

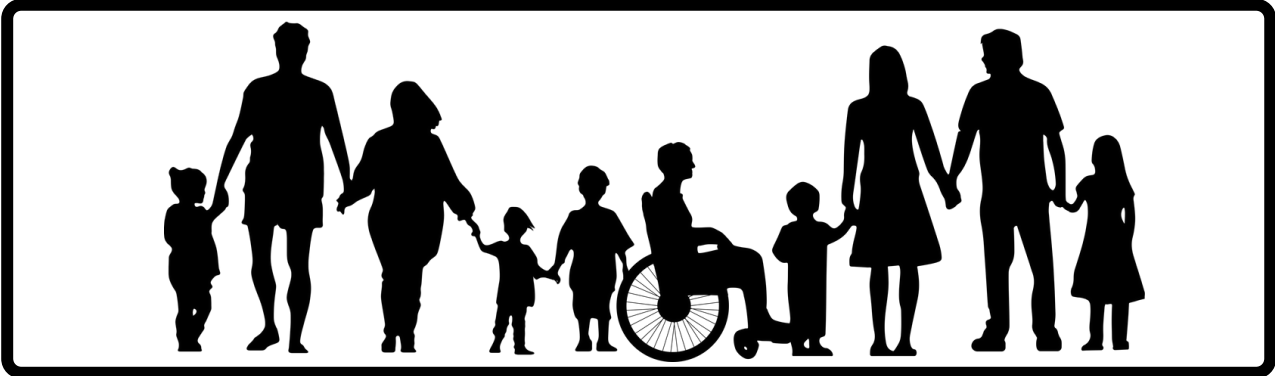
DIAL - CENTER FOR INDEPENDENT LIVING



InsideLook

JULY 2025

The Americans with Disabilities Act Celebrating 35 Years!



On July 26, 2025, marks the **35th** anniversary of the **Americans With Disabilities Act (ADA)**. Signed by former President George H.W. Bush in 1990, this civil rights law prohibits the discrimination against people with disabilities and ensure the same opportunities as those without disabilities. This includes public and private areas such as state and local government agencies, telecommunications, schools, jobs, and transportation. The ADA protect the civil rights of individuals with disabilities on the basis of race, color, age, national origin, and religion as well. The ADA is divided into five titles:

1. **Employment (Title I):** Prohibit discrimination in employment against individuals with disabilities.
2. **Public Services (Title II):** Ensure equal access of state and government services and programs.
3. **Public Accommodations (Title III):** Ensure public accommodations in places such as restaurants, stores, and hotels are accessible and modified. Barriers to service is removed for existing places.
4. **Telecommunications (Title IV):** Telephone and internet companies provide accessible services for individuals with speech and hearing disabilities.
5. **Miscellaneous (Title V):** Provisions containing the relationship between the ADA and other laws, prohibition against retaliation and coercion.

Source: <https://adata.org/learn-about-ada>

DIAL - Recreation Corner



The Recreation Program had a special visitor to the program this month, it was Lanie a service dog in training. Lanie demonstrated for everyone what it takes to be a service dog. She is currently learning how to obey commands such as sitting, staying, walking backwards and much more. Everyone enjoyed learning about service dogs and were excited to have the opportunity to pet and play fetch with Lanie.

Consumers made original Father's Day cards using assorted items including stickers and buttons. Gift bags were created utilizing the same theme. These thoughtful gifts were original, clever and treasured by the fathers in the consumer's lives.

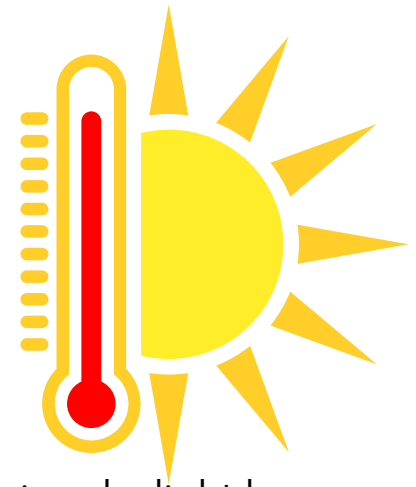
A field trip to Breaker Billiards in Clifton, New Jersey was next on the calendar. Consumers learned how to play pool and had a wonderful time trying to master the game! When the billiard games were finished, everyone got to eat pizza delivered from Bruno's Pizza. No needed for a "Magic Eight Ball" to predicted how much fun everyone was going to have on this field trip!

If you are interested in being of part of the DIAL Recreation Program and live in Passaic County, please contact Susan Kramer at (973) 470-8090 or via email at skramer@dial-cil.org.

Summer Heat Wave

Helpful Tips to Stay Cool and Save Energy

Summer is finally here and temperatures are beginning to rise. It is important to know how to stay safe, cool and comfortable as well as taking control of your energy bills. Below are a list of helpful tips to prepare yourself:



- Set your air conditioning unit to 76-78°F.
- Keep blinds and drapes closed or cover windows during daylight hours.
- Wear and reapply sunscreen regularly (SPF 15+).
- Delay running heat-producing appliances until after 8 pm.
- Wear lightweight, loose-fitting clothing and avoid dark colors on hot days to stay cool.
- Sit in shaded areas as much as you can.
- Avoid overexertion, especially between 11:00 am and 6:00 pm.
- Drink water every 20 minutes if not thirsty in order to stay hydrated.
- If your home is hot, go to a local library, mall, or cooling center to cool down.

For more information of local cooling centers in your area, please check out the cooling center flyers included in this month's mailer!

Source: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety/heat-check.html>

Housing Information



Are you seeking to buy or rent in New Jersey? The New Jersey Housing Resource Center (NJHRC) is a free, online searchable registry of affordable and accessible homes, which includes affordable rental housing, affordable for-sale housing and housing with accessibility features. For more information about this, please visit NJHRC at NJ.gov/NJHRC.

Free Summer Events

July 2025

If you are interested in finding things to do this Summer, below are a few local events containing live music, street vendors and food!

Passaic County **Tuesdays at the Plaza**

Date & Time: July 8th and July 22nd from 11:00am – 2:00pm

Address: 79 Hamilton Street, Paterson, NJ

Randolph Freedom Festival

Date & Time: July 10th–July 12th from 6:00pm – 11:00pm

Address: 199 Totowa Road, Wayne, NJ

Essex County

Cutler Street Summer Fair 2025

Date & Time: July 19th from 12:00pm – 6:00pm

Address: 42 Park Avenue, Newark, NJ

City of Orange: Food Truck and Jazz Festival

Date & Time: July 20th from 12:00pm – 9:00pm

Address: Center Street and Harrison Street, Orange, NJ

DIAL - Upcoming Events

Passaic County Peer Support Group

Date & Time: July 3rd from 6:00pm – 7:30pm

Address: Clifton Main Library

292 Piaget Avenue, Clifton, NJ 07011

Essex County Peer Support Group

Date & Time: July 9th from 6:00pm – 8:00pm

Held via ZOOM Until Further Notice

Monthly Independent Living Skills Program

Date & Time: July 29th from 6:30pm – 8:30pm

Address: Clifton Senior Barn

900 Clifton Avenue, Clifton, NJ 07013

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

