

August 2023

DIAL - Center for Independent Living

# Inside Look

## Celebrate National Financial Awareness Day

August 14th is National Financial Awareness Day . This is a great time to take a moment to reflect on your current financial situation compared to your financial goals. Managing your money can certainly be stressful at times but you can achieve your goals with the help of these financial tips:

1. **Track your spending**—Separate your spending into categories such as bills versus nonessential spending (shopping or food).

2. **Create a savings account**— A savings account is vital when it comes to meeting financial goals. Starting small and putting as low as \$10-\$20 into your savings until you meet your goal will pay off in the long run.

3. **Create a monthly budget**— Allowing yourself to have monthly spending limits will ensure you don't overspend.

4. **Speak to a financial advisor**— If you are unsure of where to start speaking to a financial advisor is a great place to address any questions or concerns you may have about your finances. DIAL offers free financial skills workshops to consumers who may be interested. Contact **(973)470-8090** to learn more!



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# Fun Facts about August

- ◇ **Meaning of the Word August: Inspiring reverence or admiration**
- ◇ **Zodiac Signs: Leo August 1<sup>st</sup>-22<sup>nd</sup> and Virgo 23<sup>rd</sup>-31<sup>st</sup>**
- ◇ **Bird of the Month-Kingfisher**
- ◇ **Plant of the Month- Gladiolus**
- ◇ **Birthstones- Peridot and Sardonyx**
- ◇ **Birth Flowers: Gladiolus and Poppy**
- ◇ **August Holidays: National Watermelon Day (August 3<sup>rd</sup>)**  
     **National Underwear Day (August 5<sup>rd</sup>)**  
     **National Lazy Day (August 10<sup>th</sup>)**  
     **National Tell a Joke Day (August 16<sup>th</sup>)**  
     **National Kiss and Make-Up Day (August 25<sup>th</sup>)**  
     **National Just Because Day (August 27<sup>th</sup>)**

**Summer  
Word Search**

W	U	F	L	O	A	T	U	H	O	T	M
A	P	O	P	S	I	C	L	E	I	V	F
V	W	A	T	E	R	M	E	L	O	N	J
E	O	S	R	Q	W	A	T	E	R	P	S
S	U	N	G	L	A	S	S	E	S	O	W
S	U	N	Z	B	E	A	C	H	G	O	I
H	C	A	M	P	F	U	N	K	M	L	M
M	S	U	M	M	E	R	H	I	C	E	X

BEACH  
CAMP  
FLOAT  
FUN  
HOT  
ICE  
POOL  
POPSICLE  
SUMMER  
SUN  
SUNGLASSES  
SWIM  
WATER  
WATERMELON  
WAVE

## Advisory Council

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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 25, 2023. We will also need a brief biography. The elections will be held on September 26, 2023 during the monthly Independent Living Program. Be a part of the Independent Living Movement and join today!

## DIAL's Annual Election

DIAL's Annual Election will be held on Tuesday, September 26, 2023 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.

## Rutgers Center for Disability Sports

The Center for Disability Sports, Health, and Wellness in Rutgers was founded with the understanding that having a healthy community of individuals is the first step to economic, social and political empowerment. The Center understands the importance that healthy living has on individuals' attitude and success. One in five Americans has a disability, many of them are underserved as it relates to sports and recreation programs and access to exercise facilities and proper information on nutrition. Adaptive sports and exercise both have an important role for students with disabilities, the general student body and staff. By providing a platform and starting point the center could be instrumental in ensuring inclusion through sports and exercise. The Center for Disability Sports, Health and Wellness currently works with students, staff and community partners on disability issues that educate our students while enhancing the community of individuals with disabilities in New Jersey and is working with students through the department internship program on various projects to enhance the lives of individuals with disabilities on campus and throughout New Jersey. These include sports and recreation programs, exercise programs and online education.

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## Upcoming Events:

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### Monthly Independent Living Skills Meeting

August 29th, 2023

Time: 6:30pm—8:30pm

Clifton Senior Barn

900 Clifton Ave.

Clifton , New Jersey 07013

### Passaic County Peer Support Group

September 7th, 2023

Time: 6:00pm—7:30pm

Clifton Main Library

292 Piaget Ave.

Clifton , New Jersey 07011

### Essex County Peer Support Group

September 13th, 2023

Time: 6:00pm—7:30pm

Remote

**\*For all consumers, any transportation cancellations should be done though DIAL 3 days before the date of the event.**

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## DIAL- Center For Independent Living

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**2 Prospect Village Plaza**

**Floor 1**

**Clifton, New Jersey 07013**

**(973) 470-8090—Phone**

**(973) 556- 0226—Video Phone**

**(973) 470- 2521—TTY**

**BECOME  
A DIAL  
MEMBER  
TODAY !**