

Winter 2019

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hip's Mission Statement

Heightened Independence and Progress—empowering people with disabilities to achieve independent living through outreach, education, and advocacy.

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NEWSLETTER DESIGN BY

Barbara Conklin
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Heightened Independence and Progress, Inc. is not in any way affiliated with the Health Insurance Plan of Greater New York, HIP of New Jersey, Inc. or their affiliates.

hip's Newest Initiative:
SAFE AND SECURE SOLUTIONS

Have you ever had a key break off in a lock but didn't want to call a locksmith because of the cost of the service call?

Are you still keeping a spare key under the mat hoping that no one will know it's there?

Do you simply need to change the locks on your door to protect your security?

hip has the answer to this and other questions that you may have about protecting your personal space and make it easier for you to come and go in the community. We have launched our latest service, *Safe and Secure Solutions* in an effort to help individuals with disabilities and seniors pay for the costs associated with:

- The cost of a locksmith service call (up to \$125).
- The provision of lock boxes that are designed with a secure code that you can set and share with a trusted friend, your home health aide or the Meals on Wheels volunteer.
- The provision of up to three door locks to ensure your safety if you need to change the locks for any reason.

This service has been made possible by the Bergen County Division of Community Development through their Community Development Block Grant Program. The application process is very simple. To qualify you need to be:

- a person with a disability (18-60) or
- a person over age 60 and
- a Bergen County resident

The guidelines for financial eligibility are based on individual and family income and will consider the cost of extraordinary medical expenses.

Our Care Managers will be on the lookout for those in need as a part of their home visit assessments but you can also be evaluated by calling the *hip* Bergen office and asking for Maria who will send out an application packet.

hip's Annual Dinner Dance

Saturday, April 6th is Game Day for *hip's* Annual Dinner Dance and Night of Entertainment! This year's theme is Baseball, as we *Take You Out to the Ballgame* at the Fort Lee Recreation Center (1500 Stillwell Avenue) with First Pitch at 6:30 p.m. The evening will feature our Hall of Fame DJ Gary Morton as well as dining, dancing and the chance to win an array of prizes. During the 7th Inning Stretch we will introduce the members of *hip's* very own All-Star team comprised of individuals who have been Most Valuable Players to *hip's* growth and success over the years (see page 3).

Invitations are in the mail, but if you haven't received yours tickets can be purchased by calling Trish Carney in the Bergen office at 201-996-9100, ext. 11. Tickets are \$50 per person and must be reserved no later than Friday, March 29th.

Don't Strike Out! Step Up to the Plate now and get ready for a fun-filled evening!

Stepping Out With *hip*!!!

We are pleased to announce that *hip* has received a grant from the Fund for the New Jersey Blind to provide Ballroom dance lessons to *hip* consumers who have vision loss.

The dance instructor, an individual who also has vision loss, wants to share his passion for ballroom dancing by giving our consumers the opportunity to prove that they can get out on a dance floor and freely strut their stuff. This is all about stepping out of our comfort zones and trying new things. Participants are guaranteed to gain confidence and become even more empowered to take on new challenges.

There will be a total of six 3-hour lessons spread over March, April and May offered in 2 locations. On the first Wednesday of each month the lessons will be given at The Temple Beth Or in the Township of Washington and on the fourth Monday of March and April and the third Monday of May (due to the Memorial Day holiday) at The Secaucus Public Library. In June we will have a celebratory Tea Dance where everyone can try out their new skills.

This initiative has been met with enthusiasm from our consumers and we're really looking forward to seeing what the instructor has in store. He will use lots of verbal and tactile ways to communicate so all can easily follow the instructions. We will have a DJ present for all 7 events and will be providing refreshments so call Trisha at 201-996-9100 ext. 19 if you're interested in signing up.

Heightened Independence and Progress

hip is partially funded through grants from foundations, as well as the Bergen County Department of Human Services, Hudson County Department of Health & Human Services, Bergen County Community Development, NJ Division of Vocational Rehabilitation Services, and the US Dept of Health and Human Services – Administration for Community Living.

hipNews is available on audio tape.

hip's Annual Meeting

On Thursday, November 8th *hip*'s Board, staff and consumers gathered at the Fort Lee Recreation Center for our 2018 Annual Meeting. Following a light supper President/CEO Brian Fitzgibbons reviewed *hip*'s many accomplishments during the past year, and elections and re-elections to the *hip* Board of Trustees took place. Mary Turner, a Registered Nurse from Dumont, was elected as a new member of the Board while Karen Canellos, Lottie Esteban, Rick Hodgman, Anna Navatta and Joe Tomasko were re-elected to new terms.

A last minute emergency prevented the scheduled keynote speaker, Bergen County Surrogate Michael Dressler, from attending the meeting. In his place former *hip* Board member Paul Aronsohn, the recently appointed Ombudsman for Individuals with Intellectual or Developmental Disabilities and their Families in Governor Phil Murphy's administration, shared the duties of his position with the audience. He was followed by a presentation by *hip* Board Chair Anna Navatta, an attorney at Northeast New Jersey Legal Services, who discussed the importance of making a will.

The Calendar Raffle is Coming Back!

Watch your mail in April for a chance to buy a ticket in our Annual 66 *Sunny Day\$ of Summer Calendar Raffle!* We're starting one month later this year, with tickets drawn each weekday during July, August and September. Five winning tickets will be drawn each week, with a specific cash prize designated for each day. With the purchase of just one \$20 ticket you'll have 66 chances to win – and if you do win, your ticket will be re-entered into the raffle for the chance to win again! You could even be the lucky winner of the grand prize of \$200 on September 30. Remember, you have to be in it to win it! Good Luck!!!

Braille by MTS

The *hip* project, Multimedia Transcription Service (MTS) is celebrating 25 years committed to promoting literacy and equal access to written information for those who are blind and use braille for reading.

We are using this silver anniversary to expand our reach beyond the schools that we typically serve and have contacted libraries, museums, theaters and hospitals to make them aware that braille removes obstacles to success and improves the enjoyment of all print material for braille readers. We will continue to offer personalized services such as newsletters, agendas, invitations and announcements.

We are redesigning our marketing materials, revising our name to "Braille by MTS" to get a better position on web searches and creating a separate website. We continue to offer competitive pricing and are proud of our reputation in the business of hiring only the best seasoned transcribers in the country.

We are happy to respond to all braille inquiries and requests at all times.

We Mourn . . .

The following members of our *hip* family passed away in February:

Jim Corbett, long-time member and advocate

Elizabeth (Bette) Pfeuffer, member and mother-in-law of *hip* President/CEO Brian Fitzgibbons

Sylvia Schwartz, Life Member, long-time generous benefactor and step-mother of *hip* Founding President/CEO Eileen Goff



Meet *hip*'s All-Star Team!

In keeping with the Baseball theme of this year's Dinner Dance we are pleased to recognize the following individuals who, as Most Valuable Players in a variety of positions, have contributed to *hip*'s growth and success over the years. Our All-Star Team is comprised of the following players:

EILEEN GOFF, the Founding President/CEO of *hip*, is a Champion of Independent Living! In 1980 she secured federal funding which established Heightened Independence and Progress as the first Center for Independent Living in New Jersey. Dedicated and forward-thinking, for thirty-seven years Eileen directed *hip*'s growth as she developed a variety of programs to enhance the lives of individuals with disabilities. Eileen has been a tireless advocate in supporting the full inclusion of people with disabilities in their communities as well as a role model for countless individuals with vision loss and a Disability Ambassador for the able-bodied community. In recognition of her life's work, in 2018 Eileen received a \$5,000 *Making a Difference Award* from the Russ Berrie Foundation which she directed to *hip* to support our consumers in attaining their highest level of independent living.

CHRIS BLACK has been an Angel to *hip* families each Christmas for over 15 years. If she wore a red suit we would call her Santa Claus! Through her caring efforts as the Coordinator of the *Giving Tree* at St. Peter the Apostle Church in River Edge, a countless number of individuals and families who would have otherwise been forgotten during the holidays have received an abundance of gifts including warm clothes, linens and household items, toys and supermarket gift cards each year. Modest about her efforts on behalf of others, Chris and her family have also provided generous financial support when an emergency situation arose for a family affiliated with *hip*.

LILLIAN CIUFO was a dedicated member of the *hip* Board of Trustees for more than a quarter of a century, from 1991 to 2017. As our Fundraiser Extraordinaire, Lillian aligned *hip* with numerous new and unique sources of income which enabled our Center for

Independent Living to become a vibrant organization for people with all disabilities. Following the untimely death of her only daughter in 2000, she directed that memorial contributions be sent to *hip* which resulted in the establishment of *Laura's Legacy*, a fund administered by *hip* which provides financial assistance to individuals and families when one-time support can make a difference in their lives and no other funding is available. Lillian organized many fundraisers to benefit *hip* as well as others specifically for the benefit of *Laura's Legacy*, and to date this fund has provided over \$45,000 worth of assistance to *hip* consumers. It is also thanks to Lillian that we found our must-have Hall of Fame DJ Gary Morton to entertain us at our Dinner Dance each year!

JEAN CSAPOSS joined the *hip* Board of Trustees in 1988 and ended her tenure thirty years later in 2018. During this time she shared her leadership skills as she served one-term as Second Vice-President as well as multi terms as Board President, and was an active member or chairperson of many Committees including the Executive, By-Laws, Nominating and Fund Development Committees. She was also a key player on the Relocation Committee when *hip* moved from Englewood, where it started as a program of another social service agency, and leased its own office space in Hackensack. Jean also served as Editor of *hip*'s newsletter for many years and has been the literary genius for many of *hip*'s brochures and other publications. A Life Member, Jean has been a generous supporter of *hip* over the years.

RHEA HESS has been a dedicated *hip* volunteer for over 30 years. When seeking meaningful activities after retiring from a career in retailing and semi-retiring from a catering company, she met *hip*'s Executive Director Eileen Goff, a former neighbor with whom she had lost touch with who mentioned that she needed a reader, and as the saying goes, "the rest is history." Volunteering at *hip* practically became a full-time job for Rhea, as she not only served as a reader but also tracked the agency's inventory of office supplies, duplicated audio-cassettes, managed the consumer database for mailings, and chaired our Annual Pot O' Gold Raffle for many years. Rhea retired from these duties earlier this year as she prepares to relocate out of state. We thank you Rhea

for many jobs well done and wish you all good things in this next chapter of your life!

JOHN KOCH, a Life Member of *hip*, has been providing financial support to our Center for Independent Living in a variety of ways for many years. A dedicated Rotary Club member for over 50 years, John lives their motto of "Service Before Self" in his everyday life as he tirelessly works to assist individuals in need. He has a special passion for the Rotary's *Gift of Life Program*, a worldwide human assistance initiative that helps children around the world who are in need of corrective heart surgery. John is truly a Goodwill Ambassador for *hip* as he cultivates a mutually supportive relationship between *hip* and his fellow Rotarians.

MARTHA MULLIGAN has also been an Angel to *hip*'s consumers each Christmas for many years. A parishioner of St. Peter the Apostle Church in River Edge, Martha is the #1 Elf to Santa (aka Chris Black) as she helps to make Christmas special for a countless number of consumers who do not receive gifts from anyone else. Martha downplays her efforts, but each year she is the one who carefully checks that the items requested by *hip*'s consumers have been purchased, and if necessary does last-minute shopping to secure their "perfect gift." Personally and professionally Martha and her husband have directed significant financial support to *hip* for the benefit of our consumers and the agency as a whole.

STEPHANIE THOMAS became *hip*'s very first member in 1981 and has been a dedicated volunteer ever since. No job is too big or too hard for Stephanie – in fact, nothing makes her happier than a big project or major mailing. Her fingerprints can probably be found on every piece of mail that *hip* has ever sent out, dating back to *hip*'s early days in Englewood when our newsletter, the *hip*News, would be delivered to her home and she would work on the mailing labels from her living room. Always eager to help, Stephanie also assists with office projects as well as the decorations and baskets for our annual dinner dance. Just like the Post Office's motto, neither rain nor sleet nor snow can keep Stephanie away from *hip* and it is a pleasure to name her to our All-Star Team!

Thank You and Congratulations to Our All-Stars!

Why Do You Need A Will?

A will ensures that you are able to:

- Avoid the laws of your state dictating how and to whom your property is distributed
- Decide who will inherit your property and what they receive
- Choose the legal guardian for any children, ensuring their future
- Choose your personal representative so that your estate will be handled and distributed by someone you know and trust
- Specify funeral and burial instructions
- Retain your privacy

It is important to remember that even though it's a topic that many of us would rather put off "until tomorrow," the truth is that every adult should have a will.

NFB's NEWSLINE Now Available on Amazon Alexa

Subscribers to the National Federation of the Blind's (NFB) NEWSLINE can now access it hands-free on any Amazon Alexa product. This includes the Echo and the Echo Dot. Just say, "Alexa, open National Federation" and after providing this information every feature of the program will be available by voice commands.

You can ask Alexa to read any of the five New Jersey newspapers that are available as well as the New Jersey Grocery Ads. At your command Alexa will also read from a list of thirteen national newspapers including *The Wall Street Journal*, thirty-two news services including CNN and ESPN, and over 500 newspapers from every state as well as magazines including international publications. News and information about the Talking Book and Braille Center, the New Jersey Commission for the Blind and Visually Impaired, and the New Jersey Chapter of the NFB can also be obtained.

NEWSLINE is sponsored in New Jersey by the NJ Commission for the Blind and Visually Impaired and is available at no cost to individuals who cannot read print material as well as people who have difficulty turning pages. Further information can be obtained by calling NFB at 866-504-7300.

The Bergen County Transit Connector

Several months ago Bergen County, in conjunction with Bergen County Community Transportation, launched a service that will be very valuable to individuals with disabilities, seniors and those folks without cars who want to get around Hackensack.

The Transit Connector will travel between the two railroad stations at Essex and Anderson Streets and cover many destination points in the city including the Bus Terminal, the County Office Complex and Hackensack University Medical Center. This is an accessible vehicle and can be boarded at NJ Transit Bus stops that are marked "Transit Connector."

hip appreciates this free service and hopes that it becomes more successful as Hackensack continues with the many construction projects throughout the area. A *hip* group will be planning a field trip to evaluate the program.

Have You Renewed Your Membership for 2019?

Every October, with the start of our new fiscal year, *hip* invites new and renewing members to join our great organization for another year. Why belong? *hip* makes things happen for people with disabilities and your support helps us in our efforts to enhance their independent living. You get something as well! The benefits of membership (\$20 for a Basic Membership, \$25 for a Family,

and \$35 to give "a little extra" as a Contributing Member) include reduced costs for some *hip* special events, priority acceptance when space may be limited, and the opportunity to participate in the Bergen PAC's Arts Access Program in which you can receive free tickets to select performances such as comedy shows, musical concerts and other exciting entertainers. Membership forms can be downloaded from our website www.hipcil.org or requested by calling the Bergen office at 201-996-9100 or the Hudson office at 201-533-4407. Get *hip*! We thank you for your support!

hip Thanks...

hip receives many contributions from individuals and the community throughout the year. We thank the following for their recent exceptional generosity:

Michael and Marie Cook
The Esteban Family
First Presbyterian Church of Hackensack
Eve and Mort Levinson
Lions Club of River Edge
Mary and Anthony Yorio

We also extend our heartfelt thanks to the wonderful parishioners of St. Peter the Apostle Church in River Edge and the generous participants in the Bergen Volunteer Center's "All Wrapped Up" Holiday Gift Giving program. This year the holiday season was brightened for a record number of 70 individuals who received an assortment of gifts including warm clothes, household items, toys, games, sporting goods and gift cards.



We Welcome the Following New and Renewing Members of hip for 2019:

Anonymous*
 Jeanne Aimone
 Roselyn Altman
 Peter Ambrose
 Kevin Angelini
 Carl & Janice Arnold
 Matthew Arnold
 Chandan Bagchi
 Ethel S. Ball
 Patricia Barksdale
 Bernice and Barbara Baron
 Megan Barron
 Deborah Baumann-Dasilva
 Annie Been*
 LaVerne Ben-Mansel
 Gilbert Benson*
 Darrell & Tamiko Bethea*
 Christine & Ron Black
 Paula Bloom
 Jerry Bojko
 Barbara Brave
 Mario Brusco
 Donte Bullock
 Scott & Debbie Buckwald
 Anna L. Bures
 Mildred & George Bullerdick
 Eileen C. Burke
 Daniel Calabrese
 Brenda & Jerry Calabrese
 Tonielle Cardinalle
 Irene Carley
 Mary & Al Carney
 Trish Carney*
 Kay Chase*
 Patricia Ciccone & Family
 Jaesoon Choi
 Sonia Cordova-Chumpitaz
 Lillian Ciufu*
 Sandy Condal
 Barbara B. Comerford, Esq.*
 Michael & Marie Cook*
 Jim Corbett (RIP 2/19)
 Alicia M. Cotugno
 Jim & Jean Csaposs*
 Ivan Cueva
 Mary F. Culver
 Howard Cutler
 Joan D' Angelo
 Carol Dass*
 Jen'e Davis

Michael Delgado
 Ralph M. DeSimone
 Martha DeYoung
 Anthony Dinaro
 Marian and Karen Doria
 James F. Dougherty
 Barbara Dublin*
 J. Robert Duffy*
 Dennis Dusevic
 Patricia & Dave Ebel*
 Austin Epstein
 Lottie Esteban*
 William & Stella Fellingner
 Karen Mae Ferolino
 Betty Fetzer*
 Yolanda Fisher
 Brian Fitzgibbons
 Karen Fitzgibbons
 Warren Williams &
 Virginia Flynn
 Katherine Fotopoulos
 Christopher Gagliardi &
 Lynda Monahan
 Gerardine Galvin
 Laurie Galvin
 Glenn Gardner
 Paul F. Gaughran
 Dorothy Genoni
 Eileen Goff*
 Alan Gold
 Patricia Guy
 Alice Hamburg
 The Harries Family
 Alfred Harvey
 Bojane Heap
 Rick & Arlene Hodgman*
 Henry Hof
 Linda Horvath
 Kenel Hyppolite
 The Jacobs Family
 Arthur Jusu-Davies
 Hanneh Kalyoussef
 Leah Katz
 Stefanie Keiser
 Timothy Kerr
 George Kidney
 Clark King
 Joan F. Klug*
 John Koch*
 Lorena & Ana Kos

Adam Krass+
 Diana LaForge
 Jeanne LaRaia
 Virginia L. Laughlin
 Hannah Lawton
 Louise Lee
 Susan Lee
 Dr. Marion Levine &
 Justin Schulman
 Eve & Mort Levinson
 Rhea Levy
 Chili Li*
 Gloria Lieberstein*
 Judith Liebman
 Roy Lippin*
 Margaret Lusch
 Joanna Mallard
 Lorraine Martocci
 Joan Martorella
 Ann Melone*
 Cobey Mayer
 Dr. Frances Meyer*
 Kathy Lynn Moore
 John Mulholland
 Madeline Murray
 Sophie & Gracie McCain
 Gail Frazier-McFadden
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 Andrew Pecorella
 J.S. Perlman & Company+
 Daniel Pettineo
 Ursula Pico
 Marianne Pigoncelli*
 Dr. Sandra R. Pinkerton
 Jonathan Pixley

Anne Marie Prendergast
 Cecelia Ragland
 Joe Revello
 Judith & Ralph Rice
 Gilbert & Stephenie Robinson
 Claudia Ross
 Ryan Roy
 Beverly & Dick Ryan*
 Nita Salileng
 Mary Sanfilippo
 Marie Sawyer
 Sherry Schulz
 Stephanie & Barbara Seid
 Laurel R. Seidler
 Amisha Shah
 Judith Shaw
 Mark, Daria &
 Andy Sidlauskas
 Barbara Simon
 Chandravati Singh
 Donn Slonim*
 Lynn Smith
 Michael Smith*
 Jeffrey St. Germain &
 Family*
 John Stanik*
 Stephanie Thomas
 Richard S. Touma
 Janet Tolliver &
 Joseph Molee
 Joseph M. Tomasko
 Ivis & Alberto Trejo
 Thomas Tuzzio
 Charle Urspruch
 Danny Vaca
 Joe & Jane Valenti
 Carol Viceconte*
 Ron Vida
 Anne Burton Walsh*
 Philip & Linda
 Webster-Cennerazzo*
 Joan & Richard Wechsler
 Janice Willett*
 Peter & Kathleen Wirt
 Anthony & Mary Yorio*
 Cindy Zirkin
 Nancy, Barry &
 Cheryl Zweben
 + = Corporate Member
 * = Life Member



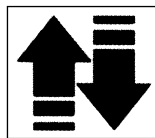
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Calendar of Events

BERGEN

Ballroom Dance Lessons for Individuals with Vision Loss

March 6 12 – 3 pm Temple Beth Or, Washington Twp
 April 3
 May 1

Empowering Women Support Group

March 21 11 am – 1 pm Bergen *hip* Office
 April 18
 May 16

Book Club

March 8 11 am – 1 pm Bergen *hip* Office
 April 5
 May 10

HUDSON

Ballroom Dance Lessons for Individuals with Vision Loss

March 25 1 – 4 pm Secaucus Public Library
 April 22
 May 20

Celebratory Tea Dance for All Ballroom Dance Participants

June 5 12 – 4 pm Secaucus Senior Center

Youth Transition Workshop for Students and Parents

March 23 2 – 5pm Galo Community Center at
 Lincoln Park in Jersey City

Emergency and Fire Safety

April 4 11 am – 1 pm Hudson *hip* Office

Disability and Wellness Workshop

April 13 11 am – 1 pm Hudson *hip* Office

AVL Peer Support Group Meetings

March 4 Young Adult Peer Conference Call
 March 6 Older Adult Peer Conference Call
 March 7 Secaucus Public Library and Business Center
 March 12 Fort Lee Recreation Center
 March 12 North Arlington Senior Center
 March 20 Temple Beth Or, Washington Township
 March 28 5 Corners Library Jersey City
 April 4 Secaucus AVL Group
 April 9 Fort Lee Recreation Center
 April 9 North Arlington Senior Center
 April 15 Combined Young and Older Adult Peer Conference Call
 featuring a Guest Speaker from CBVI
 April 17 Temple Beth Or, Washington Township
 April 25 5 Corners Library Jersey City
 May 2 Secaucus Public Library and Business Center
 May 14 Fort Lee Recreation Center
 May 14 North Arlington Senior Center
 May 14 Young Adult Peer Conference Call
 May 15 Temple Beth Or, Washington Township
 May 16 Older Adult Peer Conference Call
 May 30 5 Corners Library Jersey City
 June 4 Young Adult Peer Conference Call
 June 6 Secaucus Public Library and Senior Center
 June 6 Older Adult Peer Conference Call
 June 11 North Arlington Senior Center
 June 27 5 Corners Library Jersey City

Please call the *hip* Office to confirm that the meetings will take place.

hip Offers Innovative Programs to Meet the Independent Living Needs of People with Disabilities in Bergen and Hudson Counties and Beyond

Founded in 1980, Heightened Independence & Progress (*hip*) is observing 39 years of service. *hip* not only continues to provide vital assistance through information, referral, advocacy, and peer support, but also offers a wide variety of programs to people with all types of disabilities in Bergen and Hudson Counties. Some programs have statewide, even national impact. The following is a summary of *hip* programs.

Adjustment to Vision Loss coordinates peer support groups. Contact: *Trisha Ebel (Bergen)*

Community Advocacy and Outreach Program seeks to promote full inclusion through advocacy, education and legislation. Contact: *Hudson Staff or Bergen Staff*

Comprehensive Independent Living Support (CILS) provides care management assistance to residents of Hudson County to remain in the community. Contact: *Angela Arboleda (Hudson)*

Division of Developmental Disabilities Support Coordination Program assists individuals from Bergen and Hudson Counties to discover their full potential. Contact: *Mary Mulvaney (Bergen), Natalie Alave (Hudson)*

Empowering Women Support Group. Contact: *Nicole Clark (Bergen)*

Hispanic Outreach Program directs Independent Living services to individuals of Hispanic origin, in English and Spanish. Contact: *Maria Valentin (Bergen) or Angela Arboleda (Hudson)*

It's All About Work assists high school students and adults to plan for their future and for employment. Contact: *Brian Fitzgibbons (Bergen) or Marily Gonzalez (Hudson)*

Modification Access Project (MAP) assists with funding for barrier-free home renovation projects from concept to completion. Contact: *Maria Valentin (Bergen)*

Multimedia Transcription Service (MTS) transcribes textbooks and other materials into Braille. Contact: *Jayne Jacobs (Bergen)*

Our New Journey provides financial and practical help to families newly impacted by the onset of illness or disability. Contact: *Anne Ciavaglia McMahon (201-288-2867)*

Polio Network of New Jersey – The Ruprecht Fund. *hip* administers this fund for PNNJ to help polio survivors in New Jersey finance necessary products and services. Contact: *Maria Valentin (Bergen)*

Senior and Caregiver Assistance Program provides care management to individuals over the age of 60 and/or adult family caregivers. Contact: *Mary Mulvaney (Bergen)*

Special Assistance for Independent Living (SAIL) provides funding to Hudson County residents for assistive devices or barrier-free home renovation projects. Contact: *Natalie Alave (Hudson)*

Special Needs Assistance Program (SNAP) provides funding and facilitates acquisition of services and adaptive devices such as wheelchairs, bathroom equipment, hearing aids and more. Contact: *Maria Valentin (Bergen)*

Support for Independent Living (SIL) provides ongoing care management services through assessment, linkage, and coordination for people with disabilities (18-59). Contact: *Mary Mulvaney (Bergen)*

Traumatic Brain Injury (TBI) is a state-funded case management program for New Jersey residents who have survived an acquired brain injury, for services and supports they need to live in the community. Contact: *Brian Fitzgibbons (Bergen) or Marily Gonzalez (Hudson)*

Save the Date

FOR

Our Annual Picnic!

TUESDAY, JUNE 18TH

AT THE ENGLEWOOD BOAT BASIN

CHECK YOUR MAIL IN MAY FOR REGISTRATION INFORMATION



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Hyacinthe Nkurunziza
Anne Marie Prendergast
Mary Turner

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PRESIDENT/CEO

hipNews is the Newsletter of Heightened Independence and Progress. *hip* administers Centers for Independent Living in Bergen and Hudson Counties and offers services throughout New Jersey and beyond.

ADDRESS SERVICE REQUESTED

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