

March 2023

**DIAL—Center for Independent Living**

# DIAL Inside Look



## **March is National Nutrition Month**

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year marks the 50th anniversary of National Nutrition Month. This year's theme, "Fuel for the Future," highlights the importance of fueling our bodies at every age and eating with the environment in mind.

Academy of Nutrition and Dietetics recommends the following tips for fueling your body with sustainable foods:

- Eat with the environment in mind.
- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

## **Free At Home Covid-19 Tests**

Free at home COVID-19 tests are now available. Order them while supplies last by going to the website below and clicking "Order Free At-Home Tests" or give them a call at 1-800-232-0233 (TTY 1-888-720-7489).

[www.covid.gov/tests](http://www.covid.gov/tests)



#### Irish Limerick

There once was a  
mid-March holiday  
when people would  
gather and say, "St.  
Patrick's Day's here

Let's wear green  
and give cheer,"  
And then they'd  
party the night  
away.

~ Anonymous

## Abilities Expo—2023

The New York Metro Abilities Expo will be held on May 5–7, 2023 at the New Jersey Convention & Expo Center in Edison, New Jersey. Test drive the latest products, Push limits with adaptive activities, and consult experts from the disability community. You do not want to miss this FREE event! Look for more information and details on the Abilities Expo in next month's mailer.

DIAL is considering chartering a bus leaving from the Clifton office to the Abilities Expo. You will need to have your own transportation to and from the DIAL office in Clifton. If you are interested in attending this event, please call the DIAL office at 973-470-8090 by March 20, 2023.

## DIAL Independent Living Program

The Annual DIAL Independent Living Program Surveys should have arrived in your mailbox. DIAL conducts this survey every year to get your ideas and input on what the topics to present at the monthly IL Programs. Please take the time to mark which topics are of importance or interest to you. If you do not see a topic listed, then write in your idea at the bottom of the form. The forms need to be sent back to the office no later than March 31, 2023. If you require alternative format for this survey, please contact the office for accommodations. Send your forms back today!

## Public Health Program

The public health program focuses on addressing the following areas: health education, vaccine access and information, nutrition, emergency preparedness, mental health, and safe social interaction. We are hoping to bring vaccine clinics, cooking demos, nutrition workshops, emergency prep courses, and more to DIAL. We are continuing to learn more about the structural and personal barriers that are being experienced in the DIAL community so that we can develop an efficient program, connect you to better supports, and live well together.



# NJ DDS Core Services Program

As part of DIAL's expanded services, the agency now can help in the following service areas:



- Assistance to Secure Housing
- Job Skills
- Financial Skills Training Workshops
- Access to Technology Resources
- Food Security/Nutritional Counseling
- Focused Home Supports
- Access to Health/Medical Services
- Increased Options for Community Transportation

If you need help in any of these areas, call the office and speak to a staff member to help you get started today.

**Become a DIAL  
member today!**

## What does DIAL do?

DIAL—Center for Independent Living is a non-residential, non-profit agency that services individuals with disabilities in Passaic and Essex Counties.

DIAL promotes the Independent Living Philosophy which states that people with disabilities should have the same civil rights, options and control over choices in their own lives as do people without disabilities.

DIAL provides an array of programs and services that inform and support individuals with disabilities. The purpose being to achieve the maximum level in independence and control of the decisions and direction of their own lives and promote their full inclusion in society.

Those services include:

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| - Information and Referral           | - Student Transition Services        |
| - Advocacy                           | - Deaf Outreach Services             |
| - Peer Support                       | - NJ Transit Access Link Assessments |
| - Independent Living Skills Programs | - Recreation Program                 |
| - Health & Wellness Services         | - Community Transition Services      |

## In-Person Programs

DIAL—Center for Independent Living “In-Person” programs.



### **Passaic Peer Support Group**

Thursday, April 6, 2023

Time: 6:00 pm to 7:30 pm

DIAL Office

2 Prospect Village Plaza, Floor 1

Clifton, New Jersey 07013

### **Essex County Peer Support Group**

Wednesday, April 12, 2023

Time: 6:00 pm to 7:30 pm

North End Library—Newark

722 Summer Avenue

Newark, New Jersey 07104

Transportation will be available for both of these programs. The transportation cost shares have been suspended for the time being. Please see flyers for further details.

### **Passaic County free activities**

Free Admission Days at the West Milford Museum

1477 Union Valley Rd,

West Milford, NJ

3/18/23 and 3/25/23

St Patrick's Day Parade West Orange 2023

Sunday 3/12/23

11:15 am - 1 pm

Main St in West Orange, NJ



DIAL - Center for Independent Living  
2 Prospect Village Plaza, Floor 1  
Clifton, New Jersey 07013

973-470-8090 Voice

866-277-1733 Toll Free

973-470-2521 TTY