



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

NOVEMBER NEWSLETTER 2024 • VOL. 5



Photo: Puppy in a basket surrounded by pumpkins and sunflowers.

From our ACIL family to yours...

Happy November! Atlantic CIL is gearing up for Giving Tuesday! Please like and share our social media pages to help share information about our services. Search for Atlantic Center for Independent Living on Instagram and Facebook and together we can help more people live as independently as possible. Visit page 8 for details.

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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



ACCESS to ART Exhibition

THE NOYES arts-garage STOCKTON UNIVERSITY

SEASHORE GARDEN LIVING CENTER
Enriching Elder Lives

FREE ADMISSION

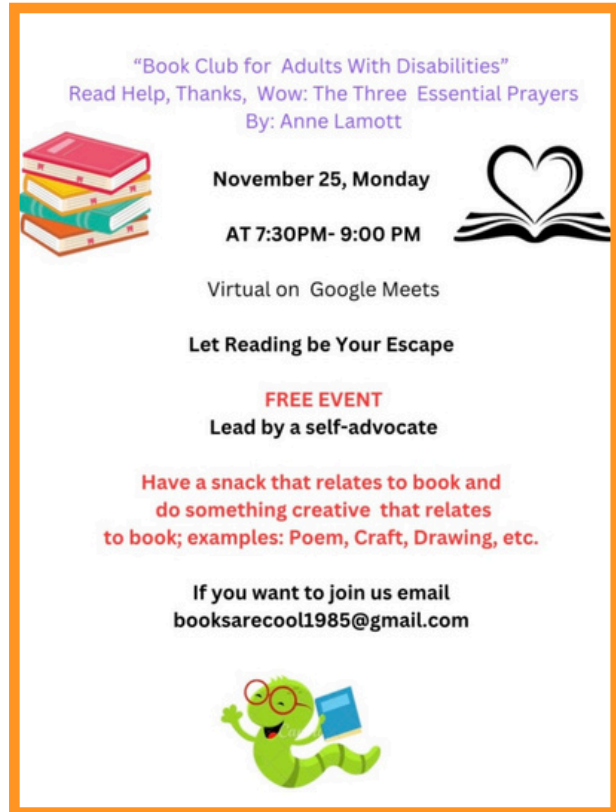
Location: Noyes Arts Garage
2200 Fairmount Ave, Atlantic City

Dates: Sunday, November 24th
1:00 to 3:00 p.m.

Light Refreshments & Live Music

Co-sponsored with Atlantic Center for Independent Living supporting equal access for all.
For accommodations, contact Michael Cagno, mcagno@noyesmuseum.org, 609-626-3420

STOCKTON UNIVERSITY, New Jersey, arts-garage, MULTICULTURAL, SEASHORE GARDEN LIVING CENTER, THE NOYES arts-garage STOCKTON UNIVERSITY



"Book Club for Adults With Disabilities"
Read Help, Thanks, Wow: The Three Essential Prayers
By: Anne Lamott

November 25, 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.

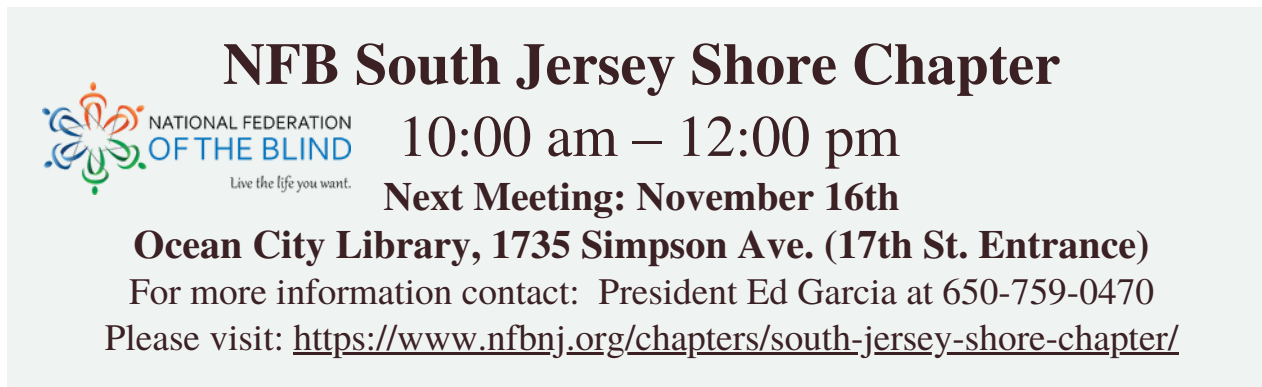
If you want to join us email
booksarecool1985@gmail.com



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.



NFB South Jersey Shore Chapter

NATIONAL FEDERATION OF THE BLIND
Live the life you want.

10:00 am – 12:00 pm
Next Meeting: November 16th

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: Katie and Michael

Katie Lawless lives with Schizoaffective Bipolar Disorder. With limited support, Katie found herself without a place to stay. Experiencing homelessness added a layer of struggle to her life, and she reached a point where she knew she needed more support. She was referred to Atlantic CIL and connected with Independent Living Specialist, Dawn Padick.

Working with Dawn, Katie found herself on a new path. Dawn helped her fill out housing applications, making the overwhelming process manageable, and eventually helped her secure affordable housing. Katie and Dawn also worked on strategies to enhance her socialization skills by attending peer support groups. Over time, Katie felt more comfortable engaging with others and building meaningful connections. Through Dawn's support, Katie discovered a way to manage her ups and downs with greater balance, creating a life focused on peace and resilience. With this newfound stability, Katie can focus on the things she loves: reading, singing, and writing music. Katie and her partner, Michael, started a band named Reikirock, which has become an outlet for her to express her emotions and creativity.





SSA TALKS: CHILD BENEFITS

Earth M. Nieves Public Affairs Specialists in Southern NJ

Kathleen Romig, Senior Advisor in the Office of the Commissioner, joined the latest episode of SSA Talks to discuss the Social Security benefits available to children. These include:

- Survivors benefits for children if their parent dies. For more information, please read our publication titled Survivor Benefits at www.ssa.gov/pubs/EN-05-10084.pdf.
- Supplemental Security Income (or SSI) for children if they have a disability or blindness and their families have limited income and resources. Visit our SSI webpage at www.ssa.gov/ssi to learn more.
- Child benefits also known as “family benefits” on the record of a parent receiving retirement or disability benefits. For more information, please read our publication titled Benefits for Children at www.ssa.gov/pubs/EN-05-10085.pdf.
- Social Security Disability Insurance Benefits for Youth with Disabilities for adults who have a disability that began before they reached age 22. These benefits are paid from their parent’s Social Security earnings record. For more information, please read our publication titled Benefits for Children with Disabilities at www.ssa.gov/pubs/EN-05-10026.pdf.

As an advocate and the mother of a child with disabilities, Kathleen knows well the challenges that children and their families encounter. During the episode she discusses how Social Security benefits and SSI help children. She also explains how we are taking more proactive steps to reach children who may be eligible for our benefits and programs. You can listen to the episode on our SSA Talks webpage at www.ssa.gov/news/audio-series.html and subscribe to receive alerts about future episodes. You can also listen to previous episodes like “Commissioner O’Malley’s Top Priorities” and “Will Social Security Be There When I Retire?”.

For more information and news about Social Security, check out our Communications Corner webpage at www.ssa.gov/news.

Please share this with your friends and family – and post it on social media.

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.



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.



**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=RzFWL2QyQjhkeFVBNEhFcjVZMl0rdz09>
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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>	1	2
3	4	5	6	7	8	9
10	VETERANS DAY HONORING ALL WHO SERVED Center Closed 11	<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>	15	16
17	<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>Life Skills 6pm</u>	22	23
24	<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>	 Center Closed 28	Center Closed 29	30

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

Together
we give.

Dec 3, 2024



Giving Tuesday

We are gearing up for Giving Tuesday, the global day of giving on the Tuesday after Thanksgiving. We will be posting information about our services that assist individuals with disabilities to live and work as independently as possible. We appreciate your help sharing this information each day leading up to Giving Tuesday. There are many ways to show your support for Atlantic CIL, you can participate by:

- Learning more about our services.
- Sharing a post on your social media.
- Liking our [Facebook](#) or [Instagram](#) page.
- Referring a friend or family member who may need our services.
- Making a donation to Atlantic CIL at <https://atlanticcil.org/donate>

Thank you for your continued support!

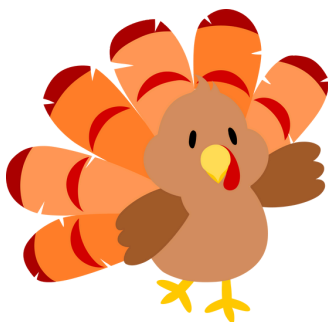
Happy Thanksgiving

Atlantic Center for Independent Living, INC

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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](#)



 **CONNECT WITH NATURE**

November 4, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



Fall is the perfect time to get outside and connect with nature! Join us to explore ways to boost your mood and enjoy spending time outdoors.

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

 **De-Stress Your Holidays**

November 18, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



The holidays can be a magical time, but stressful, too. Learn how stress-relieving strategies can have a profound impact on your well-being during the holidays, or any time of year!

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

 **What are you thankful for?**

Learn how to create a daily gratitude practice and discuss all the things we are thankful for!



November 25, 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](#)



 **UNDERSTANDING THE ROLE COMMUNICATION PLAYS IN OUR RELATIONSHIPS...**

NOVEMBER 07, 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

 **When is it okay to compromise in friendship**

November 14, 2024 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)



FRIENDSHIP IS IMPORTANT

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

 **WHAT ARE YOU GRATEFUL FOR TODAY?**

NOVEMBER 21, 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 3568 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!



To receive the zoom information in a daily newsletter become a member of United by Wellness today

<https://www.surveymonkey.com/r/8VXP2K8>



WWW.MHAAC.INFO/UBW



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