



THE SICIL NEWSLETTER

LIFELINE FOR DISABLED ISLANDERS

"You are never too old to set another goal or to dream a new dream."

-C. S. Lewis

Energysare Grant

Beginning on January 3, 2023, our office will begin accepting Energysare applications to assist with paying your ConEd bill. You may receive up to \$200 credited to your account. To apply you must live in the ConEd service area and receive the Home Energy Assistance Program (HEAP). Please contact Jade at 718-720-9016 ext. 203 or email jsmith@siciliving.org.

WOMEN'S PEER SUPPORT GROUP

The group meets year-round on alternating Tuesday's from 1:30 pm to 3:00 pm. The next group will meet on Topics include life experiences, relationship issues and other issues of interest. To join or to get additional information, please call Carla at 718-720-9016 ext. 206.

Transportation is provided.

MEN'S PEER DISCUSSION GROUP

This group at SICIL is designed for our male consumers and takes place every other Friday. Men of all ages and backgrounds come together and are able to discuss the issues that are impacting their lives in a safe and caring environment. To join or to get additional information, please call Jade at 718-720-9016 ext. 203. Transportation is provided.

WEEKLY PEER GROUP

This group meets once a week from 10:30am to 12:00pm with Carla for socialization and peer support. Please contact Carla if interested in joining at 718-720-9016 ext. 206. Transportation is provided.

MONTHLY HOUSING MEETING

We will be having monthly Housing meetings to discuss various issues and concerns related to housing. For more information or to attend, please call Jade at 718-720-9016 ext. 203 for the upcoming dates and times.

COMPUTER LITERACY PROGRAM

SICIL will continue computer classes once the center is open to accommodate more consumers. If interested, please contact Jade at 718-720-9016 ext. 203

GRIEF AND LOSS SUPPORT GROUP

This group is an opportunity to meet other grieving people and share experiences and coping strategies. We will meet every other Tuesday from 1:30pm-3:00pm. If interested, please contact Jennifer Jensen at 718-720-9016 ext. 200 or email at jjensen@siciliving.org.

Transportation is provided.

ADDITIONAL WORKSHOPS AT SICIL

Health and Wellness – Join us to learn about nutrition on a budget. The classes are one day a week for a 1 ½ hours for 10 weeks. To register for the next session please call Carla at 718-720-9016 ext. 206

Blind/Low Vision Groups – Please join us for these monthly groups to share and discuss social, family and daily issues. Please call Carla at 718-720-9016 ext. 206 for more information

Domestic Violence Prevention Workshops –The focus of this workshop will be to teach women with disabilities the skills necessary to identify, prevent and escape abuse and abusive situations and ways to foster healthy relationships. As the workshop is primarily educational, women who wish to participate do not have to have had any personal experience with these issues. Please call Carla 718-720-9016 ext. 206 to sign up. We offer a \$90.00 check upon completion of the workshop. Metro-cards will also be provided in order to be used to travel to and from the Center.

Open Doors Program

The goal of the Open Door project is to increase the number of people in nursing homes who are able to access home and community-based services. NYAIL has partnered with SICIL and other Independent Living Centers (ILCs) across the state to implement the program. ILCs are disability-led grassroots organizations providing advocacy and supports to assist people with disabilities of all ages to live independently and fully integrated in their communities. The Independent Living philosophy emphasizes consumer control, the idea that people with disabilities are the best experts on their own needs and have the right to decide how to live, work, and take part in their communities. Many ILCs run programs aimed at transitioning people out of nursing homes and providing person centered services for them to live independently in the community.

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