

May 2023

DIAL—CENTER FOR INDEPENDENT LIVING

DIAL INSIDE LOOK



Green is the color used for awareness in mental health. It signifies new life, new growth, and new beginnings. Green symbolizes the continual awareness of mental health in order to help fight the stigma that is often associated with it.

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

May is Mental Health Awareness Month. Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America (MHA) organization.

Throughout the month, thousands of individuals, organizations, and communities join together to show their support and bring awareness to the topic of mental health by engaging in a range of activities, from sharing on social media to hosting events that are virtual or follow local health guidelines.

In support of Mental Health Awareness Month, DIAL will feature a presentation given by two keynote speakers from the Mental Health Association during the Monthly Independent Living Skills Program. The program will be held on May 30, 2023 and will provide consumers with an overview of Mental Illness and tips on how to improve one's mental health as we transition out of the pandemic.

We invite all consumers, staff, and community members to wear green on May 30th to support mental health awareness.



RITE AID & DIAL VACCINE CLINIC

Rite Aid

1366 Clifton Avenue | Clifton, NJ 07012

Thursday, May 18, 2023 | 11am-4pm

Transportation can be arranged for you! Please let us know if you will need transportation to the clinic by **Friday, May 12.**

DIAL is also offering Amazon gift cards to consumers who get their COVID booster! You do not want to miss this opportunity!

Call the office to register for the Vaccine Clinic or use the link below:

<https://www.riteaid.com/pharmacy/clinical-experience>

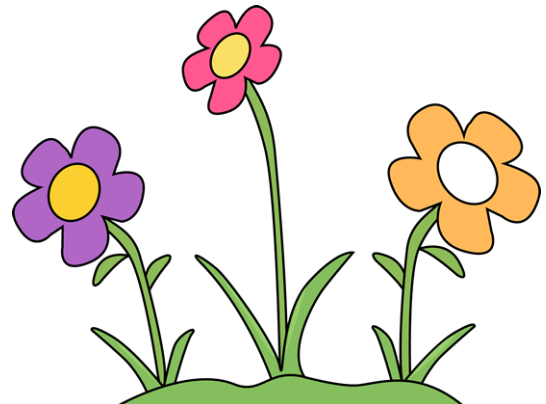
Organization Code: **vbygmd**

Gardening Tips!

April showers bring May flowers!

Here are so tips to help you make that garden grow:

1. If you have trouble bending down, keeping plants in raised garden beds or keeping plants in pots and containers in an easy to reach place will make it easier to care for them.
2. If you have difficulty gripping things, ergonomic garden tools can reduce wrist, hand, and finger stress. They also have adaptable cushion handles. In addition, using long reach tools with attachable extensions can help those in who use wheel-chairs or are unsteady on their feet.
3. If gardening outside, make sure to stay close to shelter or shade during hot summer days to avoid getting burned or heat exhaustion.



NJ DDS Core Services Program

As part of DIAL's expanded services, the agency now can help in the following service areas:

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

**Become a
DIAL member
today!**

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

NY Warriors will be doing a wheelchair rugby demonstration at the Abilities Expo 5/6/23

Mindfulness May

May is Mental Health Awareness Month. To make sure your mental health is at its best you can practice self-care or mindfulness. Self-care is the practice of making sure you are healthy, and happy. Mindfulness is the act of understanding how you feel in the moment. Below are some self-care and mindfulness tips to help you feel your best:

1. **Practice breathing exercises:** When you might be feeling overwhelmed, take a moment to sit in a quiet space, close your eyes, inhale through your nose, exhale through your mouth and count to ten until you feel relaxed.
2. **Stay active:** Taking a short 30-minute walk daily can greatly improve not only your mood but health. Guided yoga tutorials online can be another alternative.
3. **Gratitude:** When you wake up in the morning, taking a moment to list 3-4 things you are thankful for can help you start your day on a positive note.
4. **Treat yourself with kindness:** Making sure you are making healthy food choices, getting enough sleep, and practicing good hygiene are ways you can be kind to yourself.

DIAL PROGRAMS

DIAL—Center for Independent Living “In-Person” programs.

Passaic Peer Support Group

Thursday, June 1, 2023

Time: 6:00 pm to 7:30 pm

Clifton Main Library

292 Piaget Ave

Clifton, New Jersey 07011

Essex County Peer Support Group

Wednesday, June 14, 2023

Time: 6:00 pm to 7:30 pm

REMOTE

DIAL CENTER FOR INDEPENDENT LIVING

2 Prospect Village Plaza, Floor 1
Clifton, New Jersey 07013

(973) 470-8090 - Phone
(973) 556-0226 - Video Phone
(973) 470-2521 - TTY

Transportation will be available for Passaic program. The transportation cost shares have been suspended for the time being. Please see flyers for further details.



Memorial Day - May 29, 2023

“Our nation owes a debt to its fallen heroes
that we can never fully repay.”

~Barack Obama

Memorial Day is the day to remember all
our fallen heroes.

Thank you to the brave men and women
who have made the ultimate sacrifice for our
freedom.