



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

JULY NEWSLETTER 2025 • VOL. 5



Photo: American Flag on top of a sandcastle

In this month's edition...

Core Services • Page 2

Community Spotlight • Page 3

Our Stories: Dylan Crane • Page 4

Fundraiser Thank You • Page 5

Fun & Social Activities • Page 6

Support Groups & Activities • Page 7

Calendar & Life Skills • Page 8 and 9

Collaboration Activities • Page 10

From our ACIL family to yours...

Summer is finally here! We want to send a big thank you to everyone who came out to our Five Guys fundraiser and made a donation - your support makes a difference! We are always here for you if you need assistance. We hope you have a joyful and safe 4th of July!

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 University, Galloway

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



Summer Fridays

July 11 - September 19

Trip to

Fisherman's Park
Atlantic City

Go shopping at the...



Farmers Market
Purchase local fruits, vegetables, honey & herbs with SNAP/EBT, WIC, summer vouchers, cash, & card

Enjoy nature's beauty...



Community Garden
Try fun garden activities during Garden Club, harvest free veggies & herbs, & explore nature!

Free, roundtrip Jitney transportation
(up to 13 passengers - first come, first served)
to Fisherman's Park, from:

- 1) **Baltic Plaza** - departs 3:45pm, returns 4:45pm
1313 Baltic Ave, Atlantic City
- 2) **Altman Terrace** - departs 5:15pm, returns 6:15pm
1000 Arctic Ave, Atlantic City



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www.atlanticcil.org

Atlantic Center for Independent Living

@atlanticcil



Questions: info@cropsnj.org

www.cropsnj.org

CROPS Nonprofit

@cropsnonprofit

"Book Club for Adults With Disabilities"
Read *I Am Rebel* by: Ross Montgomery



July 31, 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



NFB South Jersey Shore Chapter



Live the life you want.

10:00 am – 12:00 pm

Next Meeting: July 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

Dylan Crane grew up in Galloway and has lived with Cerebral Palsy since birth. During his school years, he often felt he was treated differently from his peers, which led him to pull away socially and self-isolate.



Photo: Dylan, His Dad Jeff, and ACIL ILS Jamie

That started to change when his DDD coordinator connected him with Atlantic CIL. Looking for a way to build confidence and connection, Dylan began participating in Atlantic CIL's life skills workshops, community walks, and our sketchbook club — and he hasn't looked back.

One of the most meaningful parts of Dylan's journey has been working with his Independent Living Specialist, Jamie Burke, who he says is always there to listen, offer guidance, and help him shape goals that fit his unique path. With her support, Dylan even helped launch our Board Game Group, which now meets every second Monday at the CIL. It's a fun and welcoming space — and we're always looking for more players to join in! In addition to staying active at the CIL, Dylan is currently in school working towards his certification in Medical Billing. In his free time, he enjoys playing video games, watching movies, and going to concerts.

 Thank
you
so
much!

Thank you to everyone
who came out to our
fundraiser, those who
made a donation, and to
the awesome staff of
Five Guys, Absecon! We
very much appreciate
your support!



Photo: Atlantic CIL Consumers, Staff and Supporters at the Fundraiser at Five Guys, Absecon, June 25, 2025

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Stay Social & Active this Summer!



ATLANTIC
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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 | (609)748-2253 ext.4



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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



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Social Group

Tuesdays @ 2pm

Zoom Meeting ID #: 885 5846 6172 | [Zoom Link](#)

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Health Connection Call

with Coach Tadriss and Friends

2nd and 4th Wednesdays at 5:30pm

Zoom Link
Meeting ID: 872 9745 0944

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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HAPPY
Independence
★ Day ★

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6

Virtual Support Groups & Activities

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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=YWtFekQyeE9wTlBqdVpkQVlVtRUdiQT09>

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, 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



Monthly Calendar



Activities & Support Groups



SUN	MON	TUE	WED	THU	FRI	SAT
	Life Skills 2pm Sketchbook Club 3:30pm	1 Social Group 2pm Community Walk 5:15pm	2 Chronic Illness & Pain Group 2pm	3 Life Skills 6pm	4 	5
6	7 Life Skills 2pm Sketchbook Club 3:30pm	8 Social Group 2pm Community Walk 5:15pm	9 Chronic Illness & Pain Group 2pm Health Connection Call 5:30pm	10 Life Skills 6pm	11	12
13	14 Board Game & Puzzle Group 12-2pm Life Skills 2pm Sketchbook Club 3:30pm	15 Social Group 2pm Community Walk 5:15pm	16 Chronic Illness & Pain Group 2pm	17 Life Skills 6pm	18	19
20	21 Life Skills 2pm Sketchbook Club 3:30pm	22 Social Group 2pm Community Walk 5:15pm	23 Chronic Illness & Pain Group 2pm Health Connection Call 5:30pm	24 Life Skills 6pm	27	26 
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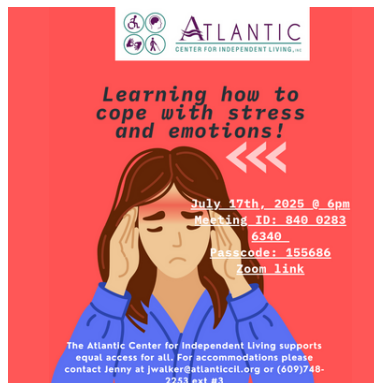
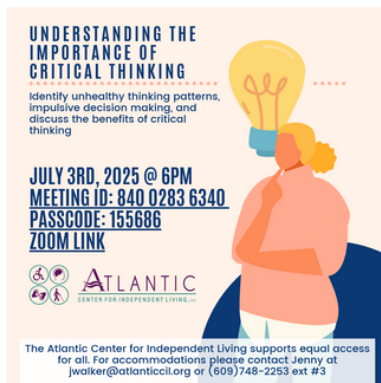
Click on each group/activity title for active zoom link.
 Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

Weekly Life Skills Activities

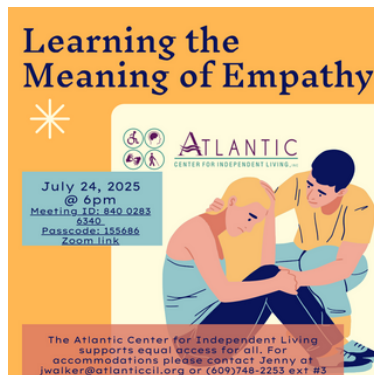
Join us for Life Skills every Monday and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.



MONDAY
Mondays at 2pm with
Independent Living Specialist
Jamie Burke
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)



THURSDAY
Thursdays at 6pm with
Independent Living Specialist
Jenny Walker
Zoom Meeting ID #: 850 6315 3999
Passcode: 154100 | [Zoom Link](#)



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.

5 PM – 6 PM 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.

11 AM – 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.

4 PM – 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.

5 PM – 6 PM 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. **

8 AM – 9 AM 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.

10 AM – 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.

7 PM – 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.

12 PM – 1 PM 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!

7 PM – 8 PM THURSDAYS: NOT FEARING FEAR

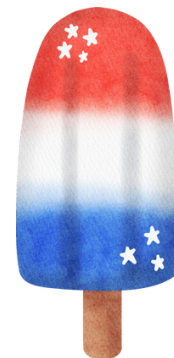
Meeting ID: 943 7789 0952 [Click on Link Here](#) Fear from facing unknown circumstances and from not being in control keeps them from exploring. By realizing this, we may begin to get comfortable with being uncomfortable.

2 PM – 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!

10 AM – 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, 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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10