

INSIDE LOOK



NATIONAL DIABETES MONTH

November is recognized as National Diabetes Month. This observance brings attention to diabetes, which occurs when your blood sugar is too high. This chronic condition affects millions of people in the United States. To get involved in this National campaign, you can help support loved ones, raise awareness, advocate for diabetes education and care, and join diabetes support groups. Your active participation will have a positive impact on the community.

*Source: <https://www.nationaldaycalendar.com/november/national-diabetes-month-november>



It is flu, COVID and RSV season. You can help protect yourself by wearing a mask. The office has a supply of masks so give us a call and stay safe!



DIAL - RECREATION CORNER

DIAL Recreation got a "bird's eye view" when bird enthusiast Sandy Sorkin came to share his knowledge of the birds of Costa Rica. Mr. Sorkin shared his slideshow presentation about the birds; what they eat and where they live. The favorite part of the presentation was learning about all the different noises these birds make. Everyone had a wonderful time imitating the bird calls. Some of the consumers were so good at imitating the bird calls that you would swear that there were birds in the room!

The month of October ended with a Halloween Party. Consumers dressed up in costumes and everyone voted on which costume was their favorite. Guest artist Carol Hamersma played her electric guitar and sang a variety of songs, from Gershwin to Carole King! Everyone had a blast singing along and dancing to their favorite songs. To finish the party, everyone got to enjoy a variety of delicious pizzas and sparkling cider. Fantastic way to finish the month of October!

If you are interested in joining the fun and live in Passaic County, please contact Susan Kramer at skramer@dial-cil.org or call 973-470-8090.



HOLIDAY FOOD ASSISTANCE

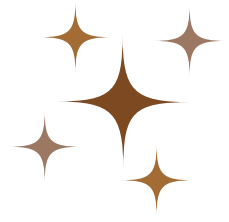


Thanksgiving is a time to celebrate life's blessings amongst family, friends and simple abundance, like a table loaded with all the Turkey Day trimmings, stuffing, mashed potatoes and pumpkin pie. Whatever your Thanksgiving tradition is, please enjoy your Thanksgiving meal and create amazing memories with your loved ones. Below please find agencies providing food assistance this holiday season:

Essex County:

- November 20th, 2024 :12:00pm
 - Training Recreation Education Center: 55 Ludlow St. Newark, NJ 07114
 - City officials and the Public Safety Division – along with HelloFresh, ShopRite, Colavita, Table to Table, and WSL Produce House – will distribute 3,600 free turkeys, side-dish kits; recipe cards, and pasta-pesto side dishes. Recipients should preregister by contacting ward liaisons:
 - North Ward: Stephanie Nieves 973-733-7616 or Nievess@ci.newark.nj.us
 - South Ward: David Carter, Jr. 973-733-3013 or carterda@ci.newark.nj.us
 - East Ward: Annie Ferreira 973-733-8893 or Ferreiraan@ci.newark.nj.us
 - West Ward: Al-Tarik Clark 973-733-7453 or Clarkal@ci.newark.nj.us
 - Central Ward: Ursula Phillips 973-733-3393 or phillipsu@ci.newark.nj.us
- 1:00pm: 2nd Police Precinct: 1 Lincoln Avenue, Newark NJ 07104
 - 200 free turkeys will be distributed, first-come, first-serve, to area residents
- November 21st, 2024: 1:00pm
 - Mercy House: 620 Clinton Avenue Newark, NJ 07108
 - The nonprofit will distribute free turkeys and side-dish fixings such as stuffing, mashed potatoes, and cranberry sauce, as supplies last.
- 1:00pm: Newark Police Headquarters: 480 Clinton Avenue, Newark, NJ 07108
 - 750 free turkeys will be distributed first-come, first-serve, to area residents
- 1:00pm: West Side Park Community Center: 600 South 17th Street, Newark, NJ 07103
 - The United Community Corporation (UCC) will hold its annual 'Friendsgiving' distribution to give away 200 turkeys, chickens, and a variety of other groceries to area residents.

HOLIDAY FOOD ASSISTANCE



Passaic County:

- Eva's Kitchen: 393 Main St. Paterson, NJ : 973.523.6220
 - Thanksgiving: dinner at noon for men and women
 - Christmas: dinner at noon as well (for adults only)
 - Anyone can attend, no sign up required.
- Father English Center: 435 Main St. Paterson, NJ.
 - Toys and food pantry – provides toys first to people in their programs and then will assist other families if they can. (Must be a Passaic County resident).
- United Presbyterian Church: 112 Washington Place Passaic, NJ 973.472.3611
 - Turkey giveaway: based upon donations received (call to see if it is available)
 - Must be resident of the city of Passaic (bring proof of residency)
- Miracle Christian Center: 973.742.0305
 - Thanksgiving hot meal service: Wednesday Nov. 26 (doors open 5:00 PM)
 - Christmas: toys, coat drive
- Salvation Army - Passaic 550 Main Ave Passaic, NJ 973.779.1155
 - Thanksgiving and Christmas: Food baskets clothing, and disaster response.
 - Eligibility: Low income and homeless individuals and families.
- Oasis: 59 Mill St. Paterson, NJ 973.881.8307
 - Hosts special meals and distributes donated food and gift items.
 - Walk-ins accepted.

UPCOMING EVENTS: SHINING STARS CELEBRATION

Join us as we come together to celebrate consumers who have made remarkable achievements. Please note the November Independent Living Program will be the last program for the 2024 year. Programming will resume in February of 2025.

- Date: November 26th, 2024
 - Time: 6:30pm – 8:30 pm
 - Location: Clifton Senior Bar
900 Clifton Avenue
Clifton, New Jersey, 07013
- *TRANSPORTATION DEADLINE:
NOV. 19TH, 2024

DIAL - CENTER FOR INDEPENDENT LIVING

2 PROSPECT VILLAGE PLAZA FLOOR 1
CLIFTON, NEW JERSEY 07013
(973) 470-8090—PHONE
(973) 556- 0226—VIDEO PHONE
(973) 470- 2521—TTY

