

Fall 2018

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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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PHOTOS

Nicole Clark, Jayne Jacobs, and Maria Valentin

NEWSLETTER DESIGN BY

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PRINTED BY

The Print Group
S. Hackensack, NJ

Heightened Independence and Progress, Inc. is not in any way affiliated with the Health Insurance Plan of Greater New York, HIP of New Jersey, Inc. or their affiliates.

How We Spent Our Summer of 2018

hip's summer schedule of activities started right after our successful Dinner Dance and it seems like we never stopped making presentations, participating in fun activities and creating opportunities for individuals with disabilities to participate in their communities.

SPONSORSHIPS

- We helped to support two big Bergen County events:
 - The 2nd Annual Bergen County Care Fair
 - The Celebration of the 40th Anniversary of the Bergen County Division of Disability Services

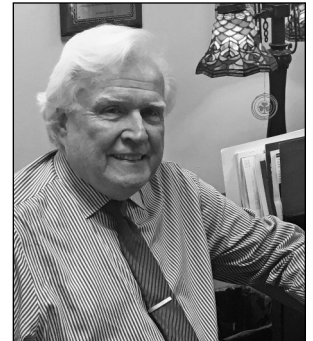
PRESENTATIONS

- Lunch-time chats about *hip* at the Wallington and Ridgefield Park Senior Centers where we highlighted our Care Management Programs, Modification Access Project (MAP) and Special Needs Assistance Program (SNAP).
- NJ Stakeholders Meeting where we began our discussions with the community of veterans about our Assistive Technology Grant
- Fort Lee's "Proud to be Stigma Free" Day where we greeted members of the community to commemorate the designation of the borough as a Stigma Free Zone.
- Community Development Block Grant technical meeting. *hip* presented on the "Safe and Secure Solutions" Initiative that will repair/replace locks for people with disabilities and provide other safety measures.

EVENTS

- The 30th Annual Bassmasters Fishing Outing – About 15 *hip* members and two staffers spent the day enjoying the sunshine and the sport of fishing.
- The Aurora Nonprofit Challenge 5K Walk – This was the fourth time that the organization of concerned young people put the program together. The staff and members of the Board joined other organizations to raise funds for their specific causes.
- The Annual *hip* Picnic – The highlight of the summer, which is always fun for *hip* members and staff.
- The 66 Days of Summer Calendar Raffle – We made our Friday noontime drawings special by having a different guest pick the tickets each week. Congratulations to our Grand Prize winner, Carol Dass!

(continued on page 3)



hip's Annual Meeting

Join us at 7 p.m. on Thursday, November 8th at the Fort Lee Recreation Center for our Annual Meeting! Attendees will mingle, enjoy a light supper and learn all about the *hip* accomplishments this past year. President/CEO Brian Fitzgibbons will welcome Michael Dressler, Bergen County Surrogate, as our keynote speaker. The evening will also include election and re-election to the Board of Trustees.

The staff members from both Bergen and Hudson CILs will meet and greet attendees. We look forward to seeing everyone there!



Aurora Nonprofit Challenge 5K Walkathon – Saturday, June 16th at the Ridgewood Duck Pond.



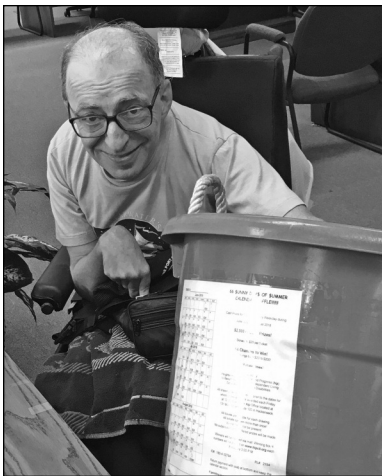
Empowering Women Support Group outing to the Bergen County Van Saun Zoo on Thursday, September 13th.



hip Annual Summer Picnic – Tuesday, June 16th at the Englewood Boat Basin.



Eileen Goff presents her Russ Berrie Award to hip on Friday, May 4th



Picking 66 Sunny Day\$ of Summer Calendar Raffle winners.



Jersey City Vision Loss Support Group on Thursday, August 30th.

SAVE THE DATE FOR THE HOLIDAY PARTY
Sunday, December 16th from 12-4 p.m.
at the DoubleTree Hotel in Fort Lee.
Join us for a wonderfully festive celebration of the season!

Have You Checked Out Our New Website?

www.hipcil.org is back and better than ever! Full of information, upcoming events, news and photos, our new website is loaded with everything *hip*!

hip Thanks...

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

Mary Culver
Lois Frank
Eileen Goff

Kaplen Foundation
Leonia Lions Club

NJ State Knights of Columbus
River Edge Lions Club

We also thank all those who supported our "Big Easy" Dinner Dance, the 66 *Sunny Day\$ of Summer Calendar Raffle*, and *hip's* participation in the Aurora Nonprofit Challenge Walkathon.

We Mourn...

Olga Melgarejo, mother of *hip* staff member Maria Smith, who passed away in May.

Angel Aguilera, Gary Lemburg and Tyrone Towers, longtime members and friends of *hip* who passed away in April.

Joyce Rizzo, friend of *hip* who passed away in June.

Alicia Facchino, friend of *hip* who passed away in September.

Heightened Independence and Progress

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

hipNews is available on audio tape.

Welcome to hip!



Tamara Clark joined the Bergen *hip* staff in July as a Care Manager at the Bergen CIL. A graduate of UMDNJ, she has worked in the nonprofit sector

for over 10 years. Tamara is a Care Manager and Support Coordinator for the DDD program.

Tamara resides in Bloomfield with her husband and son. In her free time, she enjoys spending time with her family and traveling.



Jennyfer Paniagua joined the Hudson *hip* staff in July as a Youth Transition Case Manager. Jennyfer is currently a senior at New Jersey City University, her major

is Public Health Education. Jennyfer's passion for the youth began when she attended an event called Save the Youth which was sponsored by Hudson CMO. She began working at New Care Associates as an individual support technician where she helped the youth with their activities of daily living.

Jennyfer resides in Jersey City with her husband and son. In her free time she enjoys reading, traveling and spending time with her loved ones.



Jennifer Oyola joined the Hudson *hip* staff in May as a Case Manager. Jennifer earned a Bachelor's degree in Urban Studies & Public Policy from Saint

Peter's University, Associate's in Human Services from Hudson County Community College, and plans to obtain her Master's in Public Administration. She worked as a respite caregiver which gave her insight on working with individuals with disabilities. In her spare time, she likes to volunteer towards helping the less fortunate.

A resident of Jersey City, Jennifer enjoys reading poetry, making people laugh, and spending time with loved ones. One day she hopes to start an organization to help the less fortunate and emotionally distressed throughout Hudson County.

How We Spent Our Summer

(continued from page 1)

- Fair Housing Celebration – *hip* staff joined the Fair Housing folks to commemorate the 50th anniversary of the agency that fights discrimination in housing. Sen. Cory Booker joined the celebration and gave special recognition to Lee Porter.

COLLABORATIONS

- Bergen County Workforce Development Board – *hip's* presence is felt on the Executive Committee, Full Board and the Disabilities Sub-committee.
- Bergen County Departments and Divisions such as:
 - Human Services
 - Senior Services
 - Disability Services

This August marked my first full year at *hip* and I can honestly say that every day was an opportunity to learn something new, establish important collaborations in both counties and spend time with our consumers. As I look forward to the next year I'm most excited to continue to work with the terrific staff members in our Bergen and Hudson offices. They are dedicated, committed and never turn down a challenge.

– Brian

Coming Soon!!
Safe & Secure Solutions

Join Us

2019 *hip* memberships begin October 1st! Please send back the enclosed form with your dues to renew your membership for the upcoming year!

Personal Driver Available

Call Eileen Rogers 201-637-2230
(references provided upon request)

The 30th Anniversary of Bergen Bassmasters Fishing Outing

Saturday, June 2nd was a hot and sunny day – perfect for fishing! A group of *hip* members, along with groups from around the county, spent a few hours fishing at Darlington County Park in Mahwah. With the expert guidance of the Bergen Bassmasters, people were catching fish all over the place!

An entertaining DJ, abundant supply of drinks and food, and prizes finished off the day, when gold medals were awarded to all of the participants. Christopher Gagliardi also took home a trophy for “Strangest Catch” – which was quite a thrill for all the hippies!

Thank you to the Bergen Bassmasters and the sponsors for this wonderful event!



Living a Healthy Life with Chronic Conditions

Recently Jayne Jacobs and Maria Valentin from the Bergen CIL hosted a six-week workshop to help people to better manage chronic symptoms, work with healthcare professionals, set weekly goals, problem solve, eat well and exercise safely and easily.

The workshop was titled “Take Control of Your Health” and was created by the Stanford University Chronic Disease Self-Management Program. The attendees learned a lot and we look forward to hosting this program again next year!

Adam Krass, Assistive Technology Consultant,

will be presenting at the Learning Disabilities Association of New Jersey Fall Conference & Resource Expo on Sunday, November 11, 2018. The conference will take place at The College of New Jersey (TCNJ) Education Building at 2000 Pennington Road, Ewing, NJ. For more information call (732) 645-2738 or email info@ldanj.org.

A SPECIAL THANK YOU
TO HIP'S NEW
LIFE MEMBERS,

*Donn Slonim
and
Philip & Linda
Webster Cennerazzo!*

2019 Medicare Enrollment/Change Period is Here!

It is important to know that the time has come for open enrollment for all individuals who would like to make changes to their Medicare coverage.

For 2019 Medicare coverage, open enrollment is from October 15th to December 7th.

(You can switch your Part D or Medicare Advantage plan.)

If you're already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you don't want to make changes to your coverage for 2019, you don't need to do anything during open enrollment, assuming your current plan will still be available in 2019. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don't, it means you can keep your plan without doing anything during open enrollment.

Be aware that your benefits and premium could be changing for 2019. So even if you're confident that you want to keep your current coverage for the coming year, it's important to make sure you understand any changes that may apply, and that you've double checked to make sure that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year.

For assistance please contact the Bergen or Hudson *hip* CILs – our case managers are here to help!

“The most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”



– HELEN KELLER

Cooking Corner

What happens when you stuff an acorn squash with turkey chili? You have an edible bowl that's not just good for you, it tastes great too!

Turkey Chili Stuffed Acorn Squash

INGREDIENTS:

2 acorn squash, halved, seeded
1 pound 93% lean ground turkey
1/2 teaspoon kosher salt
1/3 cup onion, chopped
2 cloves garlic, crushed
10 ounces canned Rotel mild tomatoes with green chilies
1/2 cup canned tomato sauce
1/2 cup water
3/4 tsp cumin
1/4 tsp chili powder
1/4 tsp paprika
1 bay leaf
6 tablespoons shredded sharp cheese
fresh cilantro, for garnish

DIRECTIONS:

Preheat oven to 400F degrees. Spray a baking sheet with nonstick spray. Place squash halves on the baking sheet, cut sides down. Bake until soft, 30 to 35 minutes.

Meanwhile, in a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt and pepper. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.

Add the can of Rotel tomatoes, tomato sauce, water, cumin, chili powder, paprika, and bay leaf.

Cover and simmer over medium-low heat about 25 minutes stirring occasionally. Remove bay leaf, flip the squash over and fill each half with 3/4 cup chili. Top with cheese and bake until melted, about 5 minutes. Top with cilantro. To reheat, bake in a 350F oven 20 to 25 minutes or until heated through.

Recipe courtesy Skinnytaste

<https://www.skinnytaste.com/turkey-chili-stuffed-acorn-squash>

Stella the duck (and her 9 eggs) had taken up residence in the planter outside the Bergen CIL office in early June. All of us at *hip* were thrilled to meet her adorable ducklings after they hatched on July 4th! They took off for the river the next afternoon. We'll miss our little duck family but wish them well!





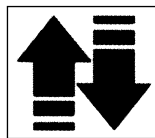
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Calendar of Events

BERGEN

Support Group Meetings

November 15 11 a.m. – 1 p.m. Empowering Women – Support
December 13 Group meets every month on the second Thursday at the Bergen *hip* office.

Technology Demonstrations

November 14 9 a.m. – 12 p.m. Adam Krass, assistive
December 12 technology consultant, meets with individuals one-on-one to demonstrate devices and discuss applications. Call the Bergen CIL for an appointment.

Book Club

November 2 11 a.m. – 1 p.m. The Book Club meets each
December 7 month at the Bergen *hip* office to socialize while discussing books previously chosen and offering ideas for future reading choices.

hip Meetings

November 8 7 p.m. *hip* Annual Meeting
December 16 12 p.m. *hip* Annual Holiday Party

Adjustment to Vision Loss Support Groups

Fort Lee Group 10 a.m. – Noon

November 20
December 11

Washington Township 10 a.m. – Noon

November 21
December 12

Secaucus 10 a.m. – Noon

November 19
December 6

North Arlington 10 a.m. – Noon

November 13
December 11

Jersey City 10 a.m. – Noon

November 29
December 20

Young Adult Telephone Support Group 7:30 – 9 p.m.

November 13
December 4

Adult Telephone Support Group 7:30 – 9 p.m.

November 20
December 11

In case of inclement weather, call the *hip* office to see if the event/meeting will be held.

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 38 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)*

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: *Angela Arboleda (Hudson)*

Division of Developmental Disabilities Support Coordination Program assists individuals from Bergen and Hudson Counties to discover their full potential. Contact: *Mary Mulvaney (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 Angela Arboleda (Hudson)*

It's All About Work assists high school students and adults to plan for their future and for employment. Contact: *Brian Fitzgibbons (Bergen) or Marily Gonzalez (Hudson)*

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

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

Our New Journey provides financial and practical help to families newly impacted by the onset of illness or disability. Contact: *Anne Ciavaglia McMahon (201-288-2867)*

Polio Network of New Jersey – The Ruprecht Fund. *hip* administers this fund for PNNJ to help polio survivors in New Jersey finance necessary products and services. 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: *Mary Mulvaney (Bergen)*

Special Assistance for Independent Living (SAIL) provides 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 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: *Mary Mulvaney (Bergen)*

Traumatic Brain Injury (TBI) is a state-funded case management program for New Jersey residents who have survived an acquired brain injury, for services and supports they need to live in the community. Contact: *Brian Fitzgibbons (Bergen) or Marily Gonzalez (Hudson)*



Remember to
VOTE!
 Tuesday
 November 6, 2018

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hipNews is the Newsletter
 of Heightened Independence
 and Progress. *hip* administers
 Centers for Independent Living
 in Bergen and Hudson Counties
 and offers services throughout
 New Jersey and beyond.

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