



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

OCTOBER NEWSLETTER 2025 • VOL. 6

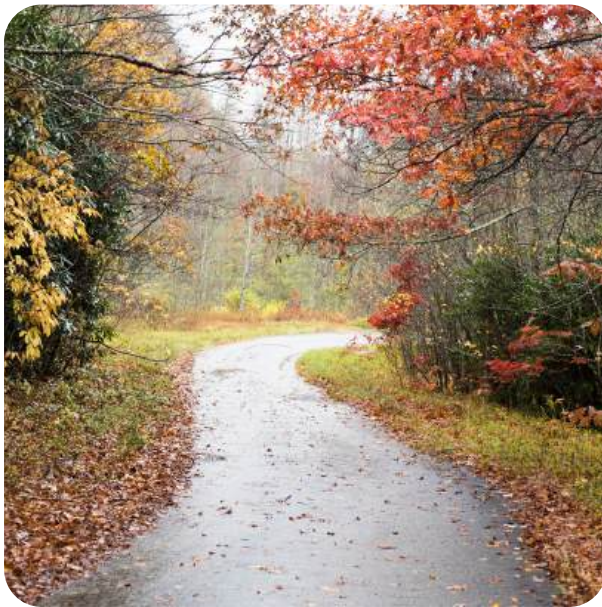


Photo: Paved pathway lined with fall trees

From our ACIL family to yours...

Happy October! As autumn settles in and the leaves begin to turn, we're reminded of the beauty of change and the strength of our community. It's a perfect time to join us at one of our upcoming events. We hope to see you there!

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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.



ACCESS to ART

LOCATION
Piney Hollow Arts Studio,
19 B Central Ave, Hammonton, NJ 08037

DATES
September 10, 2025
October 8, 2025
November 12, 2025
December 10, 2025

TIME
11:00 AM - 1:00 PM

FREE!
REGISTER HERE

Free art classes open to the public!
Adults who are neurodivergent are welcome to attend these free art workshops held once a month at Piney Hollow Arts Studio.

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 Girl Who Drank the Moon* by: Kelly Barnhill

Oct. 21, 23, 28 or 29th (A Tues, Wed or a Thur) (Whoever reaches out with interest in joining us will let you know date once closer to it and when know for sure.)

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: October 18th

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

Atlantic CIL was fortunate to welcome intern Rayyan Khan for two months this summer, and his contributions made a big impact. He joined us through Jewish Family Services (JFS) and quickly became part of the team by helping update presentations, even creating and delivering one himself. Rayyan also joined in on staff meetings and worked directly with consumers, gaining valuable experience along the way.



Photo: ACIL Phone

“I was working with JFS and they connected me with an internship here at Atlantic CIL,” Rayyan explained. “I learned about people with disabilities and the services that are available for them. I researched a few different topics and created life skills presentations. It was great getting to lead a presentation myself. Atlantic CIL is a very nice place to work at, everyone here is very friendly and nice to talk to.”

In addition to his work on presentations, Rayyan’s love of technology proved to be an incredible asset. When the Atlantic CIL phone system went down unexpectedly, he was able to troubleshoot and fix the issue, keeping our operations running smoothly. His skills, positive attitude, and willingness to learn left a great impression on both staff and consumers. We thank Rayyan for his time and wish him continued success in his future endeavors.



Halloween Dance with Faces 4 Autism

FACES 4 AUTISM INVITES YOU TO A



SPECIAL GUEST MJ XPRESSIONS
WITH DJ T-BONE



- 🍌 Wear your costumes!
- 🍌 Everyone is welcome!
- 🍌 Learn the Thriller Dance in the parking lot!

- 🍌 Chris Kaelble Pony rides
- 🍌 Local Agency tables
- 🍌 Sensory toys
- 🍌 Hot dogs & drinks

EVENT DONATIONS?
AGENCY TABLES?
CONTACT TORRES MAYFIELD, SR.
AT 609.377.3081



Saturday | October 25 | Noon -3pm
2900 Fire Road, EHT, NJ 08234



Art Is In The Making at Atlantic CIL



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! All supplies provided.

LOCATION

Atlantic CIL

160 S. Pitney Rd., Units 3 & 4, Galloway, NJ

HELD ON THE SECOND WEDNESDAY OF EACH MONTH

September 10 from 6:00 - 8:00 PM

October 8 from 6:00 - 8:00 PM

November 12 from 6:00 - 8:00 PM

December 10 from 6:00 - 8:00 PM

FREE!

Limited seating available. Email jburke@atlanticcil.org to save your seat.

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



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=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

New Time Health Connection Call | 1st and 4th Wednesdays | 12:30pm | 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 Tadris, 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

Atlantic Center for Independent Living, INC



Monthly Calendar



Activities & Support Groups

October




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

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.



Plan and prepare for emergencies
Sign up for Register Ready

EMERGENCY PREPAREDNESS


October 6, 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@atlanticil.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](#)



COLD AND FLU PREVENTION

October 20, 2025 | 2:00 pm
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

- Create healthy habits
- Learn how to keep you and your community safe during cold and flu season

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



Identify and prevent common hazards
Fire prevention and safety

SAFETY IN THE HOME

October 13, 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@atlanticil.org | 609-748-2253 ext 1007





HALLOWEEN SAFETY

- Trick-or-Treat Safety Tips
- Fun Halloween Trivia

October 27, 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@atlanticil.org | 609-748-2253 ext 1007



DEALING WITH THE LACK OF CONFIDENCE


OCTOBER 2ND @ 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@ATLANTICIL.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](#)



ARE YOU A PROCRUSTINATOR?

LEARNING HOW TO MANAGE YOUR TIME WISELY

October 23rd @ 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@atlanticil.org or (609)748-2253 ext #3



Learning how to set up healthy boundaries

October 9th @ 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@atlanticil.org or (609)748-2253 ext #3



UNDERSTANDING SEASONAL DEPRESSION

It's okay not to be okay.

OCTOBER 16TH @ 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@ATLANTICIL.ORG OR (609)748-2253 EXT #3



Let's enjoy tonight!

HAPPY HALLOWEEN

OCTOBER 30TH @ 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@atlanticil.org OR (609)748-2253 EXT #3

Collaboration Activities



MONDAY

2-3 PM: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500

<https://zoom.us/join/97535873500>

THIS GROUP IS OPEN TO ANYONE INTERESTED IN ADDING TO THEIR WELLNESS TOOLBOX! EACH MEETING INCLUDES AN ACTIVITY AND AN OPPORTUNITY TO SHARE & REFLECT.

5-6 PM: MENTAL HEALTH WRITING GROUP

MEETING ID: 861 6663 5659

<https://zoom.us/join/86166635659>

EACH WEEK, A NEW READING WILL BE PRESENTED ABOUT MENTAL HEALTH. MEMBERS WILL TAKE THE TIME TO WRITE ON THE READING, AND CAN CHOOSE TO READ OFF WHAT THEY HAVE WRITTEN/GIVE FEEDBACK AND REFLECT.

TUESDAY

5-6 PM: LIFE AFTER LOSS

MEETING ID: 850 5917 9372

<https://us06web.zoom.us/join/85059179372>

JOIN US IN OUR OPEN SHARE/TOPIC BASED GROUP DEDICATED TO FINDING COMFORT, JOY, AND GROWTH FOLLOWING LOSS.

* THIS IS A CLOSED GROUP, MEMBERS WILL NOT BE ADMITTED AFTER 5:10PM. *

WEDNESDAY

8-9 AM: SHARE YOUR SUNSHINE

MEETING ID: 890 3553 9203

<https://zoom.us/join/89035539203>

THE PURPOSE OF THIS GROUP IS TO CREATE A COLLABORATIVE SPACE IN WHICH MEMBERS FROM DIFFERENT BACKGROUNDS CAN COME TOGETHER AND FIND CONNECTION, SUPPORT, AND JOY FROM EACH INDIVIDUALS INTERESTS. THE GOAL IS TO CREATE A SPACE THAT NURTURES EMPOWERMENT AND SELF FULFILLMENT. ,

3PM-4PM: BETTER TOGETHER

MEETING ID: 875 6132 4882 <https://us06web.zoom.us/join/87561324882>

TOPIC FOCUSED GROUP - THIS IS A SUPPORT GROUP FOR INDIVIDUALS WHO STRUGGLE WITH A COMBINATION OF PHYSICAL AND MENTAL HEALTH CHALLENGES. TOGETHER WE WILL DISCUSS A TOPIC SURROUNDING THE STRUGGLE OF BALANCING PHYSICAL AND MENTAL WELL-BEING. LET'S SUPPORT EACH OTHER IN OUR JOURNEYS TO WELLNESS!



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



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

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6-7 PM: DEPRESSION SUPPORT GROUP

MEETING ID: 934 5705 3073

<https://zoom.us/join/93457053073>

THIS SUPPORT GROUP IS FOR THOSE LIVING WITH DEPRESSION TO SHARE EXPERIENCES AND RECEIVE SUPPORT FROM OTHERS WHO UNDERSTAND. GROUP MEMBERS BENEFIT FROM MUTUAL SUPPORT AND CONNECTION.

THURSDAY

4-5 PM: LIFE SKILLS

MEETING ID: 870 3716 4227

<https://us06web.zoom.us/join/87037164227>

LEARN ADAPTIVE, POSITIVE WAYS OF DEALING WITH THE DEMANDS AND CHALLENGES OF ALL FACETS OF EVERYDAY LIFE, SUCH AS FAMILY, RELATIONSHIPS, WORK, ENVIRONMENT, SELF-CARE, RESILIENCE, AND MORE.

FRIDAY

2-3 PM: LIGHT BULB- A GROUP FOR YOUR THOUGHTS

MEETING ID: 995 1443 1197

<https://zoom.us/join/99514431197>

DURING THIS GROUP REFLECTION QUESTIONS ABOUT VARIOUS WELLNESS TOPICS WILL BE SHARED AND THEN EXPLORED AS A GROUP. EACH GROUP WE WALK AWAY LEARNING SOMETHING NEW!

4-5 PM: BREAKING BARRIERS

MEETING ID: 885 2514 6106

<https://us06web.zoom.us/join/88525146106>

A SUPPORT GROUP WHERE WE WILL LEARN, GROW, SHARE, AND BECOME MORE EMPOWERED TO BREAK THE BARRIERS TO HAVE EQUAL OPPORTUNITIES TO LIVE THE LIFE WE WANT.

SATURDAY

11 AM-12 PM: PUT OFF PROCRASTINATION

MEETING ID: 891 6577 9251

<https://us06web.zoom.us/join/89165779251>

WHETHER IT'S FINISHING A CHORE, WORKING ON A PROJECT, OR EVEN STARTING A NEW HOBBY, LET'S START PUTTING OFF PROCRASTINATION TOGETHER.

SUNDAY

10-11 AM: OVERCOMING OBSTACLES

MEETING ID: 891 6452 0279

<https://us06web.zoom.us/join/89164520279>

THIS IS A SAFE SPACE FOR INDIVIDUALS WHO HAVE COMMON EXPERIENCES, FEELINGS, AND STRUGGLES WHEN IT COMES TO LIFE'S OBSTACLES. WE'LL SHARE AND DISCUSS OUR WORRIES... WHILE ALSO CELEBRATING OUR SUCCESSES.

7-7:45 PM: MEDITATION

MEETING ID: 927 8257 0162

<https://zoom.us/join/92782570162>

EACH MEETING A 15-20-MINUTE GUIDED MEDITATION WILL TAKE PLACE FOLLOWED BY OPEN SHARING OF REFLECTIONS AND SETTING INTENTIONS FOR THE WEEK.



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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