

WORLD LOOK

APRIL
AUTISM
 AWARENESS MONTH



Celebrating Autism Acceptance

Autism or Autism Spectrum Disorder (ASD) is a developmental disability derived from the brain. Individuals with Autism face challenges in social skills, speech, learning, repetitive behaviors, and nonverbal communication.

April is known as World Autism Awareness Month. Specifically, the United Nations sanctioned World Autism Awareness Day on April 2nd. This significant event focuses on increasing understanding, fostering worldwide support, appreciation, and acceptance of Autism. Not only that, but it also recognizes autistic advocates who act fearlessly for change so that individuals with autism are treated equally.

Here are some interesting facts about individuals with Autism:

- It is more common in boys than girls at a 4:1 ratio.
- Have great memory and are detail oriented.
- More creative and passionate in music, dance, art, theater, or math.
- Sometimes have a condition called synesthesia, where sensory information is experienced through sound or color.

Sources:

- <https://www.autismspeaks.org/world-autism-awareness-day>
- <https://www.cdc.gov/ncbddd/autism/facts.html>
- <https://www.goldenstepsaba.com/resources/fun-facts-about-autism>



DIAL Recreation Corner

On March 14, 2024, the DIAL Recreation Program was lucky to have psychic medium and spiritual healing guide Amanda Staab of Trueheart Healing visit.

Ms. Staab began by having consumers sit in a circle and by explaining to consumers that she is going to take them on a shamanic journey which consumers were transported through meditation into an altered state of consciousness where they can engage and interact with spirits who can express themselves to consumers. She then gave consumers maracas to call spirits into the ceremony.

Staab then took consumers into a shamanic journey through meditation. After the shamanic journey consumers and Ms. Staab discussed how the journey made them feel and any messages, they feel they have received while in the altered state. Consumers had a great experience on their shamanic journey and were able to learn a lot during shamanic journey. If you are interested in joining in on our fun and live in Passaic County, please contact Susan Kramer at skramer@dial-cil.org or call 973-470-8090 ext. 306.



Spring into Motion: Accessible Trails

While spring officially starts in March, April is really when this stunning, invigorating season starts to feel like it's happening. Formerly barren trees burst into a million tiny blossoms, you get a handful of long, perfect days, and everyone is just in a good mood.

Take advantage of some great weather and go out for a stroll or a light jog. TrailLink.com and AllTrails.com are a few websites that have reviews to trails all over with descriptions, photos, and different terrain for your accessibility preference. If you want to step it up a notch and are interested in getting assistance with adaptive sports equipment, The Challenged Athlete Foundation issues grants to individuals with permanent physical disabilities worldwide.

The Importance of Technology Literacy

In today's current day and age, staying educated when it comes to advancements in technology, can be an essential part of Independent Living. While learning a new skill can be scary for many, ensuring that you understand how to use technology to your benefit can greatly increase an individual's quality of life when it comes to accessing information, and even staying in contact with family and friends.

Don't know where to start? Below find a list of local agencies that provide free or low cost computer training:

- **Local Public Libraries:** Contact your local public library to request more information on computer training.
- **XFinity: xfinity.com** offers an "Internet Essentials Learning Center" where individuals can explore a variety of online training videos at no cost.
- **DIAL - Center for Independent Living:** Contact DIAL staff at 973-470-8090 for more county/ city referrals.

The Future of DIAL Inside Look

In the coming months, DIAL will be transitioning our beloved DIAL Inside Look and all the flyers via online distribution. What does that mean for you? It means you need to call the agency and make sure the email address we have on file is up to date. If you do not have an email, make one. If you need help making an email account, call us. What if you do not have a laptop or iPhone? Call the agency and we might be able to get you a technology device. You do not know how to use a laptop/iPhone? We can help you with referrals to teach you how to use your new device. Technology is the future, and it makes everything easier. Call the office and we will help you make the transition.



Save the date: DIAL Upcoming Events :

Date: April 30th, 2024

Time: 6:30pm—8:30pm

Clifton Senior Barn

900 Clifton Ave. Clifton , New Jersey 07013

Independent Living Skills Program

Date: May 2nd, 2024

Time: 6:00pm—7:30pm

Clifton Main Library

292 Piaget Ave. Clifton , New Jersey 07011

Passaic County Peer Group

Date: May 8th, 2024

Time: 6:00pm—7:30pm

Remote

Essex County Peer Group

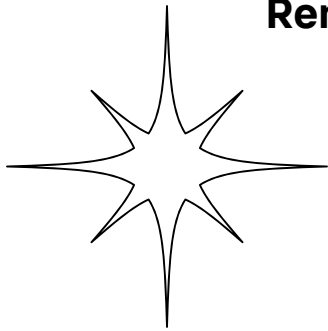
Date: May 23rd, 2024

Time: 6:00pm—8:00pm

Parkway Lanes

200 US-46, Elmwood Park, NJ 07407

Bowling Event



Date: Tuesdays & Thursdays

Time: 10:00am-2:00pm

Boys & Girls Club of Clifton

822 Clifton Ave., Clifton New Jersey 07013

DIAL Recreation Program (Passaic County)

**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**

