



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

DECEMBER NEWSLETTER 2024 • VOL. 5



Photo: Snowman with a scarf and winter hat.

From our ACIL family to yours...

As our year comes to a close this December, we have so much to be thankful for! We want to thank all of our consumers, staff, and community partners for making 2024 such a fulfilling year. May your holidays be full of warmth and cheer!

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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



NAMI Atlantic/Cape May



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Express Yourself

Coloring has the ability to relax the fear center of your brain, reduce stress, and improve focus. Join our creative community to socialize and express yourself through color!




3rd Mondays on Zoom
6pm | Free
Meeting ID: 827 2030 9410
Passcode: 238035

Zoom Link: <https://us02web.zoom.us/j/82720309410?pwd=RzFWL2QyQjJhkeFVBNEhFjVZMlRldz09>


For more information or to inquire about supplies contact Amanda at namiacm.am@gmail.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

"Book Club for Adults With Disabilities"
Read *The House Without a Christmas Tree* By: Gail Rock



December 23, 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: December 21st

Ocean City Library, 1735 Simpson Ave. (17th St. Entrance)

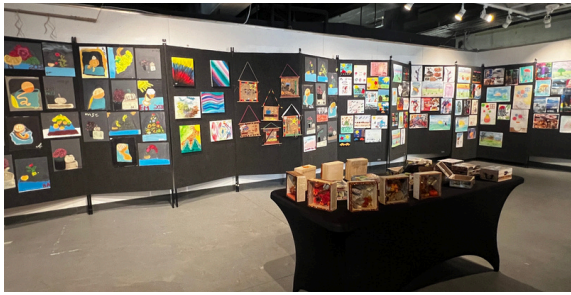
For more information contact: President Ed Garcia at 650-759-0470

Please visit: <https://www.nfbnj.org/chapters/south-jersey-shore-chapter/>

Our Stories



We are so thankful to the Noyes Museum of Art of Stockton University, all of the artists, teachers, and community partners for pulling together to make this program a joyful experience for the many students who participated. Thank you for your dedication to making the arts accessible to all! More than 105 workshops and projects were completed through this grant-funded series made possible by Atlantic Center For Independent Living.



Photos: Access to Art closing reception display, artists, attendees, Noyes Museum and Atlantic CIL Staff, and Community Partners that took place at the Noyes Arts Garage in Atlantic City on November 24th, 2024.

Social Security: Alzheimer's Disease



Photo: Doctor holding up a purple ribbon representing Alzheimer's awareness.

Did you know SSI offers faster processing of disability claims for people with Alzheimer's disease?

Today, more than 5 million Americans are living with Alzheimer's disease. It is a brain condition that causes problems with memory, thinking, and behavior. Since the onset of Alzheimer's can occur in younger people before they retire, it may affect their ability to work as the disease progresses.

Benefits and services are especially vital to people with early-onset Alzheimer's who are unable to work and may have no other source of income. They may want to apply for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI). Social Security's Compassionate Allowances program provides faster processing of disability claims for people with early-onset Alzheimer's disease and several other neurodegenerative (brain degenerative) disorders.

More than a decade ago, Social Security added early-onset Alzheimer's disease to our Compassionate Allowances program. You can learn more about our Compassionate Allowances program at www.ssa.gov/compassionateallowances.

Please share this information with friends and family.

Inclusive Healthy Communities

WORKSHOPS

Module 1

Skill Building & Self Improvement

WORKSHOP 1: COMMUNICATION: LETS TALK ABOUT IT!

- Wednesday, November 6th, 2024 [3:00pm] & Thursday, November 7th, 2024 [5:00pm]

WORKSHOP 2: EAR TO EMPATHY; A LISTENING WORKSHOP

- Wednesday, November 13th, 2024 [3:00pm] & Thursday, November 14th, 2024 [5:00pm]

WORKSHOP 3: EMOTIONS; HOW DO YOU REALLY FEEL?

- Wednesday, November 20th, 2024 [3:00pm] & Thursday, November 21st, 2024 [5:00pm]

WORKSHOP 4: UNCOVERING YOUR SELF-ESTEEM & SELF-CONFIDENCE

- Wednesday, December 4th, 2024 [3:00pm] & Thursday, December 5th, 2024 [5:00pm]

WORKSHOP 5: NEGOTIATION & DE-ESCALATION: DEAL OR NO DEAL

- Wednesday, December 11th, 2024 [3:00pm] & Thursday, December 12th, 2024 [5:00pm]

WORKSHOP 6: UNITING VOICES - EMPOWERING COMMUNITY ENGAGEMENT

- Wednesday, December 18th, 2024 [3:00pm] & Thursday, December 19th, 2024 [5:00pm]

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

Virtual Workshops!



<https://www.mhaac.info/ubw-how-to-join.html>



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



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=YWtFekQyeE9wTlBqdVpkQVlVtRUdiQT09>

Call In: 1-309-205-3325 | Meeting ID 838 5439 1536

Life Skills Activities | Monday | 2pm | Zoom

<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufOp.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=RzFWL2QyQjhkeFVBNEhFcjVZMlrdz09>

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



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Life Skills 2pm Sketchbook Club 3:30pm	Social/Wellbeing 2pm Walk & Talk 5:15pm	Chronic Pain 2pm	Life Skills 6pm		
1	2	3	4	5	6	7
8	Life Skills 2pm Sketchbook Club 3:30pm	Social/Wellbeing 2pm Walk & Talk 5:15pm	Coffee Talk 11am Chronic Pain 2pm Health Call 5:30pm	Life Skills 6pm		
15	Life Skills 2pm Sketchbook Club 3:30pm NAMI Coloring 6pm	Social/Wellbeing 2pm Walk & Talk 5:15pm	Chronic Pain 2pm Health Call 5:30pm	Life Skills 6pm		
22	Life Skills 2pm Sketchbook Club 3:30pm	Social/Wellbeing 2pm	Merry Christmas Happy Hanukkah Center Closed	HAPPY KWANZAA Life Skills 6pm		
29	Life Skills 2pm Sketchbook Club 3:30pm	Social/Wellbeing 2pm				
	30	31				

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



Together we give.
Dec 3, 2024

Giving Tuesday



Thank you to all who made donations for Giving Tuesday!

There are many ways to show your support for Atlantic CIL, all year long 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 holidays

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.



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WINTER Home Safety

Learn about important seasonal home safety procedures to prevent fires, injuries, and accidents.

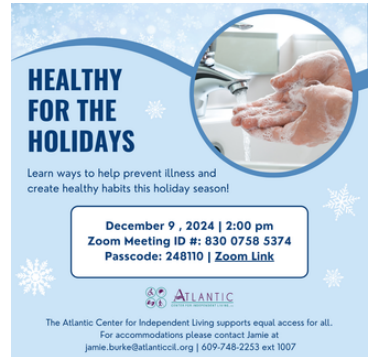
December 2, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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

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 FOR THE HOLIDAYS

Learn ways to help prevent illness and create healthy habits this holiday season!

December 9, 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@atlanticcil.org | 609-748-2253 ext 1007



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'Tis the Season for Self-Care

This time of year can cause stress, anxiety and sadness for many. Let's talk about ways to take care of your emotional health this holiday season.

December 16, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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Let's Talk: Holiday Traditions

Whether you will be alone, hosting or visiting family this year, being prepared to manage your stress and utilize coping skills is important. What are your holiday plans? Let's talk about it.

December 23, 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@atlanticcil.org | 609-748-2253 ext 1007



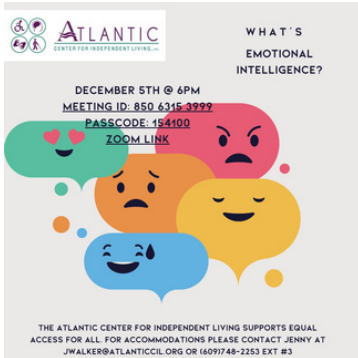
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CREATING a Vision Board

Visualize your goals! Learn how to use a vision board to help you prioritize all the things you wish to accomplish!

December 30, 2024 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

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WHAT'S EMOTIONAL INTELLIGENCE?

DECEMBER 5TH @ 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

THURSDAY

Thursdays at 6pm with Independent Living Specialist Jenny Walker

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



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DID YOU KNOW THAT THERE IS A LINK BETWEEN MENTAL HEALTH AND NUTRITION?

DECEMBER 12TH @ 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



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December 19th @ 6pm
Meeting ID: 850 6315 3999
Passcode: 154100
[Zoom Link](#)

Did you know that Laughter is the best medicine?

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



ATLANTIC
CENTER FOR INDEPENDENT LIVING

DECEMBER 26TH (W) 6PM
MEETING ID: 850 6315 3999
PASSCODE: 154100
[ZOOM LINK](#)

HAPPY HOLIDAYS

WE WISH YOU AND THE WORLD PEACE AND LOVE THIS HOLIDAY SEASON.

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>



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