DIAL - CENTER FOR INDEPENDENT LIVING

INSIDE LO SEPTEMBER 2025

National Preparedness Month

September is known as National Preparedness Month. This month serves as a great reminder to raise awareness about the importance of preparing for disasters and emergencies. It is critical to be able to take care of yourself and loved ones if police and fire rescue does not respond quickly. This month, take the time to create an emergency plan, build an emergency kit, and prepare in advance to help yourself and the community. Source: https://www.cbp.gov/employee-resources/family/national-preparedness-month



Register Ready

Register Ready is New Jersey's Special Needs registry. This program is designed for first responders and emergency planners to assist individuals with disabilities to relocate and evacuate during an emergency, when families, friends or caregivers are unable to help. By registering, information is collected through a secure online portal that is accessible only for first responders and emergency planners. The information is confidential and not available to the general public. Not only that, this information helps local officials understand the needs of an individual and provide assistance when an evacuation or disaster occurs. To sign up for Register Ready, please visit the www.registerready.nj.gov call or assistance.

Source: https://nj.gov/njoem/plan-prepare/registerready.shtml

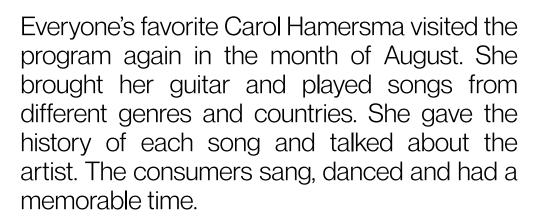




DIAL Recreation Corne

"The Answer My Friend, is Blowing in the Wind."

The month of August started out with the construction of eye-catching wind chimes. By using plastic cups and strings of colorful beads, the wind chimes were complete. Consumers had an amazing time making their own custom designed wind chime and could not wait to go home to hang them.



The month ended with the consumers learning the science of bubbles. By revamping the bubble recipe by adding Kool Aid packets to the mixture made for colorful and fruity smelling bubbles. Everyone had an exciting time seeing who could blow the biggest bubble!

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







Virtual Classes for Older Adults



The New Jersey Division of Aging Services has partnered with GetSetUp, an organization created by older adults, to help individuals 55+ to learn new skills, make friendships with others and have fun for free online. Classes are taught by older adults which includes a wide range of subjects such as health and wellness, music, fitness, cooking, art, financial planning, and more. If you are interested in participating in an online class, please visit www.getsetup.io/partner/NJ.



Masks Distribution



Flu season is approaching and it is important to wear a mask for protection. DIAL will be distributing free masks to all consumers of the agency. Please contact the office at the end of September if you would like a box of masks.

NJPAC is Back



DIAL continues to promote its partnership with the New Jersey Performing Arts Center for their annual Ticket Subsidy Program. This program provides consumers the access to many performances at a affordable ticket price. Please contact the office at the end of September for the 2025-2026 season information!

DIAL Upcoming Events

Passaic County Peer Support Group

Date: October 2, 2025 Time: 6:00pm - 7:30pm Address: Allwood Branch Library 44 Lyall Road, Clifton, NJ 07012

Essex County Peer Support Group

Date: October 8, 2025 Time: 6:00pm - 8:00pm Held via ZOOM Until Further Notice

DIAL Bowling Event

Date: October 23, 2025 Time: 6:30pm - 8:30pm Address: Parkway Lanes 200 US - 46 Elmwood Park, NJ 07407

Monthly Independent Living Skills Program

Date: October 28, 2025 Time: 6:30pm - 8:30pm Address: Clifton Senior Barn 900 Clifton Avenue, Clifton, NJ 07013

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