

# THE MILE POST

Tel #201-434-7783 / Fax # 201-434-1860 / [www.hudsonmilestones.org](http://www.hudsonmilestones.org)

## A Message Shared by the CEO

*The following is a message from New Jersey Department of Human Services Division of Developmental Disabilities:*

### FEE-FOR-SERVICE AND CONTRIBUTION TO CARE

Contribution to care applies to people who are living in residential placements funded by the Division of Developmental Disabilities (DDD), such as group homes, supervised apartments, or Community Care Residences with a trained caregiver. When an individual is enrolled in fee-for-service, he/she will contribute directly to rent and other costs as determined by the residential provider.

From the Desk of the  
Chief Executive Officer  
Teresa Maietti



#### How is the contribution to care changing?

When participants are enrolled in fee-for-service, they will directly contribute 30% of their gross monthly income to the residential provider for rent, plus an additional percentage as determined by the provider to cover other costs of care. DDD will not collect these fees.

#### When will the transition to fee-for-service happen?

Initially, a "pilot" group of approximately 100 individuals will transition. Others will enroll - by selected group - in fee-for-service by June 30, 2018, except for individuals who live in Community Care Residences and Community Care Waiver eligible individuals who are living in out-of-state residential placements.

#### Will there be additional changes for people who live in DDD-funded residential placements?

*(Cont'd on Page 2)*

## Wisdom From The Chairman

Lauren Nardini, Chairman of the Board

### SEEKING RECOGNIZING EXCELLENCE NOMINATIONS

Hudson Milestones is seeking nominations of people who have contributed in important and meaningful ways to the lives of people with developmental disabilities. Below are the categories for which excellence awards may be given and for each a brief description of the criteria.

**The William C. La Greca Memorial Community Volunteer of the Year:** Recognizes a Hudson County individual whose community volunteer involvement has helped Hudson Milestones accomplish its mission.

*(Cont'd on page 2)*

## #GivingTuesday is here!

November 28, 2017 marked Giving Tuesday - a worldwide day of giving back.

Giving Tuesday at Hudson Milestones is dedicated to our Day Habilitation and Early Intervention programs.

Please consider giving back by mailing your donation to:

Hudson Milestones Inc.  
365-381 Clendenny Avenue  
Jersey City, NJ 07304

Or visiting our website at  
[www.hudsonmilestones.org](http://www.hudsonmilestones.org)

(Cont'd from Page 1 "From the Desk of...")

- ◆ Each person must complete the New Jersey Comprehensive Assessment Tool (NJ CAT).
- ◆ Each person will select a Support Coordination Agency. A Support Coordinator will work with the person, family members, providers, friends or others as a planning team to develop an Individualized Service Plan.
- ◆ Each person who has DDD as his/her Social Security Representative Payee must designate a new payee. DDD no longer will serve as the Payee in fee-for-service.
- ◆ Each person, or his/her court-appointed guardian, will need to sign required documents that detail tenant rights.
- ◆ Individuals may be eligible and should apply for other assistance programs, such as LIHEAP (Low Income Home Energy Assistance Program) and SNAP (Supplemental Nutrition Assistance Program) through County Welfare Agencies/Boards of Social Services.

#### How is funding and payment changing for residential programs?

DDD-contracted housing cost payments will shift to a housing voucher model administered through the Supportive Housing Connection (SHC), a partnership between the NJ Housing and Mortgage Finance Agency and the NJ Department of Human Services (DHS). Residents of DDD-funded homes will contribute a portion of their monthly income to directly to the service providers for rent and the SHC will pay the remainder of the housing cost to the providers via direct deposit.



Be sure to check out our revamped website at  
[www.hudsonmilestones.org](http://www.hudsonmilestones.org)



(Cont'd from Page 1 "Wisdom from...")

**Chandelier Charity Organization of the Year:** Recognizes a community volunteer group that has actively supported the work of Hudson Milestones as well as the individuals within our programs.

**Corporation of the Year:** Recognizes a corporation that has extended itself through generosity of time, funds and talent to the betterment of the individuals served by Hudson Milestones.

**Public Sector Advocate of the Year:** Recognizes an individual or group working in government or the public sector who have actively supported the work of Hudson Milestones as well as the individuals it serves.

**Healthcare Advocate of the Year:** Recognizes a healthcare professional with an exceptional record for having provided healthcare to people with developmental disabilities.

**The Ann Vrola Memorial Citizenship Award:** Recognizes an individual who has a developmental disability, resides in Hudson County and has distinguished him/herself by contributing to and participating fully in the community.

*Nominations should be sent to the attention of Chairman of the Board, Lauren Nardini, at Hudson Milestones, 365-381 Clendenny Avenue, Jersey City, NJ 07304, or fax to 201-434-1011. Include the following information: your name, address and phone number, along with the name of nominee, the appropriate nomination category and statement explaining why that person should be recognized in that category.*

**Nominations must be received before January 17, 2018 in order to be considered!**

Award recipients will be acknowledged at our Annual Recognizing Excellence Awards & Dinner Dance to be held on **April 20, 2018 at La Reggia, Secaucus, NJ.**



While working on a calendar skills goal, client TH looked at all the events he had written on his monthly calendar. He then looked at staff and said, "Do you believe how packed my schedule is? I'm a pretty popular guy!"

## Milestones Moment

While at the Liberty Science Center, LC was showing ME how to work on a computer that was an airplane simulator. This was great to watch because LC has never worked on a computer and they were helping each other.

## DAY HABILITATION PROGRAM UPDATES

*Marisa Lione, Director of Day Support Services*

The Day Habilitation Programs of Hudson Milestones continue to welcome new program participants when an opening becomes available and/or an opportunity for over enrollment presents itself. While all of our programs are filled to capacity, we welcome tours and meet & greets with prospective new participants. We have also established a waiting list.

It is very important for families and caregivers to reach out to their Support Coordinators and request to tour our Hudson Milestones day programs. We are available Monday through Friday, 10am -3pm, to share what our programs have to offer.



The Support Program conversion continues at Hudson Milestones. Nearly half of those served are now in the Supports Program, and Hudson Milestones is successfully billing for all of them! A Family Forum meeting for families to participate in a webinar was offered on December 5, 2017 to give families the opportunity to listen to information put forth by the State and to ask questions concerning the changes. We look forward to the future of Hudson Milestones in the Fee for Service world and will continue to do everything we can to assure our families along the way.



## MUSICAL MILESTONES 2017 “ANIMAL SING-DOM”

*Marisa Lione, Director of Day Support Services*

Who knew singing about monkeys, a mockingbird and octopus could be so much fun? The clients of the Day Habilitation Programs, that's who! Since the inception of this year's theme, creative mentor Lee Howard challenged our clients with various songs – some familiar and some not. The clients spent several months learning lyrics, perfecting gestures and increasing motion to make the final performance the masterpiece it was. Several clients played vital roles in the final production by “acting out” scenes designed for songs, while all learned the universal signs for different animals they sang about. Once again, a packed audience filled Bethany Hall with proud family and beaming staff. Each year, we observe lots of milestone moments from our clients, and this year was no exception. Seeing these individuals grow and evolve through the arts is a reward no one is soon to forget. Thanks again to the Hudson County Heritage & Cultural Affairs Office for helping to make this wonderful program possible.



## WEEKEND RESPITE PROGRAM CORNER

*Marisa Lione, Director of Day Support Services*

2017 has been an exciting year! To start, the Saturday Recreation Program changed it's name to the Weekend Respite Program! Once again, we jam packed many fun community experiences into our schedule. We welcomed new participants and fast friendships were formed.

Highlights this year included the always popular Jersey Shore Pirates Adventure. This event allows the clients to be pirates for the day, taking a boat ride, learning to read a treasure map and even wearing an eye patch if they choose!

One of our Jersey City Day Habilitation participants put on a summer concert for both the Weekend Respite and Residential clients. By the end of the show, both performer and audience members were sharing in a group sing-along that was both touching and loads of fun.

The group made their own candles at The Pink Elephant candle studio in Asbury Park, engaged in a relaxing in-house Yoga Class and explored several museums, classes and farms around New Jersey.

The photos clearly tell a story of fun and adventure. What better way to spend a weekend than with friends doing things you love? The clients of the Weekend Respite Program truly know how to have a good time...





## DAY HABILITATION HAPPENINGS

*Marisa Lione, Director of Day Support Services*

### Annual Fishing Trip with the Jersey City Police Department

Our annual fishing trip with the Jersey City Police Department took place on October 4, 2017, and once again was a huge success! The sun was shining and the generous volunteer police officers helped make it a day to remember for many of our clients. Some clients even caught a fish for the first time in their lives! There were many new volunteers who kindly served hamburgers and baited fishing hooks all in the name of fun and friendship. We are very grateful to all of them for donating their time to us. The day would not be possible without the amazing work of Ed and Arlene Rutkowski along with the JCPOBA. We are very appreciative and cannot wait till next year!



### Exciting Changes are Coming

Beginning in January 2018, the Department of Day Habilitation will be expanding and will have a new name! The Department of Day Support Services will now feature Day Habilitation, Weekend Respite and introducing... the Early Intervention and Respite Programs. Merging these programs all under one department will provide it with further opportunities and growth. And looking a little further down the road, we will be introducing another Day Habilitation location at the former CDC building. We want to increase community experiences and provide the clients we serve with even more options to reach their goals. It's an exciting time in this department and the agency, so stay tuned for more.

## THE AFTER HOUR

*Kathleen Ruiz, Individual Support Community Specialist*

At the beginning of October, Hudson Milestones started a program called The After Hour. For eight weeks, Monday and Wednesday nights from 6:00pm-7:30pm, classes about music and crafts were held in Bethany Hall at the Jersey City Day Habilitation Program. Thanks to our friends at Rock the 21, these classes were a great success! Rock the 21 is a non-profit corporation dedicated to celebrating and supporting individuals with Down syndrome and their families, as well as fostering social awareness on their meaningful acceptance and inclusion in our communities for their donation.

Our Music and Motion Class was held on Monday nights. Each of those nights gave the clients the opportunity to experience the beauty of moving to music, the fun and excitement of dance. These classes allowed our clients to enjoy various types of music, and reap the benefits of some extra exercise. We had volunteer dance instructors teach a variety of dances, as well as our staff instructing and following along to "just dance" on a large projector. The clients also had a ball during a sing-along karaoke theme night. Each client enjoyed a Music and Motion class in their own way. Whether it was learning each step to the best of their ability, simply two stepping, or just singing along – there were teachable moments had by all.



*"Where words fail, music and dance speak" – Christian Anderson*

Craft Class with Friends was held on Wednesday nights. No matter what his or her capabilities are, the clients each displayed an inner core of creativity that was happily realized. Class activities included painting on a canvas, making sun catchers out of compact disks, accessory making for both men and woman and seasonal/holiday masterpieces. Anyone can find their creative side with encouragement and our clients did so each week.



*"If I could say it in words there would be no reason to paint" – Edward Hopper*

We couldn't be more excited for our second semester of The After Hour to kick off in April 2018! Students from New Jersey City University have already expressed an interest in volunteering their time. We look forward to adding more activities this spring and hope to see some new faces join in the fun.

## IN NEED OF RESIDENTIAL PLACEMENT?

*Teresa Maietti, Chief Executive Officer*

I am writing to extend an invitation to all families, in need of placing a family member into a New Jersey Division of Developmental Disabilities residential facility, to visit one of our homes that currently has availability.

If you are interested in hearing and seeing what we are all about and most proud of, please call Aja Johnson at (201) 434-7783 to schedule a visit.



## A NEW FACE IN RESIDENTIAL SERVICES

*Kim Beese, Operations Manager*

Hudson Milestones' Residential Department would like to introduce our new Director of Residential Services, Ana Schreiner. We welcomed Ana to the team on November 27th.



As a Hudson County resident Ana has taken charge in leading the Residential Department into the upcoming world of Fee for Service. Ana's previous twenty-year experience is from New York State. During that time she worked in many different realms within the Intellectual/ Developmental Disabled population. When asked, Ana said that her goal is "to ensure the betterment of every client she serves", making her a perfect fit for Hudson Milestones!

## WE NOW HAVE PAYPAL!!!

*Akenten Oti, Chief Advisor of Auditing & Reporting*

Hudson Milestones has joined the PayPal family for electronic monetary transactions. We are now able to accept donations and all other payments through PayPal. These payments include debit and credit transactions as well as checking transactions online in a fast and secure environment.

We have designated different buttons to distinguish and track the different kinds of donations we receive. You will find the following donation baskets:

- Dinner Dance
- Tax Season Letter
- #Giving Tuesday
- Membership
- Ad Journal
- General Donations

To donate, simply visit us on the web:

- a) Click on the **"Donate" or "Donate Now"** button.
- b) It navigates to the PayPal button shown below.

**PAYPAL or CREDIT**



- c) Click on the PayPal button and a drop-down table opens up allowing you to select the purpose of the donation.
- d) Go through the prompts to complete the transaction.

We hope you will take advantage of this simple, fast and secure way of continuing to be a valuable support for the great work Hudson Milestones accomplishes in the community.

We look forward to seeing you there

<http://www.hudsonmilestones.org/donations/>

## MAKING A DIFFERENCE

*Jose Rosario, Director of Operations*

This year in the Department of Finance & Operations we have made many renovations to all of our properties, however, I decided that I wanted to speak about something different. I personally feel it is my job to ensure the upkeep of the properties. After all, that is what we get paid for. So I decided to write about something that made a difference in the smiles of our clients. We started an After Hours Program for the clients in which they take part in all kinds of arts and crafts, etc. I was approached by my CEO and asked if I would teach a salsa dance class. I thought to decline considering I am no expert but then I thought to myself it's not about me, it's about the clients so I said of course. Going in I was a bit nervous but I shook it off. After all, the clients would probably teach me...we all know how much they love to dance. Once the evening got going and I was showing them some basic steps they picked up immediately. Next thing you know they are all having a wonderful time, and to me that is what it's all about. When the first song finished they couldn't wait for the next one. It meant so much to me to see them so happy and involved. They are truly amazing and I can't wait to get more involved and have that sense of feeling that we make a difference.



# UPCOMING EVENTS

## JANUARY

- 1/1 New Year's Day Holiday (Agency Closed)
- 1/6 WRP Yogi Berra Museum
- 1/13 Martin Luther King Day Holiday (WRP Closed)
- 1/15 Martin Luther King Day Holiday (Agency Closed)
- 1/15 RES GHs celebrate Martin Luther King Day by coloring
- 1/20 WRP In-House Craft Making Class
- 1/27 WRP Bowling
- 1/28 Ave B GH hosts movie night for Lord GH

## FEBRUARY

- 2/3 WRP In-House Soap-Making Class
- 2/10 WRP Kean University Men's Basketball Game
- 2/11 Pleasant Place GH hosts Valentine's Day crafts for Kearny GHs
- 2/14 Miller GH hosts Valentine's Day party for Kensington GH
- 2/16 Lincoln's Birthday Holiday (Agency Closed)
- 2/17 Lincoln's Birthday Holiday (WRP Closed)
- 2/19 President's Day Holiday (Agency Closed)
- 2/22 Annual DH Recognition & Pinning Ceremony
- 2/24 WRP Movies

## MARCH

- 3/3 WRP Event (TBD)
- 3/7 Musical Milestones rehearsals begin
- 3/10 WRP Newark Museum & Planetarium
- 3/10 Secaucus GH hosts dessert night for North Bergen GH
- 3/16 DH Staff Training Day (Programs Closed)
- 3/17 WRP Monster Golf
- 3/17 RES GHs celebrate St. Patrick's Day with corned beef dinner
- 3/18 PLAY Dance
- 3/24 WRP Classic Thyme Cooking Class
- 3/30 Good Friday Holiday (Agency Closed)
- 3/31 Good Friday Holiday (WRP Closed)

## APRIL

- 4/1 RES GHs celebrate Easter dying eggs & egg hunt
- 4/2 After Hour Spring Semester Begins
- 4/4 After Hour Class
- 4/7 WRP Valley Shepard Creamery
- 4/9 DH Spring Decorating Begins
- 4/9 After Hour Class

## APRIL CONT.

- 4/11 After Hour Class
- 4/14 WRP Rizzo's Wildlife World
- 4/16 After Hour Class
- 4/18 After Hour Class
- 4/20 Agency Annual Dinner Dance
- 4/22 RES GHs celebrate Earth Day by planting flowers
- 4/23 After Hour Class
- 4/25 After Hour Class
- 4/28 WRP Sprout Film Festival
- 4/30 After Hour Class

## MAY

- 5/TBA Expanded Management Team Spring Training
- 5/2 After Hour Class
- 5/4 WRP Special Olympics Opening Ceremony (Friday Night)
- 5/7 DH & WRP Family Satisfaction Surveys sent home
- 5/7 After Hour Class
- 5/9 After Hour Class
- 5/12 WRP Bee-N-Crafty Craft Class
- 5/12 RES GHs celebrate Mother's Day by making cards
- 5/14 After Hour Class
- 5/16 After Hour Class
- 5/19 WRP In House Music Class
- 5/20 PLAY Dance
- 5/21 After Hour Class
- 5/23 After Hour Last Class of Spring Semester
- 5/25 Election Day Floating Holiday (Agency Closed)
- 5/26 Memorial Day Holiday (WRP Closed)
- 5/28 Memorial Day Holiday (Agency Closed)
- 5/28 Pleasant Place and Miller GHs host Memorial Day BBQ

## JUNE

- 6/2 WRP Wild West City
- 6/9 WRP Jenkinson's Boardwalk & Aquarium
- 6/11 DH Fishing Trip planning begins
- 6/14 RES GHs celebrate Flag Day by making flags
- 6/15 DH Staff Training Day (Programs Closed)
- 6/16 WRP The NJ Museum of Transportation @ Allaire Village
- 6/16 RES GHs celebrate Father's Day by making cards
- 6/23 WRP Bayonne Friends Picnic
- 6/24 PLAY Dance
- 6/30 July 4<sup>th</sup> Holiday (WRP Closed)

## ACRONYM KEY:

DSS = Day Support Services  
DH = Day Habilitation

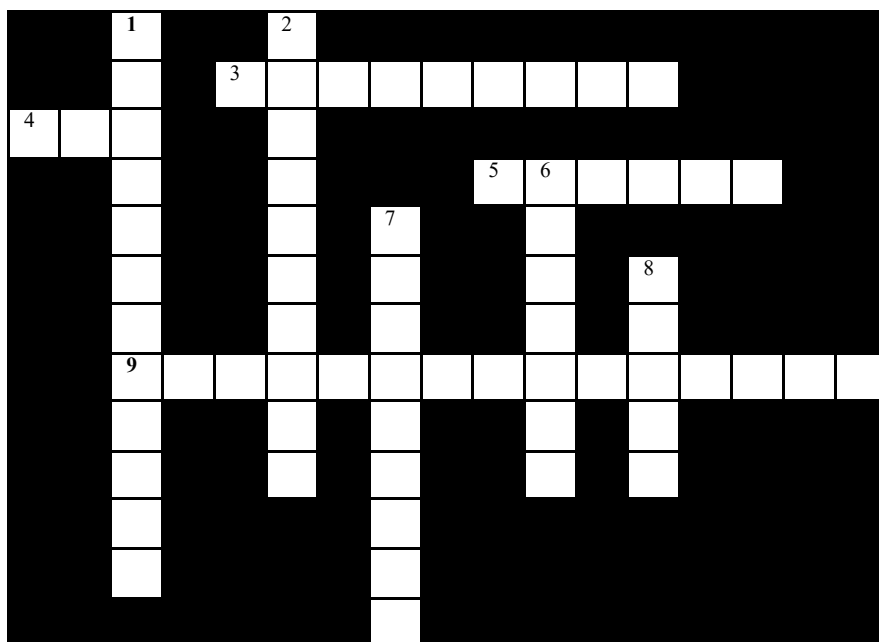
EIS = Early Intervention Services  
GH = Group Home

RES = Residential Services  
WRP = Weekend Respite Program



## CROSSWORD PUZZLE

*Donna Dolan, Director of Compliance*



### Across:

3. A home where a small number of unrelated people in need of care, support, or supervision can live together.  
 4. Provides public funding for services and supports that assist New Jersey adults with intellectual and developmental disabilities.  
 5. The process of developing or maturing physically, mentally, or spiritually.  
 9. This service helps individuals achieve satisfying and rewarding connections and relationships within their communities. This service can be provided almost anywhere in the community and assists individual with learning new skills.

### Down:

1. Freedom from the influence, control, or determination of another or others.  
 2. What you call a close relationship made.  
 6. Provide planned short-term and time-limited breaks for families of children with a developmental delay and adults with intellectual disabilities.  
 7. Quality of being unchanging. This word is often used to describe buildings or structures that won't collapse or fall down.  
 8. Caring individuals who work for creating better and brighter futures for all we serve.

*Answers: Across: 3. Group Home 4. DDD 5. Growth 9. Day Habilitation  
 Down: 1. Independence 2. Friendship 6. Respite 7. Stability 8. Staff*

## BOARD OF DIRECTORS

Chairman of the Board

**Lauren Nardini**

Vice Chairman

**Feliciano Lim**

Treasurer

**Karen Gray**

Secretary

**Arlene Rutkowski**

Parliamentarian

**Nat Amadeo, Esq.**

Past Chairman of the Board

**Sally Medeiros**

## EXECUTIVE STAFF

Chief Executive Officer

**Teresa Maietti**

Director of Finance

**Bob Trivedi**

Director of Operations

**Jose Rosario**

Director of Day Support Services

**Marisa Lione**

Director of Residential Services

**Ana Schreiner**

Director of Compliance

**Donna Dolan**

Chief Advisor of Auditing & Reporting

**Akenten Oti**

Executive Secretary/Editor

**Tracey Belvedere**

## RECIPE CORNER

### Sweet Carrot Soup

Prep: 15 mins. — Cook: 15 mins.

(Submitted by Rachel Gonzelez of our Residential Program)

- 3/4 lb. carrots, peeled and cut into thick slices  
 1-1/2 cups orange juice  
 1 cup apricot nectar  
 1/4 cup lemon juice



Place carrots in a steamer basket over boiling water. Cover saucepan and steam 15 minutes or until carrots are very tender. Transfer carrots to a blender. Add remaining ingredients and puree. Serve soup chilled or at room temperature.



## EMPLOYMENT OPPORTUNITIES

Interested candidates email resumes to  
[hmrecruiting@hudsonmilestones.org](mailto:hmrecruiting@hudsonmilestones.org)

**FOR AVAILABLE POSITIONS VISIT**

[www.hudsonmilestones.org/  
 employment-opportunities](http://www.hudsonmilestones.org/employment-opportunities)



# THANK YOU FOR YOUR SUPPORT

## **MONETARY DONATIONS:**

*Aceti, Bianca; Aceti, Jerome; Amadeo, M/M Nat; Batista, Ana; Bayonne Elite Cheerleading; Belvedere, Tracey; Crawford, Larry; DeMan, Gerard; Hussey, Ronald; International Business Machines; Kelly, Ruth; Lazarov, M/M Harry; Lefelt, M/M Steve; Lorenzo, Frank; Maldonado-Gonzalez, Julia; Medeiros, Sally; Mulvey, Karen; O'Leary, Frank; Patel, Chandrika; PSEG-Power of Giving Campaign; Rutkowski, M/M Edward; Samit, Rise; Squitieri, Louis; Troutman, Laura; Valenzuela, Remmill*

## **IN-KIND DONATIONS:**

*Amadeo, M/M Nat; Canimo, Judith; Crawford, Valerie; Derowski, Maura; Godesky, Gail; Lefelt, M/M Steve; McCabe, Diane; McCaig, Nancy; McCann, Mary; Nardini, M/M Antonio; Patel, Kiran; Sabaliauskas, Stephanie; Santos; Walsh, Kathy*

Thank you

To donate, simply visit us on the web <http://www.hudsonmilestones.org/donations/>



**HUDSON MILESTONES**

365-381 CLENDENNY AVENUE

JERSEY CITY, NJ 07304