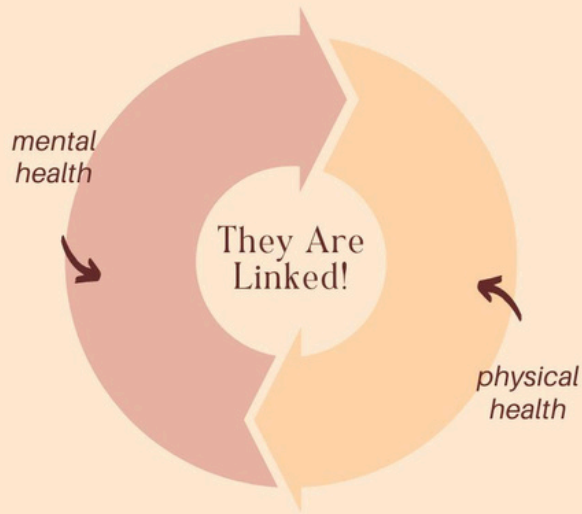


# Inside Look

## Reminder

August is National Wellness Month!



## National Wellness Month

The month of August is recognized as National Wellness Month. This occasion highlights the importance of overall wellness which includes physical, mental, spiritual, and emotional health. Many times, people often neglect participating in self-care due to busy lifestyles, obligations, and life stressors. This event serves as a reminder how important it is to prioritize your health so that you can live a happy and healthier life.

### Here are a few ways to enhance your self-care routine:

#### 1 Drink water

Drinking 8-10 cups per day will keep your body hydrated and functioning.

#### 2 Sleep

Stay committed to getting 8 hours of sleep every night. Adequate sleep can reduce stress and improve your mood.

#### 3 Exercise

30 minutes per day can help you maintain a healthy weight, increase energy, and improve overall health.

#### 4 Relaxation

Think of fun activities that brings you joy. Reading a book, listening to music, yoga, meditation, and journaling are examples of activities that can help lessen the stress effects on your mind and body.

#### 5 Mindfulness

Take time to self-reflect on what you are grateful for in life. This practice improves your emotional well-being.

#### Reminder:

A small change in self-care can have a positive impact on your life. It is a great time to invest and engage in your wellness.

Source: <https://thriveworks.com/help-with/mental-health-awareness/national-wellness-month/>

# Recreation Corner



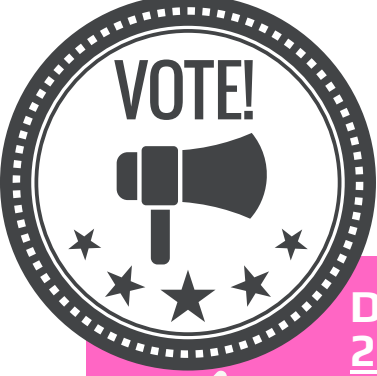
Lots of fun activities at the DIAL Recreation Program in the month of July! The month began with a 4th of July craft. This craft was made from a paper plate and finished with paint and scissors. The result was a 4th of July firecracker!

Jennifer Salt a Nutritionist from Rutgers Coop came and conducted a cooking class with the consumers. Everyone got their own cutting boards and helped to cut various vegetables such as cucumbers, peppers, onions and tomatoes for a delicious salad. Everything was tossed together and topped off with a homemade ranch or Greek salad dressing. Everyone agreed that not only was this a healthy and nutritious dish, but it tasted great!

If you are interested in joining the DIAL Recreation Program and live in Passaic County, please contact Susan Kramer at [skramer@dial-cil.org](mailto:skramer@dial-cil.org) or call the office at 973-470-8090.







# DIAL Annual Election

DIAL's Annual Election will be held on Tuesday, October 29, 2024 during the monthly Independent Living Program. All election candidates are encouraged to attend this very important meeting, so the membership has a chance to meet you before the voting begins. All paid DIAL members are eligible to vote. If you cannot make the election meeting, you can get an absentee ballot. Please call the office to find out how to become a DIAL member. We look forward to seeing everyone at the annual meeting.

## DIAL Craft Night

On July 18th, 2024 consumers were able to participate in a night of creativity at the DIAL office for a craft night. During the activity, consumers were provided with a variety of supplies such as acrylic paint, rhinestones, glitter glue, and stencils to design their own stunning reusable tote bags!



# UPCOMING EVENTS

## INDEPENDENT LIVING SKILLS PROGRAM

**Sustainability Workhop**  
**Time: 6:30pm-8:30pm**  
**Clifton Senior Barn**  
**900 Clifton Ave. Clifton ,**  
**New Jersey 07013**

**AUG.**  
**27**

**LAST CHANCE!**

**DIAL PICNIC**  
**REGITRATION**  
**DEADLINE:**  
**AUGUST 30TH,**  
**2024**

## DIAL PICNIC

**We are excited to announce the return of our annual picnic on Saturday, September 14, 2024. There will be music, food, BINGO, and a big DRAWING for some great prizes. There will be lots of fun for everyone. Look in this month's mailer to get more information and send in your admission form today!**

**SEPT.**  
**14**

## ADVISORY COUNCIL

**The DIAL Advisory Council currently has openings ! The Advisory Council plays an important role in the agency by representing the consumers and their needs. To be on the Council, you will need to make a commitment to attend 3 out of 4 meetings a year. Please contact the office to get a Candidate Profile form which is due by August 23, 2024. We will also need a brief biography. The elections will be held on October 29, 2024 during the monthly Independent Living Program. Be a part of the Independent Living Movement and join today!**

**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**

