The Calendar Raffle is Back!!

The Calendar Raffle is back for the summer at hip! It’s time to take a chance to win money and support our agency at the same time. The “66 Sunny Day$ of Summer Calendar Raffle” is under way and the fun starts now – and all for $20 a ticket!

During June, July and August, five winning tickets will be selected at random each week. You will have 66 different chances to win a cash prize – with just one $20 ticket! Best of all, the more tickets you buy the more chances you have to win!

A specific cash prize is designated for each day marked on the calendar. And here’s the best part: if you win, your ticket is re-entered into the raffle for more chances to win again! Several people can share a $20 ticket as long as all their names are included on the reply form. After the winners receive their prizes, the remaining proceeds of the “66 Sunny Day$ of Summer” will support the Independent Living services and advocacy efforts hip provides to the community.

How to get into the game? You may have received a calendar raffle ticket in the mail. If not, or to obtain more, call Jayne Jacobs at the Bergen CIL, ext. 26, or e-mail her at jgugenheim.ber@hipcil.org noting “Calendar Raffle Tickets” in the subject line. She will be very happy to send as many tickets as you’d like right out to you. The grand prize is $200!

Don’t wait – buy your ticket(s) now! The reply portion of your ticket must be received by hip by Thursday, May 31st. Names of winning ticket holders will be posted every Friday on our website, www.hipcil.org, by 3 p.m. Winners will also be notified by mail. Lots of luck! We hope you have a winning ticket and a sunny summer!

SEE CALENDAR ON PAGE 10!

Laissez Les Bon Temps Rouler...

Join us and have a blast as we dance with beads and masks at The Big Easy, hip’s Annual Dinner Dance/Night of Entertainment! The Good Times will roll at the Fort Lee Recreation Center (1500 Stillwell Avenue) on Saturday, April 28th beginning at 6:30 p.m. Purple, green and gold decorations will carry out the evening’s theme which will feature our favorite DJ Gary Morton as well as dining (including some Cajun treats), dancing, and the chance to win an array of prizes. Invitations are in the mail, but if you haven’t received yours, tickets can be purchased by calling 201-996-9100 and asking for Jayne Jacobs at extension 26 or Trish Carney at extension 11. Tickets are $50 per person and must be reserved no later than Friday, April 20th.

Don’t wait – purchase your tickets to The Big Easy now!
Support Paula’s Pals at the Aurora Nonprofit Challenge

For the past three years *hip* has participated in the Aurora Nonprofit Challenge, a 5K Walk designed and implemented by a wonderful group of high school students who raise funds for the non-profit community. One hundred percent of all registrations and pledges go right back to the agency they are designated for in what has become a fun and extremely competitive fundraiser. *hip* has come in or tied for first place in each of the past three years and looks forward to your support to place on top again in 2018.

This year *hip* will be calling our team “Paula’s Pals” as we dedicate the walkathon to our beloved co-worker Paula Walsh, who died suddenly last August. Paula loved the walkathon, and participated for the past three years. She would crank up her electric wheelchair to its highest speed and zoom off, leaving all of the other walkers in the dust, and sheepishly grin as she raced past walkers just starting out as she passed them on her return trip.

Watch your snail mail and email for details on how to participate in this exciting event on a to-be determined date in June!

**hip** Thanks...

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

- Chris and Ron Black • Heather Broad
- Michael and Marie Cook • The Esteban Family
- First Presbyterian Church of Hackensack
- Gwenn Hauck • Beverly Ryan
- Lillian P. Schenck Fund

We extend a special thanks to all of the wonderful parishioners of St. Peter the Apostle Church in River Edge and the many individuals who participated in the Volunteer Center of Bergen County’s “All Wrapped Up” Holiday Gift-Giving Program. Due to their outstanding generosity, 70 individuals and family members received an assortment of gifts and gift cards this holiday season.

Gift Giving at *hip*

This past holiday season was a wonderful time to be at the Bergen *hip* office. The amazing generosity of our community has touched each and every one of us. The amount of gifts that poured in and filled our conference room and every other spare space we could find was so thrilling, knowing that so many families would have such a happy holiday.

The parishioners of St. Peter the Apostle Church in River Edge outdid themselves as always, giving warm clothes, household items, bedding, numerous gift cards and much more. Parishioners Chris Black and Martha Mulligan organized the effort and with their team, spent hours collecting, separating and wrapping the gifts for both Bergen and Hudson *hip* families. We can never sufficiently thank the amazing members of St. Peter’s parish and give them our whole-hearted gratitude.

We also want to thank the Volunteer Center of Bergen County, for once again including *hip* in their fantastic “All Wrapped Up” holiday giving program. *hip* consumers received all kinds of desired gifts, including art supplies, support pillows, and non-skid slippers. This project connects gift givers with families and individuals from the community who might not have received any gifts for the holidays without this program.

All of us at *hip* want to thank everyone who supported these programs and brought joy to so many families over the holiday season.

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**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.

*hip*News is available on audio tape.
A Message from the Desk of the President…

Over the course of my career I have conducted public forums, focus groups and town meetings for government agencies and professional associations. These events have always proven to be thought-provoking and stimulating as they advance the democratic process by giving the participants their chance to express their views. Those of us who run programs that provide services to groups serving people with disabilities rely on consumer input to best respond to the needs of the community.

The three topics that always emerge as priorities are Housing, Employment and Transportation; as a matter of fact we often open the conversation with this trio just to get the crowd engaged. I’ve recently been asked to co-chair the Disabilities Issues Committee of the Bergen County Workforce Development Board and while the three familiar topics emerged there was a groundswell of support for the committee to focus on transportation alone. Everyone at the table representing at least 16 community programs raised some provocative questions, expressed some dynamic suggestions and agreed to develop strategies around the effective use of available public accessible transportation in Bergen County for work, play, worship and medical appointments.

In the short time that the group spent brainstorming we each learned something new about a service or program which helped form our goal to raise the awareness of the community through some sort of seminar. Frankly, if we as service providers don’t know the resources then how can we expect our consumers to use them?

As many of you know the Independent Living movement is turning the “Big Four O” this year. It was the 1978 amendments to the Rehab Act of 1973 that responded to the advocacy efforts started by college students with disabilities who wanted equal access to education on their college campuses and guess what else…Housing, Employment and Transportation! Their advocacy grew beyond academic life to include many people interested in breaking down physical and attitudinal barriers under the slogan; “Nothing about us without us” and the world began to change and The Americans with Disabilities Act (ADA) became law in 1990.

I’m taking this trip down memory lane to illustrate that we cannot rest on past achievements:

• The ADA has recently been under fire in the House where modifications to weaken it were proposed and passed. We need to watch that the Senate does not do anything that will let this law be watered down in the name of making a profit.
• Despite some corporate culture shifts Diversity programs still do not always include individuals with disabilities.
• We’re still listing Housing, Employment and Transportation as priority areas of need for people with disabilities.

At hip we are continuing to represent the empowerment of individuals with disabilities through outreach, education and advocacy. Let us know how we can help you.

Brian Fitzgibbons, President/CEO

Aesthetically Accessible

We often hear the complaint that aside from the cost, it’s not practical to retrofit an old building to make it accessible and maintain the integrity of the structure. Well, the Teaneck branch of Bank of America has recently proven that you can blend form with function in the renovation of the entrance to the bank and parking area.

We’re interested in seeing more examples of projects that are “Aesthetically Accessible” and we’ll feature photos of them in our future newsletters. Email your pictures to Jayne Jacobs at jgugenheim.ber@hipcil.org with Aesthetically Accessible as the subject.

At hip consumer Christopher Gagliardi and a few of his friends volunteering at Meals with a Mission in Garfield on Martin Luther King Day.
Peer Leader Training

In January, Bergen CIL staff members Jayne Jacobs and Maria Valentin participated in a 4-day certification training offered by the Bergen County Department of Health. The training, titled “Take Control of Your Health,” was created by the Stanford University Chronic Disease Self-Management Program. It was designed to teach peer leaders how to facilitate 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. Maria and Jayne will be hosting this workshop in late spring/early summer – call the Bergen CIL if you’re interested in attending!

Themed Assistive Technology Demonstrations!

Adam Krass, assistive technology consultant, is well-known in the hip community for giving wonderfully informative one-on-one demonstrations. In May, June and July, in addition to his personalized sessions, he will be doing themed group demonstrations! See below for the monthly themes and be sure to reserve your spot if you’re interested in attending! Call Jayne at the Bergen CIL for more information.

May 9th at 1 p.m.
Kitchen gadgets
June 13th at 1 p.m.
iPad & iPhone apps
July 11th at 1 p.m.
Magnifiers

We’re looking forward to learning more about all of these helpful tools in a dynamic group setting! Thank you, Adam!

If you have any suggestions for future themed demonstrations, please let us know!

Welcome to hip!

Nicole Clark joined the Bergen hip staff in October as a Care Manager at the Bergen CIL. A graduate of Barbar-Scotia College, she began her career as a social worker with DYFS. Nicole is a Care Manager and Support Coordinator for the DDD program.

Nicole resides in Bergenfield with her husband, three children and their dog Bentley. In her free time, she enjoys making jewelry, volunteering with the Girl Scouts (call her for cookies!) and spending time with her family.

Celia Chavez joined the Hudson hip staff in August as a Support Coordinator.

Celia earned a bachelor’s degree in Psychology from New Jersey City University and has plans to pursue her Masters in Psychology. While in college, Celia volunteered to help adults with visual impairments by helping them navigate the community. Celia’s interest in assisting individuals with disabilities stems from her upbringing. Celia has a sister who has autism and her personal experience reinforced her decision to pursue a career that focused on social services. She has first-hand knowledge of the services needed to assist an individual with a disability and finds great satisfaction in working with her consumers.

A resident of Cliffside Park, Celia enjoys traveling, reading, and spending time with her loved ones. Celia hopes to start an organization someday that will help the needy in developing countries.

We also want to extend a very warm welcome back to Trisha Ebel! The Bergen hip staff is so happy to have Trisha (and Astro) back in the office working with consumers.

Join the Fun

2nd Annual Bergen County Care Fair

hip is proud to be a sponsor at the 2nd Annual Bergen County Care Fair! This year’s event will take place on May 6th at Fairleigh Dickinson University from 12 – 4 p.m. Visit www.bergencountycarefair.org for more information!

Bassmasters Fishing Outing

This year’s Bassmasters Fishing Outing will take place on Saturday, June 2nd at Darlington Park in Mahwah from 10 a.m. – 2 p.m. Spots are limited! Call Jayne Jacobs at the Bergen CIL for more information!

Annual Picnic

Save the date for this year’s summer picnic! Looking forward to seeing everyone and celebrating the beginning of the summer season on Tuesday, June 19th at the Englewood Boat Basin!

We Mourn . . .

Beverly Wennin, longtime member and friend of hip who passed away in November.

Ray Heffeman, Sr., longtime member and friend of hip who passed away in March.
**bergenPAC Arts Access Program**

The bergenPAC Arts Access Program continues to bring joy and amazing experiences to our members! We are so grateful to be part of this initiative! Call Jayne at the Bergen CIL for more details on how you can get free tickets to select shows at the bergenPAC.

**Access Link Online**

Access Link paratransit customers lead busy lives. That’s why NJ TRANSIT has made it easier to communicate with them and provide more flexible trip planning with the new Access Link Online web page. Just a click away, Access Link Online offers many options for Access Link customers, such as:

- Viewing the estimated arrival time of an Access Link vehicle.
- Updating home addresses.
- Adding new destination addresses.
- Updating phone numbers and email addresses.
- Changing account passwords.
- Providing feedback.

All information and requests received through Access Link Online are reviewed, evaluated and processed in a timely manner. Since its debut, more than 300 Access Link customers have saved time by cancelling trips on the new webpage rather than phoning the Access Link Call Center.

To visit Access Link Online, go to www.njtransit.com and click on “Access Link Online” at the top, right corner of the page.

INFORMATION PROVIDED BY NJ TRANSIT

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**Ski for Light—An Adventurous Approach to Winter**

By Betsy Thomason

Are you relieved that winter is winding down? Or do you like the change of seasons, the frigid, crisp air and the often contrasting heat of a sunny winter day? Or maybe you love the fierceness of the wind. Have you ever considered taking up a winter sport—like cross-country skiing? Cross-country skiing helps me thrive in winter, on so many levels.

If you’re looking for adventure, check out Ski for Light (www.sfl.org), whose mission is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing. My first year guiding a blind skier was 2000. Ski for Light continues to be my adventure fix for the year.

Ski for Light 2019 is being held from January 27 through February 3 at Snow Mountain Ranch in Granby, Colorado at 8,000 feet above sea level. It’s a perfect place to learn to ski or sit-ski, but you must be in shape. At 8,000 feet, there is 15 to 20 percent less oxygen in the air. Being involved in an exercise program insures that your lungs and muscles will more easily adapt to high elevation. Taking exercise seriously is essential for enjoyment of this unique experience. Check out the website and feel free to call me with questions at 551-265-8561.

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**NJ Transportation Options**

**E-Z Ride**
(201) 939-4242 • www.ezride.org
Affordable and flexible transportation for older adults with Lyft and Uber throughout New Jersey.

**NJ Transit Access Link**
(800) 955-2321 • www.njtransit.com
Access Link is a public transportation service developed to comply with the paratransit regulations of the ADA. Access Link service is comparable to the NJ TRANSIT local fixed route bus and Light rail systems. Access Link is for people with disabilities who are unable to use the local fixed route bus. In order to use Access Link, you must first apply for eligibility.

**GoGo Grandparent**
(855) 464-6872 • www.gogograndparent.com
GoGo Grandparent turns on demand transportation companies like Lyft into services that help families take better care of older adults.

**New Jersey Travel Independence Program (NJTIP)**
(848) 932-6812 • www.vtc.rutgers.edu/njtip
The mission of the New Jersey Travel Independence Program (NJTIP) is to increase the independence and self-sufficiency of people with disabilities, older adults and others by empowering them to use the public transit system safely and independently.

**Bergen County Community Transportation**
(201) 368-5955
www.co.bergen.nj.us/554/
Community-Transportation
Transportation for persons with Disabilities, Senior Citizens and Veterans of Bergen County.

**Hudson County Transcend**
(201) 369-4320
www.hudsoncountynj.org/about-transcend/
Seniors over 60, persons with disabilities over 18, and veterans are all eligible to participate in Hudson County’s paratransit service.
Please call 211 for other transportation options.

---

Thank you to Betsy Thomason for presenting at our Bergen CIL January staff meeting. We learned a lot and look forward to practicing our healthy belly breathing. “When in doubt, breathe out!”
Hudson Happenings

The hip Hudson CIL has been working with the Hudson County Board of Chosen Freeholders and the Hudson County Office of Disability Services to secure four Peer Grouping Grants. These grants will support the following programs from April 1, 2018 to December 31, 2018. The programs are:

- Community Education and Recreational Program
- Special Assistance for Independent Living
- Community Independent Living Support
- Transition Case Management

The Transition Grant was a huge win for the agency because there was a great deal of competition. This will pave the way for our planned project with the Jersey City Board of Education and Hudson Community Enterprises.

Accessible Parking

In an article titled “Handicapped parking shortage is personal story” (The Record, Sunday, April 1, 2018), which was a follow up to a previous article titled “Why is it getting harder to find handicapped parking in NJ” staff writer Gene Myers shared his experiences finding accessible parking in North Jersey. He shared the following suggestions about how we can make the best of the short supply of spaces that are available.

“Things like clearing shopping carts out of the blue lines between the accessible spaces, not parking in these spaces if you don’t have a disability and making sure snow is not plowed into the spots.”

He ends the article by stating: “Seems like little things, but believe me – they mean a lot.”

Support Coordination Update

The hip Support Coordination Program for DDD continues to grow, so we have promoted Mary Mulvaney and Natalie Alave to supervise the growing number of cases in the Bergen and Hudson CILs.

We Care

Care Management Programs at the Bergen and Hudson CILs offer information, facilitate referrals, and provide linkage to essential services for individuals who either have a disability or are caregivers. Staff assesses needs and coordinates community-based services to enhance the quality of life of both the caregiver and the care recipient.

Care managers assist in identifying needs, provide information and support, assist with applications, advocate for services, and link individuals with essential community-based resources. Assistance is provided to determine eligibility and apply for and secure essential services including, but not limited to, transportation, home health care, Meals On Wheels, legal services, Medicaid and other financial benefit programs. The ultimate goal is to assist everyone to remain in the community whenever possible.

If you know of individuals or families who could benefit from our Care Management Programs please call the Bergen or Hudson CIL and ask to be connected with a Care Manager. An initial assessment will be conducted over the phone and a home visit will be arranged as appropriate.

Our New Website is On The Way!!

Our brand new website is almost ready and we can’t wait to share it with you! Keep an eye on your mail – a flyer will be mailed soon to let you know when it’s up and running!

We can use those discarded eyeglasses!

Do you have some no-longer-used eyeglasses just sitting in a drawer because you weren’t sure what to do with them but hated to throw them away? We have the answer! Send or bring those eyeglasses (in good condition or not) to hip’s Bergen office to be passed on to those who need them in Third World countries.

2018 hip Interns

hip has a long history of hosting interns as they complete their coursework and go on to the next level in their careers. Mohamad Habeih will be graduating from the Rutgers Newark School of Social Work in May and is currently investigating a multitude of opportunities. Bergen Community College student Luisa Idrovo is headed to Rutgers New Brunswick to complete her degree in Social Work.

We’re sure that they will have brilliant careers and wish them well!

Looking Forward

Do you live in the Secaucus or North Arlington areas and have low vision? Two new Adjustment to Vision Loss groups are starting in April!

The Young Adult Telephone Support Group is back! We look forward to hearing from you!

For more information on these groups, call Trisha Ebel at the Bergen CIL.

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MOVING?

If you are moving or your address label is incorrect, call Rhea Hess at the Bergen CIL with your updated information. We want to make sure everyone receives hip NEWS.

SAVE THE DATE

NY METRO ABILITIES EXPO
will take place on May 4 – 6 at the NJ Convention and Expo Center in Edison, NJ.

Visit www.abilities.com for more information!
Inclusion of Americans with Disabilities in the Fashion Industry
By Kabrina Parrish

For people with disabilities, getting dressed can be one of the first obstacles in the day. Recently, a number of major brands, such as Target, Tommy Hilfiger and Zappos, have released adaptive clothing lines. Items with features like magnetic closures and one-handed zippers are growing among popular brands.

Companies like Target have sought input from customers and employees with disabilities, along with nonprofits in the disability community to get their adaptive lines perfect. In a recent article, Julie Guggemos, head of Target’s product design, stated, “You don’t know what others need until you really build that empathy and understand equality.” Target found that while functionality is important, so is looking fashionable. That’s why the company hasn’t made adaptive lines, but adaptive versions of best-sellers.

The U.S. Census states that people with disabilities make up at least 19% percent of the U.S. population, which indicates that Americans with disabilities can significantly impact the economy. While individuals with disabilities occupy a huge part of the economy, they are often overlooked. This recent change demonstrates that these individuals’ opinions deservedly are being taken into consideration.

As a Center for Independent Living, it is thrilling to see people with disabilities finally being included in the fashion industry. It is a great reflection of how the independent living movement has increased the inclusion of Americans with disabilities. Hopefully companies will go beyond basics pieces like jeans and T-shirts and utilize universal designs to meet the needs of all individuals.

“We can’t help everyone, but everyone can help someone.”

– RONALD REAGAN

Cooking Corner

It's springtime and all the fresh vegetables are beautiful and tasting delicious!

Pasta Primavera

INGREDIENTS:

Kosher salt
12 oz. fusilli or other corkscrew pasta
½ lb. sugar snap peas, halved lengthwise, or broccoli florets (or a combination)
2 carrots, shredded
1 yellow bell pepper, cut into thin strips
¼ c. extra-virgin olive oil, plus more for drizzling
4 cloves garlic, thinly sliced
1 pt. cherry tomatoes, halved
¼ to ½ teaspoon red pepper flakes
½ c. roughly chopped fresh mint
½ c. grated parmesan cheese
4 oz. of goat cheese, crumbled

Bring a large pot of salted water to a boil. Add the fusilli and cook as the label directs. Add the sugar snap peas and/or broccoli, carrots and bell pepper to the boiling water during the last 2 minutes of cooking. Reserve 1/2 cup cooking water, then drain the pasta and vegetables and return to the pot.

Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and cook until just golden, about 30 seconds. Add the tomatoes, red pepper flakes and 1 teaspoon salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in 1/4 cup of the reserved cooking water. Pour the tomato mixture over the pasta and vegetables. Add the mint, parmesan and half the goat cheese and toss to combine. Season with salt.

Divide the pasta among bowls. Top with the remaining goat cheese and drizzle with olive oil.

Recipe courtesy Food Network Magazine

Modification Access Project (MAP) / Special Needs Assistance Program (SNAP) / Special Assistance for Independent Living (SAIL) / Special Assistance for Independent Living for Seniors (SENIOR SAIL)

The lives of many people can be enhanced with a modification to their home or with assistive equipment.

Would a modification to your home (a stair-glide, ramp or bathroom update, for example) make your day-to-day life easier?

Would an air conditioner be a needed addition to your home this upcoming summer due to a severe respiratory condition?

Here at hip, we have financial assistance programs to make these modifications and assistive devices available at a lower cost (and sometimes at no cost) to you! Please call Maria Valentin at ext. 10 at the Bergen CIL (for MAP/SNAP) or Angela Arboleda at the Hudson CIL (for SAIL/SENIOR SAIL) for more information on eligibility and how to apply for these programs.
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WE WELCOME THE FOLLOWING NEW AND RENEWING MEMBERS OF HIP FOR 2018!

Jeanne Aimone
Audy Altine
Peter Ambrose
Kevin Angelini
Anonymous*
Paul Aronsohn*
Thomas Azilides
Ethel S. Ball
Annie Been*
Chi-son Belcher
Gilbert A. Benson*
Darrell & Tamiko Bethea*
Ron & Christine Black
Paula Bloom
Jerry Bojko
Barbara Brave
Heather Broad
Mario Brusco
Scott & Debbie Buckwald
George Bullerdick
Mildred Bullerdick
Anna Bures
Ruth Burke
Sonya A. Burroughs
Brenda & Jerry Calabrese
Daniel Calabrese
Tonielle Cardinalle
Mary & Al Carney
Jeanne Carney
Tom & Susan Carney
Trish Carney*
Kay Chase*
The Ciccone Family
Lillian Cicino*
Barbara Comerford, Esq.*
Marie & Michael Cook
Jim Corbett
Sonia Cordova
Margarita Crespo Parker
Francine Crieff
Jim & Jean Csaposs*
Catalina Cruz
Ivan Cueva
Mary Culver
Howard Craig Cutler
Joan D’Angelo
Carol Dass*
Jane Davidson
Jenee Davis
Jarrett Dean
Joseph N. De Guilmo
Michael M. Delgado
Ralph M. DeSimone
Martha DeYoung
Anthony Dinaro
James F. Dougherty
Barbara Dublin*
J. Robert Duffy*
Dennis Dusevic
Patricia & Dave Ebel*
Austin Epstein
Lottie Esteban*
Alicia Facchino
Nancy Faro
Marie Favorito
William & Stella Fellinger
Betty Fetzer*
Yolanda Fisher
Brian Fitzgibbons
Karen Fitzgibbons
Beldane & Kristine Fortunato
Valerie Frink
Christopher Gagliardi & Lynda Monahan
Gerry Galvin
Laurie C. Galvin
Glenn Gardner
Paul F. Gaughan
Dorothy Genoni
Andrew, Linda & Sarah Goff
Eileen Goff*
Alan & Lynn Gold
Patricia Guy
Alice & Jack Hamburg
The Harries Family
Bojane Heap
Ray Heffernan Sr.,** Ray Heffernan Jr.
and Sheryl Heffernan
Yvette Hegarty
Rick Hodgman*
Henry Hof
Walter T. Jablonski
The Jacobs Family
Jay Janiec
Norah Jurechko
Stefanie Keiser
Timothy Kerr
Joan F. Klug*
John Koch*
Diana LaForge
Jeanne LaRaia
Virginia L. Laughlin
Louise Lee
Susan Lee
Mr. & Mrs. Mort Levinson
Rhea Levy
Chili Li*
Gloria Lieberstein*
Judith Liebman
Richard Lillis
Roy Lippin*
Diane Love
Jorge & Lisa Loza
Joyce & Leonard Malech*
Patricia Martin-Barksdale
Patrick, Dorothy & Aimee McCarthy
Ann McVey
Ann Melone*
Dr. Frances Meyer*
Louise A. Micci
Kathy Marie Mortimer
John Mulholland
Hyacinthe Nkunrunziza

MarioOlvares
Jorge Olvares
Danielle Pettineo
Elizabeth Pfeuffer
Ronald Phillips
Marianne Pigoncelli*
Dr. Sandra Pinkerton
Jonathan Pixley
Anne Marie Prendergast
Jared Prescott
Lillian Rand
Gilbert & Stephanie Robinson
Ryan Roy
George Rush
Beverly & Dick Ryan*
Mary Sanfilippo
Marie Sawyer
Sylvia Schwartz*
Stephanie Seid
Judith Shaw
Chandravati Singh
Lynn Smith
Maria Smith
Michael Smith*
Jeffrey St. Germain & Family*
John Stanik*
Samy Suqi
Stephanie Thomas
Mary Thornton
Janet Tolliver & Joseph Molee
Joseph M. Tomasko
Richard S. Touma
Ivis Trejo
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Warren Williams & Virginia Flynn
Peter & Kathleen Wirt
Richard S. Wolfman*
Marianne Valls
Anthony & Mary Yorio
Nancy, Barry & Cheryl Zweben

Corporate Members:
Drive-Master Co., Inc. – Peter B. Ruprecht
Fair Housing Council
Jerry’s Drug & Surgical Supply
J.S. Perlman, Public Accountants
Northeast New Jersey Legal Services – Anna P. Navatta, Esq.
Out of Breath Institute – Betsy Thomason, Founder

*Life Member
**Deceased
Need a ticket?

Call: Jayne Jacobs at 201-996-9100, ext. 26, or e-mail her at jgugenheim.ber@hpcil.org, noting “Calendar Raffle Tickets” in the subject!

### June 2018

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### 66 Sunny Day$ of Summer Calendar Raffle!!!!!!

Cash Prizes for Each and Every Weekday during June, July and August 2018

**$2,000 in Cash Prizes!**

Donation: $20 per Ticket

**66 Chances to Win!**

Prizes Range from $20 to $200!

**Win Multiple Times!**

Sponsored by Heightened Independence and Progress (hip) to Benefit the Provision of Independent Living Services to People with Disabilities

All drawings will be held on or prior to the dates for which prizes are to be awarded each Friday at 12:00 noon at the hip Office located at 131 Main Street, Suite 120 in Hackensack.

All tickets are eligible for each drawing.

All tickets can win more than once!

Winner need not be present.

No substitution of the offered prizes will be made.

Winners will be notified via mail. Winning ticket numbers will be posted on [www.hpcil.org](http://www.hpcil.org) each Friday by 3:00 P.M.

ID#: 180-4-32794

RL#: 2154

If gambling is a problem for you or someone in your family Dial 1-800-GAMBLER
## Calendar of Events

### BERGEN

#### Support Group Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>April 12</td>
<td>11 a.m. – 1 p.m.</td>
<td>Bergen hip office</td>
<td>Empowering Women – Support Group meets every month on the second Thursday at the Bergen hip office.</td>
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<tr>
<td>May 10</td>
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#### Technology Demonstrations

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<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>April 11</td>
<td>1 – 5 p.m.</td>
<td>Bergen hip office</td>
<td>Adam Krass, assistive technology consultant, meets with individuals one-on-one to demonstrate devices and discuss applications. Call the Bergen CIL for an appointment.</td>
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<td>May 9</td>
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<td>June 13</td>
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#### Book Club

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<th>Date</th>
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<tr>
<td>May 4</td>
<td>11 a.m. – 1 p.m.</td>
<td>Bergen hip office</td>
<td>The Book Club meets each month at the Bergen hip office to socialize while discussing books previously chosen and offering ideas for future reading choices.</td>
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<td>June 1</td>
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#### hip Meetings

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<th>Date</th>
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<tr>
<td>April 28</td>
<td>hip Annual Dinner Dance</td>
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<tr>
<td>June 19</td>
<td>hip Annual Picnic</td>
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#### Adjustment to Vision Loss Support Groups

**Fort Lee Group 10 a.m. – Noon**

- April 17
- May 15
- June 19

**Washington Township 10 a.m. – Noon**

- April 18
- May 16
- June 20

**Jersey City 2 – 4 p.m**

- April 25
- May 24
- June 28

**Secaucus 10 a.m. – Noon**

- May 3
- June 14

**Young Adult Telephone Support Group 7 – 8 p.m.**

- May 3
- June 14

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

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: Nicole Clark, Mary Mulvaney, Victoria Robbins, or Shoshana Stubin (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: Nicole Clark, Mary Mulvaney, Victoria Robbins or Shoshana Stubin (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)
Annual Picnic

SAVE THE DATE FOR THIS YEAR’S SUMMER PICNIC!
Looking forward to seeing everyone and celebrating the beginning of the summer season on Tuesday, June 19th at the Englewood Boat Basin!

BOARD OF TRUSTEES
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