



# INSIDE LOOK



## November is National Gratitude Month:

National Gratitude Month in November encourages us to embrace the power of gratitude.

Gratitude is more than simply saying “thank you.” Practicing daily gratitude can shift us from focusing on the negative to appreciating what is positive in our lives, giving us a deeper connection to ourselves, the world around us, and to our Creator.

With the Thanksgiving holiday, November is a time to celebrate and give thanks. There is always a reason to be grateful, and practicing gratitude is proven to increase happiness and health.

Here are 5 ways you can practice gratitude:

1. Keep a Gratitude Journal – Every day write down a list of people or things that you’re grateful for, it does not matter if you repeat the list every day.
2. Wake up and express gratitude for three things – As soon as you wake up, try to think of three things you’re grateful for. This can give you a positive mindset to start your day.
3. Show appreciation to others – be kind and let people around you know how much you appreciate them, including family, friends, and coworkers.
4. Say “Please” and “Thank you” – use these words more often and with everyone around you. Showing kindness and respect will make people treat you the same way, let’s create a cycle of kindness!
5. Take a moment throughout the day to recognize the beauty around you.

*Grateful  
and  
Thankful*



## Fall is in the Air... So Are Respiratory Viruses:

As we head into cold and flu season, New Jerseyans are encouraged to take precautions to keep themselves and their loved ones healthy.

Basic strategies to prevent the spread of viruses include staying up to date on your vaccinations, washing your hands often, coughing or sneezing into your elbow, and staying home if you're feeling or are sick.

Check with your health care provider to learn how best to protect yourself and your family from the flu, COVID-19, and RSV, especially if you have a weakened immune system.

DIAL has an assortment of KN95, N95, surgical masks, sanitizers, gloves and COVID-19 Instant Test Kits. Call the office 973-470-8090 to get your personal protective equipment today and stay safe!

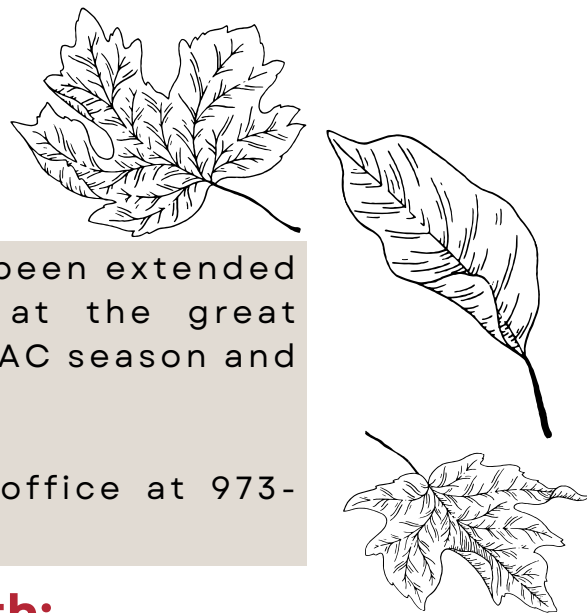
## DIAL - Recreation Corner



DIAL Recreation during the month of October was lucky enough to welcome Shirley Bock and Arleen Sullivan who came to DIAL Recreation on the 5th of the month to do two crafts with our consumers. The first craft they did was for a collage that Ms. Bock and Sullivan were working on containing butterflies. Consumers got to paint their own butterflies to be part of the collage. The second craft these two women did with our consumers was giving them consumers stencils to create their own works of art using colored pencils. If you are interested in joining in on our fun and live in Passaic County, please contact Susan Kramer at [skramer@dial-cil.org](mailto:skramer@dial-cil.org) or call 973-470-8090 ext. 306.



NJPAC



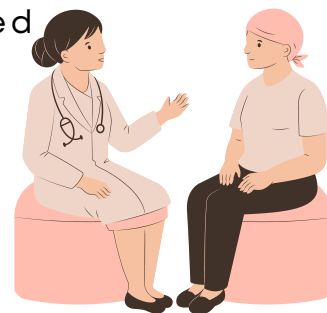
The deadline to purchase NJPAC tickets has been extended until November 30, 2023! Take a look at the great selection of performances for this year's NJPAC season and get your tickets today.

If you have any questions, please call the office at 973-470-8090.

## November is National Diabetes Month:

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems. Here are some tips to manage diabetes:

1. **Take small steps toward healthy habits:** Plan healthy meals, get enough rest, and stay active.
2. **Take your medicines on time.**
3. **Reach or maintain a healthy weight.**
4. **Take care of your mental health:** If you are feeling stressed or overwhelmed, joining a support group or talking to a health care professional may be beneficial.
5. **Work with your health care team.**



# Fall Fun Near You: .....



## Passaic County

1. **Free Rabies shot:** Clifton Health Department is hosting their annual free rabies vaccination clinics for dogs on November 15, 2023 from 5 pm to 7 pm. **Find more information online at:**

<https://thecliftontimes.com/g/clifton-nj/e/219612/clifton-health-department-rabies-vaccine-clinic>

**Location:** DPW Garage, 307 East 7th Street Clifton, NJ 07011

2. **Thrift Sale :** Come treat yourself to some thrifty treasures, as well as some hand-crafted items! There will be something for everyone! Admission is free.

Saturday, November 4 · 10am - 3pm EDT

**Location:** 345 Lafayette Avenue Hawthorne, NJ 07506

**Find more information online at:**

<https://www.eventbrite.com/e/friends-of-louis-bay-2nd-fall-rummage-sale-tickets-735264284267>



## Essex County



1. **The Newark Museum of Art:** A celebration of Hispanic Heritage Month! This lively event will feature an incredible lineup of Latinx performers and artmaking activities that pay tribute to Hispanic culture. Don't miss this. The event is being held on Wednesday, November 1st from 7 - 9 PM **Location:** 49 Washington St, Newark, NJ

2. **Free Astrology class:** Unlock the hidden power of astrology and discover your true self in this FREE 4-day workshop starting Monday, November 13th from 1 - 3 PM.

**Location:** Newark Municipal Court 31 Green St, Newark, NJ

**Find more information online at:**

<https://www.eventbrite.com/e/learning-astrology-for-self-alignment-and-development-newark-tickets-722984454967>



## Holiday Meals:

### Passaic County:

1. **Salvation Army** - Passaic - On Thanksgiving and Christmas Day, the Salvation Army of Passaic will serve dinner for anyone in the community in need of a meal. **Location:** 550 Main Avenue, Passaic, NJ 07055
2. **Oasis** - A Haven for Women and Children - Hosts a Thanksgiving Luncheon on the Tuesday before Thanksgiving. A free turkey will be given to all women. **Location:** 59 Mill Street, Paterson, NJ 07501
3. **Salvation Army - Montclair Citadel** - Provides a sit-down Thanksgiving meal for individuals in need. **Location:** 13 Trinity Place, Montclair, NJ 07042



### Essex County:

1. **Irvington Neighborhood Improvement Consortium** - Provides Thanksgiving Food Baskets and Holiday gift assistance for Irvington residents in need. **Location:** 346 16th Avenue, Irvington, NJ 07111
2. **Saint James Social Service Corporation (SJSSC)** - Provides Thanksgiving and Christmas food baskets, and toys for children of families in need. **Location:** 604 Dr. Martin Luther King Jr Boulevard, Newark, NJ 07102
3. **East Orange / Orange Community Development Corporation** - A holiday assistance program is available for individuals and families who live in East Orange, Orange, South Orange, or West Orange. Programs include: - Thanksgiving food baskets - Holiday toy distribution (children, ages 1 through 12). **Location:** 37 Evergreen Place, East Orange, NJ 07018

## Upcoming Events

### **Shining Stars Celebration**

**Date: November 28th, 2023**

**Time: 6:30pm - 8:30 pm**  
**Location: Clifton Senior Barn**

**900 Clifton Avenue**  
**Clifton, New Jersey**  
**07013**

**Join us as we come together to celebrate consumers who have made remarkable achievements. Please note the November Independent Living Program will be the last program for the 2023 year. Programming will resume in February of 2024.**

**\*TRANSPORTATION DEADLINE: NOVEMBER 21ST, 2023**

### **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**