



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

OCTOBER NEWSLETTER 2024 • VOL. 5



Photo: Pumpkins and a wooden cutout that says October.

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From our ACIL family to yours...

Happy October! This month marks the start of the 5th edition of Atlantic CIL's monthly newsletter. We hope you find this information informative. Please join us at the NJSILC Virtual Public Forum on October 10th, visit page 5 for details.

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

**Noyes**
Museum of Art
STOCKTON UNIVERSITY

ART THERAPY group

Join our **FREE** art therapy group for ages 18-35 that will run for 8 weeks on Wednesdays from 10am-12pm starting September 25th. Group located in Mindfully Active's art studio in Galloway.
Must sign up through Mindfully Active, QR code below.

EXPLORING ANXIETY THROUGH ART JOURNALING





Learn to construct your own art journal then use its pages and our array of art materials to understand, process and creatively express your journey through anxiety. Each week will be led by our licensed art therapist where we will explore feelings, learn coping strategies and visually represent your experiences.

DATES 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13	DURATION 2 hours per session
DAY/TIME Wednesdays 10am-12pm	LOCATION Mindfully Active Studio 329 E. Jimmie Leeds Rd., Ste 206 Galloway, NJ 08205



SIGN UP

 **MINDFULLY ACTIVE**
admin@mindfullyactivenj
329 E. Jimmie Leeds Rd., 206
Galloway, NJ 08205
Co-sponsored with Atlantic Center for Independent Living
supporting equal access to all. For accommodations, please
contact: Mindfully Active (609) 365-0778



"Book Club for Adults With Disabilities"
Read *The Witches* By: Roald Dahl


October 28th, Monday
AT 7:30PM- 9:00 PM
Virtual on Google Meets

Let Reading be Your Escape

FREE EVENT
Lead by a self-advocate

**Have a snack that relates to book and
do something creative that relates
to book; examples: Poem, Craft, Drawing, etc.**

**If you want to join us email
booksarecool1985@gmail.com**




Adventures Without Barriers

with the Pinelands Preservation Alliance

Did you know Pinelands Adventures hosts inclusive and accessible family-friendly nature experiences? Details on their upcoming Adventures without Barriers can be found at their website, www.pinelandsadventures.org.

In addition to detailed information about accessibility for each location, Pinelands Adventures has several all-terrain wheelchairs available for use by request both electric and manual types. If you would like to use one of their wheelchairs to take part in an event email Sean Kane-Holland, Access Nature Disability Advocate at sean@pinelandsalliance.org or call 609-859-8860 ext 117.

**NATIONAL FEDERATION
OF THE BLIND**
Live the life you want.

NFB South Jersey Shore Chapter

10:00 am – 12:00 pm
Next Meeting: October 19th
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/>

Our Stories



Photo: Woman sitting in a wheelchair waiting for her transportation to arrive.

Traveling using NJ Transit's Access Link offers numerous benefits for individuals with disabilities. This demand-responsive transportation service provides a means of getting to and from various destinations across New Jersey. Users can book rides in advance, ensuring they reach appointments, work, or social activities without the stress of navigating local fixed-route public transportation. Atlantic CIL(ACIL) works to assist individuals in signing up and completing required assessments for Access Link Transportation.

Access Link recently rolled out their Riders' Choice(ALRC) Pilot Program 2.0. This initiative aims at enhancing mobility for individuals with disabilities by providing them affordable transportation options using rideshare services like Uber and Lyft. Jacob Hackett, former ACIL Board Member who continues to help us with systems advocacy, signed up for the Pilot Program and was eager to get started. Jacob's experience, although overall positive hit a bump in the road when, on two occasions, the vehicles that came to pick him up through the Pilot Program were not wheelchair accessible. Although Access Link's vehicle fleet is specially equipped to accommodate wheelchairs and other mobility devices, not all Uber and Lyft vehicles are accessible. He urges travelers who need wheelchair accessible vehicles to understand that the current Pilot Program may not work seamlessly for them. It is important to note that Access Link quickly remedied the issue and sent accessible vehicles for Jacob without delay. Jacob has decided to put traveling through the Pilot Program on hold for now but will continue to use Access Link as his primary transportation. Jacob can see how this program is a beneficial option especially to those who do not need wheelchair accessible transportation. As the Pilot Program develops he hopes more wheelchair accessible vehicles will be available through rideshare companies.

For more information about Access Link visit:

<https://www.njtransit.com/accessibility/access-link-ada-paratransit>

NJSILC Public Forum

NJ SILC

NEW JERSEY STATEWIDE
INDEPENDENT LIVING COUNCIL



VIRTUAL

Public Forum

Thursday
October
10th

Learn about NJSILC and Centers for Independent Living. Discuss issues affecting people with disabilities, advocacy, and how to get involved. Visit www.njsilc.org to learn more.



Two Sessions

Atlantic CIL
11am-12pm

HIP CIL
3:30-4:30pm



Scan me

This Forum is Free & Open to the Public - Participate virtually on Zoom
<https://us02web.zoom.us/j/86033505666?pwd=db9gkmBZB5lLEE0OewGa8WiUrmSk6.1>
Meeting ID: 860 3350 5666 | Passcode: 852419 | Call In: 1 301 715 8592

To register contact Mary at dinodoll@verizon.net

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>

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



QR Code

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

Atlantic CIL Weekly Activity Links

Sketchbook Club | Monday | 1pm | Zoom (Moving to 3:30pm on 9/16)
<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09>
Call In: 1-309-205-3325 | Meeting ID 838 5439 1536

Life Skills Activities | Monday | 2pm | Zoom
<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1>
Call In: 1-346-248-7799 | Meeting ID: 830 0758 5374 | Passcode: 248110

Socialization and Wellbeing Group | Tuesday | 2pm | Zoom
<https://us02web.zoom.us/j/88558466172>
Call In: 1-301-715-8592 | Meeting ID 885 5846 6172

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



Additional Atlantic CIL Collaboration Activity Contacts

United by Wellness virtual support groups with MHA
Visit: <http://www.mhaac.info/ubw.html>

Community Walks with Coach Tadris, Tuesdays at 5:15pm
Contact Jennifer at jburke@atlanticcil.org, (609)748-2253 ext.4 for location details.

Express Yourself, coloring group, with NAMI ACM, 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 for more info.

Art Classes with the Noyes Museum of Art
Ongoing programming Co-sponsored by Atlantic CIL
Visit <https://noyesmuseum.org/> for details.



Monthly Calendar



October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u>	<u>Life Skills 6pm</u>		
		1	2	3	4	5
	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	<u>Life Skills 6pm</u>		
6	7	8	9	10	11	12
	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u>	<u>Life Skills 6pm</u>		
13	14	15	16	17	18	19
	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u> <u>NAMI Coloring 6pm</u>	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	<u>Life Skills 6pm</u>		
20	21	22	23	24	25	26
	<u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<u>Social/Wellbeing 2pm</u> Walk & Talk 5:15pm	<u>Chronic Pain 2pm</u>	<u>Life Skills 6pm</u> <u>Halloween</u>		
27	28	29	30	31		



Contact us for more information at jburke@atlanticcil.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.

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.

This group is guided by Debra Freed of Adult Independent Services who has first hand knowledge and experience transitioning her daughter, Lindsey, into adulthood.

For more information contact Debra Freed at (954)541-7765 or email adultindependentservices@outlook.com

Photo: Lindsey and Debra Freed

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

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

Atlantic Center for Independent Living is excited to announce a partnership with the Noyes Museum of Art of Stockton University to co-sponsor accessible art classes throughout Atlantic County. In collaboration with many community partners, these classes will provide creative experiences for all abilities. Please follow the Noyes Museum on social media and visit their website for details as classes roll out and are open for registration.



Noyes
Museum of Art
STOCKTON UNIVERSITY

www.noyesmuseum.org

THE NOYES ARTS GARAGE OF STOCKTON UNIVERSITY

satARTdays
FREE KIDS' ART CLASSES

EVERY SATURDAY
12:00 - 1:00 PM
SEPTEMBER 21 - OCTOBER 26
2200 FAIRMOUNT AVE,
ATLANTIC CITY, NJ 08401

REGISTER AT:
ARTSGARAGEAC.EVENTBRITE.COM
(609) 626-3805
ARTSGARAGEAC.COM

CO-SPONSORED WITH ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTING EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS, CONTACT MICHAEL CAGNO, MCAGNO@NOYESMUSEUM.ORG, 609-626-3420

ACCESS to ART



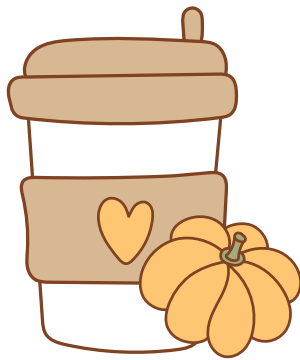
Weekly Life Skills Activities

Join us for Life Skills every Monday and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.

MONDAY

**Mondays at 2pm with
Independent Living Specialist
Jamie Burke**

Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



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Healthy Boundaries

Discuss the importance of setting and respecting healthy boundaries with peers!

Develop trust and mutual respect
Communicate your wants & needs
Maintain healthy relationships

October 7, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticil.org | 609-748-2253 ext.1007

Simple Self-Care Tasks

Bloom into the best version of yourself...
add self-care tasks to your daily routine!

October 14, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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HOW TO IDENTIFY ONLINE SCAMS

October 21, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

Learn how to identify, report, and protect your personal information from online scammers.

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticil.org | 609-748-2253 ext.1007

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HALLOWEEN SAFETY

LEARN HOW TO STAY SAFE ON HALLOWEEN WITH TRICK-OR-TREAT SAFETY TIPS.

October 28, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at jamie.burke@atlanticil.org | 609-748-2253 ext.1007

THURSDAY

**Thursdays at 6pm with
Independent Living Specialist
Jenny Walker**

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

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WHAT'S HAPPENING ?

OCTOBER 03, 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@ATLANTICIL.ORG OR (609)748-2253 EXT. #3

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Mental Health CHECK IN

October 10, 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@atlanticil.org or (609)748-2253 ext.#3

I STAND WITH PEACE

WHAT PRINCIPLES ARE IMPORTANT TO YOU?

October 17, 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@ATLANTICIL.ORG OR (609)748-2253 EXT. #3

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Are you surrounded by positivity?

positivity jar
double tap for positive vibes

October 24, 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@atlanticil.org or (609)748-2253 ext.#3

ATLANTIC
CENTER FOR INDEPENDENT LIVING

Let's enjoy tonight! HAPPY HALLOWEEN

OCTOBER 31, 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@ATLANTICIL.ORG OR (609)748-2253 EXT. #3

Collaboration Activities



10 AM – 11 AM SUNDAYS: OVERCOMING OBSTACLES

Meeting ID: 891 6452 0279 [Click on Link Here](#) Everyone experiences obstacles in many unique ways, whether it be physically, mentally, or socially. We'll share and discuss our worries... while also celebrating our successes.

2 PM – 3 PM MONDAYS: COPING SKILLS SUPPORT GROUP

Meeting ID: 975 3587 3500 [Click on Link Here](#) Learn new coping skills to help develop resiliency and ways to process stress. Types of activities vary from writing, art, poetry, and music.

5PM – 6PM MONDAYS: MENTAL HEALTH WRITING GROUP

Meeting ID: 861 6663 5659 [Click on Link Here](#) A new reading will be presented about health. Members will take time to write on the reading. Afterwards members can choose to read off what they have written/ give feedback and reflect.

11AM-12 PM TUESDAYS: YOU HAVE THE FLOOR (2ND/4TH)

Meeting ID: 948 2568 3415 [Click on Link Here](#) 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.

3 PM – 4 PM TUESDAYS: BETTER TOGETHER

Meeting ID: 875 6132 4882 [Click on Link Here](#) This is a group to support physical & mental health challenges. Together we will discuss a topic surrounding the struggle of balancing physical and mental well-being.

4PM – 5 PM TUESDAYS: RISING MINDS (SUPPORT FOR 18-30 YEAR OLDS)

Meeting ID: 938 3794 0309 [Click on Link Here](#) This is a support group for 18-30 year olds; the group aims to share ideas & experiences, meet others who understand, and develop tools for self-care. There is no health without mental health.

5PM – 6PM TUESDAYS: LIFE AFTER LOSS

Meeting ID: 850 5917 9372 [Click on Link Here](#) Join us in our open share and topic based group dedicated to finding comfort, joy, and growth following loss. **Members will not be admitted after 5:10pm. **

8AM – 9AM WEDNESDAYS: SHARE YOUR SUNSHINE

Meeting ID: 890 3553 9203 [Click on Link Here](#) This is a dynamic social group that functions from what each member brings to the table, culturally, recreationally, socially, and emotionally; nurtures empowerment and self fulfillment.

10AM – 11 AM WEDNESDAYS: GRATITUDE COFFEE

Meeting ID: 957 5149 1505 [Click on Link Here](#) Grab your coffee and join us as we use the gift of gratitude to disrupt stress and anxiety. It's believed that when we have gratitude, the weight of anxiety can be lifted off our shoulders.

7PM – 8 PM WEDNESDAYS: BOOMERS WELLNESS (1ST AND 3RD WEDNESDAY OF THE MONTH)

Meeting ID: 914 9131 7292 [Click on Link Here](#) Baby boomers are a generation raised on television, rock & roll, and a youth spent fighting for social change. As we age, how do we stay well in a world of chaos? You are not alone, let's chat.

12PM-1PM THURSDAYS: BIG TIME FUN PARTY

Meeting ID: 928 1468 0220 [Click on Link Here](#) Activity Group - We're going to party like it's 1999! Different activities for different weeks. Just a place to have some laughs and explore a variety of ways to generate connection through fun!

7PM – 8 PM THURSDAYS: NOT FEARING FEAR

Meeting ID: 943 7789 0952 [Click on Link Here](#) Fear from facing unknown circumstances and from not being in control keeps them from exploring. By realizing this, we may begin to get comfortable with being uncomfortable.

2PM – 3 PM FRIDAYS: LIGHT BULB – A GROUP FOR YOUR THOUGHTS!

Meeting ID: 995 1443 1197 [Click on Link Here](#) During this group, reflection questions about various wellness topics will be shared by the facilitator and then explored as a group. Each group we walk away learning something new!

10AM-11 AM SATURDAYS: ARTS & HUMANITIES (1ST/3RD SATURDAY OF THE MONTH)

Meeting ID: 869 9856 3459 [Click on Link Here](#) Explore a sampling and light study of topics including the arts, music, dance, history, theatre, literature, poetry, philosophy, culture, and language through video and audio clips, images, readings, and sharing. Come stretch your mind and have some fun!



WWW.MHAAC.INFO/UBW



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609-652-3800