



INSIDE LOOK

A Dive into: Independent Living Philosophy

Independent Living Centers all around the U.S., including DIAL, urge all individuals with disabilities to learn and know about Independent Living Philosophy. Independent Living is much more than a philosophy, but a way to guide the decisions we make reinforcing a way of life that states we all have the right to self-determination and freedom to make decisions for ourselves regardless of disability. Additionally, Independent Living Philosophy goes beyond the self-reflection of an individual but looks at the larger community. Independent Living Philosophy emphasizes the importance of removing and limiting barriers within communities so that all individuals have access to education, resources, employment, and much more to live the life they want to live without having to leave the communities they were born into.

A major aspect to Independent Living Philosophy is advocacy. Whether you are advocating for yourself or others, advocacy is a great tool to use when you have goals you want to achieve. With advocacy you can address your needs and concerns, which in turn impacts individuals with similar needs to yours. Acts such as advocating for others, whether its by educating the community, or participating in actions such as lobbying are important ways to make changes towards a world that recognizes Independent Living Philosophy.



KEEPING UP WITH 2024 ELECTIONS



Primary Voting and Party Affiliation:

- Voters wishing to change their party declaration must do so by Wednesday, April 10, 2024.
- Unaffiliated voters may declare their party affiliation and vote at the polls during in-person early voting or on Primary Election Day.
- Unaffiliated mail-in voters must declare their party by Tuesday, May 28, 2024 to receive a mail-in ballot by mail, or by 3:00 p.m. on Monday, June 3, 2024 to be issued a ballot in person or by authorized messenger from the County Clerk's Office.

If voters need assistance or have any questions, their local, county, and state election officials are available to help. Voters can reach out to their County Clerk, County Board of Elections, County Superintendent of Elections, or call the state voter information/protection hotline at 1-877-NJVOTER (1-877-658-6837). For more information on voting, visit Vote.NJ.Gov.

ELECTION DATES & INFORMATION TO REMEMBER:



- The 2024 General Election will be held on **Tuesday, November 5, 2024.**
- The 2024 Primary Election will be held on **Tuesday, June 4, 2024.**
- In New Jersey, only Democrats and Republicans may vote in a Primary Election.
- You must vote the ballot of the party of which you're affiliated.

ALL ABOUT: *March*

From the first signs of Spring to the start of Daylight-Saving Time, March is a month full of new beginnings. As the third month of the year, Mother Nature begins to show off her colors in lively blooms. With St. Patrick's Day on the 17th and Easter on the 31st, it's a month for major holidays and gatherings. Every single day of March has at least one special day to observe, from celebrating women's history all month long to acknowledging other important days such as March 2, World Down Syndrome Day to March 26 Epilepsy Awareness Day (also called Purple Day). Some other important topics are Multiple Sclerosis Awareness Month, National Cerebral Palsy Awareness Month and National Brain Injury Awareness Month.

**DID YOU
KNOW?**

Fun Facts about March:

- March was named for the Roman God of War Martius.
- The zodiac sign's for March is Pisces (February 20th to March 20th) and Aries (March 21st to April 20th)
- In ancient roman calendars one year was 10 months long beginning in March and ending in December.
- Daylight savings time starts of Sunday March 10, 2024.
- The birthstone for March is Aquamarine.
- The birth flower of March is the daffodil.
- March is the month when animals wake up from hibernation.
- The first professional baseball association formed in March of 1871.
- Alexander Graham Bell made the first telephone call in March of 1876.
- Coca-Cola was invented by John Pemberton in March 1886



DIAL - EVENTS SCHEDULE

**MAR
26**

MONTHLY INDEPENDENT LIVING SKILLS PROGRAM

Time: 6:30pm—8:30pm

Clifton Senior Barn

900 Clifton Ave. Clifton, New Jersey 07013

PASSAIC COUNTY PEER GROUP

Time: 6:00pm—7:30pm

Clifton Main Library

292 Piaget Ave. Clifton, New Jersey 07011

**APR
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**APR
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ESSEX COUNTY PEER GROUP

Time: 6:00pm—7:30pm

Remote Until Further Notice

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