



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JULY NEWSLETTER 2024 • VOL. 4



Photo: Man riding a bike and woman running with American flags waving in the wind.

From our ACIL family to yours...

Extending warm wishes to you and your family. We hope you have a fun, memorable, and safe 4th of July celebration. This month we also celebrate the ADA as we countdown to the Anniversary of the Americans with Disabilities Act on July 26!

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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

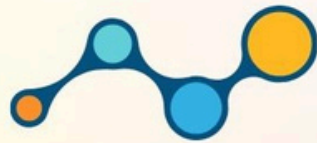


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Adult Independent Services

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, July 17, 2024

6:30pm on Zoom

Meeting ID: 819 1215 1267 | Passcode: 932263

<https://us02web.zoom.us/j/81912151267?pwd=Wnl1bUc5Y1VDcFNpQS9ncWFMYjZKdz09>

For more information contact Debra Freed from Adult Independent Services at (954)541-7765 or email adultindependentservices@outlook.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

NFB South Jersey Shore Chapter



NATIONAL FEDERATION
OF THE BLIND
Live the life you want.

10:00 am – 12:00 pm

Next Meeting: July 20th

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/>

Jeremy's Journey

Jeremy Ryan has been on a 10-week-long journey to train for his first 5k race. This past April, Jeremy and his Mom Kristina attended the Faces 4 Autism annual fun walk/run event at Stockton University. There they met Coach Tadrís Parker, whose task that day was to hype up the crowd and lead the participants through the one-mile racecourse. Coach immediately noticed Jeremy's speed as he pulled away from the pack. When Jeremy completed his mile, Faces 4 Autism Founder, Isabelle Mosca, saw how this run lit Jeremy up. She proposed having Faces 4 Autism sponsor Jeremy to train for his first 5K with Coach Tadrís.

From that day, Jeremy and Coach began building their friendship. Jeremy lives with Autism. "We learned to read each other's body language and nonverbal cues. We really bonded over music. We ran with a small speaker to keep a positive vibe going through each training session," the coach explained. In addition to training for speed and endurance, they specifically trained for encountering dogs and vehicles along the racecourse. Jeremy's instinct would be to run away from those obstacles, so training with a special running tether was important when it came to being prepared for race day.

This past Saturday, Jeremy crossed the finish line at the Stomp Out Cancer 5k Race in Sea Isle City. Kristina explained how ecstatic she was to see Jeremy run 3.1 miles. "He's always had speed as a runner, and the skills to do it. He utilized it and was able to go far. He loves life and loves people and this was an awesome way for him to share moments with everyone." Jeremy, Kristina and Coach would like to thank Faces 4 Autism for sponsoring this experience.

If you would like to join our walking community led by Coach Tadrís, please join Atlantic CIL on Tuesdays at 5:15pm at the Stockton University Track.



Top: Jeremy Ryan and Coach Tadrís Parker
Middle left: Coach, Jeremy, Kristina,
Middle Right: Coach and Jeremy
Bottom: Jeremy and Coach running in the race

Fundraiser to Support Atlantic CIL

Fundraiser



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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 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.



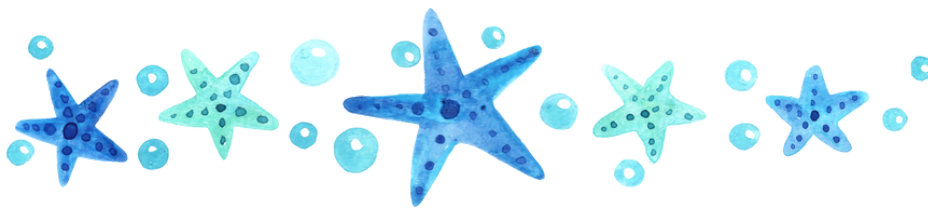
Monthly Calendar



July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sketchbook Club 1pm Art 6-8pm 1	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 2	Chronic Pain 2pm Health Call 5:30pm 3	Life Skills 6pm 4	Social/Wellbeing 1pm 5	6
7	Sketchbook Club 1pm 8	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 9	Chronic Pain 2pm Health Call 5:30pm Fundraiser - Five Guys 5-8pm in Abscon 10	Chair Yoga 10am Life Skills 6pm 11	Social/Wellbeing 1pm 12	13
14	Sketchbook Club 1pm Coloring 6pm 15	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 16	Job Readiness 1pm Chronic Pain 2pm Connect The Dots 6:30pm 17	Life Skills 6pm 18	Social/Wellbeing 1pm 19	20
21	22	Current Events 3pm Walk & Talk 5:15pm 23	Chronic Pain 2pm Health Call 5:30pm 24	Chair Yoga 10am Life Skills 6pm 25	Social/Wellbeing 1pm ADA34 26	27
28	Sketchbook Club 1pm 29	Life Skills 2pm Current Events 3pm Walk & Talk 5:15pm 30	Chronic Pain 2pm 31			

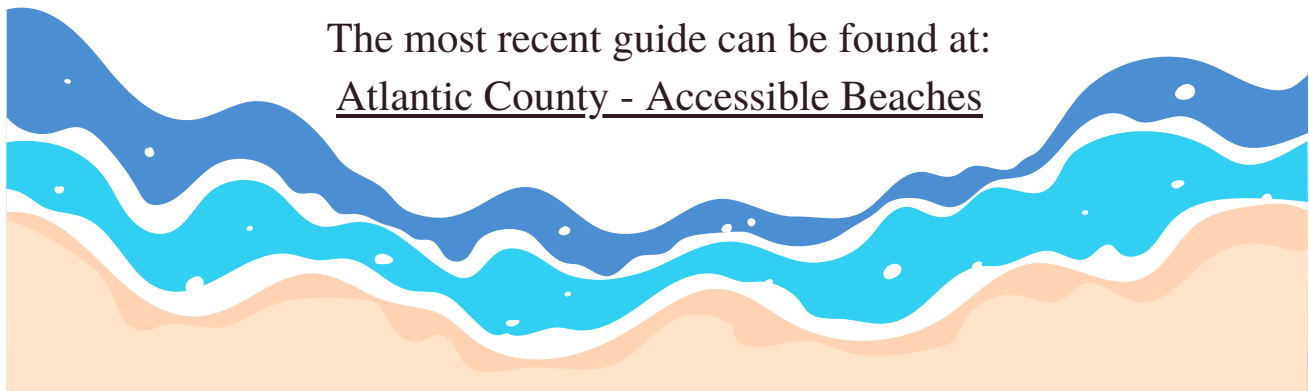
Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4



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](#)



Compliment your Mirror Day
Positive Affirmations

Discuss self care, how to give yourself positive feedback and incorporate positive affirmations into your daily routine.

July 2, 2024 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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KITCHEN SAFETY FRESH PRODUCE

Discuss buying, washing, and preparing fresh produce!

July 9, 2024 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Beach Accessibility

Discuss beach accessibility and planning a day at the beach!

JULY 16, 2024 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
PASSCODE: 513838
[Zoom Link](#)

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ADA34 1990 - 2024
Americans with Disabilities Act

Celebrate 34 years of the ADA!
Discuss what the ADA means to you.

JULY 30, 2024 | 2:00 PM
Zoom Meeting ID #: 811 7298 2370
Passcode: 513838
[Zoom Link](#)

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Thursdays at 6pm with Independent Living Specialist, Jenny Walker

Zoom Meeting ID #: 850 6315 3999
Passcode: 154100
[Zoom Link](#)



HAPPY
4th of July

LET'S TALK ABOUT IDENTIFYING OUR LIMITATIONS AND EMBRACING THEM!

JULY 11, 2024 @ 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
[Zoom Link](#)

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THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT jwalker@atlanticcil.org (609)748-2253 EXT #3

UNDERSTANDING THE MEANING OF RESILIENCY AND SELF-AWARENESS

JULY 18, 2024 @ 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
[Zoom Link](#)

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THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT jwalker@atlanticcil.org OR (609)748-2253 EXT #3

YOU ARE GREAT JUST THE WAY YOU ARE!

July 25, 2024 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)

valued, powerful, appreciated, special, worthy, enough

ATLANTIC
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Caregivers Coalition

Cape Atlantic
Caregivers Coalition



CapeAtlanticCaregivers@gmail.com

**Job Readiness
Transition Services
Wednesday,
July 17th at 1pm**

**Presented by
Donald Campbell,
Executive Director of Atlantic Center for Independent Living**

**This virtual presentation and discussion will cover issues related
to Social Security and an overview of Pre-Employment
Transition Services in New Jersey.**

**Zoom Meeting ID: 821 0428 8119
Passcode: 779065**

*Cape Atlantic Caregiver's Coalition (CACC) is a collective group of
organizations, agencies, businesses, and individuals dedicated to supporting and
recognizing the efforts of caregivers.*



Mental Health
Association
in Atlantic County



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Atlantic/Cape May



ACFSSO
ATLANTIC CAPE FAMILY
SUPPORT ORGANIZATION, INC.
www.acfamsupport.org

Atlantic Center for Independent Living, INC



Collaboration Activities



12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODYOYQOTGVGTSW_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/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/TJALDEYUJGUG9FAWK7J17HBNSYXHEZ3RROZ](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-UURDWVGTEKARAQZU3IYUT8TLIL3U6](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_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