



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

FEBRUARY NEWSLETTER 2025 • VOL. 5



Photo: Textured Coffee Mug with a Heart Print.

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## From our ACIL family to yours...

Happy February from Atlantic CIL. We're excited to announce our new Caregiver Support Group starting this month, offering a space for peer support, resources, and encouragement. Stay warm, stay connected, and let's make this a month of growth together!

Atlantic Center for Independent Living, INC

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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



**Chronic Illness & Pain Support Group**



Ehlers Danlos Syndrome, Fibromyalgia, Chronic Pain, Arthritis, Multiple Sclerosis, Migraines, Complex Regional Pain Syndrome and Chronic Fatigue Syndrome/Myalgic Encephalomyelitis and more...

Wednesdays @ 2pm

Zoom Meeting ID #: 854 4918 0096  
[Zoom Link](#)

Atlantic Center for Independent Living, Inc. supports equal access for all.  
For accommodations email [jburke@atlanticil.org](mailto:jburke@atlanticil.org) or call (609)748-2253 ext 4.

"Book Club for Adults With Disabilities"  
Read *The do-over* By: Lynn Painter



February 20, Thursday  
AT 7:30PM- 9:00 PM (EST)


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](mailto: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](http://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](mailto:sean@pinelandsalliance.org) or call 609-859-8860 ext 117.



## NFB South Jersey Shore Chapter

10:00 am – 12:00 pm  
Next Meeting: February 15th

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: Atlantic CIL staff with ACSSSD Students.

Last month, Transition Specialist, Ana Then and Independent Living Specialist, Jamie Burke, visited with Atlantic County Special Services School District. They answered questions and presented information to students, job coaches and parents about the services we provide at Atlantic Center for Independent Living. Many of the students expressed a desire to learn new skills, enter the workforce with confidence, and live independently after graduation. These students were encouraged to reach out to ACIL for support during this important transition in their lives. Atlantic CIL is Atlantic County's resource and support center for people living with disabilities - providing no cost services including Life Skills Training, Advocacy, Peer Support, Transition Services, and Information and Referral Services. All of these important services can play a key role in supporting these young adults on their journey towards independent living!

If you are interested in having us present a workshop about CIL services or any life skills topic for your group, school, or organization. Please reach out to Ana Then at [athen@atlanticcil.org](mailto:athen@atlanticcil.org).

# Driving Simulator

**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](http://ATLANTICCIL.ORG)

Atlantic Center for Independent Living, INC

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# 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](mailto: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](mailto:jburke@atlanticcil.org) | (609)748-2253 ext.4

## Atlantic CIL Weekly Activity Links

### Life Skills | 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

### Caregiver Support Group | 4th Mondays | 2pm | Zoom

<https://us02web.zoom.us/j/89664877949?pwd=6m8sweRxWNrnZeAFqK6XxjP9q2gtra.1>  
Call In: 1-305-224 -1968 | Meeting ID: 896 6487 7949 | Passcode: 702336

### Sketchbook Club | Monday | 3:30pm | Zoom

<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTIBqdVpkQVIvRUdiQT09>  
Call In: 1-309-205-3325 | Meeting ID: 838 5439 1536

### Social Group | Tuesday | 2pm | Zoom

<https://us02web.zoom.us/j/88558466172>  
Call In: 1-301-715-8592 | Meeting ID: 885 5846 6172

### Chronic Illness and Pain Group | Wednesday | 2pm | Zoom

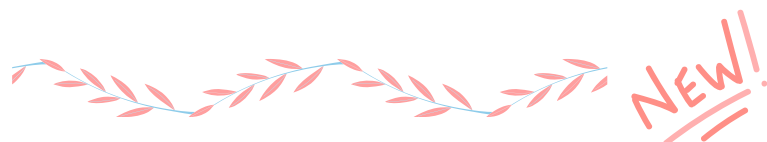
<https://us02web.zoom.us/j/85449180096>  
Call In: 1-301-715-8592 | Meeting ID: 854 4918 0096

### 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 | 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 Tadriss, Tuesdays at 5:15pm

Contact Jen at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org), to join

### Access to Art Classes with the Noyes Museum of Art

Ongoing programming Co-sponsored by Atlantic CIL  
Visit <https://noyesmuseum.org> for details.



### JOIN OUR DISCUSSION GROUP

Every 4th Monday at 2:00pm

Open to all caregivers of a loved one with a disability.

Zoom Link  
Meeting ID: 896 6487 7949  
Passcode: 702336

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

## CAREGIVER SUPPORT GROUP



# Monthly Calendar



**ATLANTIC**  
CENTER FOR INDEPENDENT LIVING, INC

# February

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 	3 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	4 <u>Social Group 2pm</u> Community Walk 5:15pm 	5 <u>Chronic Illness &amp; Pain Group 2pm</u>	6 <u>Life Skills 6pm</u>	7	8
9	10 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	11 <u>Social Group 2pm</u> Community Walk 5:15pm	12 <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u> 	13 <u>Life Skills 6pm</u>	14 	15
16	17 Center Closed 	18 <u>Social Group 2pm</u> Community Walk 5:15pm	19 <u>Chronic Illness &amp; Pain Group 2pm</u>	20 <u>Life Skills 6pm</u>	21	22
23	24 <u>Caregiver Support 2pm</u> <u>Sketchbook Club 3:30pm</u>	25 <u>Social Group 2pm</u> Community Walk 5:15pm	26 <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	27 <u>Life Skills 6pm</u> 	28  <i>Rare Disease Day</i>	

Click on each group/activity title for active zoom link.  
Contact us for more information at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) | (609)748-2253 ext. 4



# 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](#)




### Optimism

When our inner voice allows negative self-talk and overthinking to take over, what can we do to refocus and be more optimistic? In this activity we will discuss ways to do just that.

February 3, 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](mailto:jamie.burke@atlanticcil.org) 609-748-2253 ext 1007



### Songs We Love

What music moves you?

Music makes us feel many emotions, takes us back in time, and can even help motivate us. What songs are meaningful to you?

February 10, 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](mailto:jamie.burke@atlanticcil.org) 609-748-2253 ext 1007



### SETBACK SUCCESS

Every setback is an opportunity to learn and grow. Embrace challenges, reflect on your journey, and become stronger through adversity. Keep moving forward!

FEB. 06, 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](mailto: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](#)

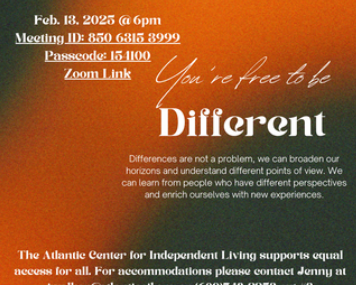


### You're free to be Different

Differences are not a problem, we can broaden our horizons and understand different points of view. We can learn from people who have different perspectives and enrich ourselves with new experiences.

Feb. 13, 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](mailto:jwalker@atlanticcil.org) or (609)748-2253 ext #3




### What are passions and your goals?

Feb. 20, 2025 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
Zoom Link



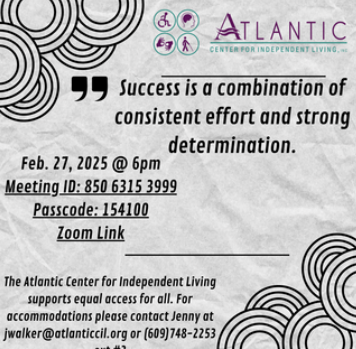
The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2253 ext #3



### Success is a combination of consistent effort and strong determination.

Feb. 27, 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](mailto: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](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHANJ.ORG](mailto:UNITEDBYWELLNESS@MHANJ.ORG)



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