

Winter/Spring 2024

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Find us on

Heightened Independence & Progress (*hipcil*)

hipcil's Mission Statement

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

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hipcil Holiday Party

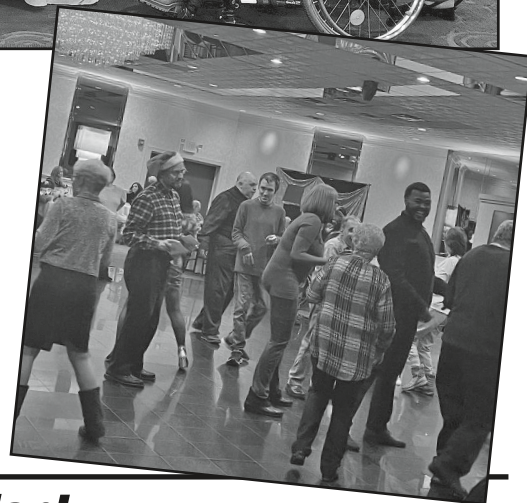
New Location, Same Holiday Fun!



While it rained outside on the afternoon of Sunday, December 10th, the ballroom at The Elan in Lodi was warm, inviting, and festive for the *hipcil* holiday party. The room was beautifully decorated for the holidays and filled to the brim with over 130 *hipcil* consumers, staff, board members and friends.

The attendees danced, socialized, and enjoyed a delicious 4-course plated meal, complete with cake and holiday treats. Prizes from many generous donors were given to the lucky winners and the 50/50 take home was a whopping \$248!

(continued on page 2)



From the Desk of the President:

In my job it is critical for me to remain up to date on current trends, legislative issues, member concerns and the opinions that are being voiced by our constituents. In my early years as a Vocational Rehabilitation Counselor my interviews focused on an individual's knowledge, skills, and abilities to learn the most about their career ambitions, desired environment, and job goals. Together the consumer and I would develop a plan with employment as the goal based on all the collected information.

Lately I've been hearing the term "lived experience" which essentially gathers all the aspects of a person's life and what they are currently presenting to the world. Decisions are made based on what has gone before and what is anticipated in the future. We are trying to build programs and develop activities based on the needs and preferences of the people we serve in the *hipcil* family. We want to provide meaningful experiences that will capitalize on the progress that we have made to be fully included in our community.

Let's declare 2024 as our year to be full participants in our surroundings by attending a community event, interacting with our neighbors, and most importantly exercising our right to vote to live the Independent Living experience, "*Nothing about us without us*".

Sincerely, *Brian*

Cooking Corner

Seriously, The Best Healthy Turkey Chili



Healthy turkey chili made with lean ground turkey, kidney beans and corn. This famous recipe is perfectly spiced, packed with plenty of protein and fiber, and is simply the BEST. Make it on the stovetop or in your slow cooker for an easy, delicious weeknight dinner.

Ingredients:

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder* (I used McCormick chili powder, which is very mild. Do not use spicy chili powder, and if using a different brand, start with 2 tablespoons)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Instructions:

Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently.

Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.

Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.

Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

Nutrition: Serving: 1.5 cups

Calories: 336cal Carbohydrates: 46.7g

Protein: 31.8g Fat: 3.7g Fiber: 17.4g

Sugar: 9.5g

(Recipe courtesy of <https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/>)

Thank you, Maria!



After 22 years of working at *hipcil*, Maria Valentin retired in January. She ran many programs at the Bergen office, including Leadership, Advocacy, Education and Determination (LEAD) years ago, the Modification Access Project (MAP), Special Needs Assistance Program (SNAP), and was always the 50/50 raffle go-to at *hipcil* events! All of us at *hipcil* thank you for your hard work and send best wishes for a future filled with lots of beach time!

(continued from the Cover)

hipcil Holiday Party

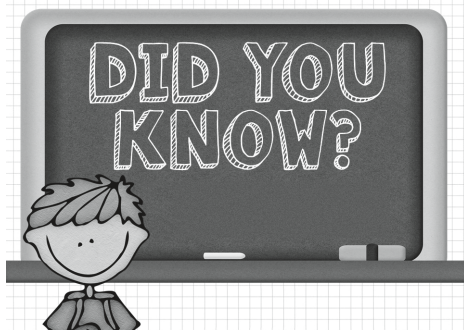


Longtime *hipcil* friend Christopher Gagliardi closed out the party by gracing everyone with his lovely voice, singing "Silent Night." We hope everyone had a very happy holiday season and a wonderful start to 2024!

Heightened Independence and Progress

hipcil 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.

hipcilNews is available as a digital audio file.



- 6.1% of American children are being treated for ADHD with medication. (healthline.com)
- An estimated 25.7 million adults are limited in their usual activities because of arthritis. That number is expected to grow to 35 million by 2040. (cdc.gov, Center for Disease Control)
- As many as 28% of children born to a parent with fibromyalgia will eventually develop the disease, according to a Centers for Disease Control in 2009 study. (Fibromyalgia-symptoms.org)
- Approximately 15% of American adults (37.5 million) aged 18 and over report some trouble hearing. (nidcd.nih.gov)
- Children have a 50% chance of having dyslexia if one parent has it, and a 100% chance if both parents have it. (Dosomething.org)

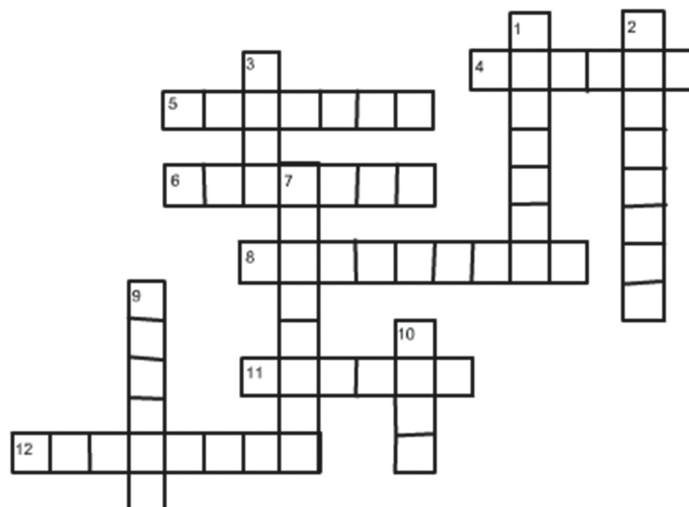


We're looking to change up **hipcilNews**! Let us know your thoughts on mailed vs. digital copies, more or less photos, and more! Call 201-996-9100 ext. 21 or email jjacobs@hipcil.org with your opinions and/or ideas. We look forward to hearing from you!



The Women's Group is back! On the first Thursday of every month at the Bergen **hipcil** office, we host some wonderful ladies for activities that are new, fun and exciting every time! We play BINGO, paint pictures, unscramble puzzles, make crafts and more from 11am-1pm. To learn more or to sign up, **please call 201-996-9100 ext. 29 for Blagica or ext. 24 for Meaghan.** We look forward to having you join us!

Winter Crossword



Down:

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
3. Burning
7. A severe snowstorm with high winds.
9. Shake slightly and uncontrollably as a result of being cold.
10. Make or become liquefied by heat.

Across:

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
8. (of an animal or plant) spend the winter in a dormant state.
11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
12. Wood that is burnt as fuel.

Answers on Back Page

**Thank you to all
who donated
door prizes for
our holiday
party! Your
donations were a
huge highlight of
the evening.**

John's Crazy Socks
Stop & Shop
Wawa
Simon Styles
Turning Point
BEC
Stickii
Shoprte
Cheesecake Factory
Kendra Scott
NY Jets
Acme
Eileen Fisher
Young Living- Johanna Marto
Marija Jankuloska
Wyckoff Family YMCA
Costco
CreationByAmandaAnn
Tonielle Luceen Michele Cardinalle



hipcil Thanks...

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

Lottie Esteban and family
Jerome Saunders in Memory of Beth Shapiro Steele
Shapiro Family Foundation
Karen McDowell
Annie Been

We'll Miss You, Trisha!

After working at *hipcil* for over 10 years, Trisha Ebel is moving on! She has been a valued member of both the Bergen and Hudson staff, working with Adjustment to Vision Loss consumers during peer support groups and events. We'll miss you, Trisha! Best of luck in your future endeavors!

The Importance of our Annual Meeting

hipcil is a non-profit organization holding a 501c3 designation and we follow specific guidelines to ensure compliance. One of our mandates is to hold an Annual Meeting 45 days after the close of the Federal Fiscal year. We have made that a tradition in our event schedule. This year we gathered our members, staff and Board of Trustee officers and met to discuss our achievements from the prior year and share our plans for the coming year. This year's meeting was held at the Hackensack Recreation Center, where we enjoyed a light supper, ratified the Board members for the second half of their two-year term, reviewed our accomplishments and heard how our featured guest Kyle Kreske overcame significant barriers to earn his counseling degree.

Perhaps the best part of the evening was that it gave our members the chance to meet, renew old acquaintances and tell the *hipcil* leadership what type of programing they want to see us sponsor for the future.

As always, our consumers want to have more opportunities to meet for social events, field trips and seminars. We agree, so we are planning our 2024 to include:

- Monthly meetings of the Adjustment to Vision Loss groups in Secaucus and North Arlington
- Renewed *hipcil* Humpday Happenings – monthly Zoom meetings
- The Caregivers Group
- The Women's Group
- Summer Picnic
- Fall Fun Festival
- A festive Gala in the Fall

Feel to add to this list by writing to us at hipcilnj@gmail.com

Check Out This Beautiful Ramp!



Funded by Modification Access Project (MAP) and installed by the Bergen County Sheriff's Department.

Opportunity to Share Your Experience

hipcil is pleased to be collaborating with researchers at the University of New Hampshire (UNH) to understand the impact of Long COVID on employment for people with disabilities. In the spring of 2024, the researchers at UNH will hold two virtual focus groups to allow them to speak to workers or former adult workers with disabilities who have Long COVID to understand their employment-related experiences. The focus groups will run for one hour and will include 5-8 adults with disabilities and Long COVID from around the country. The results will help federal, state, and other partners better support employment outcomes for people with disabilities who have Long COVID. Stay tuned for more information about this opportunity to share your story this spring!

**Check out the
updated hipcil.org
website!**

We Welcome the Following New and Renewing Members of hipcil for 2024!

Jeanne Aimone
 Roselyn Altman*
 Kevin Angelini
 Elaine Appellof*
 Carl & Janice Arnold
 Paul Aronsohn*
 Deborah Baumann-DaSilva
 Annie Been
 Joanna Benthall
 Darrell & Tamiko Bethea*
 Jerry Bojko
 Mario Brusco
 George & Mildred Bullerdick
 Brenda & Jerry Calabrese
 Daniel Calabrese
 Tonielle Cardinale
 Mary G. Carney
 Tom & Susan Carney
 Trish Carney*
 Kay Chase*
 Elizabeth Cohen-Hittner
 Rezena Colclough
 Barbara B. Comerford, Esq.
 *+
 Michael & Marie Cook*
 Sonia Cordova-Chumpitaz
 Jim & Jean Csaposs*
 Mary Culver
 Howard Craig Cutler
 Carol Dass*
 Martha DeYoung
 James F. Dougherty
 Barbara Dublin*
 Dennis Dusevic
 Patricia & Dave Ebel*
 Austin Epstein
 Lottie Esteban*
 Oria Estrada
 Stella Fellingner
 William Fellingner*
 Betty Fetzer*

Brian Fitzgibbons*
 Virginia Flynn & Warren Williams
 Gerardine Galvin
 Laurie C. Galvin
 Marily Gonzalez*
 Patricia Guy
 Harries Family
 Elizabeth Bojane Heap
 Dana Hemmings
 Rick Hodgman*
 Michelle Jones
 Geraldine Kearns
 Timothy Kerr
 Joan F. Klug*
 John Koch*
 Lorena & Ana Kos
 Diane LaForge*
 Jeanne Laraia
 Virginia L. Laughlin
 Louise Lee
 Susan & Kin Lee
 Jay Levene
 Marion Levine
 Chili Li*
 Gloria Lieberstein*
 Roy Lippin*
 Margaret Lusch
 Joyce & Leonard Malech*
 Diukesma/Dinky Padron-Marrero
 Joan Martorella
 Dora Meler
 Ann Melone*
 Abby G. Mesce
 Dr. Frances Meyer*
 Latoya Miller
 John Mulholland
 Sonia Noel
 Gloria Ortiz
 Margaret Papageorgiou
 Chris Paraskevacos
 Naaisha Pettiford
 Richard Pietrzak
 Marianne Pigoncelli*

Anne Marie Prendergast
 Cecelia Ragland
 Carmen N. Reyes
 Cruz Rodriguez
 Beverly & Richard Ryan*
 Stephanie Seid
 Doug Simon, CEO Mobility Elevator*+
 Chandravati Singh
 Maria E. Smith
 Michael Smith*
 Dana Solomon
 Jeffrey St. Germain & Family*
 John Stanik*
 Mary S. Thornton
 Janet Tolliver & Joseph Molee
 Alberto & Ivis Trejo
 Danny Vaca
 Carol Viceconte*
 Ron Vida
 Anne Burton Walsh*
 Philip & Linda Webster-Cennerazzo*
 Joan & Richard Wechsler
 Janice Willet*
 Sharon Womack
 Anthony Yorio*
 Maureen Zurlo

Corporate +
 Life Member *
 Deceased **

You can become a member of **hipcil** for 2024! For a membership form visit our website at www.hipcil.org/membership or call one of our offices!



bergenPAC Arts Access Program

hipcil is thrilled to continue being a part of the bergenPAC Arts Access Program! This program makes tickets for specific shows at the bergenPAC in Englewood available to our members free of charge. For more information on the Arts Access Program, call or email Jayne at 201-996-9100 ext. 21 or jjacobs@hipcil.org.



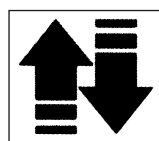
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We Mourn . . .

Our *hipcil* family recently lost the following:

Laurel Seidler

Lillian Oliver

Barbara Brave

Joseph Ruffalo

Jane Valenti

Phillip Gauran

William Appleman

Richard Touma

Astro (beloved Seeing Eye dog of staff member
Trisha Ebel)

Noel O'Malley

Calendar of Events

AVL Support Group Meetings

Secaucus 10am

(Meets at Secaucus Public Library)

March 8 April 12

Jersey City 10am (Meets at 5 Corners Library)

March 28 April 25

North Arlington

11am – 1pm (Meets at 214 Ridge Road, North Arlington)

March 12 April 9

Washington Township/Fort Lee 11am

Every Wednesday via Conference Call

WOMEN'S SUPPORT GROUP

March 7 April 4

Virtual Book Club Conference Call

We'd like to invite everybody to join the book club! Come and have some fun, read some good books, and meet some new people. It's very easy, just pick up the phone dial 945-218-0051 Access 426-6427# and you are part of the group! If you have any questions, please call Marie at 973-777-2006.

Dates TBD (always once a month)

March Book – Tom Lake by Ann Patchett

April Book – Switchboard Soldiers by Jennifer Chiaverini

CAREGIVER SUPPORT GROUP VIA ZOOM

Dates TBD (one Tuesday evening each month)

hipcil Humpday Happenings is Back!

Every other Wednesday at 6pm via Zoom –

contact Meaghan at 201-996-9100 ext. 24 to sign up!

Please call the *hipcil* office to confirm that the meetings will take place.

hipcil 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

(*hipcil*) is observing 44 years of service. *hipcil* 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 *hipcil* programs.

Adjustment to Vision Loss coordinates peer support groups.

Braille by Multimedia Transcription Service (MTS) transcribes textbooks and other materials into Braille.

Community Advocacy and Outreach Program seeks to promote full inclusion through advocacy, education and legislation.

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

Division of Developmental Disabilities Support Coordination Program assists individuals from Bergen and Hudson Counties to discover their full potential.

Empowering Women Support Group.

Hispanic Outreach Program directs Independent Living services to individuals of Hispanic origin, in English and Spanish.

Youth Transition Case Management assists high school students to plan for their future and for employment.

Modification Access Project (MAP) assists with funding for barrier-free home renovation projects from concept to completion.

Senior and Caregiver Assistance Program provides care management to individuals over the age of 60 and/or adult family caregivers.

Special Assistance for Independent Living (SAIL) provides funding to Hudson County residents for assistive devices or barrier-free home renovation projects.

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.

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

One of *hipcil's* core principles is Information and Referral. I&R, as it is commonly known, is described as the art, science, and practice of bringing people and services together. *hipcil* has a vast amount of information on community resources at your service.



HEIGHTENED INDEPENDENCE & PROGRESS

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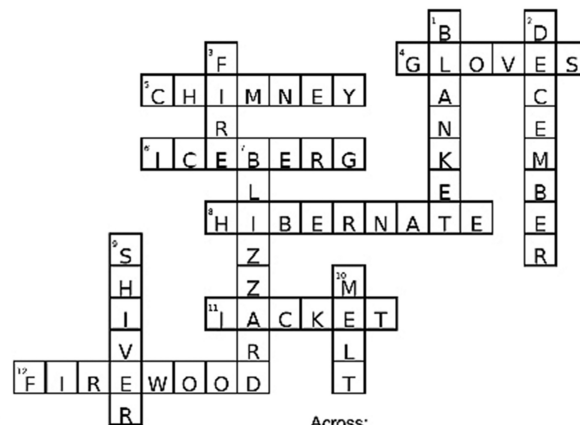
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Winter Crossword Puzzle Solution



Down:

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12. Wood that is burnt as fuel.