Winter/Spring

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35 Journal Square, Suite 703 Jersey City, NJ 07306 201-533-4407 Fax 201-533-4421 TDD 201-533-4409

Find us on **G**



Heightened Independence & Progress (hip)

hip's Mission Statement

Heightened Independence and Progress-empowering people with disabilities to achieve independent living through outreach, education, and advocacy.

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NEWSLETTER DESIGN BY Ron Dahl, Bridgewater, NJ	
PRINTED BY	

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From the Desk of the President:

Welcome to the first *hip* newsletter of 2023.

Time has been going very fast since we finally had the opportunity to meet in person for our Annual Meeting. We progressed to our very successful and enjoyable Holiday Party where we got the chance to celebrate the holidays while getting together with old friends. Our partnerships with Bergen Volunteers and St. Peter the Apostle Church brought holiday cheer to many and we greeted the New Year with plans for the Bergen and Hudson office staffs to work together to provide a more comprehensive service delivery to all of the people that we serve.

In 2023 we will expand our DDD Support Coordinator program, we'll continue to meet with our local college programs and work closely with our Age Friendly partners. I'm excited to report that we have welcomed four new members to the Board and we are exploring new ways to serve people with disabilities in our community.

Please reach out to us to share your ideas on www.hipcil.org, follow us on Facebook or just give us a call. Sincerely, **Brian**

2022 Annual Meeting

hip's Annual Meeting was held the evening of Wednesday, November 16th at a new location, the Hackensack Recreation Center. It was the first in-person Annual Meeting since 2019 and it was wonderful to see everyone again.

Larry Barr of Barr Karate was the keynote speaker and spoke about his experiences teaching karate to people with disabilities. "Possibilities not disabilities" was the theme of his presentation, which was quite inspiring. After he spoke, several of his students showed off some of the skills they had learned through his teachings.

Brian Fitzgibbons and Marily Gonzalez introduced the staff of both hip offices and reviewed *hip's* many accomplishments for 2022.

Some highlights this past year included:

- Continuing to make sure consumers know their rights regarding COVID vaccines and boosters
- Support coordination has expanded in both offices
- Several home modifications and many assistive technology purchases occurred
- MTS had new projects with Lincoln Center, including programs for Juilliard and the opera
- The Calendar Raffle that took place over the summer was the most successful ever

Thank you to everyone who attended the Annual Meeting! All of us at hip are looking forward to a fantastic year.

AVL Update

The Adjustment to Vision Loss program really took off strong by August. Consumers from Bergen and Hudson Counties enjoyed many in-person activities and peer meetings.

The end of year celebration took place on December 16th at the Secaucus Public Library. The Mayor of Secaucus had previously invited Trisha and Barbara to go to a warehouse where they were able to pick up brand-new items from different stores. These items were put into gift bags for all participants and given out at the party. There was even a special visit from Santa Claus and a fantastic time was had by all.

Looking forward to a fun and information-filled 2023!



Welcome to hip!



Roseli Souza joined *hip* in August 2022 and is excited to assist in enhancing the lives of our consumers. Roseli is a case manager in the Bergen office and

has a background in human services. She has always had a desire to help people and contribute to the positive progress of the community. Roseli graduated from William Paterson University with a degree in Psychology and a minor in public



health and is currently in graduate school. She has worked with her Ramapo College colleagues to provide information to students about self-advocacy, in addition, she has co-hosted community group discussions on COVID-19's physical and mental effects. In her free time, she enjoys exercising, arts and crafts, and baking.

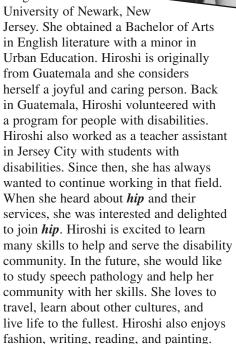


Crystal Canas joined *hip* in November 2022 as the front desk receptionist in the Hudson office. She is a Hudson

County resident, born and raised in Jersey City. Crystal is a full-time mom to her 1-year son. Since she was a teenager, she has been helping her family members who have been diagnosed with autism and mental illnesses, which has given her a passion to help others in need. Through her own experiences with her family, it has opened her heart to help as many individuals as she can who are dealing with the same illnesses.



Hiroshi Fuentes
joined hip in August
of 2022 as a Support
Coordinator in the
Hudson office. She
is a Magna Cum
Laude graduate of
Hudson County
Community
College and
Rutgers





Tennel Watson joined *hip* in August of 2022 as a Support Coordinator in both the Bergen and Hudson offices. He earned a degree in Accounting from Benedict College Historically Black Colleges and Universities (HBCU) in Columbia, South Carolina. Tennel has long been interested in helping people and has over 10 years of social work experience. While in college, he helped to rebuild homes when Hurricane Ida affected the area. Tennel is originally from Harlem, New York, and while he's now a resident of New Jersey, he remains passionate about his community in New York. In the summer, he helps coach youth basketball there.



The Friendship House is introducing a no-cost **Dimensions** of Wellness Program aimed to help individuals with disabilities to be active in their community post COVID-19. The program will focus on wellness as a whole, including meal planning, group therapy, community outings and more. It will be held Monday-Thursday from 4-7PM starting February 21st. Call Karen Reyes, Program Coordinator at 201-488-2121 ext. 328 or visit https:// njfriendshiphouse.org/programsservices/dimensions-of-wellness/

Check out the updated hip website!

The website is now easier to navigate and includes testimonials from many *hip* consumers. Check it out at www.hipcil.org and let us know what you think!

Heightened Independence and Progress

hip is partially funded through grants from foundations, as well as the Bergen County Department of Human Services, Division of Senior Services Hudson County Department of Health & Human Services, NJ Division of Developmental Disabilities, NJ Dept of Human Services Division of Disability Services and the US Dept of Health and Human Services – Administration for Community Living.

hipNews is available as a digital audio file.

The hip Holiday Party Returns!

The afternoon of Sunday, December 11th was alive with holiday cheer at the first in-person *hip* Holiday Party in 3 years! Everyone was excited to be back in the ballroom at the DoubleTree Hilton in Fort Lee and celebrate the holidays together.

With snowy weather happening outside, this year's party began in the festive ballroom with delicious food and even better company. DJ Silvie kept everyone on the dance floor with a mix of Christmas favorites and current dance music. The many gifts donated by multiple area organizations were happily taken home by the winners. Thank you to *hip* staff member Blajica for spending months collecting these fantastic gifts for our consumers to enjoy.



Lottie Esteban recently retired from the Board of Trustees at *hip* and was given a bouquet of flowers and a gift for all her hard work over many years of service. Thank you, Lottie!

The 50/50 raffle was one of *hip's* biggest ever with 2 winners going home with a 1st prize of \$150 and a 2nd prize of \$100. Thank you to everyone who purchased a ticket in support of *hip!*

In a favorite *hip* tradition, the party concluded with Christopher Gagliardi singing "White Christmas" and all left the party full of holiday joy.

Ride Connect Program



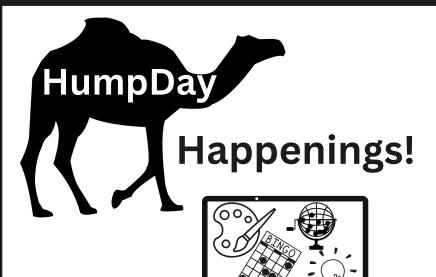
The "Ride Connect" program is designed to simplify the process by which seniors request transportation when calling Bergen County Community Transportation.

Ride Connect provides Bergen County residents, aged 60 and over, a one-stop travel information and trip planning service, provided by a Mobility Manager, to help seniors find information on available transportation options to senior centers, medical appointments, shopping, etc.

The process is simple. The Community Transportation operator works with the Mobility Manager to help seniors connect with the most accessible, reliable, and affordable option for their transportation needs. Options include County shuttles, EZ Ride, NJ Transit, Access Link (if eligible) and more.

To request this service, call Bergen County Division of Community Transportation, Monday-Friday from 10:30am to 2:00pm at 201-368-5955.





Join us for Bingo, Trivia, Crafts and more!

Hosted by *hip* via Zoom

Contact Meaghan via phone @ Ext 26 Bergen office
to sign up by 4/1/2023



Congratulations!

hip's Financial Director, Natalie Alave, married Domingo Larino on January 13th. Congratulations and lots of love and happiness to the newlyweds!

hip Thanks...

hip receives many contributions from individuals and the community throughout the year. We thank the following for their recent exceptional generosity:

Bergenfield Lions Club
Caldwell Floral Elegance
Kaplan Foundation
Lottie Esteban and family
Modivcare
Rick Hodgman
River Edge Lions Club
Shapiro Family Foundation

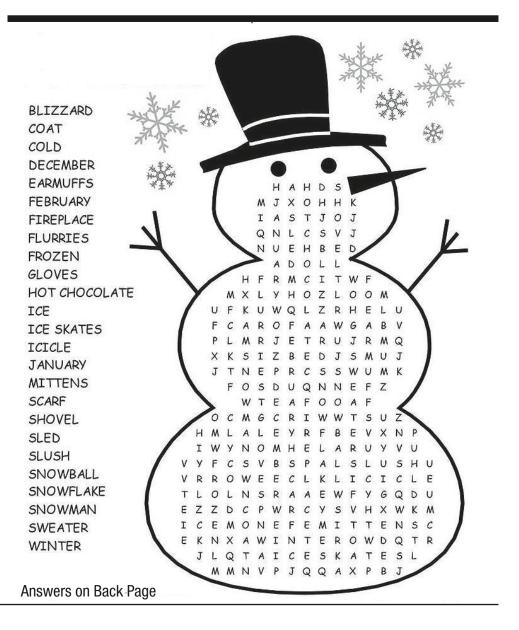
Special Thanks to the parishioners of St. Peter the Apostle Church in River Edge and participants of the Bergen Volunteers All Wrapped Up program for their amazing gift-giving generosity to many of our consumers this past holiday season.



Thank you to all who donated door prize gifts for the Holiday Party! Your donations were the highlight of the evening and brought joy to so many.

Acme, Saddle Brook
Al Richard's Chocolates, Bayonne
Applebee's Grill & Bar, Hackensack
Art Nails, Saddle Brook
BJ's Wholesale Club, North Bergen
Bonefish Grill, Paramus
Cornerstone Montclair, Montclair

CVS, Hackensack Dairy Queen, Saddle Brook Double Batch Bakery, Bayonne Eileen Fisher, Secaucus Genevieve's Home Made Chocolates, Garfield Giovanni's, Bayonne Hand & Stone Massage and Facial Spa, Hackensack J. Crew, Hackensack Kendra Scott, Short Hills McCrum's Bakery, Elmwood Park Michael Kors, Paramus Monica's Restaurant, Pompton Lakes Pinot's Palette, Ridgewood Robert's Roastery, Bayonne Simon Styles, Pompton Lakes Starbucks, Hackensack Stop & Shop, Hackensack Trader Joe's, Paramus Wawa, Hackensack Wyckoff Family YMCA, Wyckoff



HEIGHTENED INDEPENDENCE & PROGRESS



Our Core Services Response Team

- Information & Referral
- Advocacy
- Peer Support
- Transition
- Technology Training

Need help applying for services related to COVID-19? We are here to help!

Contact:
Roseli Souza at our
Bergen County Branch
(201) 996-9100 ext 23
rsouza@hipcil.org

Contact:
Alex Paredes at our
Hudson County Branch
(201) 533-4407
aparedes@hipcil.org

Workshops at hip coming in march



- Uber Lessons
- Getting Rides
- Uber Eats
- Lyft



- Creating Emails
- Learn BillPay
- Social Accounts
- FaceTime



- Online Shopping
- NavigatingWebsites
- Amazon

Caregivers Support Group Caregivers Need Care Too!

Starting in March, Jesse Schwartzman and Tom Browne will be leading a group to support You!

Call the Bergen Office at 201-996-9100 to learn more!

Check Out Our Facebook Page!

hip's Facebook page has been very active lately with all kinds of posts including news from the disability community, hip staff and area events! Follow us to stay in the loop!





Credit Freeze

Placing a credit freeze allows you to restrict access to your credit report. This is important after a data breach or identity theft when someone could use your personal information to apply for new credit accounts. Most creditors look at your credit report before opening a new account. But if you've frozen your credit report, creditors can't access it, and probably won't approve fraudulent applications.

You have the right to place or lift a credit freeze for free. You can place a freeze on your own credit files and on those of your children aged 16 or younger.

PLACE A CREDIT FREEZE

Contact each credit reporting agency to place a freeze on your credit report. Each agency accepts freeze requests online, by phone, or by postal mail.

EXPERIAN

Online: Experian Freeze Center

Phone: 1-888-397-3742

By mail, write to:

Experian Security Freeze

PO Box 9554 Allen, TX 75013



EQUIFAX

Online: Equifax Credit Report Services

Phone: 1-800-685-1111 By mail, write to:

Equifax Information Services LLC

PO Box 105788

Atlanta, GA 30348-5788

TRANSUNION

Online: TransUnion Credit Freezes

Phone: 1-888-909-8872 By mail, write to: TransUnion LLC PO Box 2000 Chester, PA 19016

INNOVIS

Online: Innovis Freeze Options

Phone: 1-866-712-4546

By mail, write to:

Innovis Consumer Assistance

PO Box 530086

Atlanta, GA 30353-0086

Your credit freeze will go into effect the next business day if you place it online or by phone. If you place the freeze by postal mail, it will be in effect three business days after the credit agency receives your request. A credit freeze does not expire. Unless you lift the credit freeze, it stays in effect.

LIFT A CREDIT FREEZE

If you want lenders and other companies to be able to access your credit files again, you will need to lift your credit freeze permanently or temporarily. Contact each credit reporting agency. You'll use a PIN or password to lift your credit freeze. You can lift your credit freeze as often as you need to, without penalties.

It takes one hour for a lift request to take effect if you place it online or by phone. It can take three business days if you request the lift by mail.

Upcoming Gala!

hip is in the process of planning the Anniversary Gala that was postponed due to the COVID-19 pandemic. Stay tuned for more information soon and looking forward to seeing everyone there to celebrate over 40 years of hip!

Housing Authority of Bergen County Tenant/Participant "Coffee Breaks"

The Housing Authority of Bergen County will be hosting Coffee Breaks throughout 2023 for Program Tenants/Participants who would like to stop in with questions regarding the Housing Choice Voucher Program process.

Feel free to stop in on any of the dates below with questions you've been wanting to ask and haven't had the

opportunity to. May 22

August 28

November 20

The purpose of these sessions is so that HCV Section 8, current and future, participants can ask questions and gain a better understanding of how their voucher and the HCV Section 8 program works.

Join us on any of these dates at 12:30pm-1:30pm. All sessions will be via Zoom.

Meeting ID: 879 4036 5840

Passcode: 820908

Dial In: 929-436-2866 (New York)

Questions? Comments? Contact: info@hacbcnj.org





Membership Enrollment Form January – December 2023

I am interested in joining in the work of Heightened Independence and Progress (*hip*) to support the community of people with disabilities in Bergen and Hudson Counties.

Name:	Home Phone:
Address:	
City/State, Zip:	County:
Email:	
I am interested in: (Please check off) Please see back	x of page for programs descriptions.
□Picnic □Monthly/Annual Meetings □ bergenPac	☐Fundraiser Dinner Dance
□Holiday Party □Women's Group □AVL Support	Group □ Book Club □ Newsletter
Membership Categories (Please check (✓) the right cat	egory for you):
☐ Basic Member	\$20
☐ Contributing Member (for those who want to give "that e	extra something" to support <i>hip</i>) \$35
☐ Family Member	\$30
☐ Corporate Member (includes non-profit and for-prof	fit) \$75
☐ Life Member**	\$500 and Above
☐ I am including an additional voluntary contribution of	of \$
Total Remittance. Choose preferred payment method:	
☐ Check, payable to <i>hip</i> , for \$	
□ Visa OR □ MasterCard (\$30 minimum on Credi	it Cards)
Card#	
Expiration Date	
CVV	
Signature	

**Life Membership: A special category for those who wish to make a significant financial contribution to the advancement of independent living for themselves, in honor of a family member or friend, or simply to show their desire to help all persons with disabilities in their effort to lead productive, independent lives.

Please mail your payment directly to hip, 131 Main Street, Suite 120, Hackensack, NJ 07601

Contributions to Heightened Independence & Progress (hip) are tax-deductible to the fullest extent of the law.

If you'd like an electronic version of this form, please visit: www.hipcil.org/membership

We Welcome the Following New and **Renewing Members** of hip for 2023!

Karen Acker Jeanne Aimone Carol Akridge Natalie Alave Roselyn Altman* Cecelia Aluotto Ivis Alvarez Peter Ambrose Kevin Angelini Elaine Appellof* James Arkills Paul Aronsohn* Barbara Banta

Deborah Baumann-Dasilva

Annie G. Been* Joanna Benthall

Darrell & Tamiko Bethea*

Christine Black Paula Bloom Jerry Bojko Grace Braeske Gail Braun

Joan & Mike Braun Kerry Brennan Mario Brusco Anna Bures

George & Mildred Bullerdick

Jonathan Burack Peter Cafone Daniel Calabrese

Jerry & Brenda Calabrese

Regina Calamanco Marcelo Carat Tonielle Cardinalle Mary Carney

Tom & Susan Carney

Trish Carney* Peter Cavaliere Kay Chase* Celia Chave

Maureen Chatterton Sonia Cordova-Chumpitaz

Ciccone Family Lillian Ciufo*

Barbara B. Comerford, Esq.* Elizabeth Cohen-Hittner Michael & Marie Cook*

Jim & Jean Csaposs* Mary Culver

Howard Craig Cutler

Carol Dass* Joan D'Angelo Jarrett Dean Philip Delaney Michael Delgado Margaret DeYoung Anthony Dinaro James F. Dougherty Dennis Dusevic Barbara Dublin* J. Robert Duffy* Patricia & Dave Ebel*

Austin Epstein Lottie Esteban* Oria Estrada Barbara Farrell Francesca Farrell Genevieve Farrell

William Fellinger and Stella

Fellinger* Reina Fernandez Karen-Mae Ferolino Betty Fetzer*

Brian Fitzgibbons* Virgina Flynn & Warren

Williams

Michael Fondacaro Francine Ford-Smith

Valerie Frink

Geri Galvin

Katherine Gabry & Family

Laurie Galvin Dorothy Genoni Alan Gold Marily Gonzalez* Patricia Guy Mary Jo Hackett Jeffrey Hamalian

Alice Hamburg Harries Family

Alfred Harvey Elizabeth (Bojane) Heap Eusebia E. Heckel

Susan Hepner Rhea Hess Susan Hepner Richard Hodgman* Henry Hoff, III

Linda Horvath Kenel Hyppolite** Janet Jones Michelle Jones Timothy Kerr

Nagui Khouzam Edwin Kindermann

Clark King Joan F. Klug* John Koch* Lorena & Ana Kos Adam Krass+ Zoraida Krell Diana LaForge* Tammy Lane Jeanne Laraia

Virginia L. Laughlin

Louise Lee Susan Lee Diane Lennon Marion Levine Chili Li*

Gloria Lieberstein* Judith Liebman Roy Lippin* Anita Lisica Diane Love Lisa & Jorge Loza

Margaret Lusch Joyce & Leonard Malech*

Mariana Martinez Joan Martorella

Gracie & Sophie McCain

Gary McConnell Gail Frazier McFadden Joseph D. McGovern Brian McGrath McMahon Family Dora Meler Ann Melone* Abby G. Mesce Dr. Frances Meyer*

Joseph Molee John J. Mulholland John Mulholland Bob & Martha Mulligan Madeline Murray

Anna P. Navatta+ Morgan Neumann

Yin Ni

Leonard J. Nicolosi, CEO,+ No. Jersey Friendship House,

Hyacinthe Nkuunziza Mario & Jorge Olivares

Beatrice Olivetti Gloria Ortiz Sonja Noel Jennyfer Paniagua

Margaret Papageorgioiu Chris Paraskevacos

Alejandro Paredes Richard Pietrzak Marianne Pigoncelli* Dr. Sandra Pinkerton Nhevys Pinto

David Popiel Jennifer Preciado Mayra Preciado

Anne Marie Predergast Noel Prussack

Cecelia Ragland Joseph Revello Carmen Reyes Cruz Rodriguez Richard Rosencrans

Ryan Roy

Beverly & Richard Ryan*

Lucio Sanchez

Mary Sanfilippo Marie Sawyer Jesse Schwartzman Stephanie Seid Doug Simon Chandravati Singh Donn Slonim* Lynn Smith Maria Smith

Jeffrey St. Germain & Family*

John Stanik* Debra Tester Mary Thornton Janet Tolliver Amanda Trott Thomas Tuzzio Angela Tzakis Danny Vaca

Michael Smith*

Dana Solomon

Jane & Joseph Valenti

Marianne Valls Angelissa Vazquez Carol Viceconte* Ron Vida

Anne Burton Walsh*

Paula Webber

Philip & Linda Webster-

Cennerazzo*

Jean & Richard Wechsler

Janice Willett* Sharon Womack Anthony Yorio*

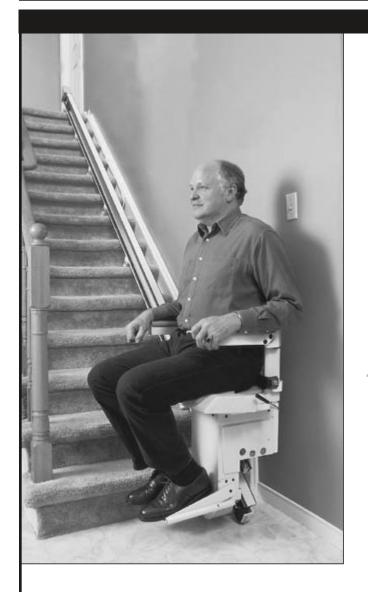
Anthony & Mary Yorio* Allen & Barbara Young Alan Zimmerman

Cindy Zirkin Maureen Zurlo

Corporate + Life Member * Deceased **

You can become a member of hip! For a membership form visit our website at www.hipcil. org/membership or call one of our offices!





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We Mourn . . .

Our *hip* family lost the following people in recent months:

Kenel Hyppolite

Anne Ciavaglia McMahon

The *hip* family and the community of people with disabilities lost a true champion of the Independent Living movement with the passing of Anne. She built a phenomenal career in public service with the State and Bergen County as well as working in the private non-profit sector.

When she retired, she founded Our New Journey, which established a foundation within *hip* to offer support for people with disabilities and their families Anne will be remembered as an activist, innovative administrator and mentor to many people throughout New Jersey.

For Anne's full obituary, visit www.northjersey.com/ obituaries/ber113514

Calendar of Events

AVL Support Group Meetings

Secaucus 10am - 12pm (Meets at Secaucus Public Library) March 2, April 6

North Arlington 12 - 2pm (Meets at North Arlington Community Center) March 14, April 11

Jersey City 12 - 2pm (Meets at 5 Corners Library) March 23, April 27

Washington Township / Fort Lee 10amEvery Wednesday via Conference Call

TELEPHONE SUPPORT GROUPS

Young Adult Peer Group Conference Call 2pm Dates TBD (Ages 18-30)

Older Adult Peer Group Conference Call 7pm Dates TBD (Ages 31-50)

Virtual Book Club Conference Call

March 31, April 28

Please call the *hip* Office to confirm that the meetings will take place.

hip Offers Innovative Programs to Meet the Independent Living Needs of People with Disabilities in Bergen and Hudson Counties and Beyond

Founded in 1980, Heightened Independence & Progress (*hip*) is observing 43 years of service. *hip* not only continues to provide vital assistance through information, referral, advocacy, and peer support, but also offers a wide variety of programs to people with all types of disabilities in Bergen and Hudson Counties. Some

programs have statewide, even national impact. The following is a summary of *hip* programs.

Adjustment to Vision Loss coordinates peer support groups. Contact: *Trisha Ebel (Bergen)*

Braille by Multimedia Transcription Service (MTS) transcribes textbooks and other materials into Braille. Contact: *Jayne Jacobs (Bergen)*

Community Advocacy and Outreach Program seeks to promote full inclusion through advocacy, education and legislation. Contact: *Hudson Staff or Bergen Staff*

Comprehensive Independent Living Support (CILS) provides care management assistance to residents of Hudson County to remain in the community. Contact: *Hudson Staff*

Division of Developmental Disabilities Support Coordination

Program assists individuals from Bergen and Hudson Counties to discover their full potential. Contact: *Brian Fitzgibbons* (Bergen), Natalie Alave (Hudson)

Empowering Women Support Group. Contact: *Nicole Clark (Bergen)*

Hispanic Outreach Program directs Independent Living services to individuals of Hispanic origin, in English and Spanish. Contact: *Maria Valentin (Bergen) or Hudson Staff (Hudson)*

Youth Transition Case Management assists high school students to plan for their future and for employment. Contact: *Jenny Paniagua (Hudson)*

Modification Access Project (MAP) assists with funding for barrier-free home renovation projects from concept to completion. Contact: *Maria Valentin (Bergen)*

Senior and Caregiver Assistance Program provides care management to individuals over the age of 60 and/or adult family caregivers. Contact: *Care Management Staff* (Bergen)

Special Assistance for Independent Living (SAIL) rovides

funding to Hudson County residents for assistive devices or barrier-

free home renovation projects. Contact: Natalie Alave (Hudson)

Special Needs Assistance Program (SNAP) provides funding and facilitates acquisition of services and adaptive devices such as wheelchairs, bathroom safety equipment, hearing aids and more. Contact: *Maria Valentin (Bergen)*

Support for Independent Living (SIL) provides ongoing care management services through assessment, linkage, and coordination for people with disabilities (18-59). Contact: *Tamara Clark (Bergen)*



131 Main Street, Suite 120 Hackensack, NJ 07601

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