

THE MILE POST

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



From the Desk of the
Chief Executive Officer
Teresa Maietti

A MESSAGE OF GRATITUDE DURING THE HOLIDAY SEASON AND OUR 75TH YEAR ANNIVERSARY

As we continue to navigate a period filled with uncertainty, government shutdowns, shortage of staff, program cutbacks, I want to pause and express my deepest gratitude to each part of our agency family—our Board of Directors, our Executive Leadership Team, and Every Staff Member who shows up with dedication and heart each day for their shifts.

Uncertain times have a way of testing the strength of an organization. They challenge our systems, our patience, and sometimes even our confidence. Yet, they also reveal who we are. What I have seen across this agency is resilience, professionalism, and a commitment to our mission that does not waver.

To our **Board of Directors**, thank you for your steady guidance and support. Your leadership, strategic insight, and encouragement have helped us stay focused on long-term impact while making thoughtful decisions in the moment. Your belief in our work reinforces our ability to respond to challenges with clarity and purpose.

To our **Executive Staff**, thank you for your tireless dedication and your willingness to adapt, plan, and lead with compassion. This team has taken on increased responsibility to ensure operational continuity, financial stewardship, and program stability. Your teamwork sets the tone for the entire agency. Remember this is your legacy too!

And to our **Staff**, the heart of our mission—thank you. Your commitment to our clients and families we serve is nothing short of inspiring. Even amid shifting guidance, delayed funding, and evolving needs, you continue to show up with professionalism, creativity, and care. You are the reason our agency remains strong, trusted, and impactful. Shout out to all of you who have taken on more!!!

(Cont'd on page 2)

Wisdom From The Chairman

Sally Medeiros, 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 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.

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 has 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 of 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.

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

In times like these, our shared values shine the brightest: collaboration, integrity, and service. Challenges may come, but our strength lies in how we rise together. I am proud of what we have accomplished and confident in our ability to continue moving forward as one united team. I have devoted my life's work to this agency and you!

Thank you for your resilience, your dedication, and your unwavering belief in the work we do. I am grateful—today and always—to lead this remarkable organization.

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

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, Sally Medeiros, 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 21, 2026 TO BE CONSIDERED!**

Award recipients will be acknowledged at our Annual Recognizing Excellence Awards & Dinner Dance to be held on **April 24, 2026** at La Reggia, Secaucus, NJ.

SAVE THE DATE 4-24-26

Be sure to check out our website at:

www.hudsonmilestones.org

as well as on Instagram, Facebook, and LinkedIn



**WEATHERING THE STORM DURING
THE GOVERNMENT SHUTDOWN**

Jose Rosario, Director of Finance & Operations

As a nonprofit dedicated to serving our community, we are no strangers to navigating uncertainty. Yet, the recent government shutdown has tested us in new ways challenging our funding timelines, stretching our resources, and asking our staff and partners to work with even greater patience and flexibility. Through it all, one thing has remained steady: our shared commitment to the families, children, and individuals who count on us every day.

During the shutdown, our agency faced delays in reimbursements, paused contracts, and shifting guidance. These disruptions created very real operational challenges. But despite the storm around us, we stayed grounded by focusing on what we could control: sound financial planning, transparent communication, and unwavering teamwork.

Our staff continued showing up with professionalism and heart. Program teams adapted schedules and workflows. Administrative teams strengthened cost-monitoring and identified temporary solutions. Leadership leaned into scenario planning to ensure program continuity and protect staff stability. And together, we found ways to keep essential services moving.

The shutdown also reinforced why our mission matters. In times of instability, the people we serve experience some of the sharpest impacts. This makes our reliability even more critical. By staying organized, resourceful, and united, we were able to maintain operations without compromising the quality of our work.

As we move forward, we will carry the lessons learned.

Thank you to every staff member for your resilience and dedication. Susan Poon, Uloma Omeire, Danielle Kozel, Nancy Valencia, Fabio Garcia, Joeseoph White, John Caboara, Jennifer Connolly and finally, our Chief Advisor of Auditing and Reporting, Akenten Oti. Storms may come and go, but our strength comes from how we rise together. Because of your commitment, our agency remains a steady, dependable pillar of the community—no matter the weather.

A special thank you to **Vrola Meats** and **HCST County Prep High School** for donating Thanksgiving meals to our Residential clients.



HUDSON MILESTONES WELCOMES ITS FIRST HUMAN RIGHTS COMMITTEE

Donna Dolan, Director of Compliance

We are pleased to announce an important new initiative within our agency: the formation of a Human Rights Committee dedicated to strengthening dignity, equity, and respect for every individual we serve. The Human Rights Committee will support our clients by offering a neutral body to review rights-related concerns.

The committee includes a diverse mix of Hudson Milestones staff and community representatives. This variety of voices helps make sure our decisions reflect different perspectives and stay focused on what’s best for the people we support. The committee is chaired by Donna Dolan, our Director of Compliance.

What This Means for Our Agency - The Human Rights Committee reinforces our commitment to putting people first. It provides a formal structure for reviewing practices, elevating voices that may not always be heard, and ensuring that our agency remains a leader in ethical, person-centered service delivery.

To donate, simply visit us on the web at

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

or scan the QR code



CLIENTS

RO'S CHEESE QUESADILLAS

Ingredients:

- 8 flour tortillas
- 4 teaspoons butter
- 3 cups shredded cheese (cheddar, Monterey Jack, pepper jack, fontina, Swiss, or mozzarella)



Prepare the filling: If using fillings other than cheese, make sure they are pre-cooked and chopped into small pieces.

Heat the pan: Melt the butter or oil in a large non-stick skillet over medium heat.

Assemble the quesadilla: Place one tortilla flat in the skillet. Sprinkle half the cheese over the entire surface (or just one half for a folded quesadilla), then add your desired fillings, and top with the remaining cheese.

Cook the first side: Fold the empty half of the tortilla over the filling to create a half-moon shape, or place a second tortilla on top of the first one. Cook for 2-3 minutes, pressing gently with a spatula, until the bottom is golden brown and crispy. A lid can help the cheese melt faster.

Flip and cook the second side: Carefully flip the quesadilla using a spatula or by using the plate trick (placing a plate over the pan, flipping it over, and sliding the uncooked side back into the pan). Cook for another 2-3 minutes until the second side is golden brown and the cheese is completely melted.

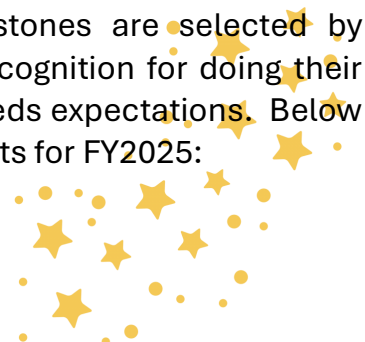
Serve: Transfer the quesadilla to a cutting board, let it rest for a minute to let the cheese set, then cut it into wedges and serve warm with your favorite toppings like sour cream, lettuce, and tomatoes.

RECIPE

FY2025 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 FY2025:

- ★ Bisola Adeniyi
- ★ Lydia Martinez
- ★ Ericka Ribeiro



DAY SUPPORT SERVICES

Kathleen Ruiz, Director of Day Support Services

The participants in our day support services enjoyed an eventful and memorable summer. The excitement began in June, when clients from Residential and Weekend Respite came out to cheer on their friends at the Special Olympics Summer Games. Special Olympics offers athletes an amazing chance to compete with peers from across New Jersey, and it also gives those who aren't competing an opportunity to build social and communication skills while supporting the competitors.

Throughout the summer, our After Hour program hosted themed events called **Summer Jams**, adding even more fun to the season. We wrapped up our summer activities during the last week of August with visits to the Tilt Museum, Karaoke, and a trip to a new bowling alley with private accommodations.

When September rolled in, the day programs continued their "moving and grooving" community outings with a weekly instructed Zumba class held at the arena, two gym sessions at Stanlaw, and a weekly music class taught by Sean. Both day programs were also invited to Liberty State Park for the Annual Fishing Trip.

The After Hour program kept the excitement going with a pre-Halloween party featuring a DJ and spooky treats. On Halloween day, the Jersey City Day Program invited both programs for a celebration filled with games and a DJ playing everyone's favorite songs.

In November, After Hour hosted a mocktail sip-and-paint event where clients created artwork on their own canvases. We closed out our events in day support services with a **Giving Thanks Luncheon**, catered by Tortilla Bar and Grill in Bayonne. This luncheon brought together all staff and participants of Hudson Milestones in a warm and inclusive celebration.

We give thanks not only on Thanksgiving, but every day!



RESPITE DIRECT SUPPORT PROFESSIONALS

Jasmine Overton, EI/Respite Coordinator

Thank you to our outstanding Respite staff, who not only provide families with support as caring, trustworthy, caregivers but who also provide a safe space for our clients. During Respite sessions, clients can engage in their community more independently. Respite staff accompany clients, who live independently, but need a little extra support with maintaining a healthy home, grocery shopping and attending appointments. These great staff assist their clients with creating a monthly activity calendar, researching local events that they are interested in attending, and encouraging them to express their autonomy and interests. The Hudson Milestones Respite DSPs aim to show their clients a great time in the community by supporting their aspirations and goals! Thank you for all that you do!



UPCOMING EVENTS:

JANUARY	
1st	AGENCY CLOSED—New Year's Holiday
10th	WRP—Round One—bowling, karaoke, and lunch
19th	AGENCY CLOSED—Martine Luther King Day
30th	WRP—Chicken and Waffles tutorial
FEBRUARY	
7th	WRP—Sweetheart Dance in Bethany Hall
15th	PLAY Dance
16th	AGENCY CLOSED—Washington's Birthday (President's Day)
27th	WRP—Movies and lunch
MARCH	
6th	WRP—March Madness and Wings
14th	WRP—St. Patrick's Day Party in the Pen
15th	PLAY Dance
APRIL	
3rd	AGENCY CLOSED—Good Friday
24th	Agency's Annual Dinner Dance
MAY	
2nd	WRP—Special Olympics Preliminary and Picnic
15th	WRP—Sand Art tutorial
17th	PLAY Dance
22nd	AGENCY CLOSED—Floating Holiday (Election Day)
25th	AGENCY CLOSED—Memorial Day
JUNE	
5th	WRP—Opening Ceremony—Special Olympics and pizza dinner
13th	WRP—Bayonne Picnic with Friends
14th	PLAY Dance
19th	AGENCY CLOSED—Juneteenth

ACRONYM KEY:

AH = After Hour
RES = Residential Services

DH = Day Habilitation
GH = Group Home

DSS = Day Support Services
WRP = Weekend Respite Program

EIS = Early Intervention Services

A SNAPSHOT OF EARLY INTERVENTION

Jasmine Overton, EI/Respite Coordinator



Early Intervention uses a family coaching model to provide instruction to children from birth to three years of age with developmental disabilities/delays and their families. What better way to learn than while having fun? Play is the most natural environment for children to learn and develop their skills. Providing instruction in the natural environment is key to helping children develop their skills, including communication, fine and gross motor skills and social-emotional development. During play children can learn to communicate their wants, needs, and preferences before they have verbal language skills. Through play children

learn not only their letters, colors, and numbers but also how to take turns and when to ask for help. Early Intervention sessions include both child and adult led activities like puzzles, stacking blocks, communication boards, and coloring. Learning is a lifelong journey remember to enjoy it!

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.



It is with a heavy heart that we would like to extend our condolences to the family of Alvaro Gonzalez. Al was the owner of Al Quick Quality Printers, and has printed these newsletters, along with other publications for us for over 25 years. He is fondly remembered and will be missed.

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**HUDSON
MILESTONES**

NOW HIRING

TOP
WORK
PLACES

OPEN POSITIONS

- DIRECT SUPPORT PROFESSIONALS
- RESIDENTIAL COORDINATORS
- ACCOUNTANT & BOOKEEPER
- PAYROLL SPECIALIST
- EARLY INTERVENTION SPECIALISTS
- Pediatric: Occupational Therapist, Physical Therapist, Speech Pathologist.



Send your resume to

hmrecruiting@hudsonmilestones.org



**MAKE A DIFFERENCE
IN SOMEONES LIFE!**

Apply Now

Our Website :
www.HudsonMilestones.org



*From our family
to yours...*

*Happy New Year
2026*

*To another great
year ahead!*

*Hudson Milestones
Board of Directors
& Executive Staff*

HUDSON MILESTONES

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