

DECEMBER 2025

# CIRCLE OF STRENGTH

## Holiday Newsletter Edition

HAPPY HOLIDAYS FROM COS!

We at Circle of Strength want to wish you and your family a happy holiday season. During this special time of year, it's all about giving back to those in need, spreading kindness, and celebrating milestones achieved throughout the year. May this season bring you happiness filled with joy, love, and gratitude.

To our families, DSPS, community partners & members, and staff, thank you for being a part of our family. Each of you plays a huge role in the positive impact we're making for the individuals we serve. Your compassion, dedication, and hard work are truly appreciated and do not go unnoticed. The world needs more people who are willing to give their all to changing lives in the community. We will continue to support and assist you and be the foundation you can lean on, because that's what family does.

Visit our website for more information  
[www.njcircleofstrength.com](http://www.njcircleofstrength.com)

To reach us by phone contact us at  
908-290-0227

Follow us on Social Media for any updates!



COS WEBSITE



# COMMUNITY SPOTLIGHT



## Nassan's Place

### Our Mission

Our mission is to provide:

- accessible and affordable, educational and recreational programs for children with Autism Spectrum Disorder (ASD) in and around under-served inner-city communities in New Jersey.
- support services, advocacy, and other resources for children and families affected by Autism.
- low to moderate-income families the opportunity to receive

[www.nassansplace.org](http://www.nassansplace.org)

## Embrace wellness

### Our Mission

Embrace inclusion.

Embrace Wellness is a fully accessible facility specializing in providing wellness opportunities for individuals of all ability levels. Our team of instructors and educators strive to create individualized fitness, yoga, and skill building programs as well as individualized dietician services. Join us to unlock your potential, unleash your confidence, build your independence, and embrace your overall wellness.

[www.embracewellnessgroup.org](http://www.embracewellnessgroup.org)



## Jar of Hope

### Our Mission

DMD is a fatal, genetic disorder characterized by progressive muscle degeneration. It primarily affects boys, most of whom are wheelchair-bound by age 12. Duchenne affects 300,000 boys worldwide, 20,000 children in the United States alone. These children are robbed of their childhood as they can't run and play. The simplest of movements is painful. Many don't survive past their mid-twenties. As you can probably imagine, it takes millions of dollars to find a cure. With your help, JAR of Hope supports a team of research scientists and doctors dedicated to eliminating Duchenne. We also provide support for these boys and their families.

[www.jarofhope.org](http://www.jarofhope.org)

## Vita Mobile Care

### Our Mission

Our mission is simple yet profound: to bridge the gap between medical necessity and convenience while fostering a sense of community. We strive to provide exceptional, personalized care that not only meets but exceeds your expectations. Our commitment to quality, empathy, and professionalism guides everything we do.

[www.Vitamobilecare.com](http://www.Vitamobilecare.com)



## Hope In Her Eyes

### Our Mission

Our mission is to support you as you heal past traumas or disabilities that are preventing you from living your best life.

[www.hopeinhereyes.org](http://www.hopeinhereyes.org)

# ALL ABOUT THE HOLIDAYS

## Christmas Gift Ideas

- Hat, Glove, and Scarf Set
- Gift Package
- Journal/ Notebook
- Tote Bag
- Bookmarks
- Games (Crossword Puzzles, Word Search, etc.)

## Christmas Songs

- Jingle Bell Rock
- Rudolph The Nose Reindeer
- The Twelve Days of Christmas
- We Wish You a Merry Christmas
- Deck The Halls
- Silent Night
- Santa Clause Is Coming to Town

## Christmas Movies

- The Polar Express
- Miracle On 34th Street
- Elf
- A Charlie Brown Christmas
- Home Alone
- The Santa Clause
- How The Grinch Stole Christmas

## Christmas Recipes

- <https://sallysbakingaddiction.com/christmas-sugar-cookies/>
- <https://www.cookingwithmykids.co.uk/gingerbread-men/>
- <https://www.tasteofhome.com/recipes/santa-claus-cookies/>
- <https://www.tasteofhome.com/recipes/buddy-the-elf-bark/>

## Helpful Resources

- NJ 2-1-1 Partnership: They offer assistance and resources, including housing and food.  
Call 211 or text GAC to 898-211 for more information.
- The Salvation Army: Helps people during the holidays. Call 1-800-SAL-ARMY for more assistance.
- United Way of Northern New Jersey: Offers holiday assistance programs like "Gifts of the Season" for families in financial hardship.
- Suicide Prevention Hotline: Call or Text 988 to talk to someone. Open 24/7.



# FIRST ANNUAL UNITY BALL

## Unity Ball is Sold Out!!!

### MISSION

Circle of Strength Family is a non-profit 501C3 organization & entity of Circle of Strength and our mission is to empower individuals to achieve their goals, improve their quality of life, and uplift our families. This year's Annual Unity Ball will celebrate and honor the families, caregivers, DSPs, staff, and community partners who, through their compassion and dedication, have made a lasting impact on the lives of the individuals we serve.

The Unity Ball plays a vital role in helping us reach our goals in raising money, spreading awareness, advocating for those who cannot advocate for themselves, and financially supporting the continued efforts that serve our families.

There are many ways to be part of this year's Unity Ball! If you're unable to attend in person or prefer to participate in another way, here are a few great options to get involved. No matter how you choose to get involved, your support is appreciated and will help make this event truly special.

#### HOW TO PARTICIPATE

[Unity Ball Website](#)  
[Sponsorship Packages](#)  
[Digital Ad Journal](#)  
[Silent Auction Bid](#)  
[Silent Auction Donation](#)  
[Monetary Donation](#)

#### EVENT DETAILS

**Sold Out  
Thanks to our  
community for the  
support !**

#### CONTACT

For more information on our  
unity ball, contact Jessica  
Martin by email:  
[jmartin@njcircleofstrength.com](mailto:jmartin@njcircleofstrength.com)



# SERVICES WE PROVIDE

## DIRECT SUPPORT SERVICES

### INDIVIDUAL SUPPORT

We assist individuals with self-care, social skills, daily living activities, and behavior supports in their homes or community settings according to approved Plans of Care to help them achieve their goals and dreams.

### COMMUNITY-BASED SUPPORT

We provide services for individuals with developmental disabilities to support their full community participation and realization of personal goals. The Support Program caters to adults aged 21 and above living with families or in other settings.

### COMMUNITY INCLUSION

We empower individuals with disabilities through recreational, educational, and community-based programs to enhance skills, self-esteem, social skills, and confidence. The services aim to support their long and short-term goals while encouraging safe participation in the community.

### RESPITE

We provide short-term respite services to individuals who cannot care for themselves, offering relief to their regular caregivers. Our goal is to help individuals transition to group homes or independent living, ensuring their safety and security with support from our staff.

### TRANSPORTATION

We provide transportation to our participants to assist them with their doctor's appointment, work, school etc. Assisting individuals and families the opportunity to work with an individual that they are comfortable and consistent with.

### BEHAVIORAL & MEDICAL SUPPORT

We provide behavioral support, assessments, behavioral modification plans, training, counseling, and interventions for individuals with developmental disabilities to improve, acquire or maintain appropriate interactions with others. Medical & clinical needs for supports & services will have a complete care of plan.

## HOME HEALTH CARE SERVICES

### COMPANION CARE

Companion care provides emotional support, social interaction, and assistance with daily activities to enhance the quality of life for individuals in their own homes.

### PERSONAL CARE

Personal care offers hands-on assistance with daily tasks like bathing, dressing, and grooming to support comfort and well-being.

### RESPITE CARE

Respite care provides temporary relief from caregiving duties, whether for an afternoon, a day, or a week, allowing you to focus on self-care, family, and other responsibilities.

### DEMENTIA AND ALZHEIMER'S CARE

Provides the perfect balance of safety, comfort, and independence for your loved one, with a trusted caregiver offering experienced support through every stage of dementia or Alzheimer's, helping you navigate these challenges with confidence.

## REFERRAL & BILINGUAL TEAM\*

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**Bianca Valdeiglesias \***

**Community Outreach Special**

[biancav@njcircleofstrength.com](mailto:biancav@njcircleofstrength.com)

**Office Direct: 732-659-0340**

# HIRING & CPR TRAINING

## DSP

We're hiring Direct Support Professionals who share our passion for building meaningful connections and making a difference in the lives of others. Below you will find the areas we're seeking assistance from:

North Jersey: Fairview, Garfield, Old Tappan, Ramsey, & Stanhope.

Central Jersey: Allentown, Edison, Freehold, Hillsborough, Mercerville, Metuchen, Monmouth, & Morganville.

South Jersey: Barnegat, Brick Township, Brown Mills, & Cape May.

## HOME HEALTH CARE

We're hiring dedicated and compassionate individuals to join our Home Health Care Team. If you're passionate about helping others, we invite you to explore our current job openings.

**CHHA- Certified Home Health Aide**

**CNA- Certified Nursing Assistant**

**RN- Registered Nurse**

**LPN- Licensed Practical Nurse**

For more information on all our positions, contact our HR Team:

Angelina Rivera, HR Manager  
email: [angelinar@njcircleofstrength.com](mailto:angelinar@njcircleofstrength.com)

Justin Counts-HR Development Manager  
email: [justingc@njcircleofstrength.com](mailto:justingc@njcircleofstrength.com)

## CPR CLASS SIGN-UP

Circle of Strength is a Certified Training Facility in Red Cross CPR training. Knowing CPR is incredibly important and valuable, you never know when you might need to use these life-saving skills. If you're not certified yet, take this opportunity to join one of our upcoming CPR classes.

To sign up, you can contact our certified instructor:  
Jessica Armstrong: email: [jessica@njcircleofstrength.com](mailto:jessica@njcircleofstrength.com)

Or register directly: [Visit website](#)

# EVENTS





# HAPPY HOLIDAYS

Elise

Patricia

Corinne

Jeremy

Angelina

Alyssa

Ashtey

Denise

Justin

Bianca



Lizbeth

Perta

Pat

Jessica A.

Destiny

Marcel

Taiyanna

Jessica M.

Gary

# A YEAR IN REVIEW

## *So Thankful for the Work that we do!*

The true impact of our support to the community is measured in the lives that we have touched.

There are no words to express the fulfillment of enhancing families and their loved ones.

2025 has been a fantastic year for Circle of Strength.

We've strengthened our commitment to providing quality support and services. Our growing team has continued to expand our community outreach.

Together we've helped more families navigate DDD benefits, access caregiver supports and receive the resources they need. Circle has supported new organizations and built valuable relationships that bring us closer to our goal of creating a stronger, more united community.

We are so proud of our team and are grateful to help our families and their loved ones grow. We strive to empower them through their own personal journeys to live meaningful lives.

I am extremely excited to celebrate with our Families, DSP, Honorees, Community Partners & Staff in Circle's First Annual Unity Ball. This amazing event brings me full Circle in my journey.

This is the best way to end 2025 and give thanks to the

*Circle of Strength we have created!*



**ELISE COUNTS**  
**CEO**

*Thankful*

Let us know how we can help!



**COS WEBSITE**

Visit our website for more information

[www.njcircleofstrength.com](http://www.njcircleofstrength.com)

To reach us by phone contact us at  
908-290-0227

Follow us on Social Media for any updates!

