



ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

AUGUST NEWSLETTER 2026 • VOL. 6

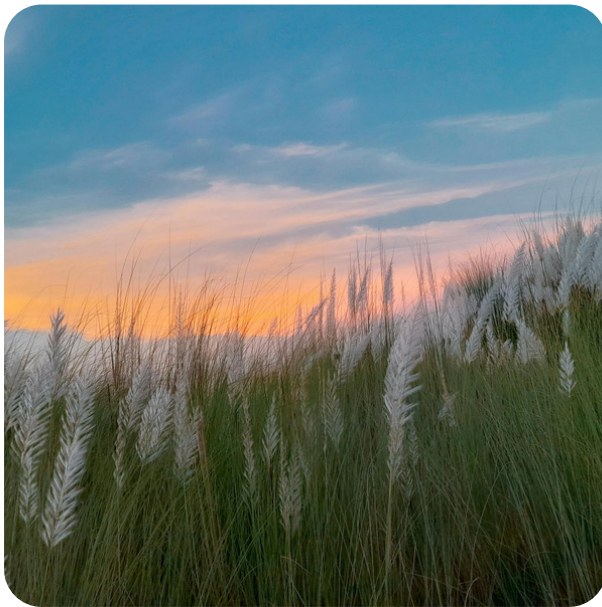


Photo: Beach grass and a sunset summer sky

In this month's edition...

Core Services • Page 2

Community Spotlight • Page 3

Our Stories: Funding Update • Page 4

Ice Cream Social • Page 5

Support Groups & Activities • Page 6 & 7

Calendar & Life Skills • Page 8 & 9

Collaboration Activities • Page 10

From our ACIL family to yours...

We hope you're enjoying the last few weeks of summer and finding time to relax, connect, and make some great memories. Be sure to join us for our Ice Cream Social at Twist in Linwood on Monday, August 25, it's a fun chance to enjoy a sweet treat, catch up with friends, and spend time with the ACIL community. We can't wait to see you there and hope you have a wonderful August!

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 and Thursdays at 5:15pm
 Text "WALK" to (609)418-9488 More Details.



ATLANTIC
 CENTER FOR INDEPENDENT LIVING, INC.



The Ground We Stand On:

Women on Wellness, Safety, Activism, and the Wisdom of Lived Experience

A PANEL DISCUSSION

The first ever **HERizon** IN-PERSON PANEL DISCUSSION: **The Ground We Stand On** Women on Wellness, Safety, Activism, and the Wisdom of Lived Experience

This **FREE** event will take place on Wednesday, September 16, 2026, from 12-1:30pm at Ocean County Library's Mancini Hall in Toms River, NJ.



PANEL MODERATOR
Amanda Chirelli
 Outreach Coordinator
 For The Independent Living
 Department At MOCEANS

**REGISTRATION
 REQUIRED:**



Amanda.Chirelli@moceanscil.org 732-755-0301

Date September 16, 2026
Time 12-1:30pm
Location Ocean County Library
 Mancini Hall
 Toms River, NJ

HERizon
 A WOMEN'S GROUP BY MOCEANS CIL
moceans
 Center for Independent Living, Inc.

PANELISTS

KELLY BOYD
 NJ Office of
 Emergency Management

JENNIFER HARRISON
 Dir. of Policy & Programs
 The Arc of NJ

KRYSTLE ALLEN
 President
 Eyes Like Mine

CARINA MARZEC, BA NJCEM
 Mercer County Office of
 Emergency Management

JACQUELYN GOODEY, BA DRCC
 110 Turning Lanes Around

DAWN MASSABNI
 Don't Shout Me -
 Muddy Mountain Foundation

NJ SILC

NEW JERSEY STATEWIDE
 INDEPENDENT LIVING COUNCIL



IN-PERSON OR VIRTUAL

Public Forum

Monday
August 31, 2026
12:00-1:30pm

Join in-person:
 Hilton Garden Inn
 800 Rt. 130 South
 Hamilton, NJ 08690

Join remotely:
 Zoom Link
 Meeting ID: 810 2491 0755
 Passcode: 215611

Learn about NJ SILC and Centers for Independent Living

Hear about their current systems advocacy activities

Discuss Independent Living issues affecting people with disabilities

Suggest concerns for SILC to address in NJ's 2027 IL State Plan

This Forum is Free & Open to the Public

If you wish to attend in-person or to submit comments to be read at the Forum, please contact Colleen, crocheanjsilc.org or Mary, menearyanjsilc.org by 8/25. Please see the NJSILC website to review the current IL State Plan www.njsilc.org



NFB South Jersey Shore Chapter

10:00am – 12:00pm

Next Meeting: August 15th

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

Funding Update for New Jersey's Centers for Independent Living

New Jersey's Centers for Independent Living (CILs) secured \$1 million in funding in the FY2027 State Budget. This funding comes after the Governor's proposed budget eliminated the entire \$3 million CIL line item, placing independent living services at risk across the state.

This year's budget process presented significant challenges for many organizations across New Jersey. Faced with difficult fiscal constraints, lawmakers were forced to make difficult funding decisions. We appreciate that the Legislature and Governor recognized the importance of Centers for Independent Living by preserving \$1 million in state funding after the Governor's proposed budget eliminated the entire CIL line item.



Photos: ACIL Director, Donald Campbell, advocating for Independent Living at the State House.



Photos: Meeting with the Commissioner of The Department of Human Services at Mocean's CIL



Photos: Disability Advocates Rallying at the New Jersey State House

However, this funding represents only one-third of the investment needed. The full \$3 million state appropriation is the minimum level of state funding required to adequately support New Jersey's Centers for Independent Living. CILs are the only statewide, cross-disability organizations dedicated to serving people with all disabilities, of all ages, throughout every stage of life. Restoring the full \$3 million investment is essential to ensure CILs can continue providing the independent living services and supports that empower New Jersey residents with disabilities to live independently and fully participate in their communities.

This funding would not have been possible without the strong advocacy of the disability community. Consumers, family members, staff, advocates, and supporters contacted legislators, shared their personal stories, attended meetings, testified before legislative committees, and spoke about the importance of independent living services. Their voices helped demonstrate the critical impact that Centers for Independent Living have in every county across New Jersey.

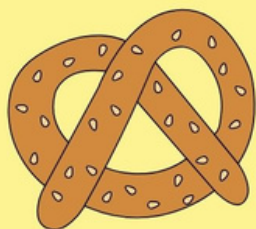
Although the FY2027 budget includes important funding for CILs, our work is not finished. We will continue working with the Governor, the Legislature, community partners, and disability advocates to restore the full \$3 million state appropriation and ensure that every New Jersey resident with a disability has access to the independent living services and supports they need.

We extend our sincere thanks to everyone who advocated throughout this process and to the Governor and members of the Legislature who supported funding for New Jersey's Centers for Independent Living. Your advocacy and support make a meaningful difference in the lives of thousands of New Jersey residents with disabilities, and we look forward to continuing our work together to strengthen independent living services across the state.

You are invited to an Ice Cream Social!

Atlantic CIL's End of Summer

Ice Cream



Social

& Fundraiser

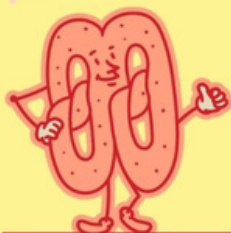


**TUESDAY
AUGUST**

25

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)

CROPS Summer Fridays Program



Photos: CROPS Summer Fridays attendees.

 **FREE** roundtrip
jitney service for 

Fisherman's Park in Atlantic City

Fridays: June 5th - September 18th, 2026



shop at the Farmers Market - purchase fresh fruits, vegetables, and herbs with SNAP/EBT, WIC & senior summer produce vouchers, cash, and card



enjoy the Community Garden - we harvest **free** vegetables & herbs; **free** activities

Exceptions

- June 5th & 12th - jitney & garden activities, but **no Farmers Market**
- July 3rd - **no jitney, no Farmers Market, no garden activities**

★Jitney departure locations and schedule (up to 12 passengers - first come, first served)

Jitney A

- 1) **Community Haven** @3:45pm
35 Virginia Ave, Atlantic City
- 2) **Baltic Plaza** @4:15pm
1313 Baltic Ave, Atlantic City
- 3) **Atlantic City Townhouse** @4:25pm
1330 Mediterranean Ave, Atlantic City

Jitney B

- 1) **Jeffries Tower** @3:45pm
227 N Vermont Ave, Atlantic City
(main lobby entrance)
- 2) **Pleasantville Towers** @4:15pm
156 N. Main St, Pleasantville

★subject to change if necessary

Service provided by



www.cropsnj.org
CROPS Nonprofit
@cropsnonprofit
info@cropsnj.org



ATLANTIC
CENTER FOR INDEPENDENT LIVING...
www.atlanticil.org
Atlantic Center for Independent Living
@atlanticil



Atlantic Center for Independent Living, INC

6

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 | 1pm | 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

Socialization and Wellbeing Group | Tuesday | 1pm | Zoom

<https://us02web.zoom.us/j/88558466172>

Call In: 1-301-715-8592 | Meeting ID: 885 5846 6172

Peer-to-Peer Support Group | 1st Wednesdays | 2pm | Zoom

<https://us02web.zoom.us/j/85449180096?pwd=4NvYwgyaO0zkFbbrL7TLC6M7BjNq1J.1>

Call In: 1-301-715-8592 | Meeting ID #: 854 4918 0096 | Passcode: 485855

Life Skills | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/84002836340?pwd=bc1DUppeQKS5Q7CFMhsNqGbc28bS9x.1>

Call In: 1-646-558-8656 | Meeting ID #: 840 0283 6340 | Passcode: 155686

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 & Thursdays at 5:15pm

Text "WALK" to (609)418-9488 More Details.

Access to Art Classes with the Noyes Museum of Art

Ongoing programming Co-sponsored by Atlantic CIL

Visit <https://noyesmuseum.org> for details.



Atlantic Center for Independent Living, INC

Monthly Calendar



Activities & Support Groups

August

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	4 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	5 <u>Peer to Peer 2pm</u>	6 <u>Life Skills 6pm</u> Community Walk 5:15pm	7 	8
9	10 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	11 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	12	13 <u>Life Skills 6pm</u> Community Walk 5:15pm	14	15
16	17 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	18 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm	19	20 <u>Life Skills 6pm</u> Community Walk 5:15pm	21 Senior Citizens Day	22
23/30	24/31 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u> 	25 <u>Socialization & Wellbeing Group 1pm</u> Community Walk 5:15pm 	26	27 <u>Life Skills 6pm</u> Community Walk 5:15pm	28	29

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.

Job Readiness



Are you ready to make a strong first impression and succeed in the workplace? Learn interview skills, workplace etiquette, and employee expectations.

August 3rd, 2026 | 1:00 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@atlanticcll.org | 609-748-2253 ext. 1007

MONDAY

**Mondays at 1pm with
Independent Living Specialist,
Jamie Burke**
Zoom Meeting ID #: 830 0758 5374
Passcode: 248110 | [Zoom Link](#)

Accessible Transportation



Ready to explore your community on your own? Learn about accessible transportation services and build confidence in planning and completing trips independently.

August 10th, 2026 | 1:00 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@atlanticcll.org | 609-748-2253 ext. 1007

Setting Boundaries



Do you find it challenging to set boundaries in your relationships? Learn how self advocacy can help you establish and maintain healthy boundaries with confidence.

August 17th, 2026 | 1:00 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@atlanticcll.org | 609-748-2253 ext. 1007



Time Management



Do you ever find yourself running late or forgetting important appointments? Learn practical tips to help you organize, plan and prioritize your time.

August 24th, 2026 | 1:00 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@atlanticcll.org | 609-748-2253 ext. 1007

Wednesday



PEER-TO-PEER

Join the conversation! This discussion group is led by our Peer Support Specialist who brings lived experience, personal insight, and a listening ear. Discussion topics will vary and focus on disability related experiences, advocacy, and support.

ZOOM MEETING ID: 854 4918 0096 PASSCODE: 485855 [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Amadeo at aastillero@atlanticcll.org



**1st Wednesdays at 2pm with
Peer Support Specialist, Amadeo Astillero**

Zoom Meeting ID #: 854 4918 0096
Passcode: 485855 | [Zoom Link](#)

THURSDAY



Build confidence and develop everyday skills that support emotional health, positive relationships, and a balanced, independent life.

Thursdays @ 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@atlanticcll.org or 609-748-2253 ext. 83

**Thursdays at 6pm with
Independent Living Specialist, Jenny Walker**

Zoom Meeting ID #: 850 6315 3999
Passcode: 154100 | [Zoom Link](#)

Collaboration Activities



Sponsored by:



CENTER FOR INDEPENDENT LIVING, INC.
160 SOUTH PITNEY ROAD, SUITE 3 & 4
GALLOWAY, NJ 08205
(609) 748-2253 [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

MHANJ's United by Wellness (UBW), Virtual Wellness Center is offering the Whole Health Community, a collection of groups designed to support a whole-person approach to well-being. The Whole Health Community is proudly sponsored by the [Atlantic Center for Independent Living](https://atlanticcil.org). If you are interested in attending these groups, become a member of UBW.

Join UBW here:



7 PM – 8 PM MONDAYS– MENTAL HEALTH WRITING GROUP – FACILITATOR DENISE B.

TOPIC FOCUSED Each week a new reading will be presented about mental health. Members will take about 15 minutes to write on the reading. Afterwards members can choose to read off what they have written/ give feedback and reflect on other's shares. ** Due to this group's structure, participants will not be admitted after 7:30 PM. **

ACTIVITY

2 PM – 3 PM TUESDAYS– COPING SKILLS SUPPORT GROUP – FACILITATOR EMILY MCCALL

ACTIVITY This group is open to anyone interested in adding to their wellness toolbox! Each meeting we will try a new coping skill activity to support resiliency and process stress, and then after the activity, reflections will be shared. Types of activities include meditation, journal prompts, educational videos, and interactive games.

3 PM – 4 PM WEDNESDAYS– BETTER TOGETHER – FACILITATOR BIANCA C.

TOPIC FOCUSED 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!

4 PM – 5 PM FRIDAYS– BREAKING BARRIERS – FACILITATOR CAROLEE M.

ACTIVITY 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.

TOPIC FOCUSED

7 PM – 7:45 PM SUNDAYS– MEDITATION – FACILITATOR LIZZETTE S.

ACTIVITY Each meeting a 15–20-minute guided meditation will take place followed by open sharing of reflections and setting intentions for the week.



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800