



Advocacy Matters

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

March 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.

March is DD Awareness Month! Our theme is "Welcome to Self-Advocacy".

Register now for our NJSSAN Spring Luncheon which will be held virtually on Saturday, April 15, 2023.

The Office of Education on Self-Directed Services (OESDS) is coordinating a Peer Networking Session on April 12.

If you are interested in participating in a self-advocacy survey, please go to: go.rutgers.edu/selfadvocacy.

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!

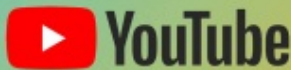
We have a lot to say, so make sure to click "View entire message" if it appears at the bottom of this newsletter. [If you have been forwarded this message, you can subscribe here.](#)

Virtual Programming

every day of the week!

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none">• Check social media feed for Veronica's new nutrition video 	<ul style="list-style-type: none">• Watch the new Stay Healthy at Home webinar at 2pm 	<ul style="list-style-type: none">• Interactive Zoom event for HLP:Live at 11am  <ul style="list-style-type: none">• Check social media feed for IHT's new workout video	<ul style="list-style-type: none">• Play this week's Brain Game on Zoom at 1pm 	<ul style="list-style-type: none">• Check social media feed for Erin's new recipe!  <ul style="list-style-type: none">• HLP:Live!It's Fitness Friday with IHT on Zoom at 1pm 
<p>TO DO LIST:</p> <ul style="list-style-type: none">• Sign up for NJSAP's email list• Request a virtual group training• Make a social media post using this month's hashtag		<ul style="list-style-type: none">• Participate in an advocacy campaign or Action Alert 	<p>REMINDERS + NOTES:</p> <ul style="list-style-type: none">• 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

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/NJSAP)

Click the image above to download the planner, complete with live links to all of our programming! Email NJSAP@ArcNJ.org if you have any questions.

- Struggling with technology? [Maybe one of our tech tutorials can help.](#) You can also [contact us](#) to set up a virtual training.
- Looking for a training for your group? Check out our Training Portal for topics [We hosted 201 trainings this year for 5,606 self-advocates!](#)

NJSAP & NJSSAN Update



We are holding monthly NJSSAN Council meetings *virtually!*
[For information regarding your Council area, please click here.](#)

[Visit your council page](#) to download calendars for 2023.

2023

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-OCTOBER-							-NOVEMBER-							-DECEMBER-						
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NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK

<p>COUNCIL 1 3rd Thursday of each month*, 5:30-6:45pm Hunterdon, Morris, Sussex & Warren Advisor: Frankie Bayak Fbayak@ArcNJ.org/732-749-8514</p>
<p>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</p>
<p>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</p>
<p>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</p>
<p>NJSSAN ADVISORY BOARD Last Monday, every other month* Only Open to Advisory Board Members</p>

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

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of people with intellectual and developmental disabilities (IDD) throughout the state. The NJSSAN is used as a means of supporting positive change on both a personal and social level. It consists of 5 Councils based on geographic location within the state.

[You can read the current NJSSAN Priorities here.](#)

NJ Statewide Self-Advocacy Network Position Statements

The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey 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.

1. Home & Community Based Services (HCBS)
2. Housing for People with IDD
3. Transportation
4. Supported Decision Making and Alternatives to Guardianship
5. Raising Awareness of IDD Issues

NJSSAN POSITION STATEMENTS
NJSAP@ArcNJ.org www.njselfadvocacyproject.org 732-749-8514

DD Awareness Month

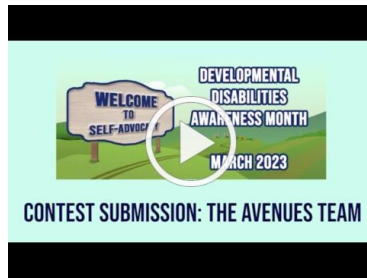
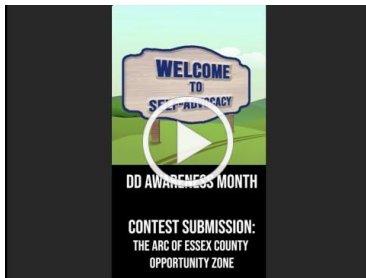
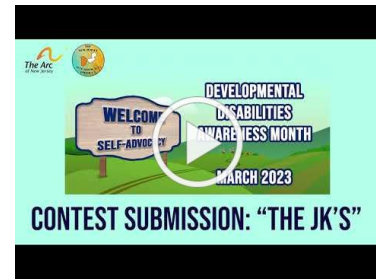
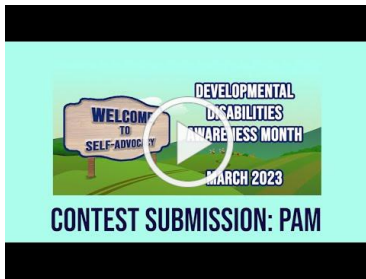


Developmental Disabilities Awareness Month is an opportunity to promote respect for people with intellectual and developmental disabilities (IDD) and to educate others about the abilities people with IDD possess.

The theme of this year's event and design contest is "Welcome to Self-Advocacy". Starting March 1st, participants were invited to create a short 3-5 minute video that incorporates the theme of this year's campaign. The videos are placed across NJSAP's social media platforms (Facebook, YouTube, Twitter, Instagram). Participants are invited to share their

video and gather likes.

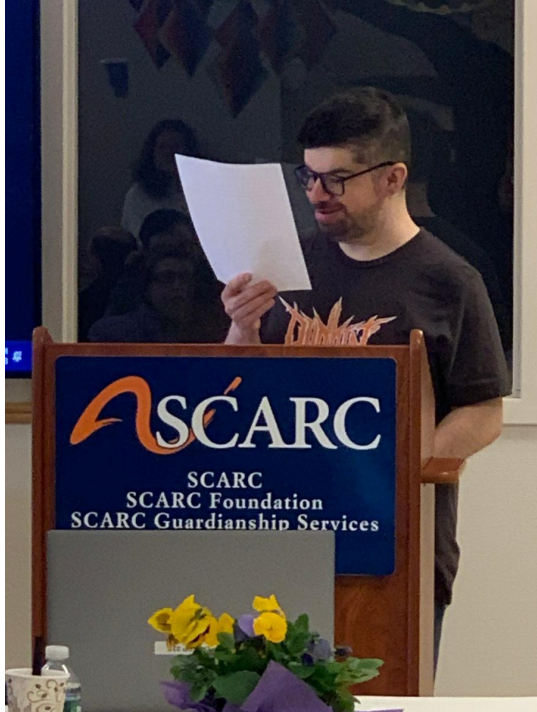
The top 3 posts with the highest amount of 'likes' by the deadline, March 31st, will be selected as the winners of this campaign. Winners will receive a \$50 gift card courtesy of Blue Light Music Program and will be announced and celebrated publicly at our Spring Luncheon on April 15th, 2023. [You can view all the submission posts here.](#)



On March 30th we closed out Developmental Disabilities Awareness Month with a celebration at SCARC that included NJ Department of Human Services Deputy Commissioner McGuire and Assistant Commissioner Seifried. Self-advocates were honored with a proclamation from Governor Murphy and they had the opportunity to raise issues and ask questions of both the Deputy and the Assistant Commissioner. We thank them both for being a part of this momentous occasion!

What a wonderful event! Big thanks to Deputy Commissioner McGuire, Assistant Commissioner Seifried, plus Andrew, Lizzy and all the self-advocates and staff at SCARC who participated!





Register for the Spring Luncheon



Each year, the New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network work together to host the annual [Spring Into Action Awards Luncheon](#). The event is an opportunity for Self-Advocates and Allies to network, learn about current advocacy issues, and celebrate the accomplishments of Self-Advocates over the past year. We will be hosting the Spring Into Action Luncheon *virtually*!

[If you would like to make a donation, you can do so here.](#)

Register here

The luncheon also features a fundraising

item: t-shirts! The proceeds will support the work of people with intellectual and developmental disabilities in our network across the state of New Jersey.

Fundraiser shirts will be offered through Bonfire.com in seven size options for \$25 each. **Your shirts will be mailed directly to you; please do not send them to our office to distribute.**



We appreciate your support!

Purchase a shirt here

Awards given during the event include:

- **The Jane Miller Memorial Leadership Award** is given to a self-advocate who has demonstrated quality leadership and self-advocacy skills.
 - This will be awarded to **Pamela King**.
- **The Key Contributor Award** is given to a self-advocate who has shown outstanding dedication towards attending a variety of self-advocacy virtual programming over the past year.
 - This will be awarded to **Steven Knox**.
- **The Prime Player Award** is given to a self-advocate who has shown great creativity, enthusiasm, and team spirit during our weekly Brain Games sessions.
 - This will be awarded to **Brian Reichert**.
- **The "Healthy Lifestyles Project" Hero Award** is given to a self-advocate or supporter of self-advocacy for their contributions to our virtual programming for adults with I/DD, made possible due to the "Healthy Lifestyles Project" grant generously awarded by The Horizon Foundation for New Jersey.
 - This will be awarded to **The Blue Light Music Program**.
- **The Unmatched Dedication Award** is given to a professional in the field for their contributions to self-advocacy statewide. They have shown great respect for people with intellectual and developmental disabilities and have used their immense skills, experience, and connections to support self-advocates and self-advocacy groups.
 - This will be awarded to **Jonathan Seifried**.

Congrats to our Award Winners!

Peer Networking Session

The Office of Education on Self-Directed Services (OESDS) is coordinating a Peer Networking Session, scheduled to take place on Zoom on Thursday, April 12th from 6 – 7:30 PM.

The Peer Networking Session is designed for adults with I/DD who are self-directing some or all of their services to come together and share their experiences with self-direction. Please see below for a flyer with the Zoom registration link.

THE OFFICE OF EDUCATION ON
SELF-DIRECTED SERVICES
PRESENTS

PEER NETWORKING SESSIONS

For adults with I/DD who are
self-directing services

**WEDNESDAY, APRIL 12
6 - 7:30 PM ON ZOOM**

REGISTER HERE:

[HTTPS://DHS-NJ-
GOV.ZOOMGOV.COM/MEETING/
REGISTER/VJISCEGTQZOIGDJI
E7KGN-PD66SYUEBTLM](https://dhs-nj.gov.zoomgov.com/meeting/register/vjiscegtqzoigdjlwle7kgn-pd66syuebtlm)



Presented by the NJ Division of Developmental Disabilities and
the Office of Education on Self-Directed Services
Questions? Please email: Ashley.Ritchey@dhs.NJ.gov

Self-Advocacy Survey

Please see the flyer below from Rob Kimmel, Training and Consultation Specialist at The Boggs Center on Developmental Disabilities. As part of his doctoral research exploring self-advocacy experiences of adults with disabilities, he is seeking participants with disabilities between the ages of 22 and 37 to share their experiences over the course of two interviews. The research goal is to investigate the self-advocacy stories of adults with disabilities after leaving high school and understand if and how these individuals felt prepared for what they now face as adults. The larger goal is to center the voices of individuals with disabilities as a critical source of information to improve and restructure self-advocacy instruction in Special Education Transition programs based on the findings from this research. Make your voice heard and help transform self-advocacy in schools and beyond!

If you are interested in participating, please go to: go.rutgers.edu/selfadvocacy or scan the QR code in the flyer to fill out the screening survey.

MAKE YOUR VOICE HEARD!

An interview study exploring self-advocacy



Searching for: Adults with disabilities, ages 22 to 37, willing to share their **self-advocacy stories** experienced after graduating from high school.

If interested, please fill out the survey by scanning the QR code above or visit: go.rutgers.edu/selfadvocacy. The lead researcher, Rob Kimmel, will contact you shortly to schedule your interviews.



Sharing your stories can change how educators and school transition programs prepare students to self-advocate in adulthood!



improving health, improving lives



The 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**. The program aims to provide people with I/DD with functional education about the importance of healthy choices related to diet, exercise and stress management.

Let's give a big THANK YOU to The Horizon Foundation for New Jersey for making this programming possible!

We are now on our 9th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

Stay Healthy at Home Webinars

The New Jersey Self-Advocacy Project team is excited to continue our *Stay*



Healthy at Home webinar series!
They take place every **Tuesday** at **2 PM**.

Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

NEW

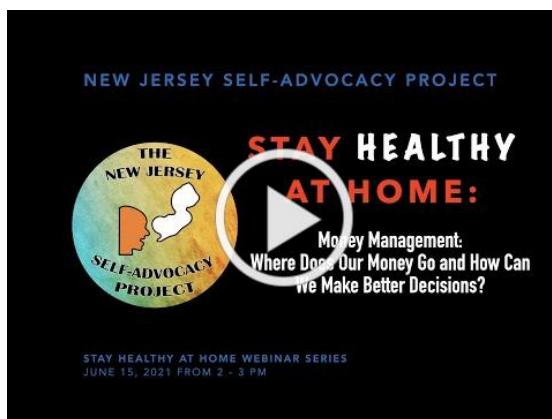
Making Mental Healthcare Inclusive



Can't We All Just Get Along:
Conflict Resolution



Money Management: Where Does Our
Money Go and How Can We Make Better
Decisions?



Communication Frustrations: Improving
Social Skills & Boundaries



If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

[Register now for upcoming webinars!](#)

Healthy Lifestyles Project:

LIVE!



HLP: Live!
Where the Wild Things Are:
Cape May County Zoo

Simon A, Elena G, Donna C, kiratie c, Bethany B, Bruce S, Candice L, Lauren M

www.healthylifestylesproject.org

HLP: Live!
Zumba: Dance-based Fitness Class

Donna carroll sm..., Lexi Yeatts, Ryan Quinn, Ryan Quinn, Summer Stout

www.healthylifestylesproject.org

HLP: Live!
Art Therapy: Scratch Art

The Art in Therapy

www.healthylifestylesproject.org

HLP: Live!
Art Workshop: Surprise Cards

#WhereasWhitaker

www.healthylifestylesproject.org

Elena, Michelle

THE NEW JERSEY SELF-ADVOCACY PROJECT

The New Jersey Self-Advocacy Project team continues to host bi-weekly sessions of Healthy Lifestyles Project: LIVE! These are live, interactive events on Zoom to promote

healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11 AM and Friday at 1 PM.

[Register now for next month's events!](#)

HLP: Brain Games

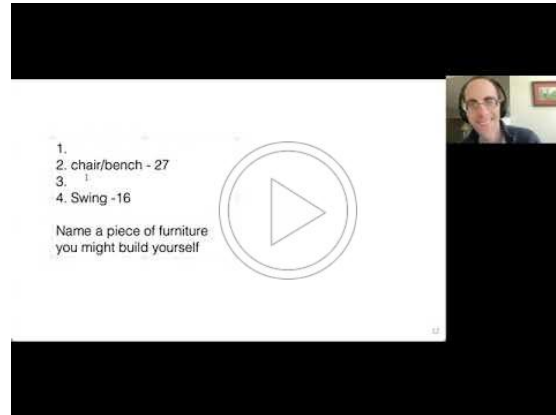
Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Snippets and Pictionary to get an idea of all the fun that goes on! Be sure to join us at 1 PM every Thursday! [Click here to learn more.](#)

Wheel of Fortune



Family Feud



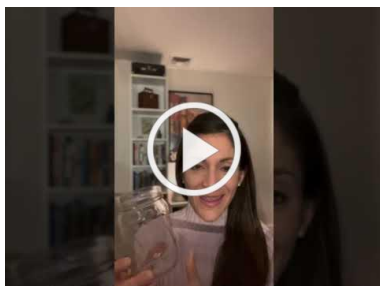
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

HLP: Video Guides

Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our videos on social media!

- On Mondays, we post health and nutrition videos from Veronica Ramirez [Vero Pure Green](#)
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio [In-Home Personal Training](#)
- On Thursdays, we post art-making videos by [Malik Whitaker.](#)
- On Fridays, we post recipe videos/tips from Erin Smithers [\(NJSAP\).](#)

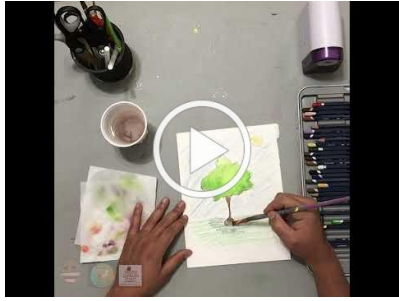
You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every weekday for you to follow along!



[Tuesdays with Joanna:](#)

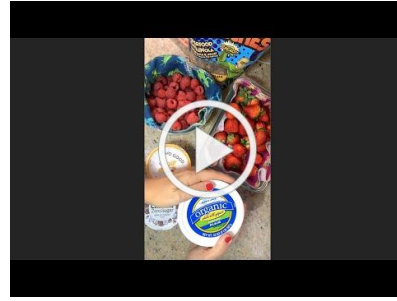
[Wednesdays with Matt:](#)

[Mondays with Veronica:
Playlist](#)



[Playlist](#)

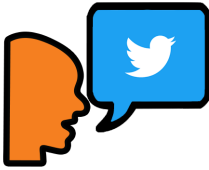
[Playlist](#)



[Thursdays with Malik: Playlist](#)

[Fridays with Erin: Playlist](#)

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www.njselfadvocacyproject.org



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

New Jersey Self-Advocacy Project | 985 Livingston Avenue, North Brunswick, NJ 08902

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