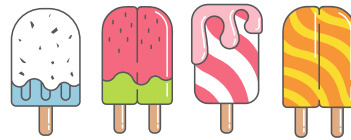
<https://us02web.zoom.us/j/82720309410?pwd=RzFWL2QyQjhkeFVBNEhFcjVZMlRldz09>

Meeting ID: 827 2030 9410 Passcode: 238035

Contact Amanda at [namiacm.am@gmail.com](mailto:namiacm.am@gmail.com) for more info.



# Monthly Calendar



# June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRIDE month	ALZHEIMER'S & BRAIN awareness month					1
2	Sketchbook Club 1pm Art 6-8pm 3	Life Skills 2pm Current Events 3pm Kickball 5:45pm 4	Chronic Pain 2pm 5	Life Skills 6pm 6	Social/Wellbeing 1pm 7	8
9	Sketchbook Club 1pm 10	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 11	Chronic Pain 2pm Health Call 5:30pm 12	Chair Yoga 10am Life Skills 6pm 13	Social/Wellbeing 1pm 14	15
HAPPY FATHER'S DAY 16	Sketchbook Club 1pm Coloring 6pm 17	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 18	Chronic Pain 2pm 19	Life Skills 6pm SUMMER 20	Social/Wellbeing 1pm 21	22
DRAVET SYNDROME Awareness Day 23/30	Sketchbook Club 1pm 24	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 25	Chronic Pain 2pm Health Call 5:30pm 26	Chair Yoga 10am Life Skills 6pm PTSD awareness day 27	Social/Wellbeing 1pm 28	29

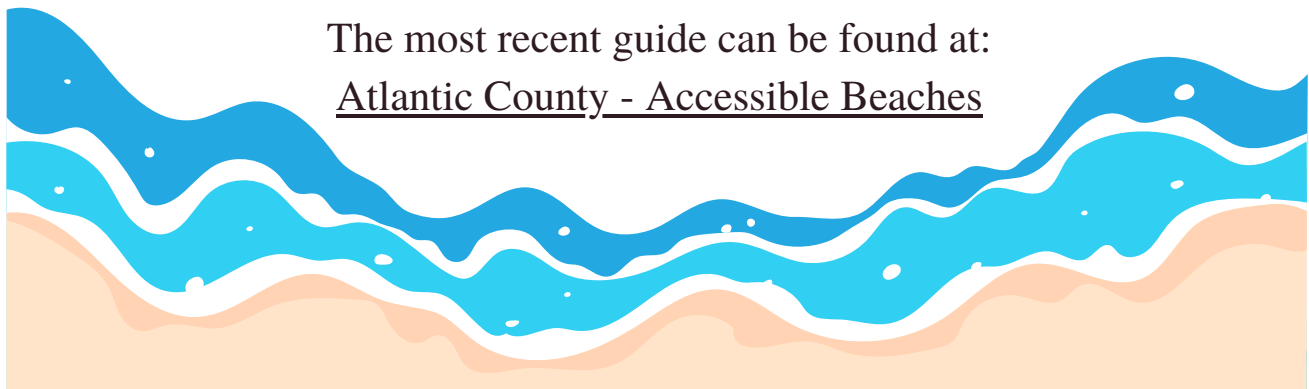
Contact us for more information at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) | (609)748-2253 ext. 4



## Beach Accessibility

Residents and visitors looking for accessible beaches in Atlantic County will have an easier time finding them thanks to the Atlantic County Office of Disability Services website.

The most recent guide can be found at:  
[Atlantic County - Accessible Beaches](#)





# Weekly Life Skills Activities

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

**Zoom Meeting ID #:  
811 7298 2370**

**Passcode: 513838**

**[Zoom Link](#)**



## Writing A Resume

Learn how to word your skills, work experience, and format your resume.

June 4, 2024 | 2:00 PM  
Zoom Meeting 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@atlanticcl.org](mailto:jburke@atlanticcl.org) | (609)748-2253 ext.4

## Building Confidence

Discuss ways to build self-confidence.

June 11, 2024 | 2:00 PM  
Zoom Meeting 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@atlanticcl.org](mailto:jburke@atlanticcl.org) | (609)748-2253 ext.4

## Emergency Prepared: Are You Register Ready?

With hurricane season upon us it is important to be prepared. Learn how to register for evacuation assistance in the event of an emergency.

June 18, 2024 | 2:00 PM  
Zoom Meeting 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@atlanticcl.org](mailto:jburke@atlanticcl.org) | (609)748-2253 ext.4

## Living with... PTSD

June is national PTSD awareness month. Post-Traumatic Stress Disorder is a condition that affects many people who have experienced a traumatic event. Join us for a discussion about living with PTSD and managing symptoms.

June 25, 2024 | 2:00 PM  
Zoom Meeting 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@atlanticcl.org](mailto:jburke@atlanticcl.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](#)**



## EMBRACING MINDFULNESS

June 6, 2024 (zoom) 6pm to 7pm  
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@atlanticcl.org](mailto:jwalker@atlanticcl.org) or (609)748-2253 ext. #3

## Lets Talk about Emotional Wellness?

June 13, 2024 @ 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@atlanticcl.org](mailto:jwalker@atlanticcl.org) or (609)748-2253 ext. #3

## Identifying Irrational thinking!

June 20, 2024 @ 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@atlanticcl.org](mailto:jwalker@atlanticcl.org) or (609)748-2253 ext. #3

## LETTING GO OF TOXIC ENERGY:

## "Protect your energy!"

June 27, 2024 @ 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@atlanticcl.org](mailto:jwalker@atlanticcl.org) or (609)748-2253 ext. #3

# DEFENDING AGAINST SCAMMERS WHO TARGET YOUR SOCIAL SECURITY BENEFITS

By Earth M. Nieves

Social Security Public Affairs Specialist for Southern NJ

Scammers are always finding new ways to steal your money and personal information. The best way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents or other law enforcement officials. They may claim your Social Security number (SSN) is linked to a crime. They may even threaten to arrest you if you do not follow their instructions.

## **Here are three things you should do:**

1. Hang up right away or do not reply to the email.
2. Never give personal information or payment of any kind.
3. Report the scam at [oig.ssa.gov](https://oig.ssa.gov) to immediately notify the law enforcement team in our Office of the Inspector General.

You should continue to remain vigilant if you receive a phone call from someone who claims there's a problem with your SSN or your benefits. If you owe money to us, we will mail you a letter explaining your rights, payment options, and information about appealing.

## **When trying to identify if a call or email is a scam, remember we will never:**

- Threaten you with benefit suspension, arrest, or other legal action.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email. For more information on scams please visit [www.ssa.gov/scam](https://www.ssa.gov/scam). Please share this information with anyone who may need it.

# Collaboration Activities



## 12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODOYGOTGVGTSW\\_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/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/TZMOCEIRRD8IETAPSQDD-O1VP4GHGIVIBFO](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/TJALDEYUJGUG9FAWK7JM7HBNSYXHEZ3RR0Z](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-UTQTSRHHYABPFWUMGQ4NVXJHIFKP-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/TZODUUPRJSHNGSWWTJEDOSX88\\_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](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHANJ.ORG](mailto:UNITEDBYWELLNESS@MHANJ.ORG)



609-652-3800