



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

AUGUST NEWSLETTER 2025 • VOL. 5



Photo: Sunset Sky

## From our ACIL family to yours...

Happy August from all of us at Atlantic CIL! As summer winds down, we're staying energized by the progress we've made and the connections we've built. Thank you for being part of our community and for continuing to support independence, inclusion, and disability rights all year long. We hope you can make it to our end of Summer Ice Cream Social! See page 6 for details.

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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 University, Galloway

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



**NEW**

## Driving Simulator

New Program available to our Consumers

An illustration of a person sitting in a specialized chair with a steering wheel and pedals, using a driving simulator. The simulator has multiple screens showing a road view.

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.

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The Atlantic Center for Independent Living supports equal access for all accommodations.

180 S. Pitney Rd. Units 3 & 4 Galloway, NJ 08205 (609)748-ABLE (2253) ATLANTICCIL.ORG

TO MIGRATION  
AND LABOR

## COMMUNITY DIALOGUE

Join the Noyes Arts Garage of Stockton University for a **community conversation** on the **labor of tourism**-- reflecting on the history and impact of migration and immigration in our community.

Monday, August 25<sup>th</sup>, 2025  
5:00- 8:30 PM  
Noyes Arts Garage of Stockton University  
2200 Fairmount Ave.  
Atlantic City, New Jersey

NJMLL is supported by the MELLON FOUNDATION and RUTGERS UNIVERSITY

Noyes  
Museum of Art  
STOCKTON UNIVERSITY

Mellon  
Foundation

R | RUTGERS



## NFB South Jersey Shore Chapter

10:00 am – 12:00 pm

Next Meeting: August 16th

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: CIL Directors, Staff, Consumers, and Supporters gathered at the Rally to Restore CIL Funding.

We're proud to share that funding for New Jersey's Centers for Independent Living (CILs) has been fully restored in the final FY2026 state budget! This is a huge victory for the disability community and a testament to the power of collective advocacy. Earlier this year, CILs faced the threat of losing half of their state funding—a cut that would have deeply impacted the services and support systems that people with disabilities depend on. But our community didn't stay silent. Through a powerful letter-writing campaign and a passionate rally at the State House, consumers, staff, and supporters made their voices heard loud and clear: independent living matters.

We are incredibly thankful for everyone who stood with us during this fight. Directors led with determination, Staff and consumers bravely shared their personal stories, and supporters from across the state took action. Legislators listened, and we're grateful to those who championed our cause and ensured CILs remained a funding priority. This victory belongs to all of us—and because of it, New Jersey's CILs can continue empowering people with disabilities to live independently, with dignity and choice. Thank you for being a part of this movement!



# C.R.O.P.S.: Communities Revolutionizing Open Public Spaces

## 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



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



[www.atlanticil.org](http://www.atlanticil.org)



Atlantic Center for Independent Living



@atlanticil



**Questions:** [info@cropsnj.org](mailto:info@cropsnj.org)



[www.cropsnj.org](http://www.cropsnj.org)



CROPS Nonprofit



@cropsnonprofit

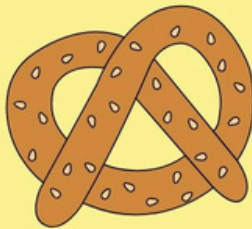
Atlantic Center for Independent Living, INC

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**Join us for an Ice Cream Social!**

Atlantic CIL's End of Summer

**Ice Cream**



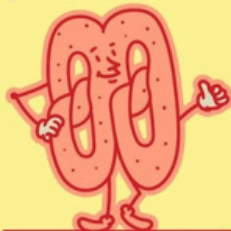
**Social**

& Fundraiser



**WEDNESDAY  
AUGUST 27**  
**AT TWIST LINWOOD**

**5PM - 8PM**



**TWIST**  
PRETZELS & ICE CREAM  
LINWOOD, NJ



Atlantic Center for Independent Living  
is a 501(c)(3) organization dedicated to  
empowering individuals with disabilities to live  
as independently as possible!

**BE SURE TO MENTION ATLANTIC CIL'S FUNDRAISER**  
(ALL MENU ITEMS COUNT TOWARDS THE FUNDRAISER)

# 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?](https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1)

[pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1](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?](https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09)

[pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09](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?](https://us02web.zoom.us/j/85063153999?pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09)

[pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09](https://us02web.zoom.us/j/85063153999?pwd=NmJXdlZUUhHpUkxneExISEJQWk8xQT09)

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.

### Board Game and Puzzle Group

2nd Mondays at 12pm at our Atlantic CIL Office



# Monthly Calendar



# August

## Activities & Support Groups

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	<b>4</b> <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<b>5</b> <u>Social Group 2pm</u> Community Walk 5:15pm	<b>6</b> <u>Chronic Illness &amp; Pain Group 2pm</u>	<b>7</b> <u>Life Skills 6pm</u> 	8	9
10	<b>11</b> Board Game & Puzzle Group 12-2pm <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<b>12</b> <u>Social Group 2pm</u> Community Walk 5:15pm	<b>13</b> <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	<b>14</b> <u>Life Skills 6pm</u>	15	16
17	<b>18</b> <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<b>19</b> <u>Social Group 2pm</u> Community Walk 5:15pm	<b>20</b> <u>Chronic Illness &amp; Pain Group 2pm</u>	<b>21</b> <u>Life Skills 6pm</u> Senior Citizens Day	22	23
24/31	<b>25</b> <u>Life Skills 2pm</u> <u>Sketchbook Club 3:30pm</u>	<b>26</b> <u>Social Group 2pm</u> Community Walk 5:15pm	<b>27</b> <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u> 	<b>28</b> <u>Life Skills 6pm</u>	29	30

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.

**Honesty JOURNALING**

Honesty plays a big role in our relationships with ourselves and others. Learn how journaling our honest thoughts and feelings can help us live more authentically.



August 4, 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](#)

**SOCIAL SKILLS**

Developing social skills can help create more meaningful relationships in school, at work, and with friends and family. Learn the skills you need to communicate effectively and build lasting relationships.



August 18, 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

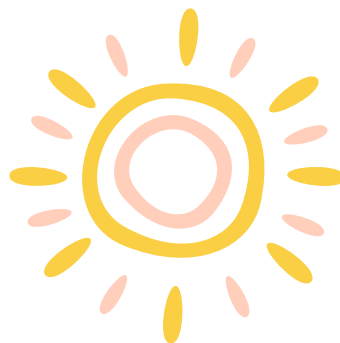
**WORKPLACE ETIQUETTE**

Learn about professional behaviors and communication techniques that will help to ensure a respectful and productive work environment.



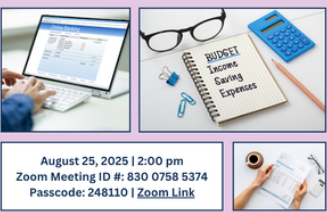
August 11, 2025 | 2:00 pm  
Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

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**Budgeting and financial planning**

Financial literacy is a key life skill for everyone. Join us to learn how to manage your finances, create a budget, and save for future goals!




August 25, 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

**IDENTIFYING GASLIGHTING WITHIN FRIENDSHIPS AND RELATIONSHIPS!**

AUGUST 4TH @ 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@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](#)

**DOES YOUR TRAUMA STILL HAVE A HOLD ON YOU?**

AUGUST 17TH @ 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@ATLANTICCL.ORG](mailto:jwalker@atlanticcl.org) OR (609)748-2253 EXT #3

**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.

AUGUST 28TH @ 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@atlanticcl.org](mailto:jwalker@atlanticcl.org) or (609)748-2253 ext #3



**Identifying Irrational Thinking**

August 21st @ 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@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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