

INSIDE LOOK

September Kicks Off Hispanic Heritage Month

September 15th begins the month long celebration of Hispanic Heritage Month. National Hispanic Heritage Month celebrates the culture, history, and achievements of the diverse Latino communities within the United States.

Initially, Hispanic Heritage began in 1968 as a week long observation under President Lyndon Johnson. In 1988 Hispanic Heritage was extended to cover a 30- day period by President Ronald Reagan.

September 15 is an important start to Hispanic Heritage as it marks the independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.

While many people within the Latino and other communities hide their invisible disability due to negative stigmas, some celebrities are using their voice to share their stories, educating people about both visible and invisible disabilities. They are defying the statistics and have remained highly successful with their disabilities. Notable examples include actresses Cristina Sanz, Gina Rodriguez, Michelle Rodriguez and Salma Hayek; artist Frida Kahlo; singers Demi Lovato and Selena Gomez; nonprofit founder Jeison Aristizabal; and Professor Victor Pineda.





What's New at DIAL Recreation August 2023

Dial Recreation during the month of August had many great presenters. The month of speakers started with Dr. Adam Susser who discussed science as well as his knowledge of video games with consumers. Then, on August 10TH consumers were treated to a presentation about Mosaic Art by Ameurina Nazario who came and shared with consumers her art. Ms. Nazario will be back next month to do a Mosaic craft session with the consumers. In addition, in August we were treated to a craft in which consumers decorated tote bags by Angela Montague and Casey Casperino. If you are interested in joining in on our fun and live in Passaic County, please contact Susan Kramer at skramer@dial-cil.org or call 973-470-8090 extension 306.

Sports Corner: Wheelchair Rugby

Wheelchair rugby (originally Murderball, and known as quad rugby in the United States) is a team sport for athletes with a disability. It is practiced in over twenty-five countries around the world and is a summer Paralympic sport. The US name is based on the requirement that all wheelchair rugby players need to have disabilities that include at least some loss of function in at least three limbs. Although most have spinal cord injuries, players may also qualify through multiple amputations, neurological disorders or other medical conditions. Players are assigned a functional level in points, and each team is limited to fielding a team with a total of eight points on the court. Wheelchair rugby is played indoors on a hardwood court, and physical contact between wheelchairs is an integral part of the game. The rules include elements from wheelchair basketball, ice hockey, handball and rugby. At that time, wheelchair basketball was the most common team sport for wheelchair users. That sport's physical requirement for players to dribble and shoot baskets pushed quadriplegic athletes, with functional impairments to both their upper limbs and lower limbs, to only supporting roles. The new sport—originally called Murderball due to its aggressive, full-contact nature—was designed to allow quadriplegic athletes with a wide range of functional ability levels to play integral offensive and defensive roles. If you would like to watch, volunteer or even play wheelchair Rugby the EWF NY Warriors will begin practices at the Hackensack Middle School 321 State St, Hackensack, NJ 07601 September 12th 6:00 pm to 9:00 pm every Tuesday night.



Protect yourself against COVID-19 and the Flu!

The DIAL office has a supply of masks, K95 masks and sanitizers. Call the office today and get protected!



NJPAC is back! Get ready for an all-new season with the Ticket Subsidy program at the New Jersey Performing Arts Center in Newark. More information will be available soon. Look for it in our monthly mailer or call the office (973) 470-8090.

NJPAC

The Anchor Program

As a New Jersey renter, you might be eligible for \$450 if you are under 64 and \$750 if you are over 65.

You are eligible for an ANCHOR benefit based on 2020 residency, income, and age, if you met these requirements:

- You were a New Jersey resident; and
- Your 2020 New Jersey gross income was not more than \$150,000, If you are on Social Security, you are eligible for this program. Your income is EXEMPT and will be considered zero income.
- Your name was on the lease or rental agreement; and
- You paid rent; and
- You rented and occupied a residence in New Jersey that was your principal residence (main home) on October 1, 2020; and
- The rental property was subject to local property taxes, (see Qualified and Non-Qualified Rental Properties).

Information/application for this program can be found at: <https://www.state.nj.us/treasury/taxation/anchor/tenant.shtml> The deadline for filing is September 30, 2023.

If you need help, please call the DIAL Office (973-470-8090) for more details or to get help filing your application. DO NOT MISS OUT!

Save The Date

Upcoming Events:

Monthly Independent Living Skills Program

September 26th, 2023
Time: 6:30pm—8:30pm
Clifton Senior Barn
900 Clifton Ave.
Clifton , New Jersey 07013



Passaic County Peer Support Group

October 5th, 2023
Time: 6:00pm—7:30pm
Clifton Main Library
292 Piaget Ave.
Clifton , New Jersey 07011



Essex County Peer Support Group

October 10th, 2023
Time: 6:00pm—7:30pm
Remote



***For all consumers, any transportation cancellations should be done though DIAL 3 days before the date of the event.**

Voting Season

New Jersey Election Information
Tuesday, November 7, 2023

Election Type:
General

Registration Deadlines:
By Mail: Tuesday, October 17, 2023
(postmarked)

In Person: Tuesday, October 17, 2023

Online: Tuesday, October 17, 2023



DIAL - Center for Independent Living

2 Prospect Village Plaza
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