



# Inside Look

A Holiday Issue from DIAL!

## TIPS FOR SAFER ONLINE HOLIDAY SHOPPING :

Online shopping is fast, easy, and convenient year-round, but especially during the holidays.

For many individuals with disabilities online shopping can eliminate some of the challenges faced when shopping at physical stores. Just finding reliable transportation for shopping is a big challenge. One survey found individuals with disabilities are twice as likely to lack transportation as their nondisabled peers. While buying gifts online can make the holiday season a lot less stressful, it can also increase your likelihood of experiencing a cybercrime.

Here are some tips for staying safe while doing your holiday shopping online:

- **Make purchases on secure Wi-Fi networks.** When making online transactions, always use secure Wi-Fi networks. That means avoiding public Wi-Fi, like the internet you'd connect to in a coffee shop or airport, since these public networks are more susceptible to identity theft attacks.
- **Always use strong passwords.** When you create an account on an internet shopping site, be sure you set up a strong password. Strong passwords are reasonably long, contain upper and lowercase letters as well as numbers and symbols, have no significance to your personal information, and aren't words found in the dictionary. If you want to make your passwords even more secure, change them regularly in case of a breach. It's also highly recommended to never use the same password twice.
- **Use credit over debit cards for online purchases.** As a general rule-of-thumb, it's safer to use credit cards than debit cards for online purchases since credit card purchases aren't tied to your personal funds. As an added measure of safety, avoid storing your credit card information on shopping websites. Manually entering your account information may feel like a chore, but it's worth the extra effort.
- **Choose trustworthy retailers.** One common way fraudsters attract victims is by creating fake websites. You can avoid being scammed by sticking to familiar retailers and websites when you're shopping online. Trustworthy and popular retail sites have robust security measures in place.

While this isn't a complete list of all the things you can do for safe online shopping, following these tips will help you better protect yourself as you shop online this holiday season.

For more online safety information like this, and more, please visit: <https://www.cyber.nj.gov>.



WISHING YOU A SAFE AND HEALTHY HOLIDAY SEASON!



## DIAL RECREATION CORNER

2

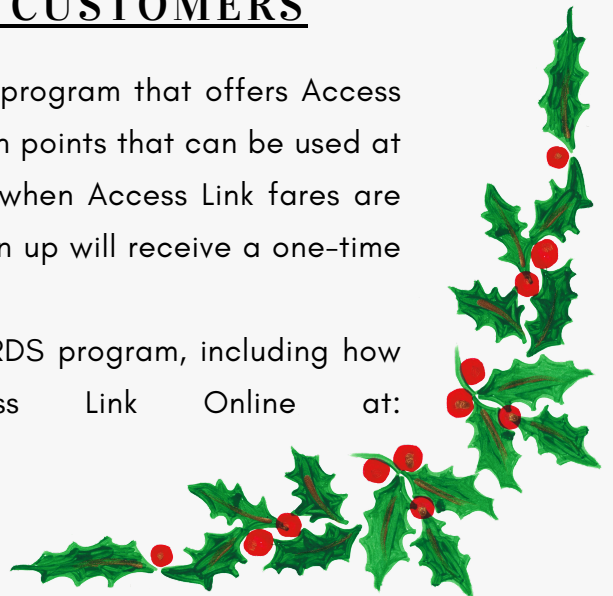
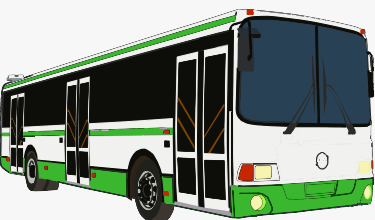
DIAL Recreation during the month of November went to the Rutgers Cooking Co-Op for a field trip. The trip began with a presentation on food safety by a woman named Jennifer Salt in which a PowerPoint gave consumers tips for how to safely prepare foods. For example, consumers were told not to wash vegetables when it says that they are already pre-washed on the packaging. The consumers were treated to a cooking presentation by Ms. Salt in which they were taught how to make bean and vegetable quesadillas which they were able to eat after. If you are interested in joining in on our fun and live in Passaic County, please contact Susan Kramer at [skramer@dial-cil.org](mailto:skramer@dial-cil.org) or call 973-470-8090 ext 306.



## NJ TRANSIT REWARDS PROGRAM FOR ACCESS LINK CUSTOMERS

The NJT Rewards program is a free program that offers Access Link customers an opportunity to earn points that can be used at stores, restaurants, and attractions when Access Link fares are paid. Access Link customers who sign up will receive a one-time incentive of 500 points.

To learn more about the NJT REWARDS program, including how to sign up, visit Access Link Online at: <https://accesslink.njtransit.com>



SENDING YOU THE WARMEST OF GREETINGS.

## SEASONS GREETINGS TO NEW STAFF AT DIAL

### MEET NICHOLETTE WORGS: COMMUNITY SERVICES NAVIGATOR:

Nicholette graduated with a Bachelor's degree in Public Health from Caldwell University. Through her father's experience with Multiple Sclerosis, her perspective on life has changed. She learned about her father's condition, the importance of advocacy and the resources available to those with a disability. This all has inspired her to participate in various internships where she was able to interact with individuals with disabilities and help with services needed in healthcare, nutrition, mental health, and housing to name a few. When she discovered DIAL - Center for Independent Living, she knew that it was the right fit for her. She looks forward into her new role as a Community Services Navigator and serving the consumers within the Center.

### LET THE SNOW DAY BEGIN: AT HOME WINTER CRAFT ACTIVITIES:

Keeping yourself occupied during the winter months can be a bit difficult when the weather calls for a day to stay indoors. Below are a few do-it-yourself activities that you and your loved can engage in during this holiday season:

- **Donate clothes, shoes, toys.**
- **Sing some holiday karaoke.**
- **Make your own holiday ornaments.**
- **Whip up some peppermint hot chocolate.**
- **Adopt an Elf on the Shelf.**
- **Bake Christmas Cookies.**
- **Gather friends and family for a gingerbread house making contest.**
- **Have a Christmas movie marathon.**
- For more activities and instructions please visit:  
<https://www.stephensplace.org/blog/40-diy-winter-crafts-for-adults-with-intellectual-and-developmental-disabilities>

WISHING YOU MUCH HAPPINESS AND PROSPERITY IN THE YEAR AHEAD.

## STAY WARM THIS WINTER

During the winter months, the cold weather conditions create a danger for individuals who are unhoused or medically fragile. Throughout these times agencies in New Jersey assist such individuals with food, shelter, and clothing. When the climate drops dramatically, counties or municipal governments enforce a Code Blue Alert which allows authorities to take unhoused individuals to designated shelters that have granted to make additional space available. Below you can find a list of warming centers by county:

### Passaic County:

- Clifton: 1232 Main Avenue, Clifton, NJ 07011
- Passaic: Dignity House : 276 Broadway, Passaic, NJ 07055
- Paterson: 60 Temple Street, Paterson, NJ 0750

### Essex County:

- The Goodwill Rescue Mission: 75 University Place, Newark, NJ 07102
- Orange Library: 348 Main St, City of Orange, NJ 07050
- West Orange Public Library: 10 Rooney Circle, West Orange, NJ 07052

**\*Call 211 for more information or visit the website at <https://www.nj211.org/njcodeblue>**

**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

## IMPORTANT REMINDERS:

- The DIAL monthly independent living program and peer support group will be on hold through the holiday season. Programming will resume in **February of 2024.**
- **Coming Soon:** The DIAL recreation program will be relocating to the Boys & Girls Club of Clifton located at 822 Clifton Avenue, Clifton, New Jersey 07013 on Tuesdays and Thursdays.
- DIAL Center for Independent Living will be closed for the holidays starting **December 24th, 2023 to January 1st, 2024.** The office will reopen on **January 2nd, 2024** from 9AM - 5PM.

LOOKING FORWARD TO SEEING YOU IN THE NEW YEAR.