Annual Report 2016
Serving Hudson and Union Counties
Our Message

We continue to be indebted to many people over the years. HOPES CAP, Inc. has weathered many storms but through it all we are still standing and growing stronger with each passing year.

We are grateful for our Communities, Hudson and Union Counties, for on-going support. We are thankful for our dedicated Board of Directors for the many hours contributed to the betterment of the HOPES CAP, Inc. organization. Then there’s the administration and management teams as well as our staff without whose dedication, skills and fortitude we could not deliver the level of care and service to carry out our mission.

Despite the overwhelming success that HOPES has realized over the past year, we know that we are not in this fight alone. We continue to be encouraged by our successes, yet carry on knowing that the measure of a just society can only be judged by how it treats the least fortunate and most vulnerable. We also extend our sincerest gratitude to the many caring citizens, businesses and community partners who embrace and support our core mission: provide community services that respond to the social, educational and training needs of individuals in an effort to overcome barriers and fight the causes of poverty.

Frank Raia
Chair, Board of Directors

Ora Welch
President/CEO
Board of Directors

Frank Raia, 
Board Chairman

Michele Russo, 
Board Vice Chair

Kenneth O’Neill, 
Treasurer

Suzanne Hetman, 
Secretary

Jessica Carapella, 
Policy Council Liaison

Florence Amato, 
Board Member

Carey Brown, 
Board Member

Michael Cohen, 
Board Member

Susan Costomiris, 
Board Member

Elizabeth Falco, 
Board Member

Hovie Forman, 
Board Member

Christiane Hoffman, 
Board Member

Dr. Sara Kalambur, 
Board Member

Carmencita Pile, 
Board Member

Sharon Ramphir, 
Board Member

George Schorr, 
Board Member

Not pictured: Ray Narvaez, Jr.
# Elevating Quality

## Funding Levels 2015-2016

<table>
<thead>
<tr>
<th>HEAD START</th>
<th>EARLY HEAD START</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center Based: 427</td>
<td>Center Based: 64</td>
</tr>
<tr>
<td></td>
<td>Home Based: 36</td>
</tr>
<tr>
<td></td>
<td>Expectant Women: 22</td>
</tr>
</tbody>
</table>

- **Total Number of Children and Families Served by HOPES**
  - 439 children
  - 425 families
  - 115 Children
  - 117 Families
  - 29 Expectant Women

- **HOPES Average Monthly Funded Enrollment**
  - 100%
  - 100%

- **HOPES Percentage of Eligible Children Served**
  - 94.31%
  - 97.92%

- **Grantee 2016 Federal Reviews of Hoboken and Plainfield Head Start Programs:**
  - 100% COMPLIANT

- **234 non-Head Start children enrolled in State-Funded Preschool**

- **HOPES CAP, Inc. in Hoboken is accredited by the National Association for the Education of Young Children (NAEYC) Academy of Early Childhood Programs since 2006.**

- **NAEYC administers the largest and most widely recognized system for all types of early childhood programs.**

- **HOPES has voluntarily undergone**
  - A comprehensive process of self-study,
  - invited external professional review
  - verified compliance with the Criteria for High-Quality Early Childhood Programs

  [www.naeyc.org/accreditation](http://www.naeyc.org/accreditation)
Ensuring School Readiness

The School Readiness Plan aligns with the *Head Start Child Development and Early Learning Framework* and *NJ State Standards for Children Birth to Five*. The plan includes Dual Language Learners and Children with Disabilities.

Assessing School Readiness based on the Five Domains:

- **Cor Advantage** (see blue chart) - *scale 0-3 for Infants/Toddlers & 1-7 for Plainfield Preschool*
  
  ◦ Continuum based on child's developmental and ability level based on age. The increase in scores shows a higher level of development.

- **Teaching Strategies Gold** (see gold chart) - *scale based on mean data for Hoboken Preschool*
  
  ◦ Observational system based on objectives for development and learning that serve as predictors of school success.

The School Readiness Plan was developed and is updated in active and ongoing consultation with parents participating in the program and members of the program administration team.

Five Domains of Assessment:

- Approaches to Learning
- Cognition
- Language and Literacy
- Perceptual, Motor, and Physical Development
- Social and Emotional Development
Providing Tailored Support

**Health and Disabilities of Toddlers and Children**

98.73% had health insurance; of those,
85.9% State CHIP/Federal Medicaid
8.7% private health insurance

**Chronic Health Issues** requiring medical treatment:
- 0.90% - Anemia
- 8.86% - Asthma
- 0.54% - Hearing Difficulties
- 0.36% - High Lead
- 2.16% - Vision

**Disabilities:**
- 8.5% - 37 individualized education plans (IEPs)
- 20% - 23 individual family service plans (IFSPs)
- **100%** of children, diagnosed with disability, received Special Education services or related services for a primary disability

Program applied for disabilities waiver from the Office of Head Start for Head Start Program

#HOPESRising

Violeta, mother to Matthew, sent us this note:

In HOPES Early Head Start, I have received the best attention and services for my son Matthew. Since the first day he started in the program, I thank Ms. Flor, when my child was home based, for referring my child for speech therapy and for her time and patience with my son. I sincerely recommend HOPES to any parent in need of child care; they have the best staff ever and they care for the children with love. I thank the HOPES staff for their help and support of my child and for everything they have done to improve my Matthew’s development and education. . . . . Read more about Violeta’s involvement in her son’s education on pg 9.
Empowering People of All Ages

Promoting Health

**IMMUNIZATIONS AND SCREENINGS**

- **70.4%** of infants/toddlers are up-to-date with EPSDT*
- **97.4%** of infants/toddlers were up-to-date with or had completed all possible immunizations.
- **83.8%** of preschool children are up-to-date with EPSDT*
- **97.5%** of preschool children were up-to-date with or had completed all possible immunizations.

*Dental Care*

- **90.4%** infants/toddlers with continuous, accessible dental care provided by a dentist.
- **97.5%** preschool children received continuous preventive care provided by a dentist.

**Expectant Women**

**By Gestational Age:**
- 6 in first trimester (0-3 months)
- 12 in second trimester (3-6 months)
- 10 in third trimester (6-9 months)

**Health**
- **100%** have health insurance
- 7.8% received a dental examination

**Early Childhood Nutrition**

- All families complete a nutrition survey upon enrollment into the program. The results are used in menu and activity planning.
- All classrooms give monthly feedback on menu.
- A Nutrition Consultant worked with families of children whose hemoglobin levels showed deficiencies, or lead levels were high, as well as picky eaters or children with other health concerns.

100% received:
- Information on the benefits of breastfeeding
- Prenatal education on fetal development
- Prenatal health care
- Postpartum health care

**Promoting Health**

90.4% infants/toddlers with
continuous, accessible dental care
provided by a dentist.

97.5% preschool children received
continuous preventive care provided
by a dentist.

100% have health insurance
7.8% received a dental examination

*Early and Periodic Screening Diagnosis and Treatment*
Engaging Families

**Family Support/Parent Involvement**

**2015-2016**

<table>
<thead>
<tr>
<th>HEAD START</th>
<th>EARLY HEAD START</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of families receiving resources or referral</td>
<td>279</td>
</tr>
<tr>
<td>Number of families participating in family goal setting</td>
<td>405</td>
</tr>
</tbody>
</table>

**MONTHLY PARENT MEETINGS**, parents will

- Receive program and community information
- Learn about program planning
- Obtain classroom and health information
- Participate in learning activities with their children
- Participate in workshops on a variety of topics that are selected through a survey of the parents’ preferences

**MALE INVOLVEMENT ACTIVITIES**

- Increase fathers’ roles as children’s primary educators
- Participate in educational and social activities with their children
- Participate in workshops to increase their personal growth and awareness

Artwork of the four closest planets to the sun. The Children’s Art Auction was out of this world!!
Empowering Parents

#HOPESRising

Violeta’s note continued from page 7:
I also have volunteered at HOPES EHS. Volunteering at HOPES has helped me learn about child care procedures and, on a personal note, I learned how to give my child the attention he needs. Once more I would like to reiterate that HOPES is the best child care of the Plainfield area guaranteed and I thank them.

PROGRAM GOVERNANCE

- Policy Council comprised of
  - Parents elected from all centers and program options
  - Individuals from community agencies that partner with HOPES CAP, Inc.
- Policy Council term(s):
  - 1 year term
  - maximum lifetime participation limit of 5 years
- The Policy Council works with program administration to
  - develop and approve program policies,
  - prepare and approve the grant application,
  - help develop and set program short and long term goals,
  - assess the hiring and termination process

Over 51% of Policy Council members are parents of currently enrolled children.

The parents from our preschool centers in Plainfield were honored for their incredible involvement!
Supporting our Youth

Received 2-Year Grant from CMS (Centers for Medicare & Medicaid Services) to enroll children and teens in health insurance

Family Game Nights for Children and Youth, started August 2016.

These game nights focus on strengthening the bonds of family and friendship through fun-filled games and activities.

Teen Entrepreneurship:

- Integration with NJ Core Curriculum Content Standards to prepare them to “engage as active citizens in a dynamic global society”
- Teens learned how to set SMART Goals (specific, measurable, achievable, results-focused, and time-bound)

A teen taking notes during an entrepreneurship class.

A parent plays a game with a child at Family Game Night.
Assisting our Adults

#HOPESRising
Paula, adult education student remarked:

HOPES has empowered me by letting me take free computer classes and upon completion of each class a certificate which makes me feel like I really accomplished something. Not only do I have knowledge of computers but now I know Microsoft Excel, PowerPoint, Publisher, & Word. Not only that, HOPES helped me to find a JOB. With the help of HOPES & my instructor I really, really accomplished something.

Financial Literacy Assistance:

145 Adults

Adult Education Classes:

112 Adults

Insurance Enrollment:

125 Adults

NJCEED* referrals:

1049 Adults

*NJ Cancer Education and Early Detection
Achieving Self-Sufficiency

Tax Returns Filed: **1174**
Tax Savings: **$1,205,000**

In the last three years:
- 45% increase in # of tax returns filed
- 19% increase in tax savings

Physical Activity Classes:
- **98 Seniors**

Information & Assistance Support:
- **630 Adults**
- **1448 Seniors**

Assisted Transportation:
- **1003 Seniors**

In the last three years:
- 234% increase in the # of seniors transported

Received two grants from National Council on Aging (NCOA) to establish a Benefits Enrollment Center for seniors and disabled, and assist seniors with SNAP (Supplemental Nutrition Assistance Program)

Evelyn Mercado, Community Programs Manager, assisting a person.
Involving our Community

756 Volunteers

4,832 total hours for the year
Average 6.4 hours over the year by each volunteer!

Volunteer Income Tax Assistance (VITA):

21 Volunteers

That is 442 hours a month!
Average 24 hours in a year for each full-time staff!

Strengthening our Staff

5304 hours total professional development hours in a year

Jessica Palencia, Director of HR,
listening attentively in a staff meeting.
Finanicals

**REVENUES**

- Hoboken/Plainfield Board of Education, $5,392,417
- US Department of Health and Human Services, $5,893,103
- HOPES CAP, Inc.

**EXPENSES**

- Salaries, $8,022,192
- Other, $2,028,391

HOPES CAP, Inc. administrative costs represents less than 15% of total expenses.
**HEAD START EXPENSES**

<table>
<thead>
<tr>
<th>Category</th>
<th>Budget FY16-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>$2,222,234</td>
</tr>
<tr>
<td>FICA &amp; Fringe</td>
<td>$490,093</td>
</tr>
<tr>
<td>Travel</td>
<td>$20,327</td>
</tr>
<tr>
<td>Equipment</td>
<td>$-</td>
</tr>
<tr>
<td>Supplies</td>
<td>$80,007</td>
</tr>
<tr>
<td>Contractual</td>
<td>$153,776</td>
</tr>
<tr>
<td>Facilities/Renovations</td>
<td>$-</td>
</tr>
<tr>
<td>Other</td>
<td>$436,982</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$3,403,420</strong></td>
</tr>
</tbody>
</table>

**EARLY HEAD START EXPENSES**

<table>
<thead>
<tr>
<th>Category</th>
<th>Budget FY16-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>$1,634,887</td>
</tr>
<tr>
<td>FICA &amp; Fringe</td>
<td>$360,485</td>
</tr>
<tr>
<td>Travel</td>
<td>$8,711</td>
</tr>
<tr>
<td>Equipment</td>
<td>$-</td>
</tr>
<tr>
<td>Supplies</td>
<td>$32,448</td>
</tr>
<tr>
<td>Contractual</td>
<td>$17,306</td>
</tr>
<tr>
<td>Facilities/Renovations</td>
<td>$-</td>
</tr>
<tr>
<td>Other</td>
<td>$366,534,69</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$2,420,372</strong></td>
</tr>
</tbody>
</table>
**OUR RESULTS MATTER**

99% toddlers and children had health insurance

**Over 97%** toddlers and children were up-to-date with immunizations

**Over 90%** toddlers and children received dental care

---

Infants and Toddlers showed greatest development in **PHYSICAL DEVELOPMENT & HEALTH**, and as **ENGLISH LANGUAGE LEARNERS**

**SCHOOL READINESS**

Hoboken Preschool showed greatest development in **LITERACY**, and **COGNITIVE**

Plainfield Preschool showed greatest development in **PHYSICAL DEVELOPMENT & HEALTH**, and **SOCIAL AND EMOTIONAL**

---

**Adult Education Classes:**

112 Students

**100%** expectant women had health insurance

Tax Returns Filed: 1174
Tax Savings: $1,205,000

**Physical Activity Classes:**

98 Seniors

**Transportation Services:**

1003 Seniors

---

**THROUGHOUT THE YEAR**

Staff Professional Development: 5304 hours

756 Volunteers

4832 hours

---

301 GARDEN STREET, HOBOKEN, NJ 07030 | 1-855-OK-HOPEs
hopes.org | follow us on Facebook and Twitter @HOPESCAPINC

To make a tax deductible donation, visit: https://www.hopes.org/donations