

THE MILE POST

Tel #201-434-7783 / Fax # 201-434-1860 / www.hudsonmilestones.org

From the Desk of the
Chief Executive Officer
Teresa Maietti



**IT'S HERE!!!
AT HUDSON
MILESTONES**



**ALTERNATIVE BASEBALL
ORGANIZATION**

**COMING SOON TO A TOWN NEAR YOU!
NOW TAKING PLAYER POOL APPLICATIONS!**



Alternative Baseball™ is a developmental baseball program (for those 15+) founded in Atlanta, Georgia by a young man on the autism spectrum. The mission is to develop physical and social skills in an traditional team environment where players can be accepted for who they are, encouraged to be the best they can be, and instilled with the confidence needed for them to fulfill their dreams on or off the diamond. To join the Player Pool, please visit:

ALTERNATIVEBASEBALL.ORG/JOIN

(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 intellectual/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 was here!

November 27, 2018 marked Giving Tuesday – a worldwide day of giving back.

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

It's never too late! 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



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

Americans began playing baseball in backyards and fields throughout the United States in the mid-1800s but started regarding the sport as the nation's favorite pastime in the 1920s, thanks to construction of large ballparks, radio and newspaper sports coverage, and a sense of pride in regional teams. The sport soon became popular in cities and rural areas alike. It also began attracting Americans of all demographics.

In 1941, Joe DiMaggio captured the nation's attention with the longest hitting streak in history at 56 games. During World War II, baseball promoters recruited women to play in place of men on professional teams. Once the war ended, and men returned to the field, Jackie Robinson became the highest-profile African-American pro ball player during his time with the Brooklyn Dodgers.

Modern sports commentators attribute baseball's popularity to its live audiences. According to the "Atlantic", while most NFL fans never watch a game in person, baseball fans make regular trips to the ballpark to watch their regional team play.

Another reason baseball appeals to so many Americans is that it is easily played by people of all ages and both genders. Children start with T-ball and peewee baseball. There are senior citizen baseball leagues throughout the country as well.

AND NOW, we have Alternative Baseball which is a developmental baseball program for teens and adults with intellectual/developmental disabilities.

The Alternative Baseball Organization (ABO) was founded in suburban Atlanta by Taylor Duncan (diagnosed on the spectrum himself) in January 2016. The mission of the ABO is to provide an accepting and encouraging traditional environment of social and professional development for those with intellectual/developmental disabilities through America's pastime.

Hudson Milestones has partnered up with the ABO and will actively support the enrichment of those we serve as we will be accepting applications for the Hudson Generals. Our very own Ralph Montalvo, Maintenance Supervisor, has the high honor of working with Taylor on bringing ABO to our lovely State of New Jersey. Ralph is also the Hudson Generals manager. Ralph has a passion for baseball and his goal is to teach the fundamentals to those we serve. "Everyone will play" is what Ralph says.

I look forward to sharing in the next few months the application and sign up process.

Thank you, Taylor Duncan, for being an advocate and teaching us all to have dreams and to reach for the stars every chance you can because you just might get to touch one!!!

For more information on the ABO visit www.AlternativeBasaball.org

Be sure to check out our website at
www.hudsonmilestones.org

 Like us on
Facebook
www.facebook.com/hudsonmilestones

(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 16, 2019 in order to be considered!**

Award recipients will be acknowledged at our Annual Recognizing Excellence Awards & Dinner Dance to be held on **April 26, 2019 at La Reggia, Secaucus, NJ.**



All Star Award Recipients acknowledged during Staff Training/ Appreciation Day held on 10/24/18.

Pictured L-R: Marisa Lione, Director of Day Support Services; Teresa Maietti, CEO; Rose Gadaleta, Bookkeeper; Kathleen Ruiz, Bayonne Day Habilitation Supervisor; Domonique Mitchell, Residential Coordinator; Jose Rosario, Director of Operations.

IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS!!

Jose Rosario, Director of Operations

This year, the Department of Finance & Operations finally has a full maintenance staff. Some of the advantages to having a full and reliable crew are that we can do projects that in the past required hiring outside vendors. Now, we have the ability and time to do them ourselves. Last year, around this time, Teresa Maietti, CEO and I were doing some random pop-in visits at the Kearny group homes when we noticed our houses did not have any holiday decorations out except for some window ornaments. Meanwhile, all the surrounding homes were lit up and Teresa said to me "this will not be the same next year." So, we decided we would have the maintenance men put up lights. And so, they did! I am very pleased to say our homes now shine as bright as the rest.



REMEMBERING A SPECIAL STAFF MEMBER, AND FRIEND, OF HUDSON MILESTONES

Marisa Liono, Director of Day Support Services

We were saddened to learn of the passing of a former, beloved staff member of the Jersey City Day Habilitation in early November 2018. Tom LaGreca worked for Hudson Milestones for 23 years. In that time, Tom engaged the clients in educational, fun and functional activities that helped them learn and grow. He was kind, patient, and a true team player to his co-workers. Awarded the All Star Superstar honor during his employment with us, Tom exemplified what a great staff member is. We were privileged to know him, lucky to work with him and will always strive to continue the legacy he started so many years ago.



QUALITY ASSURANCE WORD LADDER

Donna Dolan, Director of Compliance

Instructions: Start at the bottom and work your way up the "ladder" by creating a new word using the clues below.

What co-workers need to do together (the Supervisor said great team _____)	_____
Something gets _____ out when it is used often (change one letter)	_____
Ripped (add one letter)	_____
An enormous weight 2000 pounds (take away two letters then add one letter)	_____
What you pay to cross a bridge (change one letter)	_____
Not short (change one letter)	_____
A story (change one letter)	_____
To get or bring something (change one letter)	_____
Not wild, a house pet (rearrange letters)	_____
Food that comes from an animal (rearrange letters)	_____
	TEAM

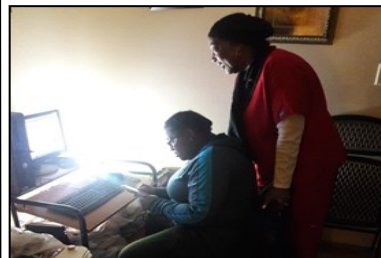
See page 5 for answer key.

WHAT ARE RESPITE SERVICES?

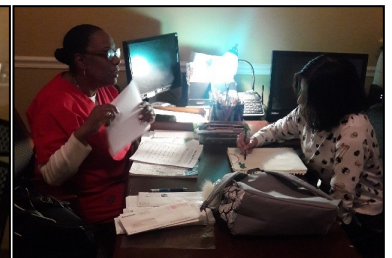
Jasmine Overton, Division Coordinator of Early Intervention/Respite Services

The definition of Respite is: *a short period of rest or relief from something challenging.* Here at Hudson Milestones, our version of Respite includes offering family members of the clients we serve a much-needed break from their day-to-day responsibilities. The break comes in the form of recreational activities, life skill training and community inclusion. Respite services can take place in both the home and community depending on the family's wants and needs. Whether your family member wants to learn how to bake, play a board game, do their homework, hike at a nearby park or attend a holiday party – we can make it happen!

So, if you want to learn more, please join us for a Respite Open House on Wednesday January 23, 2019 @ 6pm in Bethany Hall. We will discuss the many opportunities we have for you and your family member, hear from our very own Respite staff and tell you what you need to do to sign up for services.



Researching "Beach Houses" in Sydney, Australia.



Respite Provider and client reviewing homework.

DAY SUPPORT SERVICES UPDATES

Marisa Lione, Director of Day Support Services

The Day Habilitation Programs of Hudson Milestones continue to welcome new participants when openings become available and/or an opportunity for over enrollment occurs. While the Jersey City Day Habilitation Program (JCDH) is filled to capacity, we have openings in our Bayonne Day Habilitation (BDH). We are happy to always welcome tours and meet & greets with prospective new participants. If for some reason we cannot readily serve a prospective participant, we can add them to our waiting list.

The Fee-For-Service conversion continues in the day programs, and now more than 100 of the participants are part of the Supports Program. Our staff are participating in the last of the meetings, reviewing plans and providing important insight into the development of the Person-Centered Planning Tools (PCPTs). They are also working diligently to perfect the paperwork documenting our services. The billing for services rendered is submitted on a weekly basis and continues to be going well.



The Respite Program at Hudson Milestones is looking to expand and grow! If you know someone with a need for companionship, recreation and some much-needed respite time for their caregiver – give us a call. Our compassionate providers will come to a home and play games, go for a walk or take a trip to the mall as part of the care for a loved one. This program serves youth as well as adults and is looking for interested applicants. This program is also always looking for kind individuals to provide this part-time, attentive care, so apply today!

The Early Intervention Program is flourishing, and we want it to continue to do so in 2019! If you are in need of early intervention services for your child such as speech, OT or PT, we can help. Our qualified practitioners are skilled to help in various areas of need. Our amazing therapists have helped make miracles happen. So, if you have a family member in need of these services, talk to your Service Coordinator to link you to Hudson Milestones.



DAY SUPPORT SERVICES HAPPENINGS

*Kathleen Ruiz, Bayonne Day Habilitation Supervisor/
Individual Community Support Specialist*



THE AFTER HOUR – Fall Semester 2018

This semester's classes featured volunteers from St. Peter's University Women's Softball team who assisted the clients as they created Halloween décor including 3-D pumpkins, fall centerpieces, and other seasonal decorations. Some Saint Peter's University Men's Basketball players also volunteered during one of our Music & Motion nights in which clients enjoyed learned partner dances and synchronized dance moves. Smoothies have been added to the Music & Motion night as part of the evening where members of The After-Hour Program can mingle with new friends.



A highlight of this semester included a Dia De Los Muertos night, a Mexican celebration to honor lost loved ones. On that night, Hudson Milestones' CEO and some members of our Board of Directors stopped by to catch a glimpse of our funky creations and to see what all the After-Hour buzz is about!



A MONTH OF AWARENESS – October 2018

The Day Habilitation Programs celebrated both Down Syndrome and Breast Cancer Awareness during the month of October. This included educational, interactive activities throughout the programming day to celebrate our peers who rock an extra chromosome and our heroes who've survived the fight of their lives.

WEEKEND RESPITE PROGRAM CORNER

Marisa Lione

The Weekend Respite Program is growing! We've happily welcomed some new members to our favorite, fun crew and the last six months of activities didn't disappoint...



We enthusiastically cheered on the Hudson Milestones athletes at the opening ceremonies of the New Jersey Special Olympics. The experience was not only rewarding for those who participated, but also for us privileged spectators.

(Cont'd on Page 5)

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 (201) 434-7783 to schedule a visit.



Answer key to Quality Assurance Word Ladder: **TEAM WORK**

What co-workers need to do together (the Supervisor said great team)	WORK
Something gets _____ out when it is used often (change one letter)	Worn
Ripped (add one letter)	Torn
An enormous weight 2000 pounds (take away two letters then add one letter)	Ton
What you pay to cross a bridge (change one letter)	Toll
Not short (change one letter)	Tall
A story (change one letter)	Tale
To get or bring something (change one letter)	Take
Not wild, a house pet (rearrange letters)	Tame
Food that comes from an animal (rearrange letters)	Meat
	TEAM

(Cont'd from Page 4 "Weekend Respite...")

The group also attended classic summer activities such as the Bayonne Friends Picnic and Jersey Shore Pirate Adventures. Making pottery at Express Yourself Art Studio was loads of fun and old favorites like the Sterling Mine Museum still rank high on everyone's list.

The pictures always tell the real story of our adventurous bunch! The Weekend Respite Program is the best way for our participants to spend quality time with their friends while seeing all the best things New Jersey has to offer.



DAY HABILITATION & THE COMMUNITY

Morena Talley, Jersey City Day Habilitation Supervisor

The Jersey City Day Habilitation (JCDH) Program took a tour of the Jersey City Police Department at the West District Station and attended a job fair for National Disability Employment Awareness Month.

On October 22, 2018 as part of community and educational outreach, ten participants from the JCDH were invited by Captain Nestor and David Carlton to take a tour of the precinct. The tour was personalized for our group based on the age and skill level of the participants. As the clients entered the precinct with excitement and enthusiasm, officers were awaiting their arrival and greeted them with a warm welcome. Officers and participants discussed safety, why arrests happen, how to become a police officer, bullying and Hall-loven safety. JCDH clients were able to sit in real-life police cars, visit the burglary, cease fire and detention units, conference room, and jail cells. Another highlight of the tour included talking on a two-way radio in the police cruiser!



On October 29, 2018 participants visited America Works of New Jersey in response to a job fair we found posted in celebration of National Disability Employment Month. Participants dressed the part for potential interviews and were able to speak to different job vendors of their choice to get a real world feel of being out in the working community. At the end of the visit, staff were given a phone number for the participants who wanted to put together a resume and for future job networking. The experience was truly rewarding for those clients that aspire to work in the community in their future.

UPCOMING EVENTS

JANUARY

- 1/1 New Year's Day – AGENCY CLOSED
- 1/2 New Year's Day Holiday (DH CLOSED)
- 1/5 WRP St. Peter's Basketball Game
- 1/12 WRP Monster Mini Golf
- 1/21 Martin Luther King Day – AGENCY CLOSED
- 1/23 Respite Program Open House

FEBRUARY

- 2/2 WRP In-House Soap Making Class
- 2/9 WRP Liberty Science Center Planetarium
- 2/15 Lincoln's Birthday – AGENCY CLOSED
- 2/18 President's Day – AGENCY CLOSED
- 2/28 Annual DH Client Recognition Ceremony

MARCH

- 3/1 Musical Milestones Rehearsals Begin
- 3/9 WRP Grammy Museum
- 3/15 Staff Training Day (DH CLOSED)
- 3/16 WRP Rizzo's Wildlife World
- 3/17 PLAY Dance
- 3/23 WRP NJCU Volleyball Game

APRIL

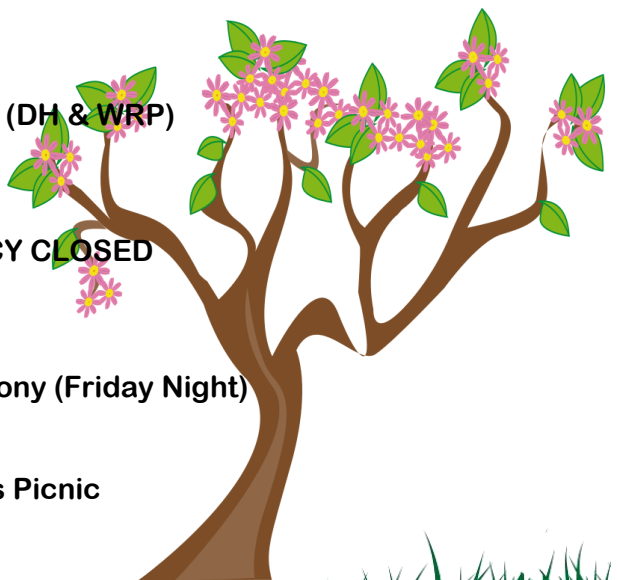
- 4/1 Spring Decorating Begins at The DHs
- 4/6 WRP Classic Thyme Cooking Class
- 4/13 WRP Bee-N-Crafty Craft Class
- 4/19 Good Friday – AGENCY CLOSED
- 4/26 WRP Annual Dinner Dance (Friday Night)
- 4/26 Annual Dinner Dance

MAY

- 5/4 WRP Legacy Riding Stables
- 5/6 Family Satisfaction Surveys Sent Home (DH & WRP)
- 5/11 WRP Valley Shepard Creamery
- 5/18 WRP In-House Music Class
- 5/19 PLAY Dance
- 5/24 Election Day (floating holiday) – AGENCY CLOSED
- 5/27 Memorial Day – AGENCY CLOSED

JUNE

- 6/3 Planning for DH Fishing Trip Begins
- 6/7 WRP Special Olympics Opening Ceremony (Friday Night)
- 6/14 Staff Training Day (DH CLOSED)
- 6/15 WRP Wild West City
- 6/22 WRP Bayonne Friends of Special Needs Picnic
- 6/23 PLAY Dance



ACRONYM KEY:

DSS = Day Support Services
DH = Day Habilitation

EIS = Early Intervention Services
GH = Group Home

RES = Residential Services
WRP = Weekend Respite Program

RECIPE CORNER

CHICKEN PARMESAN

Submitted by Kathleen McCarthy, Residential Services

INGREDIENTS

4 boneless, skinless chicken breasts, pounded thin
Salt and freshly ground black pepper
2 cups all-purpose flour, seasoned with salt and pepper
4 large eggs, beaten with 2 tablespoons water and seasoned with salt and pepper
2 cups panko bread crumbs
1 cup vegetable oil or pure olive oil
Tomato Sauce, recipe follows
1 pound fresh mozzarella, thinly sliced
1/4 cup freshly grated Parmesan
Fresh basil or parsley leaves, for garnish

Tomato Sauce:

2 tablespoons olive oil
1 large Spanish onion, finely chopped
4 cloves garlic, smashed with some kosher salt to make a paste
Two 28-ounce cans plum tomatoes and their juices, pureed in a blender
One 16-ounce can crushed tomatoes
1 small can tomato paste
1 bay leaf
1 small bunch Italian parsley
1 Cubano chile pepper, chopped
Salt and freshly ground pepper



DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Season chicken on both sides with salt and pepper. Dredge each breast in the flour and tap off excess, then dip in the egg and let excess drip off, then dredge on both sides in the bread crumbs.
3. Divide the oil between 2 large sauté pans and heat over high heat until almost smoking. Add 2 chicken breasts to each pan and cook until golden brown on both sides, about 2 minutes per side. Transfer to a baking sheet and top each breast with some Tomato Sauce, a few slices of the mozzarella, salt and pepper, and a tablespoon of Parmesan. Bake in the oven until the chicken is cooked through and the cheese is melted, about 5 to 7 minutes. Remove from the oven and garnish with basil or parsley leaves.

Tomato Sauce:

1. Heat olive oil in a medium saucepan over medium heat. Add onions and garlic and cook until soft.
2. Add pureed tomatoes with their juices, crushed tomatoes, tomato paste, 1 cup water, bay leaf, parsley, Cubano pepper, and bring to a boil.
3. Season, to taste, with salt and pepper.
4. Reduce heat and cook until slightly thickened, about 30 minutes.

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EMPLOYMENT OPPORTUNITIES

Interested candidates email resumes to
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:

Bulnes, Raquel; Corpuz, Melitona; Crawford, Veronica; Cristofol, Cecelia; Cruz, Eufracia; DePinto, Bernard; Evangelista, Zosima; Hinzpeter, Matthew; Hussey, Ronald; Jaigobind, Taramatty; Jarencio, Edgardo & Teresita; Kelly, Ruth; Lefelt, Carol; Maldonado-Gonzalez, Julia; M/M Mangrobang; McCabe, Thomas; Mulvey, Karen; Norton, Jean; Patel, Rajendra; Rizzo, Benedicta; Rizzo, Mark; Samit, Rise; Stillitano, Frank (Intellect Solutions); Teresavage, William (Knights of Columbus—Regina Council 1688); Villamaria, Jose; Wener, Harriet & Deborah; Louis (22nd Street Meat Market); Hauptman Floor Covering; Leon's Cleaning and Services; PSEG-Power of Giving Campaign.

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

Thank you



HUDSON MILESTONES

365-381 CLENDENNY AVENUE

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