



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JUNE NEWSLETTER 2025 • VOL. 5



Photo: Sailboat on a beach.

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## From our ACIL family to yours...

Happy June from all of us at Atlantic CIL! With summer just around the corner, we're feeling grateful for our community and all the ways we support one another. We hope you'll join us for a fun and tasty fundraiser at Five Guys on June 25th, come grab a burger, say hello, and help us continue our work empowering people to live as independently as possible.

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

## 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 Sylvia and Aki by: Winifred Conkling



June 23, 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: June 21<sup>st</sup>

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/>





# Fundraiser



for



**ATLANTIC**  
CENTER FOR INDEPENDENT LIVING, INC

**WEDNESDAY, JUNE 25<sup>TH</sup>**

**5-8PM AT FIVE GUYS**

**720 WHITE HORSE PIKE, ABSECON | (609) 641-5518**




*Can't make it but  
want to donate?*




*Thank you for your support!*

**Place your online, takeout, delivery, or eat-in orders between  
5 and 8pm so that 10% of proceeds will benefit Atlantic CIL.  
No flyer necessary to participate.**

# Stay Social & Active this Summer!



**SKETCHBOOK Club**



**MONDAYS | 3:30 PM**  
**MEETING ID #: 838 5439 1536**  
**PASSCODE: 196590**  
**ZOOM LINK**

**BE CREATIVE**

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



**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



**Social Group**  
**Tuesdays @ 2pm**

**Zoom Meeting ID #: 885 5846 6172 | Zoom Link**

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



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

**Zoom Link**  
Meeting ID: 872 9745 0944



Coach Tadris 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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# Virtual Support Groups & Activities

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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

### 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

### 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.

### Board Game and Puzzle Group

2nd Mondays at 12pm at our Atlantic CIL Office



Would you like weekly zoom links sent  
to your inbox?  
Email [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org)



# Monthly Calendar



# JUNE

## Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	3 <u>Social Group 2pm</u> Community Walk 5:15pm	4 <u>Chronic Illness &amp; Pain Group 2pm</u>	5 <u>Life Skills 6pm</u>	6	7
8	9 Board Game & Puzzle Group 12-2pm <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	10 <u>Social Group 2pm</u> Community Walk 5:15pm 	11 <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	12 <u>Life Skills 6pm</u>	13	14
15 	16 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	17 <u>Social Group 2pm</u> Community Walk 5:15pm Art 6:30pm	18 <u>Chronic Illness &amp; Pain Group 2pm</u>	19 <u>Life Skills 6pm</u>	20	21
22	23 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u> 	24 <u>Social Group 2pm</u> Community Walk 5:15pm	25 <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u> <b>Five Guys 5-8pm</b>	26 <u>Life Skills 6pm</u>	27 	28
29	30 <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>					

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.

**Beach Accessibility Guide**

Learn about the features and services that ensure beaches are inclusive and accessible for individuals with disabilities!



June 2, 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 1007

**MONDAY**

**Mondays at 2pm with  
Independent Living Specialist  
Jamie Burke**

Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

**Navigating the Kitchen**

Navigating the kitchen safely is an important skill! We will discuss how to identify, lessen, and prevent dangers in the kitchen.




June 9, 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 1007

**All About TRANSPORTATION**

Join us to discover your transportation options and learn how to travel independently!



June 16, 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 1007

**DAILY Exercise**

Incorporating a daily exercise routine is important for physical and mental health. Learn ways to modify exercises for all abilities!




June 23, 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 1007

**COMMON COURTESY**

Join us to learn about ways to show politeness, respect and consideration for others during everyday interactions.



June 30, 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 1007

**happy** **safe** **excited** **sad**



**JUNE 5TH @ 6PM**

**HOW DOES YOUR ENVIRONMENT MAKE YOU FEEL?**

DISCUSS SIMPLE, CREATIVE WAYS TO MAKE YOUR ENVIRONMENT FEEL MORE EXCITING, SAFE, AND JOYFUL—AT HOME AND BEYOND.

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@atlanticcl.org](mailto:jwalker@atlanticcl.org) OR (609)748-2253 EXT #3

**Be KIND To Yourself**

**JUNE 12TH @ 6PM**  
MEETING ID: 840 0283 6340  
PASSCODE: 155686  
[ZOOM LINK](#)

TALK ABOUT HOW TO BE KIND TO YOURSELF AND CREATE A SPACE THAT FEELS SAFE, JOYFUL, AND UNIQUELY YOURS.

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL.  
FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [jwalker@atlanticcl.org](mailto:jwalker@atlanticcl.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](#)

**ATLANTIC CENTER FOR INDEPENDENT LIVING**

Discuss ways to tackle problems one step at a time.

**“CATCH IT, CHALLENGE IT CHANGE IT!”**


**JUNE 19TH @ 6PM**  
[ZOOM LINK](#)

Meeting ID: 840 0283 6340  
Passcode: 155686

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL.  
FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [jwalker@atlanticcl.org](mailto:jwalker@atlanticcl.org) OR (609)748-2253 EXT #3

**UNDERSTANDING YOUR VALUE**

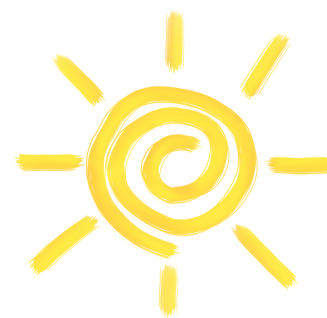
Recognizing your value is like being the artist of your own life, shaping your days with purpose, creativity, and self-worth.



**JUNE 26TH @ 6PM**  
[ZOOM LINK](#)

Meeting ID: 840 0283 6340  
Passcode: 155686

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL.  
FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [jwalker@atlanticcl.org](mailto:jwalker@atlanticcl.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)



609-652-3800

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