

February 2023

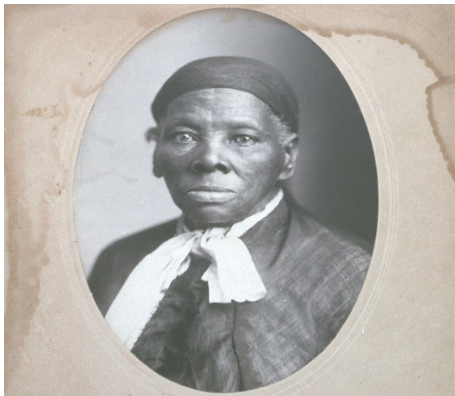
DIAL—Center for Independent Living

DIAL Inside Look



Celebrating Black History Month

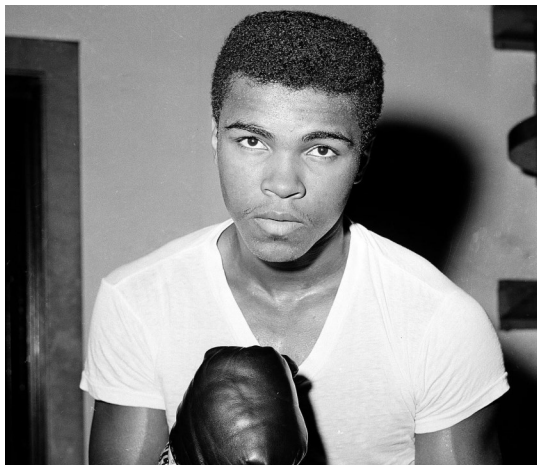
DIAL—Center for Independent Living pays tribute to the following African American's with disabilities who have made major contributions to the world.



Harriet Tubman is one of the greatest Black liberators of all time. She is well known in history for leading hundreds of enslaved people escape slavery in the South. She was plagued by seizures after she was struck in the head when she was a teenager by a slave owner.



Brad Lomax was an essential part of the disability rights movement. He was a member the Black Panther Party and founded the East Oakland Center for Independent Living which provides support and resources to Black individuals with disabilities. He is especially remembered for his vital role in the 1977 504 sit-ins. You can see him in the documentary movie "**Crip Camp**".



Muhammad Ali "The Greatest" was a professional boxer and activist. He is one of the most significant sports figures of our time! Ali was outspoken against the Vietnam War. He contracted Parkinson's Disease three years after retiring from boxing. He became one of the most effective advocates for more government funding for research and treatment of the disease. He died from complications of the disease on June 3, 2016.

"Service to others is the rent you pay for your room here on earth." - Muhammad Ali

In-Person Programs

DIAL—Center for Independent Living is excited to announce the starting of “In-Person” programs. The following groups will be the first to resume:

Passaic Peer Support Group

Thursday, March 2, 2023

Time: 6:00 pm to 7:30 pm

DIAL Office

2 Prospect Village Plaza, Floor 1

Clifton, New Jersey 07013

Essex County Peer Support Group

Wednesday, March 8, 2023

Time: 6:00 pm to 7:30 pm

North End Library—Newark

722 Summer Avenue

Newark, New Jersey 07104



Transportation will be available for both of these programs. The transportation cost shares have been suspended for the time being. Please see flyers for further details.

Everyone is very excited about resuming in-person programs and DIAL staff is looking forward to seeing everyone again!



Public Health Program

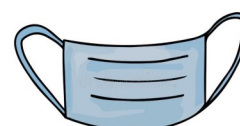
At DIAL, we have been put to the task of developing a wellness program for our Center that will provide Public Health services, referrals, and supports to our consumers. Public health is the science of protecting and improving the health of people and their communities. This includes a broad range of non-medical factors that affect your daily living, health, and wellness. Public health professionals all over work to improve the health of their communities through education and policy making. With this new program, we want to promote living well with a disability and ensure that you can access all your wellness needs.

The program will primarily focus on addressing the following areas: health education, vaccine access and information, nutrition, emergency preparedness, mental health, and safe social interaction. We are hoping to bring vaccine clinics, cooking demos, nutrition workshops, emergency prep courses, and more to DIAL. We want to learn more about the structural and personal barriers that are being experienced in the DIAL community so that we can develop an efficient program, connect you to better supports, and live well together.



Vaccine Support Service Program

Everyone is sick of hearing about COVID-19 and getting vaccinated. This is all we have been hearing about since March, 2020. It is easy to get complacent, but **do not** let your guard down. COVID-19 is still around and will continue to be around for many years to come. DIAL can help you schedule your appointments online, provide transportation to your appointment, provide a support person to go with you to your appointment and also answer any of your questions/concerns regarding the COVID-19 vaccination. Do not delay this important task and make sure you get your vaccinations.





NJ DDS Core Services Program

As part of DIAL's expanded community supports, the agency now can provide assistance in the following service areas:

- Resources to Assist to Secure Housing
- Job Skills Training
- Financial Education Workshops
- Access to Technology Resources
- Food Security/Nutritional Counseling
- Focused Home Supports
- Access to Health/Medical Services
- Increased Options for Community Transportation

If you need help in any of these areas, call the office and speak to a staff member to help you get started today.

BECOME A

MEMBER

JOIN TODAY!

It is that time of year again for DIAL's Membership Drive. Be a part of the Independent Living Movement and purchase a DIAL membership. A Membership Form is included in this months mailer..

DIAL - Center for Independent Living
2 Prospect Village Plaza, Floor 1
Clifton, New Jersey 07013

973-470-8090 Voice
866-277-1733 Toll Free
973-470-2521 TTY