

# THE MILE POST

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

## WORDS OF WISDOM

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee

From the Desk of the  
Chief Executive Officer  
Teresa Maietti



because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is in the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness, and love for others.

*Everyday Counts*  
*Make a Difference*



## Wisdom From The Chairman

**Lauren Nardini, Chairman of the Board**  
**THANKS FOR YOUR SUPPORT**



This year's Annual Recognizing Excellence Awards Dinner Dance was held on April 26, 2019 at La Reggia in Secaucus, NJ. The event was a huge success both socially and financially with nearly 300 people in attendance, including those we honored! The best

part of the evening though was seeing the clients, staff, Board and community members enjoying themselves. I'd like to thank all of those who supported us. It is with the kindness and help of people like yourselves that Hudson Milestones is able to continue to provide services to individuals who are intellectually/developmentally disabled.

A new slate of officers for FY21 were elected at the Bi-Annual Membership Meeting of Hudson Milestones held on June 19, 2019. These officers will continue to lead Hudson Milestones at a time with particularly challenging funding issues needing to be addressed.

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## DO YOU WANT TO MAKE A DIFFERENCE?

*Victoria Loehwing, HM Recruiting/Marketing*

Calling out to all those wanting to make a difference! Being a part of a team that succeeds requires strong players. Hudson Milestones staff truly are here for the win! As with any agency there is need for recruitment to keep up with the demand of changing lifestyles for those we employ and to provide the best quality of life to those we serve. Do you enjoy being in the direct care field? Come join our Agency!

Our Residential and Day Habilitation teams work with youth/adults with intellectual/developmental disabilities aiding and instructing to strengthen life skills. These direct care positions require a responsible and reliable self-starter as you will be assisting youth/adults with day to day living. Client care, housekeeping, medication administration, and documentation are major responsibilities of these roles. No experience necessary and training is provided. Now accepting applications via our website [www.hudsonmilestones.org](http://www.hudsonmilestones.org) EOE M/F/V/D

### Available Openings:

- ⇒ Full Time-Residential Management
- ⇒ Assistant Management
- ⇒ Direct Support Professionals (DSPs)
- ⇒ Part Time-DSPs



## THE REVOLUTION IS INCLUSION

*Jose Rosario, Director of Operations*

It all began in 1962, when Ms. Eunice Kennedy Shriver discovered there was a lack of organized athletic opportunities and events for children growing up with disabilities. It was this lack of opportunity and inclusion, as well as growing up with a sister with intellectual disabilities, that led Kennedy Shriver to start Camp Shriver, the first organized program for children with developmental and intellectual disabilities. This day camp began in the back yard of her very own Maryland farmhouse, and was immediately successful amongst the community. Several years later in 1968, with the help of her brother, President John F. Kennedy and the Kennedy Foundation's donations, Camp Shriver blossomed into what we know today as the Special Olympics.

For over 50 years, the Special Olympics has made it its mission to create a global movement that breaks down barriers both on and off the field, while building up and empowering the millions of athletes across the globe who participate in their events every year. Special Olympics helps foster the foundations of education, health, and athletics, through the power of sport and teamwork. The athletic organization has transformed the world of sports as we know it today.

Now through July of 2019, Special Olympics New Jersey celebrates the 50<sup>th</sup> year anniversary of changing the game and promoting inclusion in the Garden State. In honor of its 50<sup>th</sup> year, ESPN and Special Olympics have teamed up on a year-long storytelling initiative to highlight inspirational and motivating "game changer" moments of inclusion and achievement in their athletes' lives.

Hudson Milestones would like to congratulate all our exceptional clients who have competed in Special Olympics events and a thank you to all the supporters who cheer them on! A special thank you also to our Client Funds Specialist, Theresa Curio, for her tireless dedication and contributions to the event, and to making sure it's memorable for all our clients and their families for years to come!



The Revolution Is Inclusion—Join the Revolution take the pledge <https://play.specialolympics.org/page/s/jointherevolution?source=2019stream>

Facts and information from this article were taken from ESPN and Special Olympics.

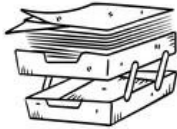


## DAY SUPPORT SERVICES UPDATES

*Marisa Lione, Director of Programs*

The Day Habilitation Programs of Hudson Milestones continue to welcome new participants when openings become available and/or an opportunity for over enrollment occurs. Both the Jersey City Day Habilitation Program (JCDH) and Bayonne Day Habilitation (BDH) are currently filled to capacity. We look forward to the opportunity to welcome more clients with the eventual opening of the Monmouth Day Habilitation Program in 2020. We are happy to provide tours and meet & greets with prospective new participants. If for any reason we cannot immediately serve a prospective participant, we can add them to our waiting list.

The Fee-For-Service conversion is nearly complete 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.



A recent DDD audit of the BDH Program provided positive feedback on our Daily Activity Logs being completed by staff. We are thrilled with this result and continue to offer ongoing training as needed to ensure all services are properly documented.

## RESPITE UPDATE:

Great news from the Hudson Milestones Respite Program! The program has doubled in size in a matter of a few short months! We couldn't be more excited that we are providing more and more families with a much-needed break while their family member enjoys recreation, socialization and increased community inclusion. If you or someone you know needs companionship and these wonderful services – give us a call. Our Respite clients are participating in lots of fun activities including the After-Hour Program, Weekend Respite Program activities and the annual Hudson Milestones Dinner Dance.



The Early Intervention Program is also flourishing, as our list of highly qualified practitioners is growing! If you know of a child in need of Early Intervention services such as speech, occupational or physical therapy, we can help. Talk to your Service Coordinator today to link you up with Hudson Milestones.



During the Bi-Annual Membership Meeting held on June 19, 2019, Immediate Past Chairperson, Sally Medeiros presented current Chairperson, Lauren Nardini with a gift of appreciation for her past two years serving as Chairperson on Hudson Milestones' Board of Directors. *Pictured above (L-R): Jerome Aceti, Trustee; Eufracia Cruz, Trustee; Feliciano Lim, Vice-Chairperson; Karen Gray, Treasurer; Teresa Maietti, CEO; Lauren Nardini, Chairperson; Sally Medeiros, Immediate Past Chairperson; Arlene Rutkowski, Secretary; and Lynette Medeiros, Trustee.*

## 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.



## OH, WHAT A NIGHT!

*Marisa Lione, Director of Programs*

On Friday April 26, 2019, Hudson Milestones celebrated 69 years of existence and the annual Dinner Dance and Recognizing Excellence Awards at LaReggia Restaurant. The night was filled with fun, dancing and friendship.

The staff and clients of all the departments of Hudson Milestones came together to acknowledge the fine work of many community members and friends to the agency. Among the many deserving recipients were:

**Teresa Maietti**, Hudson Milestones' Chief Executive Director, received the prestigious Nat S. Amadeo Distinguished Lifetime Achievement Award after being nominated by her executive staff for her dedication, leadership and outstanding service to the agency.

**Rock the 21**, received the Chandelier Charity Organization of the Year Award. Tara and the ladies of this amazing partner to Hudson Milestones have worked with us to create many wonderful opportunities for the clients we serve, including The After-Hour Program.

**Ruth J.**, a client we have served for over 20 years, received the Ann Vrola Memorial Citizenship Award recognizing several, life-changing accomplishments she has achieved over the last few years.

**Akenten Oti** received the Deborah Lorenzetti Professional of the Year Award for his hard work and dedication to the agency.

**Sally Medeiros** received the William C. LaGreca Memorial Community Volunteer of the Year Award for her tireless efforts to support Hudson Milestones over the years.

**The Jersey City Police Officers Benevolent Association** were acknowledged with the Public Sector Advocate Award for their generosity each year of the Day Habilitation fishing trip.

**Inserra Supermarkets** received the Corporation of the Year honor for working hand in hand with Hudson Milestones for many years to provide quality meals to the clients of our Department of Residential Services.

**Linda Caramucci**, RN, accepted the Health Care Advocate of the Year Award for her many years of service to the clients.

There was a 50/50 raffle drawing, many quality auction baskets, candid shots taken in our photo booth and an overall sense of success and gratitude for all who support the work of Hudson Milestones. For the clients, it is a night they look forward to all year long – the preparation with formal wear, hair and makeup is a sight to be had, as everyone strives to look their best. Again, this year, the night was magical and one that will not soon be forgotten for anyone in attendance. With year 70 around

the corner, 2020's dinner dance looks to up the ante even more and we hope to see you there!



## WEEKEND RESPITE PROGRAM CORNER

*Marisa Lione, Director of Programs*

The new year of events is upon us and we eagerly await some innovative and fun activities that the Weekend Respite Program is sure to enjoy!

We are looking forward to sniffing our way through a Sunflower Festival in July, getting up close and personal with sea life in Sandy Hook in September and taking an educational tour through the Franklin Mineral Museum in November.

Our group continues to enjoy these new, exciting experiences and have recently invited some new friends along for the fun. Respite clients are now joining the Weekend Respite Program on all their amazing adventures and the results equal more good friends and even better times.

The pictures are always the proof that these clients know how to have an awesome time together and that they are truly living their best lives!





## THE NEW AND IMPROVED SELF ADVOCACY COMMITTEE

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



Over the last year, the Bayonne and Jersey City Day Habilitation Programs successfully coordinated the combining of the two programs to form one joint Self Advocacy Committee (SAC). The SAC meetings are held every other month and are facilitated by the Supervisors of the Department of Day Support Services. The committee is comprised of clients from both day programs who have identified an interest in current events, self-advocacy topics such as health, relationships, etc.

For our last two meetings, we welcomed inspirational guest speakers to our meetings. Erin Smithers from the Arc of New Jersey discussed the Americans with Disabilities Act. She explained to our committee members about their rights that prohibit discrimination based on disabilities. Erin also taught the clients how to increase physical activity and exercise by using everyday household items to do so.

To celebrate National Armed Forces Day, the SAC welcomed Veteran Vincent Ruiz from the Travis Manion Foundation to their meeting to discuss his service, adversities faced in life, determination in all aspects of life and how to be a good leader. Vincent also conducted an interactive team building exercise on how to work as a team. This was very well received by the committee members and an overall touching, motivational and teachable moment for the SAC clients.

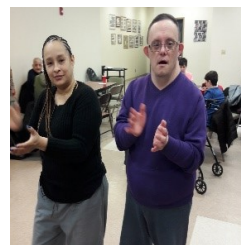
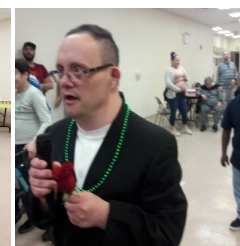
The Hudson Milestones SAC continues to flourish as its members participate more fully in their community and gain knowledge that will help them gain overall increased independence in their lives. The committee looks forward to adding more content and welcoming additional guest speakers in meetings to come.



## DAY SUPPORT SERVICES HAPPENINGS

*Kathleen Ruiz, Individual Support Community  
Specialist & Jasmine Overton EI/Respite  
Coordinator*

The 2019 Spring Semester of the After-Hour Program boasted our largest group of participants yet! For the very first time, we welcomed several Respite clients to join in the fun. The new faces added excitement to our classes, and fast friendships were formed. They enjoyed the Monday night Music & Motion classes which included freshly blended smoothies, dancing, and karaoke featuring different themes. Oscar Night was decorated in black and gold to represent the glitz of Hollywood while clients toasted to their own accomplishments with sparkling cider. The Creative Entertainment on Wednesday night was made up of project crafts such as painting bird houses, decorating picture frames and building Spring terrariums. Game nights included board games such as Operation, Guess Who, Wheel of Fortune as well as nature themed puzzles and any other games requested by participants. Based on the success of the Spring classes, we can hardly wait for this Fall! Music & Motion classes will include more cardio activities and yoga. Members of the New Jersey City University Basketball team and Saint Peter's College Softball team plan to volunteer their time. They will also perform music for the clients to dance to and do karaoke to. Creative Entertainment will continue bringing new imaginative ideas and experiences to our classes that include holiday and seasonal craft projects. We are absolutely thrilled that the After-Hour Program continues to provide its participants with socialization, recreation and unforgettable nights out with friends. With this semester's addition of several Respite clients, this program's mission remains clear – everyone needs a happy hour!



# UPCOMING EVENTS

## JULY

- 7/4 4<sup>th</sup> OF JULY HOLIDAY (AGENCY CLOSED)  
 7/5 DAY AFTER 4<sup>th</sup> OF JULY HOLIDAY (AGENCY CLOSED)  
 7/12 FREAKY FRIDAY SUMMER THEME DAYS BEGIN @ THE DHs  
 7/13 WRP/RESPITE SUNFLOWER FESTIVAL @ ALSTEAD FARM  
 7/18 DH "WE LUV SUMMER" ICE CREAM SALE  
 7/20 WRP IN-HOUSE MUSICAL PERFORMANCE W/ RESIDENTIAL & RESPITE

## AUGUST

- 8/3 WRP/RESPITE DANCE CLASS @ DANCE DESIGN STUDIOS  
 8/10 WRP/RESPITE CANDLE-MAKING CLASS @ WICK IT CANDLE FACTORY  
 8/11 RES PLAY DANCE  
 8/19-23 "WEIRD WEEK" FUN ACTIVITIES @ THE DHs  
 8/26-30 SUMMER BREAK (DHs CLOSED)

## SEPTEMBER

- 9/2 LABOR DAY HOLIDAY (AGENCY CLOSED)  
 9/8 RES PLAY DANCE  
 9/14 WRP/RESPITE CLOSE ENCOUNTERS WITH THE COAST @ SANDY HOOK NATIONAL RECREATION AREA  
 9/18 ANNUAL DH FISHING TRIP W/ THE JERSEY CITY POLICE DEPARTMENT  
 9/21 WRP/RESPITE TENAFLY NATURE CENTER  
 9/27 DH STAFF TRAINING DAY (DHs CLOSED)  
 9/28 WRP/RESPITE TURTLE BACK ZOO

## OCTOBER

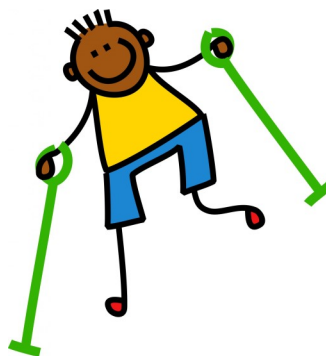
- 10/5 WRP/RESPITE PUMPKIN PICKING @ SCHAEFER FARM  
 10/14 COLUMBUS DAY HOLIDAY (AGENCY CLOSED)  
 10/19 WRP/RESPITE MINI GOLF @ SAFARI MINI GOLF COURSE  
 10/23 HM STAFF TRAINING/APPRECIATION DAY (DHs CLOSED)  
 10/26 WRP/RESPITE IN-HOUSE FITNESS CLASS  
 10/27 RES PLAY DANCE  
 10/31 HALLOWEEN CELEBRATION @ THE DHs

## NOVEMBER

- 11/2 WRP/RESPITE FRANKLIN MINERAL MUSEUM  
 11/16 WRP/RESPITE TAI CHI CLASS  
 11/17 RES PLAY DANCE  
 11/20 MUSICAL MILESTONES PERFORMANCE  
 11/26 ANNUAL DH THANKSGIVING LUNCHEON  
 11/28-29 THANKSGIVING HOLIDAYS (AGENCY CLOSED)

## DECEMBER

- 12/2 "STOCKING STUFFER" FUNDRAISER PRODUCTION & SALES BEGIN  
 12/7 WRP/RESPITE/RESIDENTIAL HOLIDAY EXPRESS PARTY AT THE MOOSE LODGE  
 12/14 WRP/RESPITE/RESIDENTIAL HOLIDAY SHOW AT VILLAGERS PLAYHOUSE  
 12/18 BOARD OF DIRECTORS HOLIDAY MEETING  
 12/23 HOLIDAY CELEBRATION/UGLY SWEATER DAY (DHs)  
 12/24 DH STAFF TRAINING DAY (DHs CLOSED)  
 12/24-31 CHRISTMAS HOLIDAY & WINTER BREAK (DHs CLOSED)  
 12/25 CHRISTMAS DAY (AGENCY CLOSED)  
 1/1 NEW YEAR'S DAY HOLIDAY (AGENCY CLOSED)



### ACRONYM KEY:

DH = Day Habilitation

EIS = Early Intervention Services

DSS = Day Support Services

GH = Group Home

RES = Residential Services

WRP = Weekend Respite Program

# THANK YOU FOR YOUR SUPPORT

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*Great care has been taken to assure the accuracy of our donor lists. Please accept our apologies for any discrepancies and let us know if you are incorrectly listed.*

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## 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)



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