

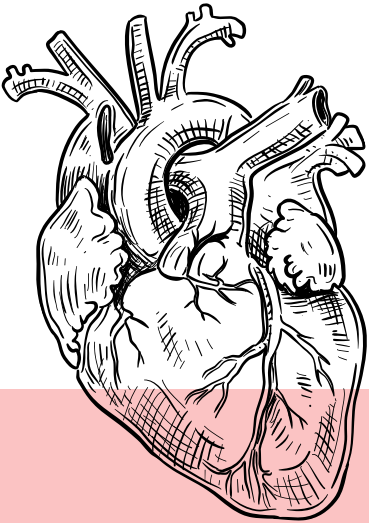
Inside Look

FEBRUARY 2025



FEBRUARY IS AMERICAN HEART MONTH

American Heart Month, observed each February, raises awareness about heart disease and promotes heart health. With heart disease as the leading cause of death in the U.S., this month encourages individuals to learn about prevention and adopt healthier lifestyles. Through education and community initiatives, American Heart Month highlights the importance of protecting heart health.



Follow The ABCS of Heart Health:

A

Take **aspirin** as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

Control your **blood** pressure.

High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

B

Manage your **cholesterol**.

Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

Don't **smoke**.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking.

S



DIAL - RECREATION CORNER

Many exciting activities have happened at the DIAL Recreation Program since the last time we checked in. The program had a visit from a therapy dog named Perry from Creature Comforts Pet Therapy. Consumers got to learn about the benefits of a therapy dog as well as interacting with Perry who loved the attention.

DIAL Recreation went on a field trip to Lovee Art Studios in Bloomfield, NJ. Consumers started with a canvas panel, and used various mediums such as paint, collage, and other materials to create one-of-a-kind pieces of art. These projects made great decorations or gifts for the holidays!

Guest speaker Luis Ulloa presented his award-winning model ships to the program. Mr. Ulloa gave the history of each of the four model ships he brought which were from various time periods. Everyone was impressed on the details of each ship and the work that went into constructing them.

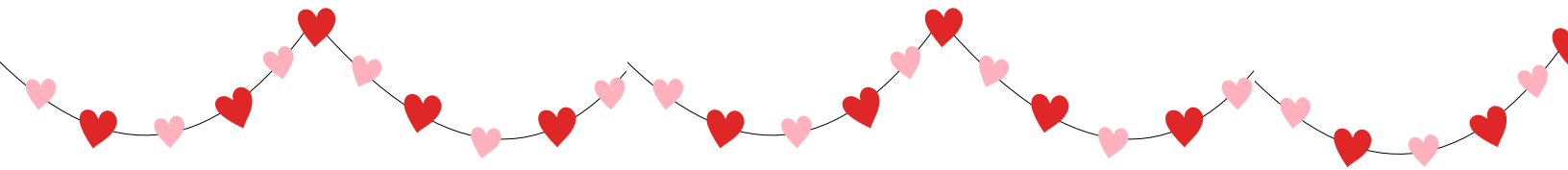
If you are interested in joining the DIAL Recreation Program and live in Passaic County, please contact Susan Kramer at skramer@dial-cil.org or call 973-470-8090 ext. 306.



WINTER TERMINATION PROGRAM

Every year, The Department of Community Affairs (DCA) implements a Winter Termination Program that runs from November 15th through March 15th. Under this program, consumers are protected from the discontinuation of utilities such as electricity, gas, sewer, wastewater and water during the winter months.

For more information, please visit <https://www.nj.gov/bpu/assistance/programs/> to see if you are eligible.



STAY PROTECTED

Flu season is in full swing with levels at an all-time high and COVID-19 is still around too. The agency has a supply of surgical masks to help you stay protected. Call today and get your free masks before the supplies run out!

LOCAL WARMING CENTERS

Passaic County:

- **Clifton Community Recreation Center:**
 - 1232 Main Avenue, Clifton, NJ 07011
 - Contact: 201-739-1475
- **Dignity House:**
 - 276 Broadway, Passaic, NJ 07055
 - Contact: 973-365-3900
- **Salvation Army Paterson:**
 - 541-545 W. Broadway Paterson, NJ 07522-2622
 - Contact: 973-820-1234

Essex County

- **YMCA of Newark and Vicinity:**
 - 600 Broad St Newark, NJ 071021
 - Contact: 973-624-8900, ext. 6823
- **The H.E.L.P. Center:**
 - 224 Sussex Ave Newark, NJ 07103
 - Contact: 973-705-7200
- **Irvington Neighborhood Improvement Center:**
 - 346 16th Ave Irvington, NJ 07111
 - Contact: 973-416-0916



DIAL - 2025 MEMBERSHIP DRIVE

It is that time of year again for the annual DIAL Membership Drive. We want to ask everyone to become a paid DIAL member.



Some of the benefits for being a member are:

- **Voting in DIAL's elections**
- **Eligibility to be a candidate for the Advisory Council**
- **Discounts on social events such as the Annual Picnic**
- **You will be supporting the Center's Programs and Independent Living Philosophy!**

Please join us in making this the best drive ever! A flyer and the Membership Form are included in this mailer.

Upcoming Events

Passaic County Peer Support Group

February 6th, 2025
Time: 6:00pm—7:30pm
Clifton Main Library
292 Piaget Ave.
Clifton , New Jersey 07011

Essex County Peer Support Group

February 12th, 2025
Time: 6:00pm—7:30pm
Held via ZOOM until further notice



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

Monthly Independent Living Skills Program

February 25th, 2025
Time: 6:30pm—8:30pm
Clifton Senior Barn
900 Clifton Ave.
Clifton , New Jersey 07013

