

INSIDE LOOK

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 website www.registerready.nj.gov or call 2-1-1 for assistance.

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



DIAL Recreation Corner

“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.

Everyone’s favorite Carol Hamersma visited the program again in the month of August. She brought her guitar and played songs from different genres and countries. She gave the history of each song and talked about the artist. The consumers sang, danced and had a memorable time.

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

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