



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

APRIL NEWSLETTER 2025 • VOL. 5



Photo: Pink cherry blossoms blooming on a tree.

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From our ACIL family to yours...

Happy Spring! April is here, bringing longer days and warmer weather. It is the perfect time to get connected with our incredible community. Please check out our upcoming groups and activities — let's make this month amazing!

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.

Atlantic Center for Independent Living, INC



Community Spotlight

Community Walks

With Coach Tadris & Friends

Tuesdays at 5:15pm

Stockton Track, Galloway

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



ACCESS to ART

FREE



Location: Stockton University - Galloway campus
101 Vera King Farris Drive, Galloway, NJ
Campus Center, Meeting Room #5

Date: Tuesday, April 8, May 13, June 10

Time: 6:30 PM - 8:30 PM



Art is in the Making: Join us each month for a fun, all-levels art session where you can explore your own ideas or follow along. No experience necessary. Supplies provided.

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



"Book Club for Adults With Disabilities"
Read *The Wishtree* By: Katherine Applegate

April 28, 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



NFB South Jersey Shore Chapter



10:00 am – 12:00 pm

Next Meeting: April 19th

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

Disability Advocates Fight to Protect Medicaid



Photo: Disability advocates gathering at the Protect Medicaid rally on March 6th, 2025.

Medicaid, the state and federal program that provides health care, social services and housing, serves 72 million low-income and disabled people in the nation, including 1.8 million residents in New Jersey.

Looming Medicaid cuts, proposed by Congressional Republicans, intend to slash \$880 billion from the entitlement program over the next 10 years. These cuts would have devastating consequences for NJ's most vulnerable residents. Children, elderly, working families, and individuals living with disabilities, are at risk of losing critical health care services they rely on.

Centers for Independent Living directors, along with community advocates, have been working together to fight against these spending cuts. They have met with lawmakers, rallied in Trenton at the State House, and testified before budget committees to advocate for the disability community on how these cuts to Medicaid would negatively affect their daily lives.

Continued...

Atlantic Center for Independent Living, INC

Donald Campbell, Executive Director for Atlantic Center for Independent Living said, “Medicaid is freedom for people living with disabilities. It helps people go to work, participate in their communities and live meaningful lives. Keeping people with disabilities active within their communities saves money in the long run. 25% of Americans have a disability, but this issue concerns all of us. You or your loved ones could become disabled at any time. Call your federal legislators, get involved, and stay engaged.”



Photo: Donald Campbell testifying before the Senate Health and Human Services and Senior Citizens Committee in support of SR126 which condemns U.S. House of Representatives for passage of budget resolution cutting \$1.5 trillion from federal budget and urges U.S. Senate to reject the House resolution.

To contact your Legislators and take action about funding:
<https://njddan.org/protect-medicaid/>

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 ahogue@atlanticcil.org

First Aid Basics

Learn the basics of first aid to keep yourself and others around you safe!

April 10, 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 ahogue@atlanticcil.org

Life Skills on Thursdays at 2pm with Anmita

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

Inclusive Healthy Communities

WORKSHOPS

Module 4

Building on Success

WORKSHOP 1: WHAT IS RELATIONSHIP BUILDING

- Wednesday, April 9th, 2025 [3:00pm] & Thursday, April 10th, 2025 [5:00pm]

WORKSHOP 2: UNDERSTANDING GROUP & ORGANIZATIONAL POLITICS

- Wednesday, April 16th, 2025 [3:00pm] & Thursday, April 17th, 2025 [5:00pm]

WORKSHOP 3: STORYTELLING AND ADVOCACY

- Wednesday, April 23rd, 2025 [3:00pm] & Thursday, April 24th, 2025 [5:00pm]

WORKSHOP 4: FOLLOWING UP ON ACTIONS

- Wednesday, April 30th, 2025 [3:00pm] & Thursday, May 1st, 2025 [5:00pm]

WORKSHOP 5: SELF-CARE FOR OURSELVES

- Wednesday, May 7th, 2025 [3:00pm] & Thursday, May 8th, 2025 [5:00pm]

WORKSHOP 6: WRAPPING IT ALL TOGETHER

- Wednesday, May 14th, 2025 [3:00pm] & Thursday, May 15th, 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
N.J. 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 | Monday | 2pm | Zoom

<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjlltuB1kk9yLjCRufQp.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=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=Nr91FvzfuCsuyppTkKZ9PdvIMaOFGov.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 Tadriss, Tuesdays at 5:15pm

Contact Jen at 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.

Health Connection Call
with Coach Tadriss and Friends
2nd and 4th Wednesdays at 5:30pm

Zoom Link
Meeting ID: 872 9745 0944

ATLANTIC
The Atlantic Center for Independent Living

Coach Tadriss Parker has been helping people in our community live healthier lives since 2013. Join in as he discusses topics such as goal setting, healthy eating, healthy living, accountability, workout tips, weight management tips, and how to develop a positive mindset.

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The Atlantic Center for Independent Living

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

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

Monthly Calendar



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APRIL

Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
<p>AUTISM AWARENESS MONTH</p>	<p>Parkinson's Awareness Month</p>	<p>1</p> <p><u>Social Group 2pm</u> <u>Community Walk 5:15pm</u></p> <p>APRIL FOOLS DAY</p>	<p>2</p> <p><u>Chronic Illness & Pain Group 2pm</u></p>	<p>3</p> <p><u>Life Skills 2pm</u> <u>Life Skills 6pm</u></p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p> <p><u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u></p>	<p>8</p> <p><u>Social Group 2pm</u> <u>Community Walk 5:15pm</u> <u>Art 6:30pm</u></p> <p>ACCESS to ART</p>	<p>9</p> <p><u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u></p>	<p>10</p> <p><u>Life Skills 2pm</u> <u>Life Skills 6pm</u></p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p> <p><u>Board Game & Puzzle Group 12-2pm</u> <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u></p>	<p>15</p> <p><u>Social Group 2pm</u> <u>Community Walk 5:15pm</u></p>	<p>16</p> <p><u>Chronic Illness & Pain Group 2pm</u></p>	<p>17</p> <p><u>Life Skills 6pm</u></p>	<p>18</p>	<p>19</p>
<p>20</p> <p>HAPPY EASTER</p>	<p>21</p> <p><u>Sketchbook Club 3:30pm</u></p>	<p>22</p> <p><u>Community Walk 5:15pm</u></p>	<p>23</p> <p><u>Chronic Illness & Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u></p>	<p>24</p> <p><u>Life Skills 6pm</u></p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p> <p><u>Sketchbook Club 3:30pm</u></p>	<p>29</p> <p><u>Social Group 2pm</u> <u>Community Walk 5:15pm</u></p>	<p>30</p> <p><u>Chronic Illness & Pain Group 2pm</u></p>			

Click on each group/activity title for active zoom link.
Contact us for more information at 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](#)



DRAW OUT YOUR FEARS

Turn fear into excitement with this simple drawing activity!
 Supplies Needed: paper, a small plate and your favorite drawing utensils.

April 7, 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@atlanticclil.org | 609-748-2253 ext.1007



Spring into Action

Discover what motivates you! Learn ways to self-reflect and spring into action to achieve your goals.

April 14, 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@atlanticclil.org | 609-748-2253 ext.1007



The Power of Friendship

Join this discussion to learn how social skills will help you build strong, lasting connections.

April 28, 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@atlanticclil.org | 609-748-2253 ext.1007




Stop allowing your anxiety to bully you!

April 3rd @ 6PM
 Meeting ID: 840 0283 6340
 Passcode: 155686
 Zoom Link

ANXIETY

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



LET'S TALK ABOUT IDENTIFYING OUR LIMITATIONS AND EMBRACING THEM!

APRIL 10TH @ 6PM
 MEETING ID: 840 0283 6340
 PASSCODE: 155686
 ZOOM LINK

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT J.WALKER@ATLANTICCLIL.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 ARE GREAT JUST THE WAY YOU ARE!

Apr 17th @ 6pm
 Meeting ID: 840 0283 6340
 Passcode: 155686
 Zoom Link

powerful
 valued
 worthy
 appreciated
 special enough

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

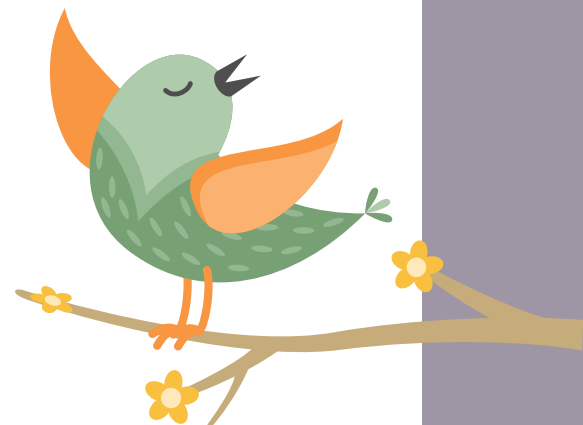


CHOOSE TO BE HAPPY, IT'S HEALTHY

HAPPY

APRIL 24TH @ 6PM
 MEETING ID: 840 0283 6340
 PASSCODE: 155686
 ZOOM LINK

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at jwalker@atlanticclil.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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609-652-3800

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