

DIAL Inside Look!



Happy New Year from the Executive Director!

Hello and a very happy, healthy New Year to you and yours! We are excited at DIAL-Center for Independent Living to begin 2019 with a positive outlook and we are anticipating exciting plans for the year ahead. We know it is going to be an amazing year for the organization!

If I had to think of one word we would like to represent 2019, it would be 'Community': Community Connections; Community Partnerships and Community Living.

In the year ahead, the Center is looking to create opportunities for more social activities and group outings regardless of your residence in Essex or Passaic Counties.

DIAL is happy to announce that there will be new and wonderful additions to our growing team. We are also excited to roll out a fresh and updated website, and become a presence on social media as we advance into the year.

Always remember we are here to help you achieve your personal Independent Living goals-whatever they may be-through principles of equal access, choice/self-determination and full inclusion. Please do not hesitate to call our office for any assistance from one of our dedicated staff. Once again, Happy New Year and please come and share in our excitement, optimism, and hope for the year ahead.



Remembering George H.W. Bush

George H.W. Bush recently passed away on December 1, 2018 at the age of 94. He served under Ronald Reagan as Vice President for 2 terms and he served one term as President of the United States from 1989-1993. Bush ran for re election, but lost to Bill Clinton.

George H.W. Bush's presidency was marked by acts of political courage. He was best remembered, legislatively, for his 1990 budget deal. More importantly, in

that same year he signed the Americans with Disabilities Act into law, which expanded the rights and protections of millions of people.

The Americans with Disabilities Act of 1990 is a civil rights law that prohibits discrimination based on disability. It affords similar protections against discrimination to Americans with disabilities as the Civil Rights Act of 1964, which made discrimination based on race, religion, sex, national

origin, and other characteristics illegal. In addition, unlike the Civil Rights Act, the ADA also requires employers to provide reasonable accommodations to employees with disabilities, and imposes accessibility requirements on public accommodations.

Bush's mission was: how do we serve the United States? How do we help the United States? How do we make the United States better? He believed the office was more important than the man and wanted to establish a culture that could succeed.



George H.W. Bush signing the Americans With Disabilities Act into law in 1990.

Martin Luther King, Jr.



“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”
MLK

On January 21st 2019, we will celebrate the life and legacy of a man who brought hope and healing to America. On this holiday, celebrated every 3rd Monday in January, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest. He was the driving force behind watershed events such as the Montgomery Bus Boycott and the 1963 March on Washington, which helped bring about such landmark

legislation as the Civil Rights Act and the Voting Rights Act.

Martin Luther King, Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968.

This holiday is in observance of Mr. King’s birthday which is on January 15th. Plans were underway to designate a national holiday to honor Martin Luther King, Jr. just four days after his assassination. But the holiday did not become a reality until more than a decade later.

It was not until January 20th 1986, put in place by President Reagan, that the first national holiday was observed. That Monday, people across the country held marches and church services to celebrate his legacy.

In California, a freedom train ran from San Jose to San Francisco to honor King, while thousands marched in Birmingham, Ala. As TIME reported in January of 1986, the candlelight vigils, concerts, readings, teach-ins and religious services held throughout the country served as “occasions to recall one of the most painful and dramatic eras of American history.”

“Injustice anywhere is a threat to justice everywhere.”
MLK

The Overlooked Heroes of the Civil Rights Movement

We've all heard of Martin Luther King, Jr., Rosa Parks and Malcolm X, each household names for their involvement with the American Civil Rights Movement in the 1960s. But have you heard of Nannie Helen Burroughs, Bayard Rustin or Ella Baker? Even though they stayed out of the limelight the contributions of these individuals were just as important in fueling the movement as were the legendary figures we learned about in school. In 1909 Nannie Helen Burroughs founded a trade school for black high school and junior college aged girls. This school, the National Training School for Women and Girls, was the hallmark of her career. Common themes featured in the training included racial pride,

respectability, work ethics and community activism. Bayard Rustin was considered the Director of the Civil Rights Movement and worked closely with MLK acting as mentor and chief organizer of the March on Washington where King gave his “I Have a Dream” speech. Without Ella Baker, there would be no Civil Rights Movement. Growing up, she

listened to her grandmother's firsthand stories about slave revolts, which sparked her passion for social justice and equality. In 1931, she joined the Young Negroes' Cooperative League and soon became the group's national director, supporting its mission to develop black economic power through collective planning.



Novartis' 11th Annual 'Disability Mentoring Day'

An estimated 100 High Schoolers from 14 different New Jersey schools took part in career exploration and gained inspiration at Novartis Disability Mentoring Day. The event has been hosted for over a decade and this years 'I CAN' theme was incorporated into onsite activities designed to increase confidence and pave way for future career and educational paths.

"Keynote speaker, Scott Chesney delivered an inspiring talk highlighting his 'I CAN' spirit which describes his determination to live a fulfilling life after being left paralyzed from a sud-

den spinal stroke. Chesney is a world traveler and adventurer and is President of Raise Hope Foundation, which trains, mentors and places those with disabilities and veterans for careers in financial services. His inspirational speech focused on empowerment and the pursuit of dreams."

Companies with strong inclusion policies were invited to participate in the career fair held onsite. Students were able to interact with organizations and discuss opportunities available after high school. One attending company representative said,

"I was inspired by the students' enthusiasm about different job opportunities and how they were excited about our company's involvement in the community."

The students were also introduced to the concept of mindfulness by yoga instructor, Karen Felix. She showed the students how to tap into their own mindfulness to increase confidence. She said, "Mindfulness is hitting the pause button and being present in the moment you're in."

**Dream
Big!**



Passaic and Essex County 'Warming Centers'

Essex County

Belleville Public Library

221 Washington Ave
Belleville, NJ 07109
(973) 450-3434

Bloomfield Public Library

90 Broad St
Bloomfield, NJ 07003
(973) 566-6200

East Orange Public Library

21 South Arlington
East Orange, NJ 07018
(973) 266-5320

East Orange Public Library: Ampere Branch

39 Ampere Plaza
East Orange, NJ 07017

Homeless Emergency Living Partnership

224 Sussex Ave
Newark, NJ 07103
(973) 877-6081

Passaic County

Passaic County Special Intake Line

(877) 652-1148

Paterson Cares

159 Governor St
Paterson, NJ 07501

(973) 610-5449

Clifton Public Library

292 Piaget Avenue
Clifton, NJ 07011
(973) 772-5500

Passaic Public Library

195 Gregory Avenue
Passaic, NJ 07055
(973) 779-0474

Haledon Public Library

510 Belmont Avenue
Haledon, NJ 07508
(973) 790-3808

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." - Martin Luther King, Jr.

DIAL Center for Independent Living



2 Prospect Village Plaza
Floor 1
Clifton, NJ 07013
(973) 470-8090

**Become a DIAL
Member!**

What does DIAL do?

DIAL—Center for Independent Living is a non-residential, non-profit agency that services individuals with disabilities in Passaic and Essex Counties.

DIAL promotes the Independent Living Philosophy which states that people with disabilities should have the same civil rights, options and control over choices in their own lives as do people without disabilities.

DIAL provides an array of programs and services that inform and support individuals with disabilities. The purpose being to achieve the maximum level in independence and control of the decisions and direction of their own lives and promote their full inclusion in society.

Those services include:

- Information and Referral
- Advocacy
- Peer Support
- Independent Living Skills Programs
- Deaf Outreach Service
- Student Transition Services
- Employment Access Services
- NJ Transit Access Link Assessments
- Recreation Program
- Community Transition Services



*"We must accept finite disappointment, but never lose infinite hope."
Martin Luther King, Jr.*

New Year's Resolutions

This Year

BELIEVE THAT ANYTHING IS POSSIBLE

START EACH DAY WITH GOALS

EAT MORE REAL FOOD

BUY GOOD BOOKS AND MAKE TIME TO READ THEM

DRINK WATER

EXERCISE DAILY EVEN WHEN IT SOUNDS LIKE A TERRIBLE IDEA

SHOP FOR QUALITY NOT QUANTITY

PURGE THE UNNECESSARY AND DECREASE CLUTTER

HUG THE ONES I LOVE

FIND THE BEST IN OTHERS

SHOW OTHERS THE BEST IN ME

Did you know that America's top 3 New Years Resolutions every year are to eat healthier/exercise more, quit smoking, and to drink less? Do you have similar goals? You can do it; you can do anything you set your mind to!

A survey taken in December showed the #1 most common New Year's Resolution for 2019 is to cook more. Out of that 77% most people are doing it to either save money or eat a little healthier, but also because people hope to spend time with family more by eating at home. Also out of that 77% about half of them said that they plan to have an entirely meatless day at least once a week.

ARE YOU READY TO QUIT SMOKING?: Ask Yourself...

1. Do I want to quit smoking for myself?
2. Is quitting smoking a #1 priority for me?
3. Have I tried to quit smoking before?
4. Do I believe that smoking is dangerous to my health?
5. Am I committed to trying to quit even though it may be tough at first?
6. Are my family, friends, and co-workers willing to help me quit smoking?
7. Besides health reasons, do I have other personal reasons for quitting smoking?
8. Will I be patient with myself if I backslide?

If you answered "YES" to 4 or more of questions, you are ready to quit smoking. Now is a good time to call the New Jersey Quit Line. 1-866-657-8677 **Visit their website:** <http://njquitline.org/treatment.html>