



Photo: Rainbow over green fields

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## From our ACIL family to yours...

March is here, and we're excited for another month of advocacy, support, and community connection! Be sure to check out our upcoming groups and activities — let's make it a great month!

# 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

## Community Walks

With Coach Tadriz & Friends

Tuesdays at 5:15pm

Stockton Track, Galloway

Call (609)748-2253 Ext. 4 or email  
jburke@atlanticcil.org For More Details.



**PROTECT MEDICAID RALLY**  
IT'S MORE THAN HEALTH INSURANCE...  
IT'S OUR LIFELINE!

📅 March 6th from 12 to 2 PM  
📍 NJ State House Annex  
145 West State Street, Trenton, NJ

The rally will be held rain or shine.  
Please join us and bring your signs  
(only cardboard is allowed, no sticks).  
Don't let transportation stop you  
from attending! Please email  
vromanienko@adacil.org or register  
on our website for assistance.  
Shuttle service available from the  
Trenton Station beginning at 11 AM.  
Hosted by the NJ Protect Medicaid  
Coalition. Generous sponsorship  
provided by ACT, NJCDD, and AAPD.

Visit [adacil.org](http://adacil.org)  
for more info

"Book Club for Adults With Disabilities"  
Read *The Irish Goodbye* By: Amy Ewing



March 31, Monday

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)



## NFB South Jersey Shore Chapter



10:00 am – 12:00 pm

Next Meeting: March 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: Anmita Hoque

We are excited to welcome Anmita Hoque, a senior at Stockton University studying Health Sciences with a minor in Disability Studies, as our intern for the Spring semester!

Anmita is gaining hands-on experience with us at Atlantic CIL as part of her capstone for her minor. Though her time here is short, she has already enjoyed connecting with some of the consumers in our community and working alongside our dedicated team providing advocacy and support.

As part of her internship, Anmita will be leading a Life Skills group that will meet on Thursdays in March and April. We encourage everyone to join and participate in these workshops, which will focus on building practical skills for independent living. We look forward to seeing her engage in our programs and activities and are grateful for her contributions during her time with us!

**Life Skills on Thursdays at 2pm**

Zoom Meeting ID #: 818 0707 2057 | Passcode: 948317 | [Zoom Link](#)

**EMPATHY**

Join us to learn about empathy and how it helps build meaningful relationships while supporting your own emotional growth!

March 15, 2025 | 2:00 pm  
Zoom Meeting ID #: 818 0707 2057  
Passcode: 948317 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Anmita at [ahoque@atlanticcil.org](mailto:ahoque@atlanticcil.org)

**COLD AND FLU SEASON SAFETY**

Join us to learn about cold and flu related illnesses this winter/spring season and how to protect yourself and your community!

March 20, 2025 | 2:00 pm  
Zoom Meeting ID #: 818 0707 2057  
Passcode: 948317 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Anmita at [ahoque@atlanticcil.org](mailto:ahoque@atlanticcil.org)

**MANAGING INTERNET MISINFORMATION**

Join us in learning how to recognize misinformation online and acquire skills to protect yourself from harm.

March 27, 2025 | 2:00 pm  
Zoom Meeting ID #: 818 0707 2057  
Passcode: 948317 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Anmita at [ahoque@atlanticcil.org](mailto:ahoque@atlanticcil.org)

**Journal the Journey**

Join us to learn and share about all the ways journaling benefits your overall mental health!

April 3, 2025 | 2:00 pm  
Zoom Meeting ID #: 818 0707 2057  
Passcode: 948317 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Anmita at [ahoque@atlanticcil.org](mailto:ahoque@atlanticcil.org)

# Importance of Medicaid



Picture of Insurance Card  
in blue color

Medicaid is a public health insurance program funded by federal and state governments, providing vital healthcare to low-income individuals, seniors, children, and people with disabilities—nearly 80 million Americans.

## Key Services Covered 🗝️

- Long term care (hospice, nursing homes)
- Home and community based services (HCBS)
- Transportation services to medical appointments
- Prescriptions
- Mental health services
- Hospital and emergency services
- Laboratory and imaging testing

## The Funding Crisis !!!

Medicaid currently faces underfunding and long waitlists, especially for Home and Community Based Services, with 711,000 people with disabilities waiting for care. HCBS's are important for offering healthcare in the comfort of an individual's home, rather than in isolating institutions. Further cuts and restrictions could leave millions without these essential services.

**\*\*To contact members of Congress to take action about funding:\*\***

<https://action.thearc.org/MPAZgOs?p2asource=fb-2025-0206>

🔗 Links for New Jersey Medicaid Resources:

[Eligibility](#) | [Coverage](#)

# Inclusive Healthy Communities

## WORKSHOPS

### Module 3

## Government Function

### **WORKSHOP 1: GOVERNMENT 101**

- Wednesday, February 19th, 2025 [3:00pm] & Thursday, February 20th, 2025 [5:00pm]

### **WORKSHOP 2: HOW A BILL BECOMES A LAW**

- Wednesday, February 26th, 2025 [3:00pm] & Thursday, February 27th, 2025 [5:00pm]

### **WORKSHOP 3: UNDERSTANDING FEDERAL GOVERNMENT**

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

### **WORKSHOP 4: UNDERSTANDING NJ GOVERNMENT**

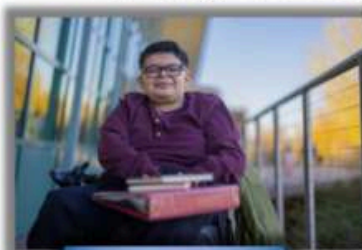
- Wednesday, March 12th, 2025 [3:00pm] & Thursday, March 13th, 2025 [5:00pm]

### **WORKSHOP 5: UNDERSTANDING LOCAL GOV (TOWN/COUNTY)**

- Wednesday, March 19th, 2025 [3:00pm] & Thursday, March 20th, 2025 [5:00pm]

### **WORKSHOP 6: COALITION & STAKEHOLDERS**

- Wednesday, March 26th, 2025 [3:00pm] & Thursday, March 27th, 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 | 2pm | Zoom

<https://us02web.zoom.us/j/81807072057?pwd=Nr91FvzfuCsuyPTkkZ9PdvIMaofgOv.1>

Call in: 1-312-626-6799 | Meeting ID #: 818 0707 2057 | Passcode: 948317

### 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 Tadris, 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.



**CAREGIVER SUPPORT GROUP**

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: 89664877949  
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



**NEW ARRIVAL**

**BOARD GAME and Puzzle Group**

Do you love strategic board games, challenging puzzles, and great company? Bring your favorite game or puzzle to share, or just come ready to play!

Open to adults of all abilities!

Every 2nd Monday of the Month  
12:00pm - 2:00pm

**At our location:**

Atlantic Center for Independent Living  
160 S. Pitney Road Units 3-4  
Galloway, NJ 08205

Please RSVP to attend  
[jamie.burke@atlanticcil.org](mailto:jamie.burke@atlanticcil.org)

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

# Monthly Calendar



**ATLANTIC**  
CENTER FOR INDEPENDENT LIVING, INC.

# MARCH

## Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
 MULTIPLE SCLEROSIS AWARENESS	 Disabilities Awareness Month	 CELIAC DISEASE				<b>1</b>  International Wheelchair Day 1st MARCH 2022
<b>2</b> 	<b>3</b> Life Skills 2pm Sketchbook Club 3:30pm	<b>4</b> Social Group 2pm Community Walk 5:15pm	<b>5</b> Chronic Illness & Pain Group 2pm	<b>6</b> Life Skills 2pm Life Skills 6pm	<b>7</b>	<b>8</b>  8+ MARCH HAPPY INTERNATIONAL WOMEN'S DAY!
<b>9</b> 	<b>10</b> Board Game & Puzzle Group 12-2pm Life Skills 2pm Sketchbook Club 3:30pm	<b>11</b> Social Group 2pm Community Walk 5:15pm	<b>12</b> Chronic Illness & Pain Group 2pm Health Connection Call 5:30pm	<b>13</b> Life Skills 2pm Life Skills 6pm	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Life Skills 2pm Sketchbook Club 3:30pm 	<b>18</b> Social Group 2pm Community Walk 5:15pm	<b>19</b> Chronic Illness & Pain Group 2pm	<b>20</b> Life Skills 2pm Life Skills 6pm	<b>21</b>  World Down Syndrome Day	<b>22</b>
<b>23/30</b> 	<b>24/31</b> Caregiver Support 2pm Sketchbook Club 3:30pm	<b>25</b> Social Group 2pm Community Walk 5:15pm	<b>26</b> Chronic Illness & Pain Group 2pm Health Connection Call 5:30pm 	<b>27</b> Life Skills 2pm Life Skills 6pm	<b>28</b>	<b>29</b>

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.



**Building Confidence**

Join us to discuss ways to build self-confidence, identify personal strengths, set goals, and expand positive thinking!

March 2, 2025 | 2:00 pm  
Zoom Meeting ID #: 830 0756 5374  
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at [jamie\\_burke@atlanticcl.org](mailto:jamie_burke@atlanticcl.org) 609-748-2253 ext.1307



**FINDING YOUR COMMUNICATION STYLE**

In this discussion we will cover 5 common communication styles, self-reflect and learn how to be more assertive.

March 10, 2025 | 2:00 pm  
Zoom Meeting ID #: 830 0756 5374  
Passcode: 248110 | [Zoom Link](#)

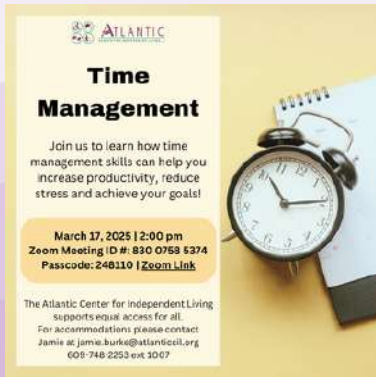
The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at [jamie\\_burke@atlanticcl.org](mailto:jamie_burke@atlanticcl.org) 609-748-2253 ext.1307

**MONDAY**  
Mondays at 2pm with  
Independent Living Specialist

**Jamie Burke**

Zoom Meeting ID #: 830 0758 5374

Passcode: 248110 | [Zoom Link](#)



**Time Management**

Join us to learn how time management skills can help you increase productivity, reduce stress and achieve your goals!

March 17, 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@atlanticcl.org](mailto:jamie_burke@atlanticcl.org) 609-748-2253 ext.1307



**Conflict Resolution**

Learn about the skills needed to resolve conflicts peacefully and build stronger relationships at work and at home!

March 31, 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@atlanticcl.org](mailto:jamie_burke@atlanticcl.org) 609-748-2253 ext.1307




**EXPRESS YOUR VULNERABILITY**

MARCH 5, 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 [walker@atlanticcl.org](mailto:walker@atlanticcl.org) OR (609)748-2253 EXT. #5



**LET'S TALK ABOUT DEPRESSION**

MARCH 12, 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 [walker@atlanticcl.org](mailto:walker@atlanticcl.org) OR (609)748-2253 EXT. #5

**THURSDAY**

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

Zoom Meeting ID #: 850 6315 3999

Passcode: 154100 | [Zoom Link](#)



**Let's talk about forgiveness**

Understanding yourself is power. Loving yourself is freedom. Forgiving yourself is peace. Being yourself is bliss.

March 20, 2025 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)

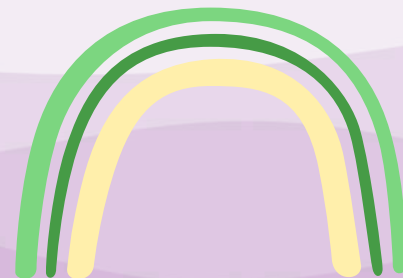
The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at [walker@atlanticcl.org](mailto:walker@atlanticcl.org) or (609)748-2253 ext.#5



March 27, 2025 @ 6pm  
Meeting ID: 850 6315 3999  
Passcode: 154100  
[Zoom Link](#)

**FEAR**

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [walker@atlanticcl.org](mailto:walker@atlanticcl.org) OR (609)748-2253 EXT. #5



# 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)



609-652-3800

Atlantic Center for Independent Living, INC

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