

OFFICIAL NEWSLETTER OF HUDSON MILESTONES
365-381 Clendenny Avenue, Jersey City, N.J. 07304

THE MILE POST

Tel #201-434-7783 / Fax #201-377-3877 / www.hudsonmilestones.org

LET'S PLAY!!

On September 13, 2022 we held a Ribbon Cutting Ceremony to officially open our newest acquisition, the Hudson Milestones Arena. Clients, family, friends, and staff were in attendance, as well as Bayonne's Mayor James Davis, who cut the ribbon alongside our Board Chair, Arlene Rutkowski.



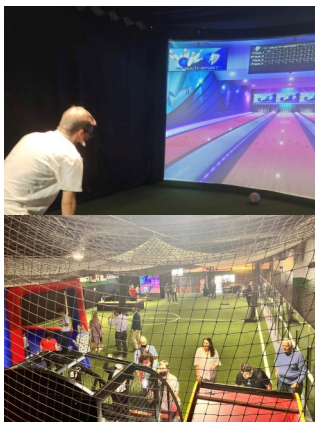
**From the Desk of the
Chief Executive Officer
Teresa Maietti**

During the Ribbon Cutting, the Arena was dedicated in the memory of former Board member, Nat Amadeo, and Hudson Milestones Volunteer, Edward Rutkowski. Both of these gentlemen have sons in our programs, and were loyal supporters of Hudson Milestones, and we will continue to honor their legacies.

This new recreational facility, located in Bayonne, NJ, is a place where our clients can go to play and have fun among their peers, without being judged. The Arena is currently equipped with a soccer/playing field, sports simulator, multiple blow ups (football throw, soccer kick, etc.), basketball toss game, ski ball machine, pin ball machine, arcade games, cornhole, and soon to come, an air hockey table.



L-R: Arlene Rutkowski; Mayor Davis;
Teresa Maietti, CEO, Andrew Amadeo.



Wisdom From The Chairman

Arlene Rutkowski, Chairman of the Board

SAVE THE DATE 4-28-23

We are pleased to announce the return of the Annual Recognizing Excellence Awards & Dinner Dance, scheduled for April, 28, 2023, at LaReggia in Secaucus. It's been three years since we last held this event, and we can't wait to see everyone again!

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 Patricia O'Donnell Memorial Community Volunteer of the Year: Recognizes a Hudson County individual whose community volunteer involvement has helped Hudson Milestones accomplish its mission.

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.

(Cont'd on page 2)



To donate, simply visit us on the web

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



Be sure to check out our
website at

www.hudsonmilestones.org



www.facebook.com/hudsonmilestones

WHAT'S NEW AT HUDSON MILESTONES

Jose Rosario, Director of Finance & Operations

How do we top the previous year? Not an easy task, if you ask me. We do that by purchasing a building that we converted to be our own "Dave & Busters". The building was previously used as an indoor soccer arena. We kept the layout and added to it by purchasing a simulator where you can play golf, bowling, and basketball (just to name a few). We also added a classic arcade video game machine with over 150 classic games. You'll also find a basketball shoot out, skeeball, and pinball machine to name a few more fun things.



Another wonderful addition to Hudson Milestones is our very own Beauty Salon/Barbershop, located in the Octagon. We have a professional beautician, barber, and manicurist come in to keep our clients looking their best.



We have always maintained our homes to a higher standard than most. We take pride in that, especially when people from the State come out and say to us that we have beautiful homes. We have begun to makeover our homes. So far, we have completely renovated two group homes, and they look amazing! We, at Hudson Milestones, want our clients to live their best life. Who doesn't love coming home to a spacious, welcoming, and loving home. That is what we at Hudson Milestones work hard to provide for our clients.



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

William C. LaGreca Memorial 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.

Deborah Lorenzetti Professional of the Year: Recognizes a staff member of Hudson Milestones who has demonstrated outstanding sensitivity and the ability to provide quality services which results in increased independence for people with intellectual/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.

Nat S. Amadeo Distinguished Lifetime Achievement Award: Recognizes that rare individual who has over a prolonged period of years displayed outstanding and exemplary effort and commitment to people with intellectual/developmental disabilities from Hudson County.

Nominations should be sent to the attention of Chairman of the Board, Arlene Rutkowski, at Hudson Milestones, 365-381 Clendenny Avenue, Jersey City, NJ 07304, or fax to 201-377-3700. 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, 2023 in order to be considered!**

Award recipients will be acknowledged at our Annual Recognizing Excellence Awards & Dinner Dance to be held on **April 28, 2023 at La Reggia, Secaucus, NJ.**



RESPIRE SERVICES

Jasmine Overton, EI/Respite Coordinator

The thing that every Hudson Milestones program and department have in common is that they are made possible through the dedication of quality, imaginative, and motivated staff. This is especially true for the Respite program. This year, two Day Habilitation Direct Support Professionals (DSPs) and the Jersey City Day Habilitation Assistant Supervisor, joined the Respite program to provide services to clients in the community; thank you, Lakaisha Whiteside, Lydia Martinez, and De’Nasia Cates. We were able to welcome a client to our In-Home Respite program because of Lydia’s enthusiasm and creativity. Together they have done painting in the park, mini-golf, bowling, and the movies (just to name a few activities). Lydia is always presenting new and interesting activities for the two of them to enjoy. Lakaisha and De’Nasia joined the program to assist two clients when their usual staff were no longer available. Lakaisha and De’Nasia have each developed a bond with their respective clients and get along very well. Together, they have visited the waterfront monuments, concerts in Liberty State Park, gone for walks in the community, and attended a Halloween party at Hudson Milestones Arena. The three clients were able to attend the After Hour activities, and food trucks, accompanied by their staff. Thanks to the Respite program, we are able to include some of our clients who live at home in the awesome activities our Residential clients are able to enjoy. We look forward to welcoming more clients and Respite staff into our Respite program!



WHAT’S NEW IN EARLY INTERVENTION?

Jasmine Overton, EI/Respite Coordinator

Hudson Milestones is working hard to grow and develop our Early Intervention program and that begins with adding quality practitioners to our roster. With that being said, please welcome Chelsea Orovio! Chelsea is an experienced speech-language pathologist who came to Hudson Milestones via referral from other HM practitioners. Chelsea never hesitates to take on new cases and provides families with her expertise in speech development and production. You will often see Chelsea on the floor, or sitting at a child’s play table, to ensure she is meeting the children she works with on their level and capturing their attention. Chelsea also makes sure to involve parents in sessions as much as possible so they understand exactly what she is doing and how we hope this will help their child’s development. Chelsea ensures parents know that their observations and input are important in reaching their goals for their child and family. Chelsea is the start of growing and developing the Early Intervention program for years to come!



FY2022 ALL STAR AWARD RECIPIENTS

Staff of Hudson Milestones are selected by their co-workers for recognition for doing their job at a level that exceeds expectations. Below are the All Star recipients for FY2022:

Tiffany Britton
De’Nasia Cates
Nerissa Fairfax
Janell Gallemore
Jennifer Garcia
Marilyn Moore



Paul Njeru
Holghah Ochola
Jasmine Overton
Shonda Reeves
Sarika Vira
Lakaisha Whiteside

A TIME TO GIVE THANKS

Jajuanna Thomas, Assistant Director of Residential Services

Season's Greetings from myself, Avenue E, Lord Ave, Pleasant Place and Secaucus.

Each day is a new opportunity to be grateful for something new. I am eternally grateful for such an amazing team. You all play a vital role to the team and company's success. Dedicated, reliable, dependable, compassionate, caring and understanding are just a few characteristics you all embody daily. For that, you are extraordinary. Your hard work and dedication are immeasurable.

In my short time period here at Hudson Milestones, I have witnessed unity. Parties from different clusters and homes have gathered to provide assistance to other staff, ARC's and RC's in need. In addition, you all have welcomed us newcomers with a warm embrace. As an Assistant Director, my goal is to provide employee development and organizational improvement by offering the necessary support to aide in the growth of our RC's with the hopes of it creating a domino effect. Being in a new environment has allowed me to curate a space of positivity within my team. I am excited to share this journey with you all! I look forward to witnessing the growth of Hudson Milestones.

SEASON'S GREETINGS

Rickae Gibbs, Assistant Director of Residential Services

Season's greetings from my family here at Hudson Milestones to yours.

Even though the temperature is dropping, that does not mean the fun has to stop! We are looking forward to ugly Christmas sweater contests, drinking warm hot chocolate, and viewing our favorite holiday movies. We are also excited to take part in the tree trimming activities and watch the magical Christmas lights appear in our neighborhoods.

This time of year, is always a wonderful time to reflect and appreciate those we care for and love. I wanted to take this time to thank the staff that make the season so special. The holidays are great for making memories and we hope to make many more as we move towards the closing of this year.

Let's reach new milestones at Hudson Milestones!

ANNUAL STAFF TRAINING

Tracey Belvedere, Executive Secretary

This past quarter, we have been busy ensuring staff receive the required annual trainings they need to safely and effectively serve our clients.

On 11/15/22, a combined in-person training was held at the Moose Lodge in Jersey City, for the staff in the Departments of Quality Assurance and Residential Services. Several important trainings were provided, such as use of a fire extinguisher; how to identify fraud, waste, and abuse; emergency preparedness; and what to do for an active shooter in the workplace.



ROCK THE 21 GALA

Kathleen Ruiz, Director of Day Support Services

Rock the 21 is a nonprofit organization that began with 4 mothers of babies with Down Syndrome (DS) who found there were limited resources available for families like theirs. Together these 4 women shared a common goal to provide resources to families with DS. Rock the 21 helps spread awareness and celebrates children and adults with DS, because they ROCK! Our clients were invited to the Rock the 21 Gala this year and it did not disappoint. Everyone was dressed to the nines in blue and gold. Members of Hudson Milestones' Board of Directors, Sally and Lynette Medeiros, were in attendance and joined in on the fun. A gorgeous picture was captured towards the end of the gala depicting our ladies all extending a hand toward our fearless CEO, Teresa Maietti. The photo can be seen displayed in Bethany Hall as a reminder to never underestimate the difference you make and the lives you touch







HudsonMilestones
Serving People with Intellectual/Developmental Disabilities
Throughout Their Lifetimes

Are you compassionate and kind?
Come work with purpose at Hudson Milestones!



201-434-7783



TOP WORK PLACES 2022



nj CORPORATE Jersey **BEST**

Hudson Milestones is a 2022 Top Workplace!

SEND A RESUME TO HMRECRUITING@HUDSONMILESTONES.ORG

365-381 Clendenny Ave, Jersey City, NJ 07304



Visit us hudsonmilestones.org



[Facebook.com/hudsonmilestones](https://www.facebook.com/hudsonmilestones)



[Linkedin.com/company/hudsonmilestones-inc/](https://www.linkedin.com/company/hudsonmilestones-inc/)

Caring for clients with intellectual/developmental disabilities throughout their lifetimes.

WHERE DAY SUPPORT SERVICES (DSS) HAS BEEN AND WHERE WE'RE HEADING*Kathleen Ruiz, Director of Day Support Services*

Day Support Services has had an activity packed year. To give you an idea of some of these activities, we attended a sensory friendly production of the Wizard of Oz, hosted an outdoor carnival with games and prizes, karaoke contests, outdoor movies, and fashion shows. We also participated in interactive zoom sessions with the New Jersey Self Advocacy Project (NJSAP) where we completed art projects, wrote our own songs, and learned healthy recipes. Both day programs began attending a free, once per week gym session. These activities help us to promote health and wellness for the people we serve and ourselves. The HM Arena is available during program hours to not only exercise in a traditional way, but also through games to help keep clients interested and having fun. We also have the HM Beauty Salon where professional hair stylists and nail techs keep the clients looking and feeling their best. Staff and clients will continue to take part in interactive webinars through NJSAP which promote independence and maintaining healthy lifestyles. We're resuming our cooking program where clients, with the support of staff, will prepare the healthy recipes they have learned. You have to feel good on the inside to look great on the outside! We're working toward health and wellness in 2023!



UPCOMING EVENTS

Due to the pandemic, activities/events for the Day Habilitation, Weekend Respite and Residential Programs are postponed and will be rescheduled when it is safe to do so.

The Residential Programs continue to engage in daily scheduled events and activities at home according to a monthly recreational calendar.

In addition, fun events were offered throughout the fall and winter each Wednesday to get the clients out of the group homes and out in the community. These events included food trucks, an outdoor movie, holiday carolers, and a visit from Santa.

CLIENTS

Staff Member, Vanessa Campbell's Recipe for: Creamy Garlic Butter Chicken and Potatoes

(6) Chicken Thighs add salt and pepper to taste

(1) Teaspoon of Garlic (Fresh)

Onion Powder

Rosemary

Thyme

(6) Red Potatoes (slice in 1/2)

Olive Oil

¼ cup of butter

(4) cloves of garlic (cut in 1/2)

(2) Tablespoon of Flour mixed

with 1 cup of Chicken Broth

(1) Cup of Fresh Parmesan

Cheese

(1) Tablespoon Parsley

(1) Tablespoon Basil

*Fresh Spinach

Add all Ingredients

Add Spinach on Top of Chicken

Thighs

Bake @ 350 for 45 Minutes to

1 Hour



Ms. Vanessa cooking
with client, PB.

RECIPE



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.

BOARD OF DIRECTORS EXECUTIVE COMMITTEE

Chairman of the Board

Arlene Rutkowski

Vice Chairman

Sally Medeiros

Treasurer

Lauren Nardini

Secretary

Karen Gray

Parliamentarian

Feliciano Lim

Past Chairman of the Board

Lauren Nardini

EXECUTIVE STAFF

Chief Executive Officer

Teresa Maietti

Director of Finance & Operations

Jose Rosario

Director of Compliance

Donna Dolan

Director of Day Support Services

Kathleen Ruiz

Chief Advisor of Auditing & Reporting

Akenten Oti

Executive Secretary/Editor

Tracey Belvedere



EMPLOYMENT OPPORTUNITIES

Interested candidates email resumes to hmrecruiting@hudsonmilestones.org or call Victoria Loehwing @ 551-697-5440.

FOR AVAILABLE POSITIONS VISIT

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



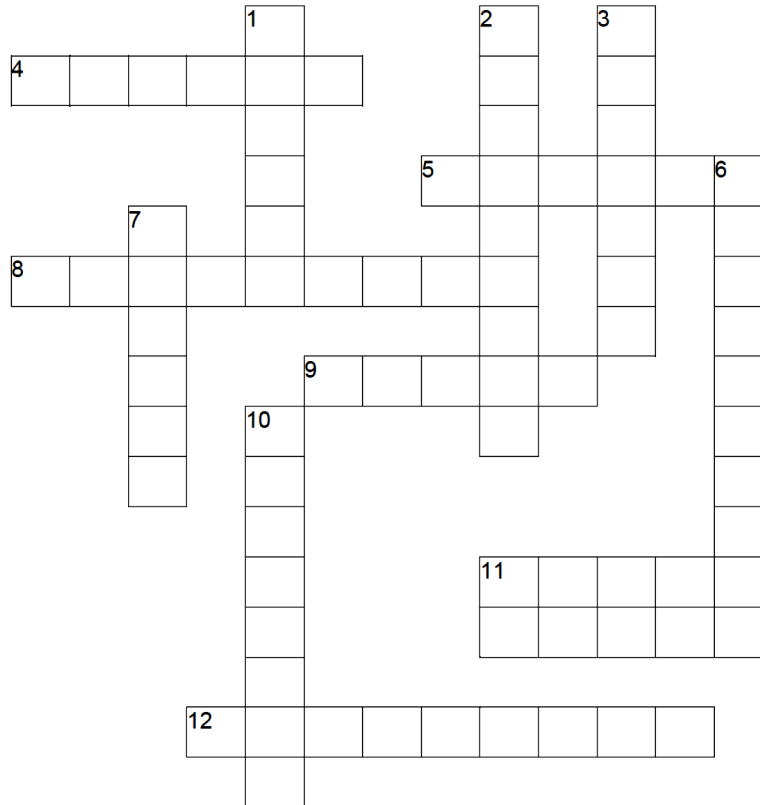
HUDSON MILESTONES QUALITY ASSURANCE HOLIDAY CROSSWORD PUZZLE

ACROSS:

4. Popular song: _____ Bells
 5. Songs sung at Christmas
 8. Where Santa lives
 9. Placed under the Christmas tree
 11. They work in Santa's workshop
 12. Red and white striped Christmas candy

DOWN:

1. Reindeer pull Santa's _____
 2. Hung on a Christmas tree
 3. The red-nose reindeer
 6. Hung over the chimney
 7. Stole Christmas
 10. Frosty the _____



ANSWER KEY:

- DOWN:**
 1. Sleigh
 2. Ornaments
 3. Rudolph
 6. Stockings
 7. Grinch
 10. Snowman
- ACROSS:**
 4. Jingle
 5. Carols
 8. North Pole
 9. Gifts
 11. Elves
 12. Candy Cane

HUDSON MILESTONES

365-381 CLENDENNY AVENUE

JERSEY CITY, NJ 07304