

# Let's Advocate Together!

The New Jersey Self-Advocacy Project



# TODAY, WE WILL DISCUSS:

- What is The New Jersey Self-Advocacy Project (NJSAP)?
- NJSAP Events
- The New Jersey Statewide Self-Advocacy Network and the Councils
- NJSAP Resources

WHAT IS THE  
NEW JERSEY  
SELF-ADVOCACY  
PROJECT  
(NJSAP)?

# WHAT IS NJSAP?

-NJSAP has been a Division-funded program of The Arc of New Jersey since 1983

-NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups

-NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



# WHO ARE WE?

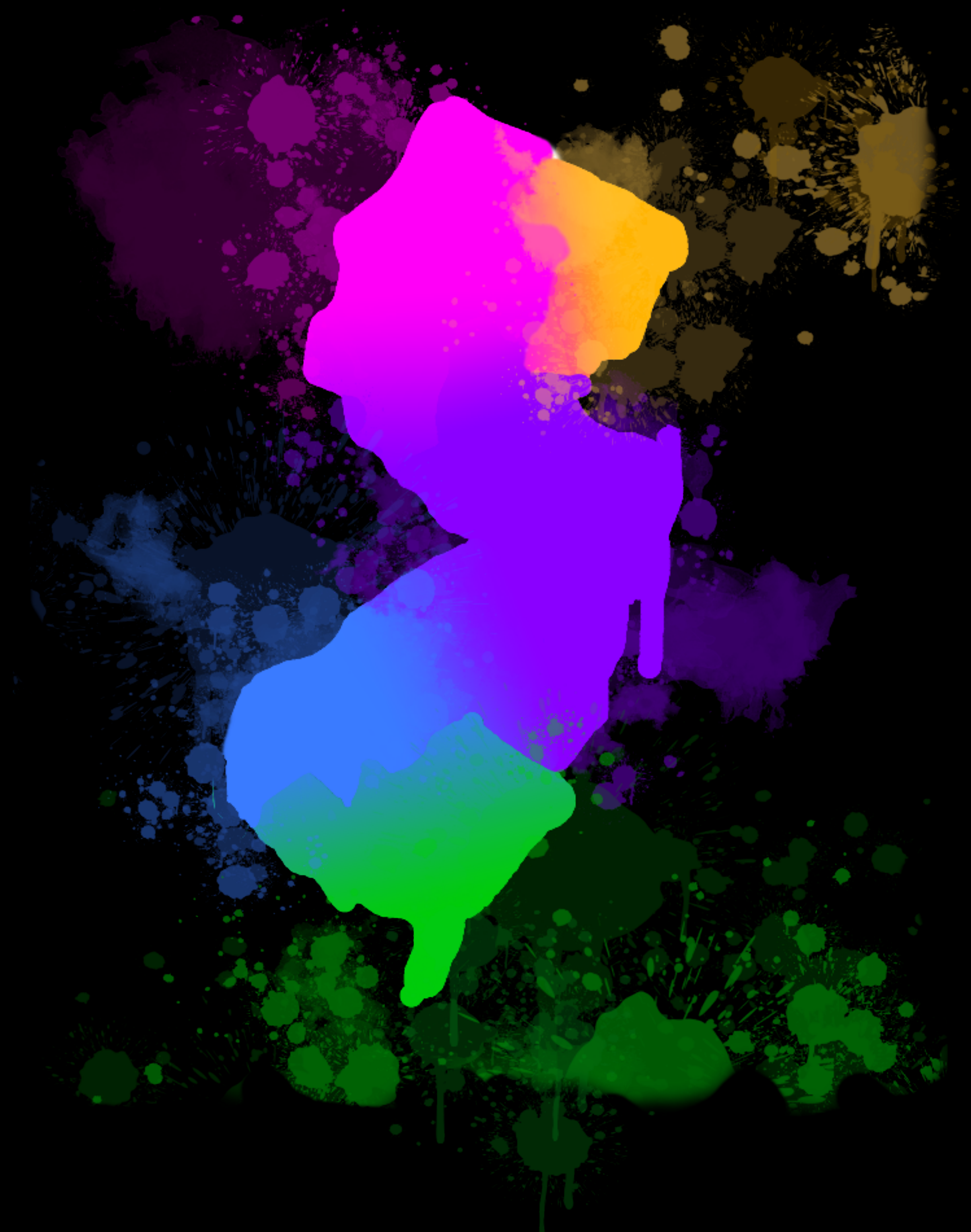
- **Erin Smithers, Director**
- **Frankie Bayak, Media and Communications Coordinator**
- **Bianca Najera, Training and Technical Assistance Coordinator**



# WHAT SERVICES DO WE OFFER?

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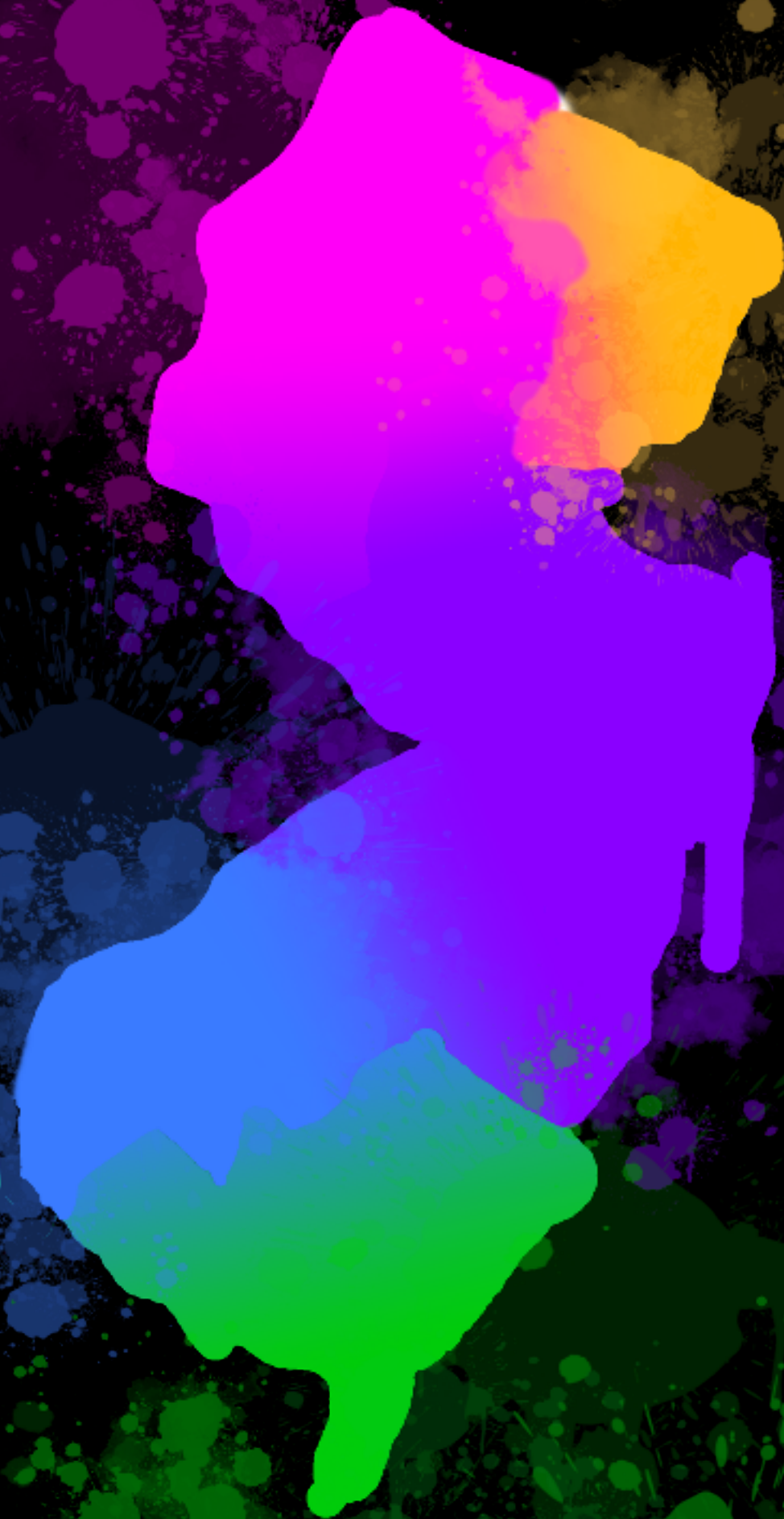
- ▶ We connect advocates to other services and programs that are available to them.
- ▶ We advise 5 Councils that span the state of NJ, these groups are a part of the New Jersey Statewide Self-Advocacy Network (NJSSAN).
- ▶ We provide free trainings on many topics for people with IDD and staff members.
- ▶ Through a grant provided by The Horizon Foundation for New Jersey we provide programming for individuals with IDD to learn how to live a healthier lifestyle.
- ▶ We provide daily self-advocacy content on our social media accounts.



# WHAT SERVICES DO WE OFFER?

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- ▶ We hold our NJSSAN Spring Luncheon in March / April.
- ▶ We hold our NJSSAN Fall Conference in September/October.
- ▶ We have a Governmental Affairs Ambassador Program (GAAP) to connect advocates with governmental decisions and changes.
- ▶ We work with advocates to testify before the Senate and Assembly on issues that will affect them.
- ▶ We also work with other agencies and Chapter of The Arc to help support their agenda and goals.



THE NEW JERSEY

STATEWIDE

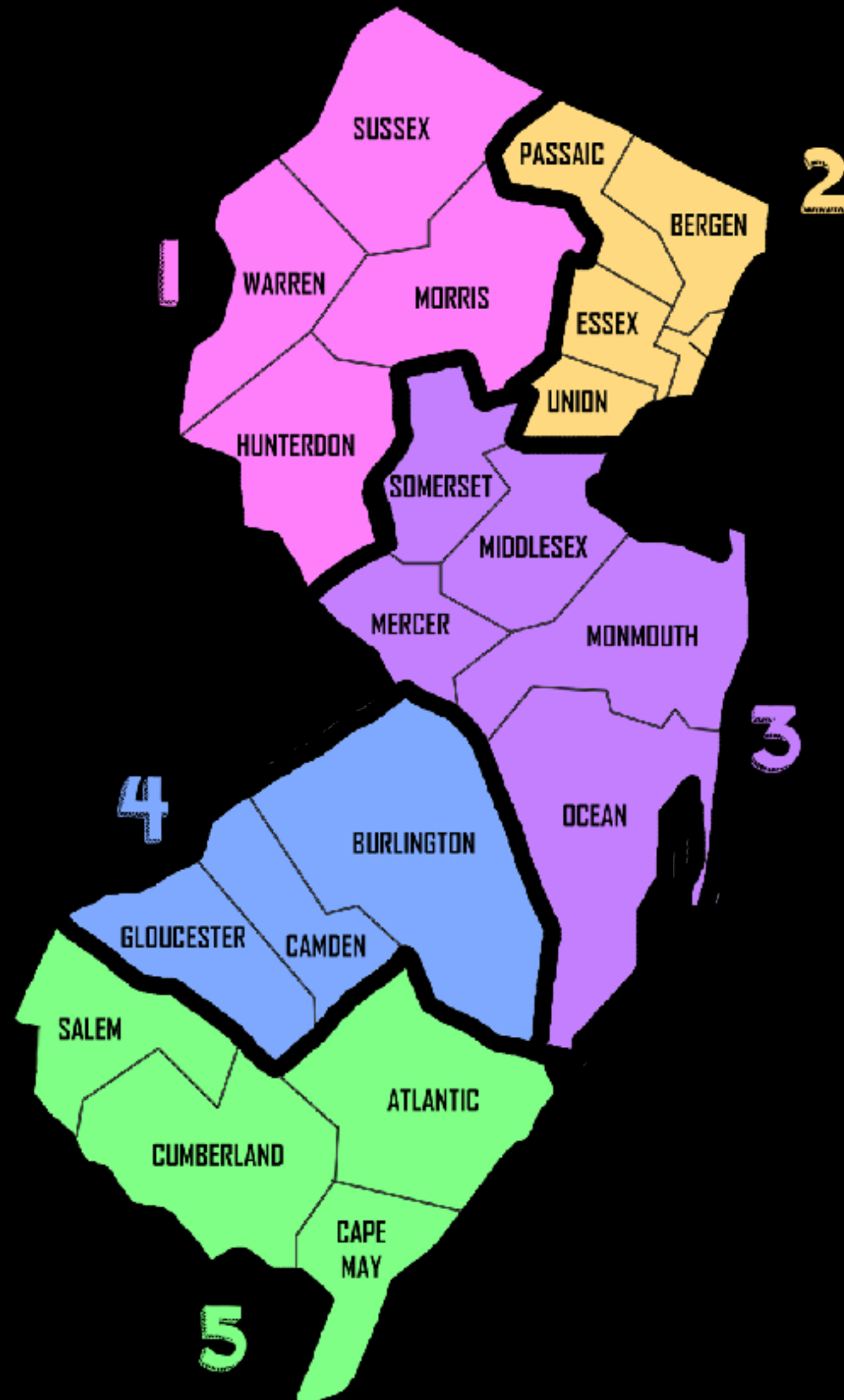
SELF-ADVOCACY

NETWORK

(NJSSAN)



# THE COUNCILS OF THE NJSSAN



- ▶ We are divided into 5 councils
- ▶ Council 1 - Sussex, Warren, Morris, Hunterdon
- ▶ Council 2 - Bergen, Passaic, Union, Essex, Hudson
- ▶ Council 3 - Somerset, Middlesex, Ocean, Mercer, Monmouth
- ▶ Council 4 - Burlington, Camden, Gloucester
- ▶ Council 5 - Atlantic, Cape May, Cumberland, Salem

# ADVISORY BOARD



The Advisory Board is made up of the Chair, Vice Chair, and Independent Advocate from each council.

# 2023

## NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK

### -JANUARY-

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### -NOVEMBER-

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### -DECEMBER-

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**COUNCIL 1**  
 3rd Thursday of each month \*, 5:30-6:45pm  
 Hunterdon, Morris, Sussex & Warren  
 Advisor: Frankie Bayak  
 Fbayak@ArcNJ.org/732-749-8514

**COUNCIL 2**  
 4th Thursday of each month \*, 4-5:30pm  
 Bergen, Essex, Hudson, Passaic, and Union  
 Advisor: Erin Smithers  
 ESmithers@ArcNJ.org/732-246-2525, ext. 26

**COUNCIL 3**  
 2nd Tuesday of each month \*, 5:30-7pm  
 Mercer, Middlesex, Monmouth,  
 Ocean & Somerset  
 Advisor: Erin Smithers  
 ESmithers@ArcNJ.org/732-246-2525, ext. 26

**COUNCILS 4 & 5**  
 3rd Wednesday of each month \*, 3-4pm  
 Burlington, Camden, Gloucester, Salem  
 Atlantic, Cape May, & Cumberland Counties  
 Contact Erin or Frankie as as seen above

**NJSSAN ADVISORY BOARD**  
 Last Monday, every other month\*  
 Only Open to Advisory Board Members

\* Check the calendar image for exact dates  
 For more information, contact: Frankie Bayak  
 NJSAP@ArcNJ.org / 732-749-8514  
 www.njselfadvocacyproject.org

## Council 3 of the Statewide Self Advocacy Network Tuesday, 5/9/23 Agenda

### Welcome and Introductions

### Code of Conduct

### Treasury Report and Collection of Dues-\$682.77

### Review minutes from last meeting

### Guest Speaker:

A. Leigh Simpson-Assistant Supervisor- NJID ATC 3

### Old Business:

- B. Council Elections to be held Later this year!
- C. Parents with Disabilities Legislation
- D. Julia and Ray interviewed for a Book
- E. [March was DD Awareness Month](#)
- F. Evelyn Testified at the FY24 Budget Hearing
- G. [17th Annual Luncheon: Registration Open!](#)
- H. [Spring Into Action Fundraiser](#)

### New Business:

- I. Spring Into Action Luncheon: Thoughts?
- J. [Fundraiser: We raised \\$129!](#)
- K. [NEW ZOOM LINK NEXT MONTH!](#)
- L. Assess Goals from this year and prepare goals for July

### Positive Current Events:

M. Julia will share current event

### Chair Report

### Field Report

### Open Discussion/Announcements from members/Advisors/Birthdays

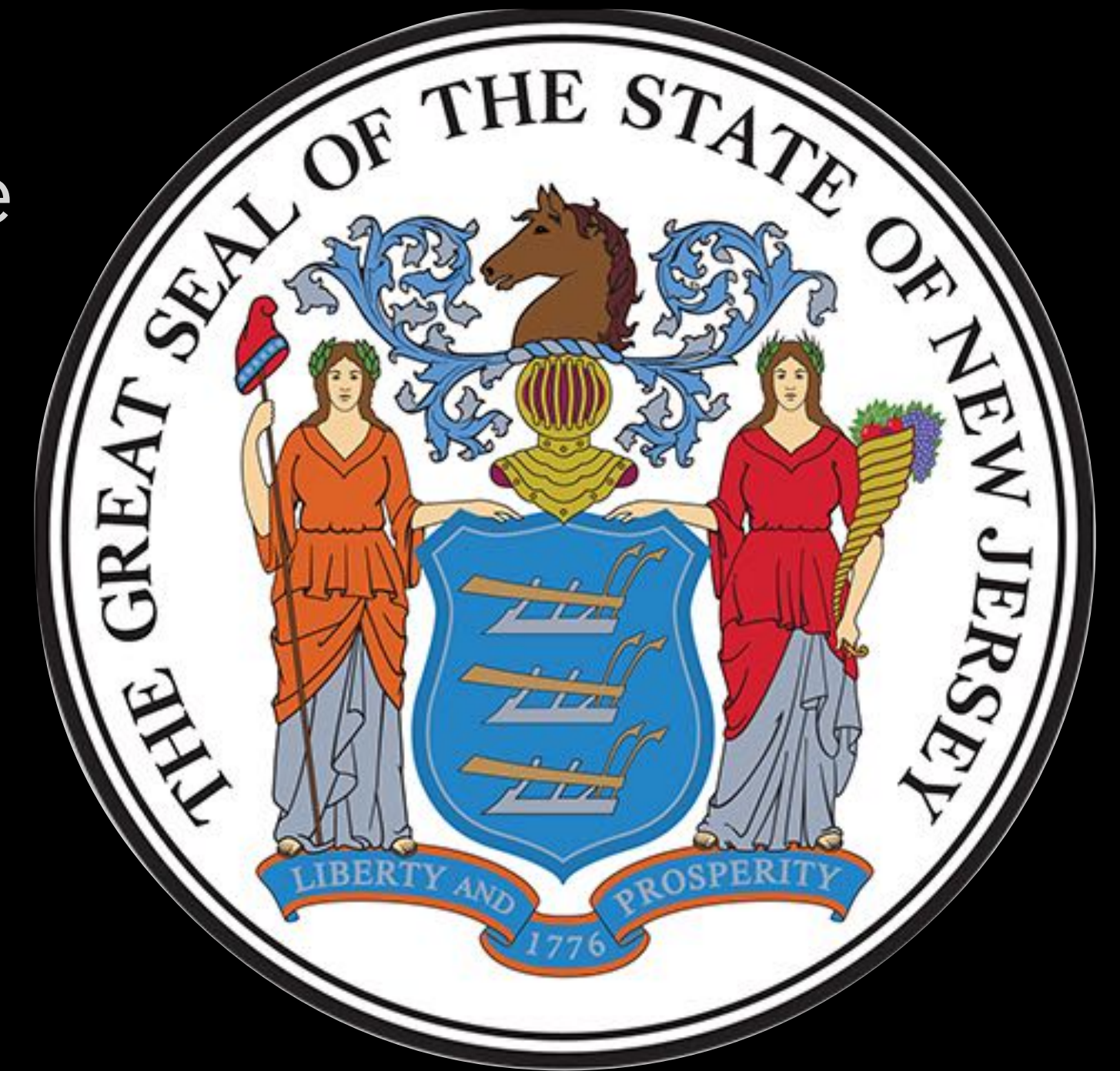
### Adjourn the Meeting

Next meeting- June 13, 2023—<https://us06web.zoom.us/j/5128520354>

An Alliance for Change to Support the Rights of People with Intellectual and Developmental Disabilities

# INVOLVEMENT IN GOVERNMENTAL AFFAIRS

- ▶ We help advocates testify in front of the Senate and Assembly on topics that matter to our community.
- ▶ We stay up to date on the decisions that are made at the state house and on federal levels to make sure advocates know what is going on with their state.
- ▶ We get involved with local legislature and county government.
- ▶ At least once a year we go to the State House to speak about DD Awareness, what our program does, and how the members of congress can help our community.



NJSAP  
EVENTS



# WHAT IS THE HEALTHY LIFESTYLES PROJECT?



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

**TUESDAYS**

**11 AM**

# TRAILBLAZERS

[WWW.ARCNJ.ORG/INFORMATION/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](http://WWW.ARCNJ.ORG/INFORMATION/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML)

✈ **EVERY TUESDAY IN JUNE, JULY, & AUGUST** ✈  
**11:00 AM ON ZOOM**

**JOIN OUR NEW VIRTUAL MOVEMENT CLUB, CREATED FOR PEOPLE WITH IDD TO LEAD THE WAY INTO LIVING A HEALTHIER LIFE. MEMBERS WILL MAKE PERSONAL GOALS, SOCIALIZE, AND LEARN ALL ABOUT HIKING, NATURE, & FITNESS.**



Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

# STAY HEALTHY AT HOME TUESDAYS:

NEW JERSEY SELF-ADVOCACY PROJECT



**STAY HEALTHY AT HOME:**  
Mystic Aquarium:  
Seals and Sea Lions

STAY HEALTHY AT HOME WEBINAR SERIES  
JUNE 6, 2023 FROM 2 - 3 PM

NEW JERSEY **1**

# APSE

Employment **First**  
Employment for All

Association of People Supporting Employment First


Financial Literacy: Learn, Earn and Save!

Taking Action  
Against  
Sexual Violence




Jennifer Harrison, Coordinator of Sexual Violence Prevention  
Sgt. Melissa Michalak, Edison Police Department  
Erin Smithers, Director of The New Jersey Self-Advocacy Project  
Frankia Bayak, Media & Communications Coordinator

Making Mental Healthcare Inclusive:  
Best Practices and Psychotherapy  
Adaptations for Individuals with IDD



Wendy Aita, PhD  
Assistant Professor  
Rowan-Virtua SOM  
RISN Center



ROWAN-VIRTUA  
School of  
Osteopathic Medicine

2 P M - 3 P M



# Healthy Lifestyles Project

**LIVE**



Live Healthy,  
Together



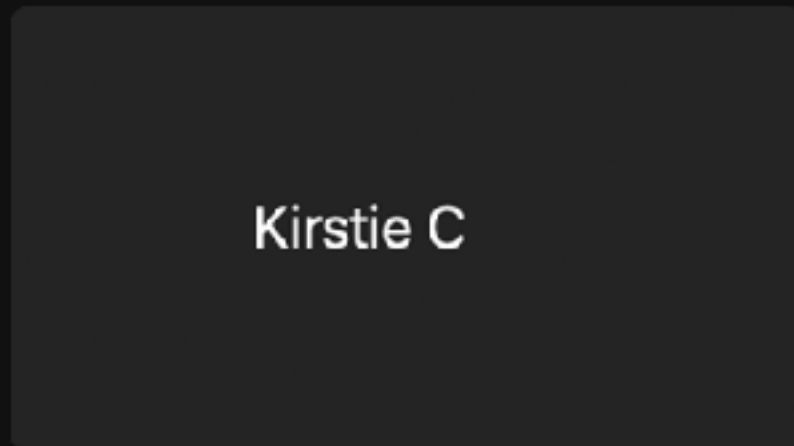
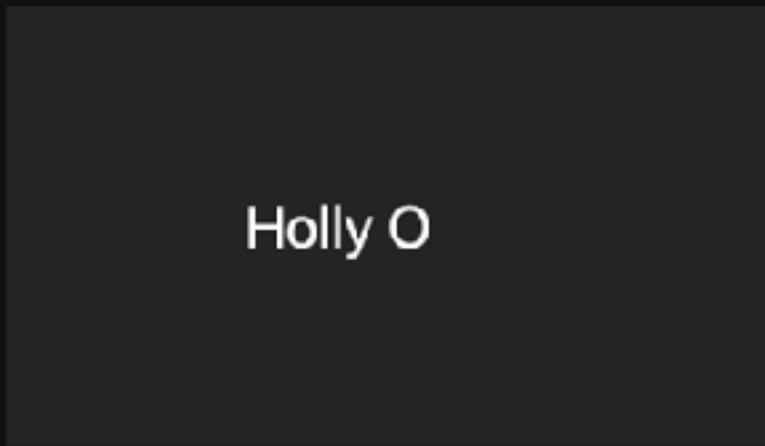
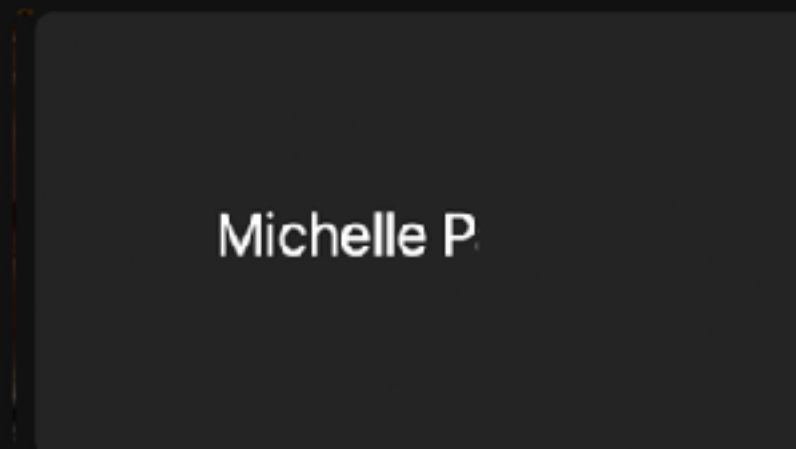
HLP: LIVE!

WEDNESDAYS @ 11AM

FRIDAY @ 1PM

# HLP:Live!

## Food For Thought: Homemade Hummus



VERO  
PURE  
GREEN



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

# MINDFULNESS

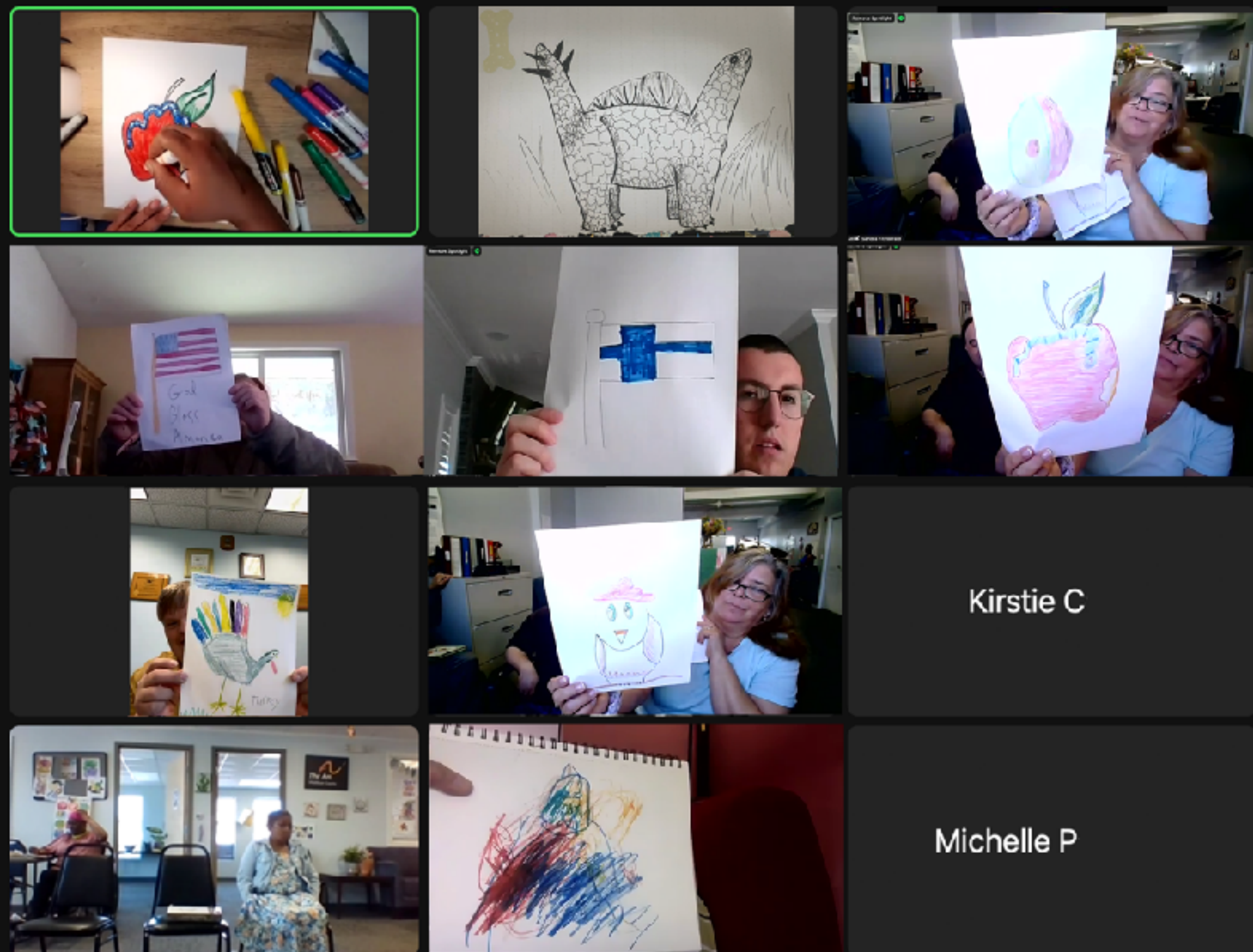
## HLP: Live! Peace of Mind: Maintaining a Healthy Mindset

		
		
	Kristen R	Michelle P.
Mary H	Blaine H	ginamarie



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

# HLP:Live! Art Workshop: Hand Art



ART

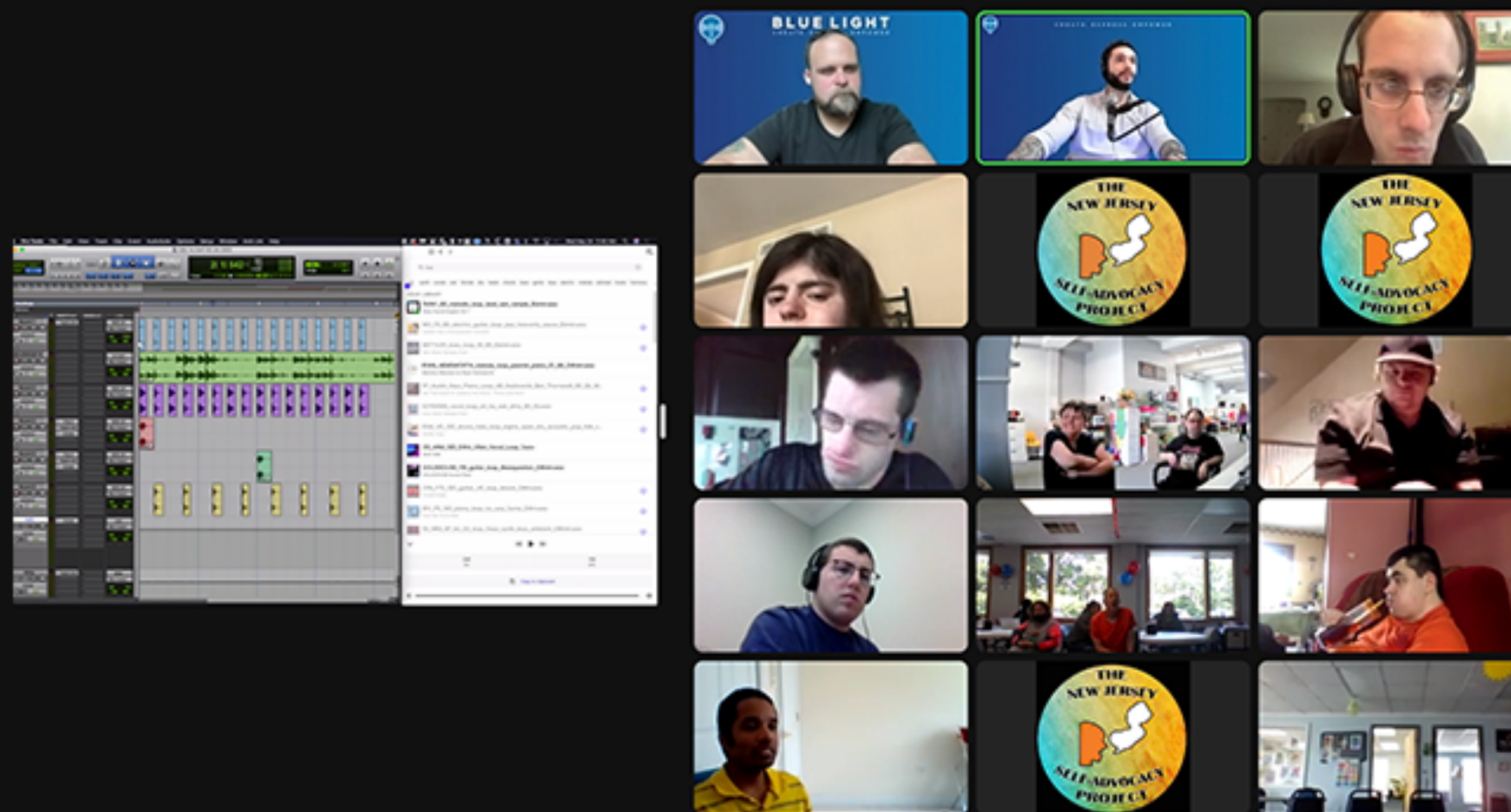


#WheresWhitaker

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

# HLP: Live! Music Together with Blue Light

# MUSIC



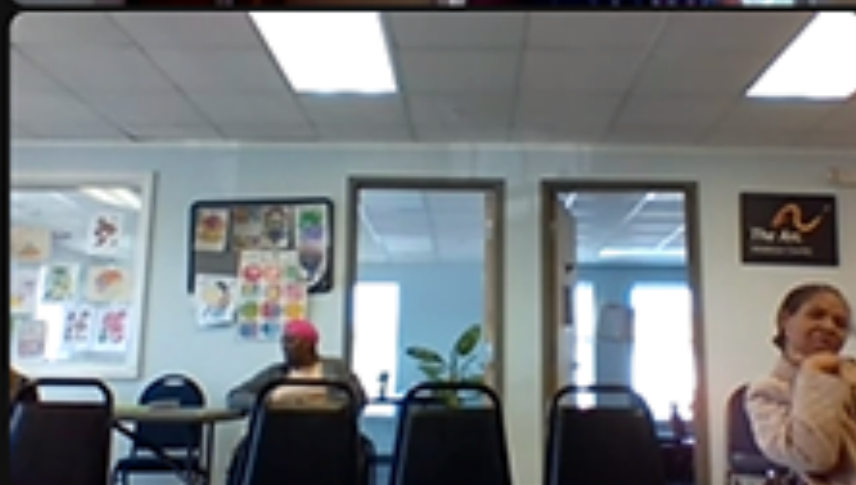
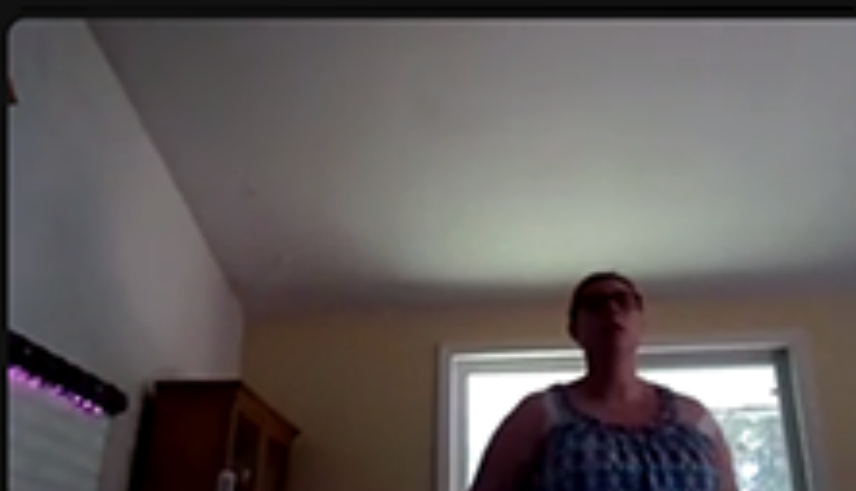
[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

# HLP: Live!

## The Right Fit: Find Your Exercise with Adaptive Fitness



Michelle P



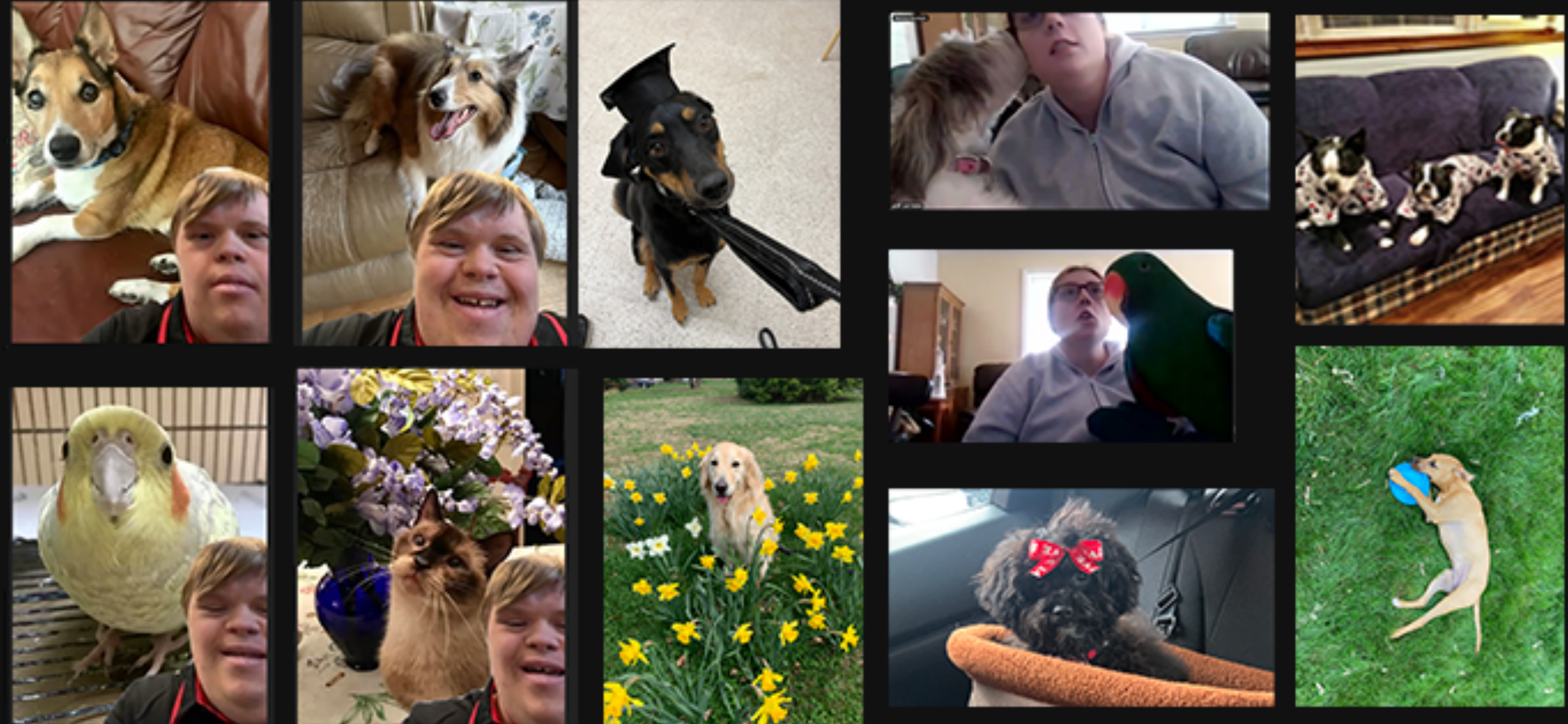
# ZUMBA



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

# HLP: Live! Share Your Pet: The Pets!

# SHARE YOUR PET



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



# HLP: Live!

## Mystic Aquarium: Penguins

Simon A

Shelagh @ Mystic A...

Philip F

Friendship House

Cathy M

Cathy M

MYSTIC  
AQUARIUM



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

# THURSDAYS:

## NJSAP Brain Games on Zoom!

Live, interactive board games with the NJSAP Team for you to test your creativity and knowledge and to have fun!  
Join us on Zoom every Thursday at 1PM!



[www.arcnj.org/programs/njsap/braingames.html](http://www.arcnj.org/programs/njsap/braingames.html)

# THURSDAYS:

## HOW TO JOIN

**Date/Time:** Thursday, December 17th at 1pm

**Link to Join the Zoom Meeting:**

[https://zoom.us/j/93182237903?  
pwd=OXo1VFJ6NFNQT2F4QVgxN2dLQ2tRUT09](https://zoom.us/j/93182237903?pwd=OXo1VFJ6NFNQT2F4QVgxN2dLQ2tRUT09)

**Meeting ID:** 931 8223 7903

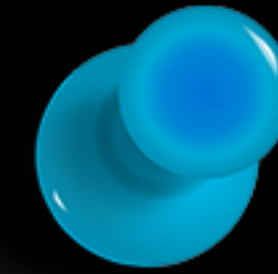
**Passcode:** games

NO REGISTRATION! JUST JOIN!

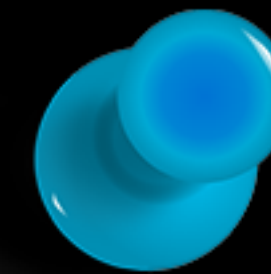
LUNCHEON,  
CONFERENCE



Thank you for attending the 17th Annual  
NJSSAN Spring Luncheon!



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



# THANK YOU

For attending The 38th Annual NJSSAN  
Fall Conference!



NJSAP

RESOURCES

# FREE VIRTUAL TRAININGS



The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. Contact us to set up a time and date at your location! The New Jersey Self-Advocacy Project Team will provide free workshops on the following topics:



## Connect With Us!

Phone & Fax: (732) 749-8514

Email: [NJSAP@ArcNJ.com](mailto:NJSAP@ArcNJ.com)

[www.facebook.com/NewJerseySAP](https://www.facebook.com/NewJerseySAP)

[www.twitter.com/NJSAP](https://www.twitter.com/NJSAP)

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



## FREE TRAININGS FOR ADULTS WITH I/DD

by New Jersey Self-Advocacy Project  
A program of The Arc of NJ since 1983



We will present **FREE** workshops for your agency!  
Email [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a training.

### **SELF-ADVOCACY**

- All About NJSAP & NJSSAN
- Starting a Self-Advocacy Group
- Team Building
- Human Rights and Responsibilities
- Erasing the R-Word & Person First Language
- Advocating for Yourself
- Boosting Your Self-Confidence
- Supported Decision Making
- Consent & Respect
- Everyday Self-Advocacy

### **LEGISLATIVE ADVOCACY**

- Governmental Affairs
- Voting
- The Census
- The Americans with Disabilities Act
- Action Alerts & Advocacy Campaigns

### **EMPLOYMENT**

- Employment & Pre-Employment Skills
- Resumes & Employment Prep
- ADA Employment Accommodations
- Working From Home

### **TECHNOLOGY**

- Internet Safety
- Assistive Technology
- Online Communications & Staying Connected
- Online Resources & Activities

### **COMMUNICATION & RELATIONSHIPS**

- Healthy Communication
- Respectful Behavior
- Anger Management
- Healthy Relationships
- Online Dating
- Gratitude
- Cognitive Flexibility

### **HEALTHY LIVING**

- First Aid
- Get Better Sleep
- Outdoor Safety
- Illness Prevention
- Proper Hygiene
- Proper Portion Sizes
- Dangers of Sugar
- Quick Healthy Snacks
- COVID-19 Information
- Stress Management
- Small Steps to Living a Healthier Life
- A Guide on Face Masks
- How to Lower Your Carbon Footprint

### **GUIDED ACTIVITIES**

- Mindful Cooking
- Yoga & Meditation
- Indoor Exercise & Adaptive Fitness
- Aromatherapy
- Journaling & Vision Boards

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



S O C I A L M E D I A

# MONDAYS:



# TUESDAYS:



# WEDNESDAYS:



# THURSDAYS:



# HEALTHY RECIPES FRIDAYS:



# QUICK TIPS:



# THROUGHOUT THE WEEK:





# YOUTUBE:



## New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People  
with Intellectual and Developmental Disabilities

NJSAP Website



### New Jersey Self-Advocacy Project (NJSAP)

@NJSAP 323 subscribers 826 videos

The New Jersey Self-Advocacy Project (NJSAP) was established in 1983 i... >

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VIDEOS

SHORTS

LIVE

PLAYLISTS

COMMUNITY

CHANNELS

ABOUT >

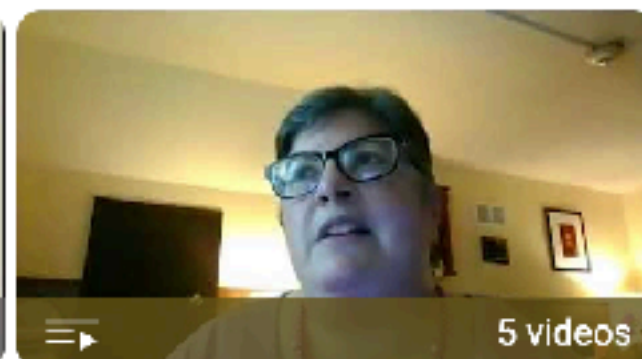
All playlists ▾

#### Created playlists



17th Annual Spring Luncheon

[View full playlist](#)



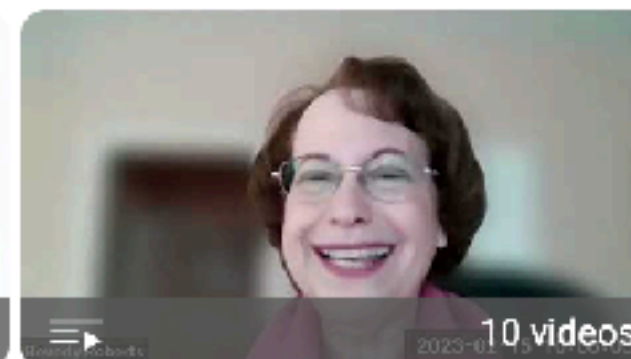
Speak Your Mind: Quotes  
Straight from Self-Advocates

Updated 5 days ago  
[View full playlist](#)



Legislative Advocacy

[View full playlist](#)



The Medicaid Unwinding Process

[View full playlist](#)



"Welcome to Self-Advocacy"  
Contest

[View full playlist](#)

# MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

## MONDAY

•Check social media feed for Veronica's new nutrition video



Vero Pure Green

## TUESDAY

•Watch the new Stay Healthy at Home webinar at 2pm



•Watch Joanna's new music therapy video



## WEDNESDAY

•Interactive Zoom event for HLP:Live at 11am



•Check social media feed for IHT's new workout video



## THURSDAY

•Play this week's Brain Game on Zoom at 1pm

•Watch Malik's new art workshop training video



## FRIDAY

•Check social media feed for Erin's new recipe video



•HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm



### TO DO LIST:

•Sign up for NJSAP's email list

•Request a virtual group training

•Make a social media post using this month's hashtag

•Participate in an advocacy campaign or Action Alert



### REMINDERS + NOTES:

•Mark my calendar with all upcoming activities

•Reminder: Each NJSSAN Council meets every month

•Remember: Self-Advocacy means to SPEAK UP!



Find out more at [www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP



[Click Here To Sign Up!](#)

# ADVOCACY MATTERS



## Advocacy Matters

A digital newsletter produced by  
The New Jersey Self-Advocacy Project

### May 2023

Let's look back at the [advocacy](#) activities that took place this month!

In need of virtual programming? Inquire about our virtual [trainings, webinars](#), and [events](#)!

Take a look at our [New Jersey Statewide Self-Advocacy Network](#) Council pages and the current NJSSAN Priorities.

We host one brand new webinar each month and present replays of past content. [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.](#)

We continue to host our interactive Zoom series, [Healthy Lifestyles Project: Live!](#) You can check out our past events below and [register for upcoming sessions here.](#)

Our weekly Brain Games session is held each Thursday at 1 PM! [Watch archived videos here](#) and [join in LIVE every week on Zoom.](#)

We continue to post all across our social media pages! You can find new videos every [Monday](#), [Wednesday](#) and [Friday](#) about Health, Fitness and Nutrition!

**We have a lot to say, so make sure to click "View entire message" if it appears at the bottom of this newsletter. [If you have been forwarded this message, you can subscribe here.](#)**



# The New Jersey Self-Advocacy Project

## Programs

The Arc of NJ Family Institute

Criminal Justice Advocacy Program

Mainstreaming Medical Care

The New Jersey Self





Care

The New Jersey Self-Advocacy Project

- The New Jersey Self-Advocacy Project
- Frequently Asked Questions (FAQ)
- NJSSAN & Advisory Board
- Donations
- Trainings
- Healthy Lifestyles Project
- Webinars
- Brain Games
- Luncheon and Conference
- Erase the "R" Word Pledge
- Resources
- In Their Own Words Podcast
- Trailblazers

Project HIRE

- Join our new virtual movement club, **Trailblazers**, each Tuesday at 11 AM on Zoom.
- **Save the Date** for our upcoming Fall Conference: October 14th!
- Questions about the Medicaid Unwinding Process? **Watch our Q&A with Beverly Roberts of MMC here.**
- Check out our **Training page** to request a training for your group!
- Webinars are held every Tuesday at 2 PM. **Registration and archived webinars can be found here.**
- Register for our interactive Zoom series: **Healthy Lifestyles Project: Live!** These events are held every Wednesday at 11 AM and Friday at 1 PM.
- Join us for our weekly **Brain Games on Zoom** each Thursday at 1 PM.
- Follow along with our #HLP video trainings on our **Instagram, Facebook,** and our **YouTube channel.**
- Looking for resources on technology or internet safety? **Click here!**
- **Looking to support self-advocates? You can donate to NJSAP or the NJSSAN Councils here.**
- All in-person NJSAP outings, meetings, and trainings will be virtual until further notice. **Click here for coronavirus safety and information on vaccines.**

ABOUT US

The New Jersey Self-Advocacy Project (NJSAP) was established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

We work together with these individuals to form The New Jersey Statewide Self-Advocacy Network (NJSSAN), which is used as means of supporting positive change on both a personal and social level. The NJSSAN consists of five Councils based on geographic location within the state. **To learn more about the NJSSAN and how to attend monthly Council meetings, click here.**

Our work includes conducting trainings and leadership seminars for self-advocates and group advisors across the state, supporting more than 150 self-advocacy groups across the state

Accessibility Tools

Programs

[The Arc of NJ Family Institute](#)

[Children's Advocacy](#) >

[Criminal Justice Advocacy Program](#) >

[Mainstreaming Medical Care](#) >

[The New Jersey Self-Advocacy Project](#) >

[The New Jersey Self-Advocacy Project](#)

[Frequently Asked Questions \(FAQ\)](#)

[NJSSAN & Advisory Board](#)

[Donations](#)

[Trainings](#)

[Healthy Lifestyles Project](#)

[Webinars](#)



Respectful and inclusive language is essential to for the dignity and humanity of people with intellectual disabilities. However, much of society still does not recognize the hurtful, dehumanizing and exclusive effects of the "R" word.

You can help spread awareness and erase the word!

Name \* REQUIRED

Pledge \* REQUIRED

- I will not use the words "retard" or "retarded."
- I understand that these words are very cruel and disrespectful to people with Intellectual and Developmental Disabilities and the people

[Healthy Lifestyles Project](#) >

Accessibility Tools

[Healthy Lifestyles Project](#)

[HLP LIVE](#)

[Stay Healthy at Home  
Webinars](#)

[Trailblazers](#)

[What is an Intellectual  
Disability?](#)

[Public Policy](#)

[Links](#)

[Archived Webinars](#)

[Publications](#)

[Research and Surveys](#)

[Sexual Offenses Against  
Persons with IDD](#) >



## ABOUT TRAILBLAZERS

Join our new virtual movement club, created for people with IDD to lead the way into living healthier lives. Members will make personal goals, socialize, and learn all about hiking, nature, & fitness. Choose your own path and how to follow it, and join us each week to talk about it!

## HOW TO JOIN

Every Tuesday in June, July, & August, & September

11:00 AM on Zoom

[REGISTER HERE!](#)

## UPCOMING TOPICS

Each week will include a weekly update in addition to a short training





# DOWNLOADS:

## FREE TRAININGS FOR ADULTS WITH I/DD

by New Jersey Self-Advocacy Project  
A program of The Arc of NJ since 1983



We will present FREE workshops for your agency!  
Email [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a training.

### SELF-ADVOCACY

All About NJSAP & NJSSAN  
Starting a Self-Advocacy Group  
Team Building  
Human Rights and Responsibilities  
Erasing the R-Word & Person First Language  
Advocating for Yourself  
Boosting Your Self-Confidence  
Supported Decision Making  
Consent & Respect  
Everyday Self-Advocacy

### LEGISLATIVE ADVOCACY

Governmental Affairs  
Voting  
The Census  
The Americans with Disabilities Act  
Action Alerts & Advocacy Campaigns

### EMPLOYMENT

Employment & Pre-Employment Skills  
Resumes & Employment Prep  
ADA Employment Accommodations  
Working From Home

### TECHNOLOGY

Internet Safety  
Assistive Technology  
Online Communications & Staying Connected  
Online Resources & Activities

### COMMUNICATION & RELATIONSHIPS

Healthy Communication  
Respectful Behavior  
Anger Management  
Healthy Relationships  
Online Dating  
Gratitude  
Cognitive Flexibility

### HEALTHY LIVING

First Aid  
Get Better Sleep  
Outdoor Safety  
Illness Prevention  
Proper Hygiene  
Proper Portion Sizes  
Dangers of Sugar  
Quick Healthy Snacks  
COVID-19 Information  
Stress Management  
Small Steps to Living a Healthier Life  
A Guide on Face Masks  
How to Lower Your Carbon Footprint

### GUIDED ACTIVITIES

Mindful Cooking  
Yoga & Meditation  
Indoor Exercise & Adaptive Fitness  
Aromatherapy  
Journaling & Vision Boards

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

## 2023

### -JANUARY-

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### -FEBRUARY-

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### -APRIL-

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### -JUNE-

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### -SEPTEMBER-

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### -OCTOBER-

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### -NOVEMBER-

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### -DECEMBER-

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23	24	25	26	27	28	29
30	31					

## NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK

### COUNCIL 1

3rd Thursday of each month\*, 5:30-6:45pm  
Hunterdon, Morris, Sussex & Warren  
Advisor: Frankie Bayak  
[Fbayak@ArcNJ.org](mailto:Fbayak@ArcNJ.org)/732-749-8514

### COUNCIL 2

4th Thursday of each month\*, 4-5:30pm  
Bergen, Essex, Hudson, Passaic, and Union  
Advisor: Erin Smithers  
[ESmithers@ArcNJ.org](mailto:ESmithers@ArcNJ.org)/732-246-2525, ext. 26

### COUNCIL 3

2nd Tuesday of each month\*, 5:30-7pm  
Mercer, Middlesex, Monmouth, Ocean & Somerset  
Advisor: Erin Smithers  
[ESmithers@ArcNJ.org](mailto:ESmithers@ArcNJ.org)/732-246-2525, ext. 26

### COUNCILS 4 & 5

3rd Wednesday of each month\*, 3-4pm  
Burlington, Camden, Gloucester, Salem Atlantic, Cape May, & Cumberland Counties  
Contact Erin or Frankie as seen above

### NJSSAN ADVISORY BOARD

Last Monday, every other month\*  
Only Open to Advisory Board Members

\* Check the calendar image for exact dates

For more information, contact: Frankie Bayak  
[NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) / 732-749-8514  
[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

### MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

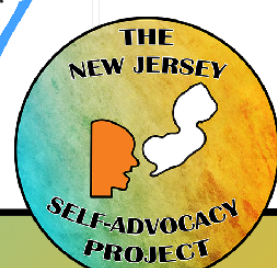
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-Check social media feed for Veronica's new nutrition video 	-Watch the new Stay Healthy at Home webinar at 2pm  -Watch Joanna's new music therapy video	-Interactive Zoom event for HLP: Live at 11am  -Check social media feed for IHT's new workout video	-Play this week's Brain Game on Zoom at 1pm  -Watch Malik's new art workshop training video	-Check social media feed for Erin's new recipe video  -HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm 

#### TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert

#### REMINDERS + NOTES:

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to SPEAK UP!



Find out more at [www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP

# HOW CAN YOU STAY CONNECTED?



[www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>






<http://www.arcnj.org/programs/njsap>

# Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)
- ▶ NJSAP HLP: [www.HealthyLifestylesProject.org](http://www.HealthyLifestylesProject.org)
- ▶ Healthy Lifestyles Project Live!: <https://www.arcnj.org/information/healthy-lifestyles-project/hlplive.html>
- ▶ NJSAP Email List Registration: [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H\\_I\\_8-6Pyz\\_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5\\_IYANtZZVdceO7DjpChlHrmndLyH8%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChlHrmndLyH8%3D)
- ▶ Positive Pulse Sign Up Link: [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdhN0hs6zmFCpw\\_-qljyChHCjo8caQS7OnfriaJZQWdRzRL\\_w8oJ-UatsYCC7QBeHthjpotosACKEiDlw07cbjhkra9kPcBx4gW6FI9bf\\_XOk0QqcieR1PU3-NjnEHKe3A2eQ4R1h09jV7UMSM9iFawgMIB9xGmVFCg==](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdhN0hs6zmFCpw_-qljyChHCjo8caQS7OnfriaJZQWdRzRL_w8oJ-UatsYCC7QBeHthjpotosACKEiDlw07cbjhkra9kPcBx4gW6FI9bf_XOk0QqcieR1PU3-NjnEHKe3A2eQ4R1h09jV7UMSM9iFawgMIB9xGmVFCg==)
- ▶ NJSAP Twitter: <http://www.twitter.com/njsap>
- ▶ NJSAP Instagram: <https://www.instagram.com/newjerseysap/>
- ▶ NJSAP Facebook: <https://www.facebook.com/NewJerseySAP/>
- ▶ NJSAP HLP LIVE Sign Up Link: [https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H\\_I\\_8-6Pyz\\_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5\\_IYANtZZVdceO7DjpChlHrmndLyH8=](https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_I_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_IYANtZZVdceO7DjpChlHrmndLyH8=)

# QUESTIONS?

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- ▶ Stay in touch: [BRossell@ArcNJ.org](mailto:BRossell@ArcNJ.org)
- ▶ **Phone & Fax:** 732-246-2525 x37
- ▶  [twitter.com/NJSAP](https://twitter.com/NJSAP) or @NJSAP
- ▶  Facebook: [https://www.facebook.com/  
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/  
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://  
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)