



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JANUARY NEWSLETTER 2025 • VOL. 5



Photo: Sunrise over a winter landscape.

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From our ACIL family to yours...

Happy New Year from all of us at Atlantic Center for Independent Living! As we step into this fresh chapter, we're excited to continue empowering individuals to live independently. We invite you to join us in one of our upcoming workshops or activities—let's make this year one of growth, inclusion, and endless possibilities together!

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

ATLANTIC CITY FREE PUBLIC LIBRARY'S
**DR. KING READ-IN
& LUNCHEON**


SATURDAY, JAN. 18, 2025, FROM 2-4 P.M.
NOYES ARTS GARAGE STOCKTON UNIVERSITY, 2200 FAIRMOUNT AVE.
(FREE PARKING AT WAVE GARAGE WILL BE PROVIDED BY THE LIBRARY)



Guests will read speeches by Dr. Martin Luther King Jr.
A free catered lunch will be provided to read-in attendees.


REGISTRATION IS REQUIRED. Scan the QR code for the online registration form,
call (609) 345-2269, ext. 3066, or email jmorilloacfpj.org.

Atlantic City Free Public Library
A service of the City of Atlantic City




The library received funding for this event from the New Jersey Martin Luther King, Jr. Commission.

"Book Club for Adults With Disabilities"
Read *Dear Martin* By: Nic Stone



January 27, 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: January 18th

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

Senator Andy Kim Visits NJ CILs



Photo: Advocates and CIL Directors participating in a roundtable discussion with Senator Andy Kim. Photo Credit: ACI

Alliance Center for Independence was honored to host a disability issues roundtable with Senator Andy Kim. Before being elected to the United States Senate, he served three terms as Congressman, representing New Jersey's 3rd Congressional District, which includes Burlington County and parts of Monmouth and Mercer counties.

Advocates and CIL Directors participated in the discussion and provided personal perspectives on various issues affecting the 1.7 million people with disabilities in New Jersey. Among these topics were transportation, employment, and disaster preparedness. Senator Kim shared his concerns and expressed his eagerness for ongoing dialogue to discuss solutions to these issues.

Understanding PerformCare

Understanding PerformCare

Monday, February 3, 2025
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.

PerformCare New Jersey is the single point of access to a wide array of behavioral health, intellectual and developmental disability services, as well as substance use treatment for youth and families throughout New Jersey.

Register in advance for this meeting by visiting:

<https://hinkle1.zoom.us/meeting/register/tZYsd-ivrTsrGdNqRHsCCsHa-baE6gdS98K>



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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

Hinkle, Prior & Fischer
Attorneys at Law

Representing people with disabilities and their families since 1974

Inclusive Healthy Communities

WORKSHOPS

Module 2

Effective Action

WORKSHOP 1: INCLUSIVE CIVIC ENGAGEMENT

- Wednesday, January 8th, 2025 [3:00pm] & Thursday, January 9th, 2025 [5:00pm]

WORKSHOP 2: TYPES OF DISABILITIES

- Wednesday, January 15th, 2025 [3:00pm] & Thursday, January 16th, 2025 [5:00pm]

WORKSHOP 3: DISABILITIES AND INDEPENDENT LIVING

- Wednesday, January 22nd, 2025 [3:00pm] & Thursday, January 23rd, 2025 [5:00pm]

WORKSHOP 4:

UNDERSTANDING THE AMERICANS WITH DISABILITIES ACT

- Wednesday, January 29th, 2025 [3:00pm] & Thursday, January 30th, 2025 [5:00pm]

WORKSHOP 5: VOTING KNOW YOUR RIGHTS

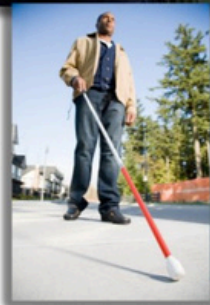
- Wednesday, February 5th, 2025 [3:00pm] & Thursday, February 6th, 2025 [5:00pm]



For Zoom links to the workshops register with United by Wellness to receive the daily newsletter.



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



Each of our classes are designed for participants to build skills needed by advocates interested in civic engagement.



Virtual Workshops!

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

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

Sketchbook Club | Monday | 3:30pm | Zoom

<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09>
Call In: 1-309-205-3325 | Meeting ID 838 5439 1536

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

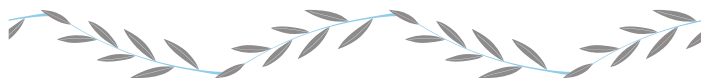
<https://us02web.zoom.us/j/85449180096>
Call In: 1-301-715-8592 | Meeting ID 854 4918 0096

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.

Art Classes with the Noyes Museum of Art

Ongoing programming Co-sponsored by Atlantic CIL

Visit <https://noyesmuseum.org/> for details.



Monthly Calendar



January



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Happy New Year! Center Closed 1	Life Skills 6pm 2	3	4
	Life Skills 2pm Sketchbook Club 3:30pm 5	Social/Wellbeing 2pm Walk & Talk 5:15pm 6	Chronic Pain 2pm Health Call 5:30pm 7	Life Skills 6pm 8	9	10
	Life Skills 2pm Sketchbook Club 3:30pm 12	Social/Wellbeing 2pm Walk & Talk 5:15pm 13	Chronic Pain 2pm 14	Life Skills 6pm 15	16	17
	MLK - DAY 19	Social/Wellbeing 2pm Walk & Talk 5:15pm 20	Chronic Pain 2pm Health Call 5:30pm 21	Life Skills 6pm 22	23	24
	Life Skills 2pm Sketchbook Club 3:30pm 26	Social/Wellbeing 2pm Walk & Talk 5:15pm 27	Chronic Pain 2pm 28	Life Skills 6pm 29	30	31

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

NEW

Driving Simulator

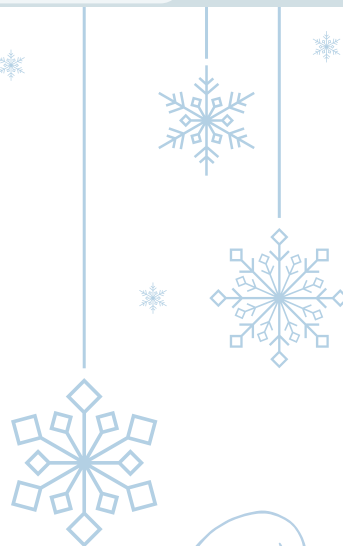
New Program available to our Consumers



ACIL does not guarantee that participants will pass the NJ driver test. The provided materials are only to be used as a tool to aid in the process of practicing driving.

The Atlantic Center for Independent Living supports equal access for all accommodations

160 S. Pitney Rd. Units 3 & 4 Galloway, NJ 08205 | (609)748-ABLE (2253) | ATLANTICCIL.ORG



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](#)



Setting Boundaries

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

Develop trust and mutual respect

Communicate your wants & needs

Maintain healthy relationships

January 6, 2025 | 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@atlanticcil.org | 609-748-2253 ext 1007

Walking Group Benefits

Learn about the benefits of daily exercise and how joining a walking group can improve your health!

January 13, 2025 | 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@atlanticcil.org | 609-748-2253 ext 1007

Nutrition and Healthy Cooking

January 27, 2025 | 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@atlanticcil.org | 609-748-2253 ext 1007

It's a New Year!

Jan. 02, 2025 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)

How do you see your 2025?

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

THURSDAY

Thursdays at 6pm with Independent Living Specialist Jenny Walker

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

Never be afraid of change

So what habits do you want to change in this new year?

Jan. 09, 2025 @ 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@atlanticcil.org or (609)748-2253 ext #3

Pursue new beginnings.

What are some emotions/feelings that you want to change in this new year?

Jan. 16, 2025 @ 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@atlanticcil.org or (609)748-2253 ext #3

YOUR SET BACKS CAN BE...

Your Biggest Comeback

Jan. 23, 2025 @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)

JOIN US TODAY!

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YOU ARE GREAT

valued
worthy
powerful
appreciated
special
enough

Jan. 30, 2025 @ 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@atlanticcil.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

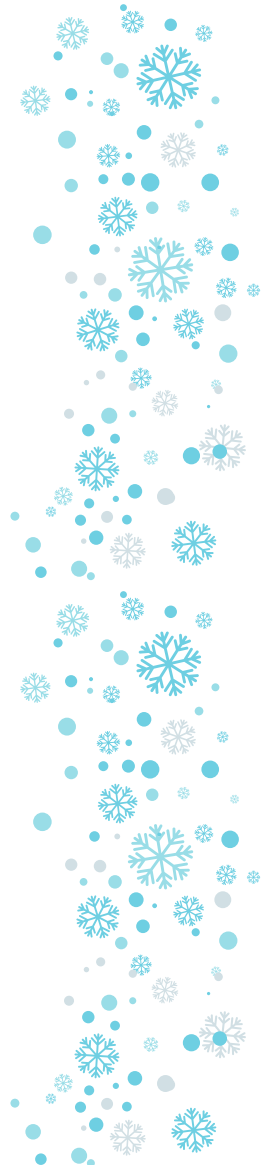
Meeting ID: 943 7789 0952 [Click on Link Here](#) Fear from facing unknown circumstances and from not being in control keeps them from exploring. By realizing this, we may begin to get comfortable with being uncomfortable.

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!



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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