

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



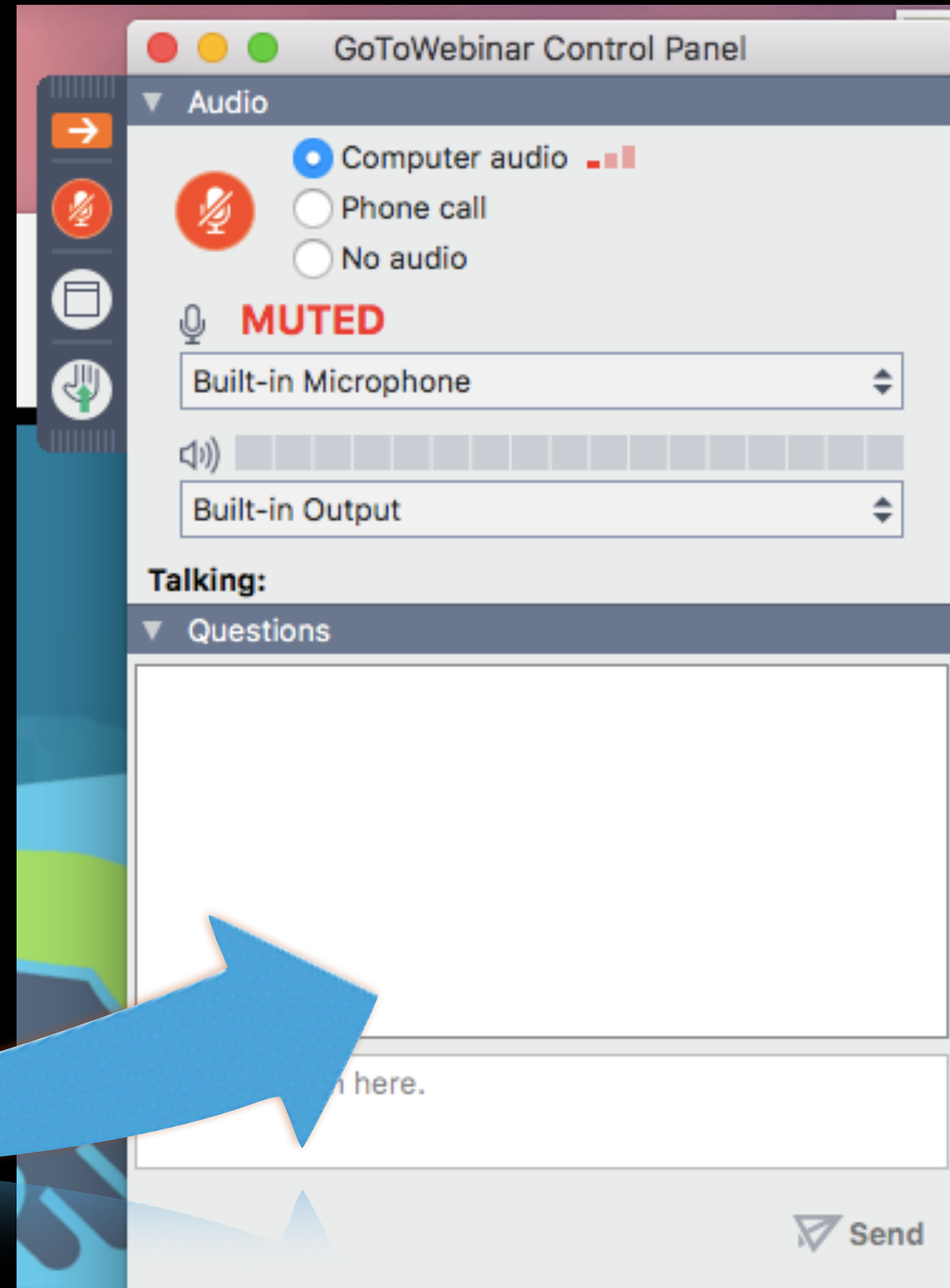
Still More to Come!

NJSAP & NJSSAN in 2021

STAY HEALTHY AT HOME WEBINAR SERIES

DECEMBER 29, 2020 FROM 2 - 3 PM

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
QUESTIONS
BOX



INTRODUCTION



- ▶ Ashley Ritchey, MSW, LSW and Director of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ 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

TODAY, WE WILL DISCUSS:

- **New Jersey Self-Advocacy Project (NJSAP) and NJ Statewide Self-Advocacy Network (NJSSAN)**
- **Getting involved in NJ's self-advocacy movement**
- **Past advocacy events, current programming, and activities scheduled for 2021**



Ashley Ritchey

Director

Erin Smithers

*Information and
Referral Coordinator*

Frankie Bayak

*Media and
Communications
Coordinator*

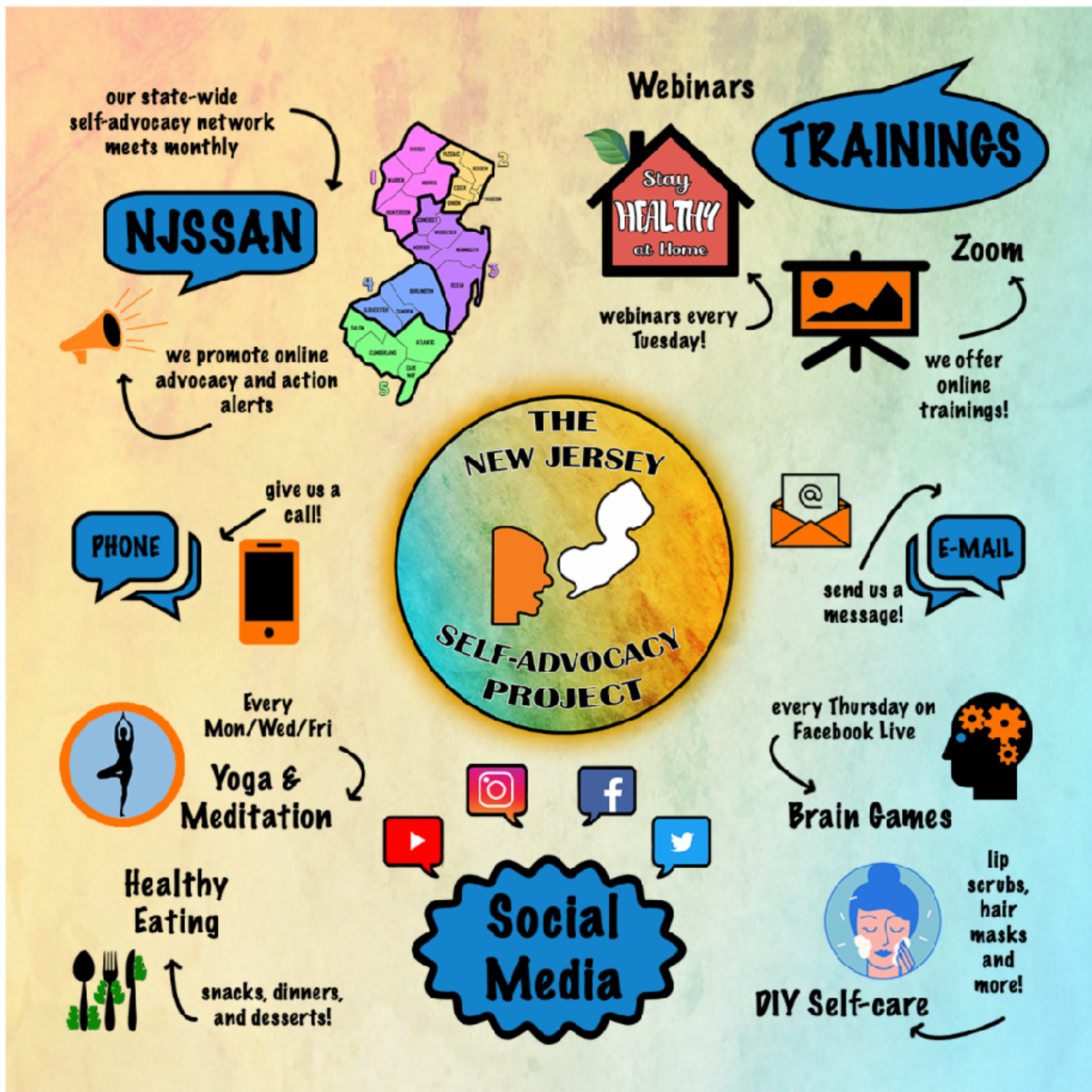


Programs of The Arc of NJ:

- NJ Self-Advocacy Project
- Criminal Justice Advocacy Program
- Planning for Adult Life
- Governmental Affairs
- Family Institute
- Mainstreaming Medical Care
- Training and Consultation Services
- Project HIRE
- Camp Jaycee

Click [**here**](#) to learn more.

NJSAP IS STILL HERE FOR YOU!



www.njsselfadvocacyproject.org / NJSAP@ArcNJ.org / 732-749-8514
Facebook/Instagram: @NewJerseySAP Twitter: @NJSAP
Youtube: www.arcnj.org/programs/njsap/videos.html

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



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



FRIDAY

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



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



IN-HOME PERSONAL TRAINING LLC

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

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

FREE TRAININGS FOR ADULTS WITH DISABILITIES



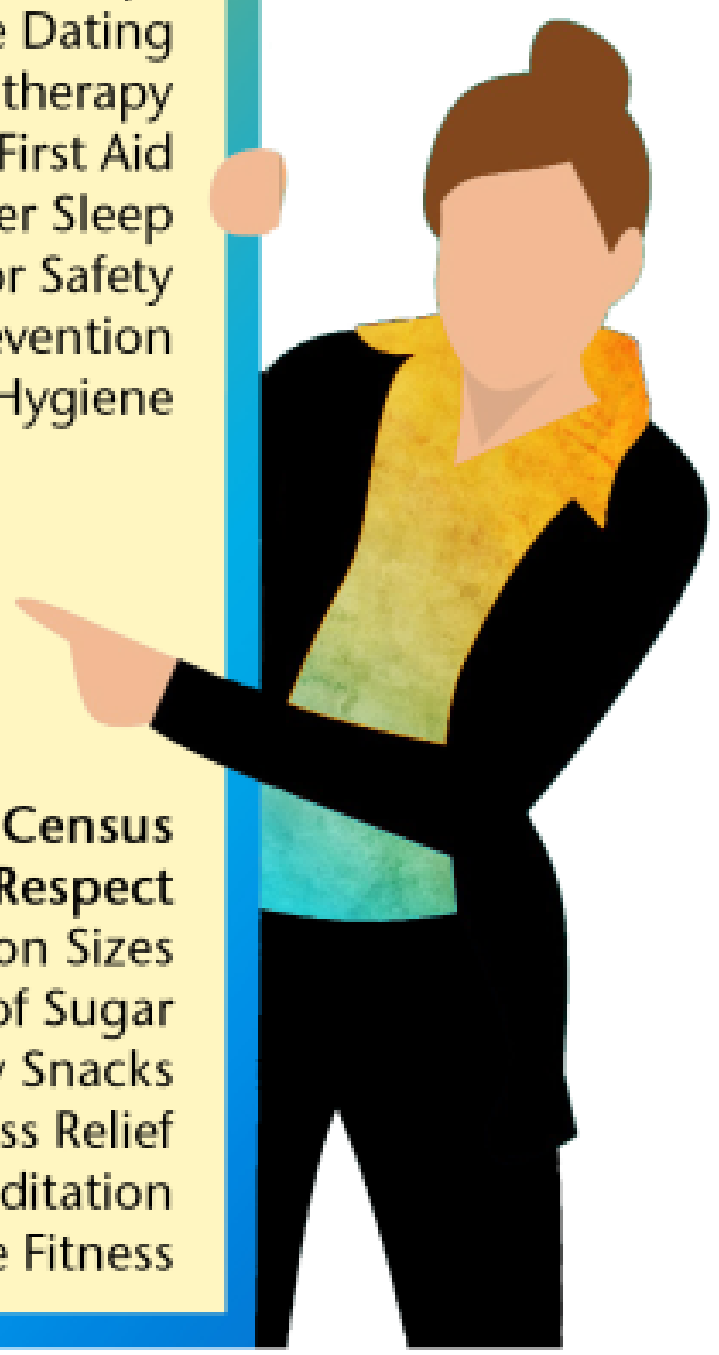
The New Jersey Self-Advocacy Project team presents
FREE workshops across the state!
We have an array of topics to choose from:

A training on our program, NJSAP
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself

Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

Healthy Relationships
Online Dating
Aromatherapy
First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene

NEW! 2020 Census
NEW! Consent & Respect
Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness

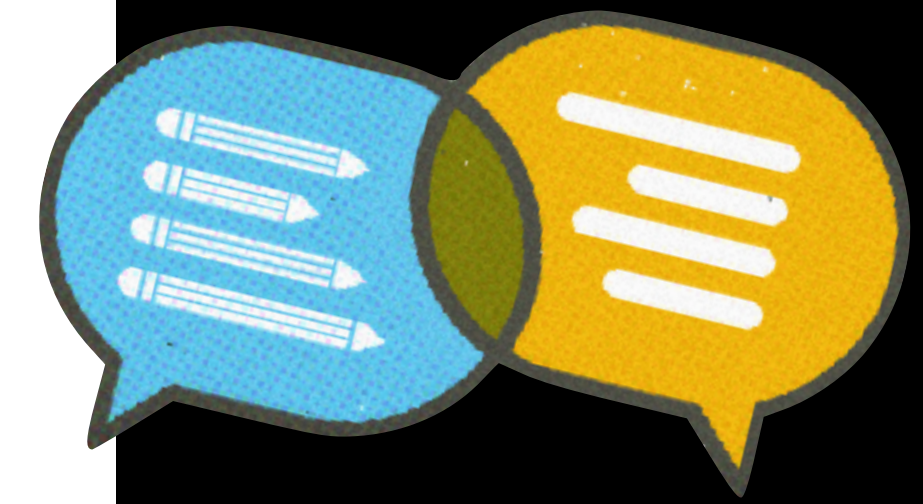


**Don't see what you're looking for?
We'll make it for you!**

**To schedule a FREE training at your
program, please contact:
Frankie Bayak
NJSAP@ArcNJ.org
732-749-8514**

**Want a preview?
View videos of some of our trainings on Youtube:
<http://www.arcnj.org/programs/njsap/videos.html>**

**Check out photos and videos of some our past
trainings on our social media pages and website:
Twitter: @NJSAP
Facebook: @NewJerseySAP
Instagram: @NewJerseySAP
www.njsselfadvocacyproject.org**





Programs

The Arc of NJ Family Institute

Criminal Justice Advocacy Program

Mainstreaming Medical Care

The New Jersey Self-Advocacy Project >

- The New Jersey Self-Advocacy Project
- NJSSAN & Advisory Board
- Trainings
- Healthy Lifestyles Project
- Webinars
- Brain Games

New Jersey Self-Advocacy Project
 A program of The Arc of New Jersey since 1983
 Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities

NEWS & UPDATES

- Check out our new [Training page](#) to request a training for your group!
- We are gathering information to inform future advocacy efforts regarding technology and to develop a funding proposal to secure needed technology. [Fill out our survey and let us know your tech needs!](#)
- Register for our new webinar series: Stay Healthy at Home! [Registration and archived webinars can be found here.](#) Webinars are held every Tuesday at 2PM.
- Register for our interactive Zoom training series: [Healthy Lifestyles Project: Live!](#) These events are held every Wednesday at 11AM and Friday at 1PM.
- This month's social media hashtag is #WinterWorkouts.
- Join us for our weekly Brain Games on [Facebook Live](#) each Thursday at 1PM.
- Follow along with our #HLP video trainings on our [Instagram](#) and our [YouTube channel](#).
- Save the Dates for next year's luncheon and conference can be found at the bottom of the page.
- All in-person NISAP outings, meetings, and trainings will be cancelled until further notice. For

STAY HEALTHY AT HOME SERIES



Register [here](#).




The New Jersey Self-Advocacy Project

Programs

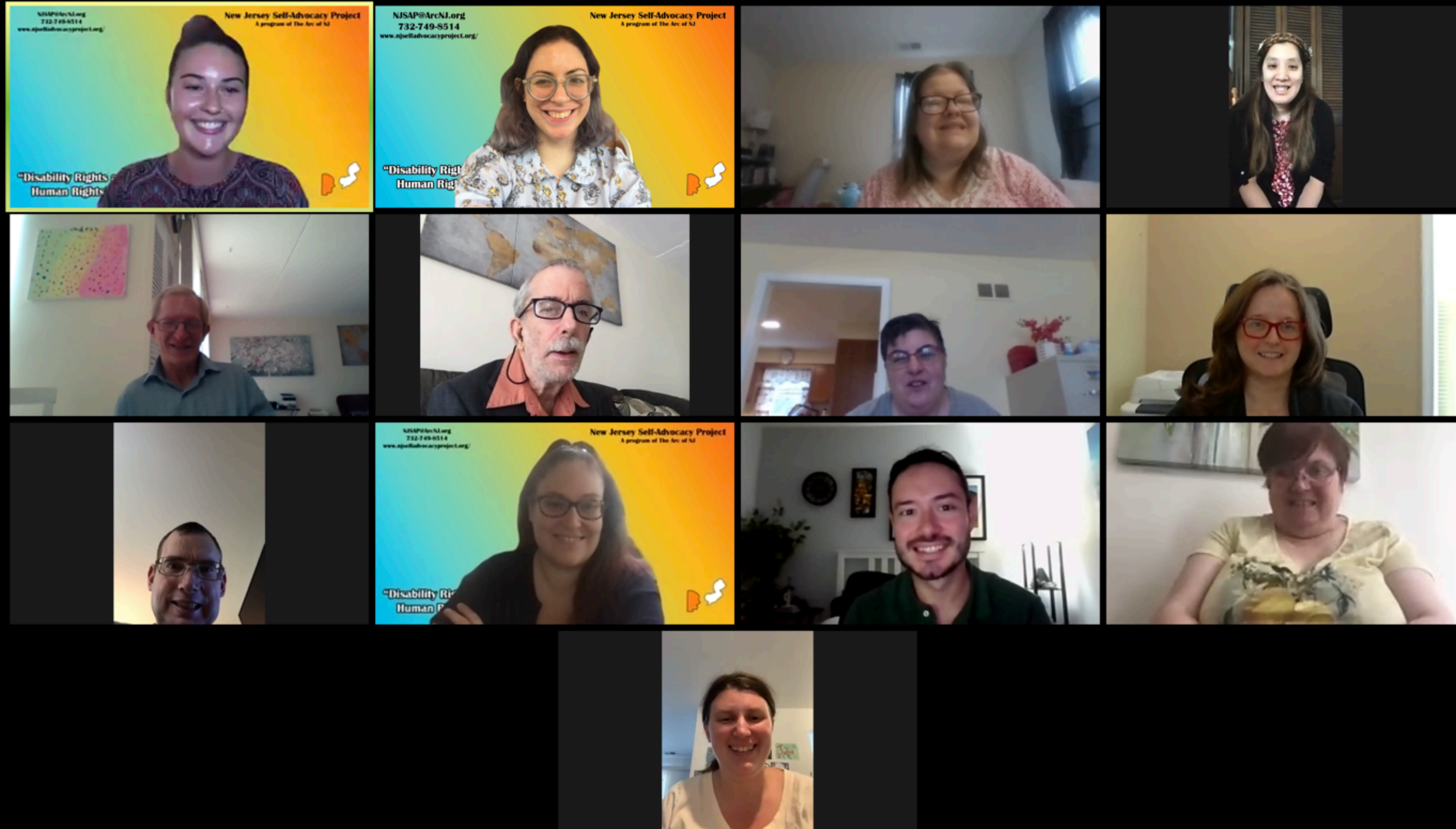
The Arc of NJ Family Institute

Criminal Justice Advocacy Program



New Jersey Self-Advocacy Project
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LEGISLATIVE ADVOCACY: CONGRESSIONAL RECESS MEETINGS



NJ Statewide Self-Advocacy Network representatives to discuss federal advocacy priorities (#WeAreEssential)

Talking Point #1: Increase federal funding for home and community-based services (HCBS) under Medicaid

- Advocates will discuss services that they use each day, like housing, staff support, employment support, etc.

Talking Point #2: Increase access to personal protective equipment (PPE) for Direct Support Professionals

- Even if our staff have masks and gloves, there are many staff members in NJ and beyond who do not

Talking Point #3: Ensure paid leave eligibility for family caregivers of adults with disabilities, including siblings and grandparents

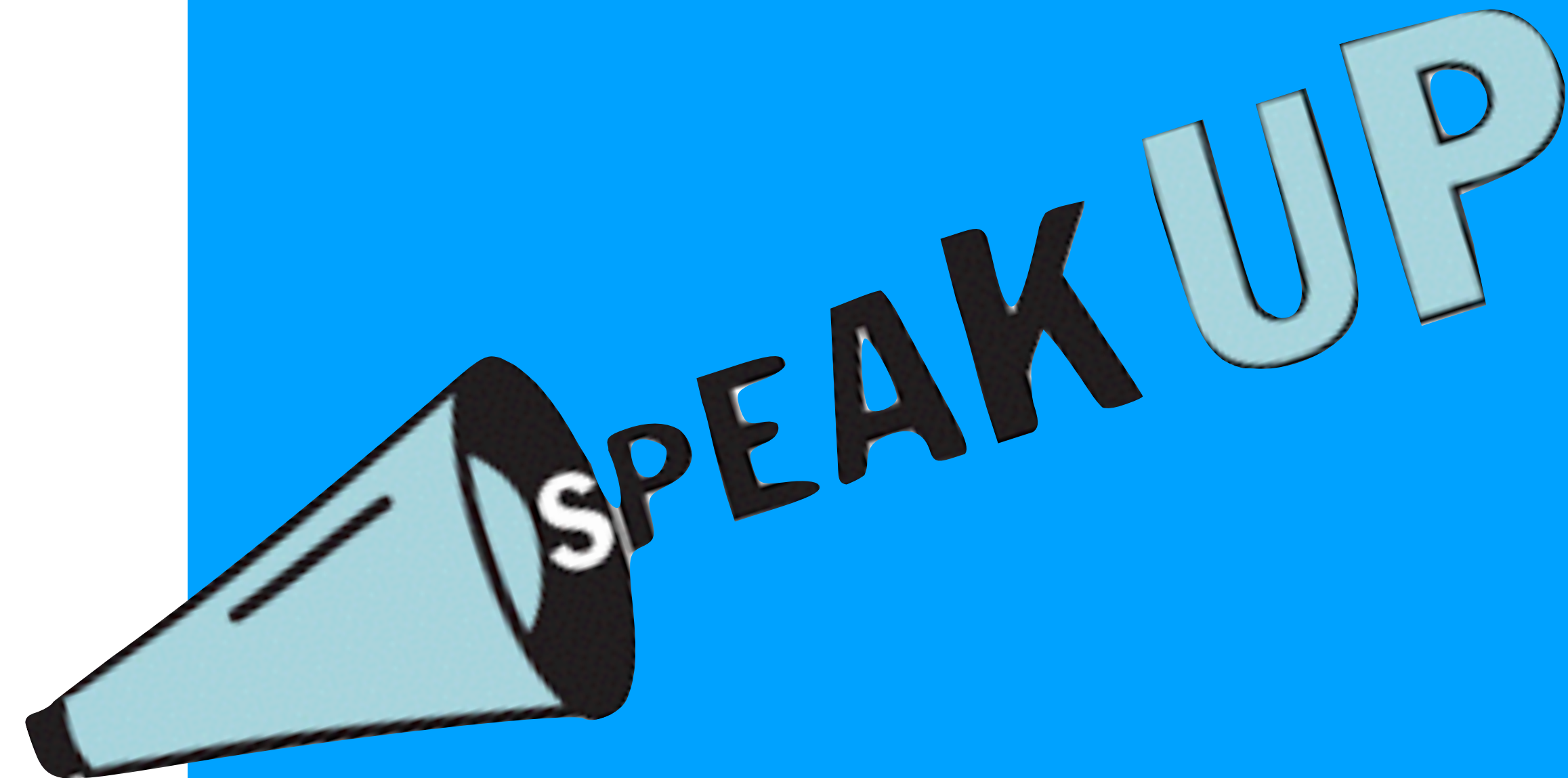
- If family members need to take time off work to care for loved ones with disabilities, we want to make sure they are paid for that time off

Impact of COVID-19 on people with I/DD and DSPs

Talking Point #4: Self-advocates to discuss role of DSPs in their daily lives and new duties/responsibilities in providing care due to COVID-19 (added safety measures/daily cleaning of homes, sanitizing groceries, etc.)

Talking Point #5: Self-advocates to discuss individual employment status due to COVID-19

Talking Point #6: Virtual programming and change in disability services and supports



CONGRESSIONAL RECESS MEETINGS



Congressman Pallone
NJ District 6

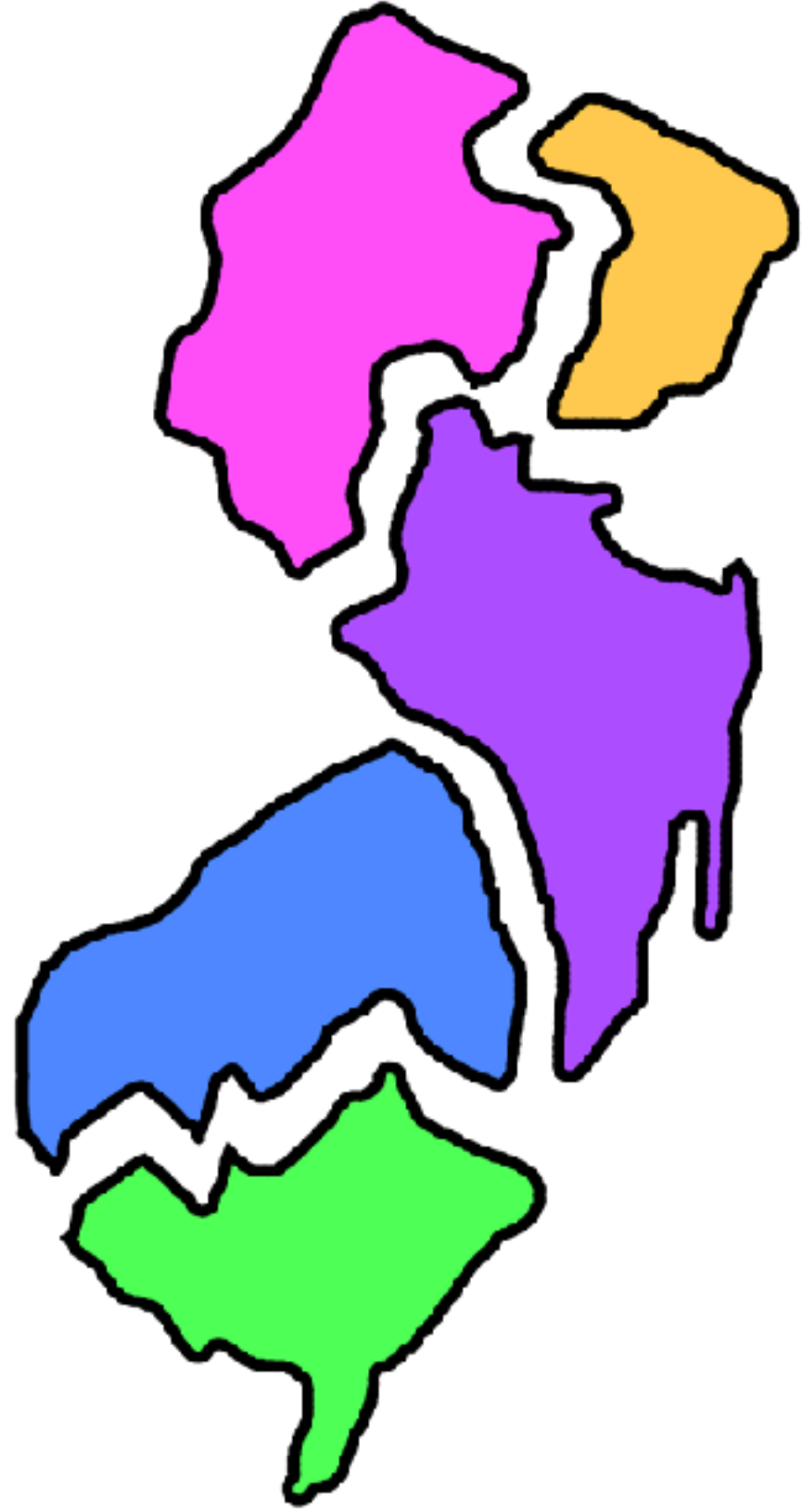


Senator Cory Booker



Senator Robert Menendez

New Jersey Statewide Self-Advocacy Network



**ADVISORY
BOARD**





SPECIAL EVENTS IN 2021: SPRING LUNCHEON & FALL CONFERENCE



New Jersey Statewide Self-Advocacy Network



The NJSSAN supports people with disabilities to be their own advocates and to know their rights and responsibilities. We work on a variety of issues such as Person First Language, public outreach, advocating for improved transportation, promoting healthy living, voting, governmental affairs, and fundraising. The NJSSAN is dedicated to gaining respect and equal rights for all people with disabilities and to support them to live and thrive in the community.

Our meetings are open to anyone who would like to join us. Please call or email to get the current calendar for your area as well as events updates!

COUNCIL 1

Hunterdon, Morris, Sussex & Warren Counties

Advisor: Ashley Ritchey
732-743-8345
ARitchey@ArcNJ.org

COUNCIL 2

Bergen, Essex, Hudson, Passaic & Union Counties

Advisor: Erin Smithers
732-246-2525 x 26
ESmithers@ArcNJ.org

COUNCIL 3

Mercer, Middlesex, Monmouth, Ocean & Somerset Counties

Advisor: Erin Smithers
732-246-2525 x 26
ESmithers@ArcNJ.org

COUNCIL 4

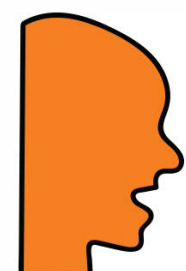
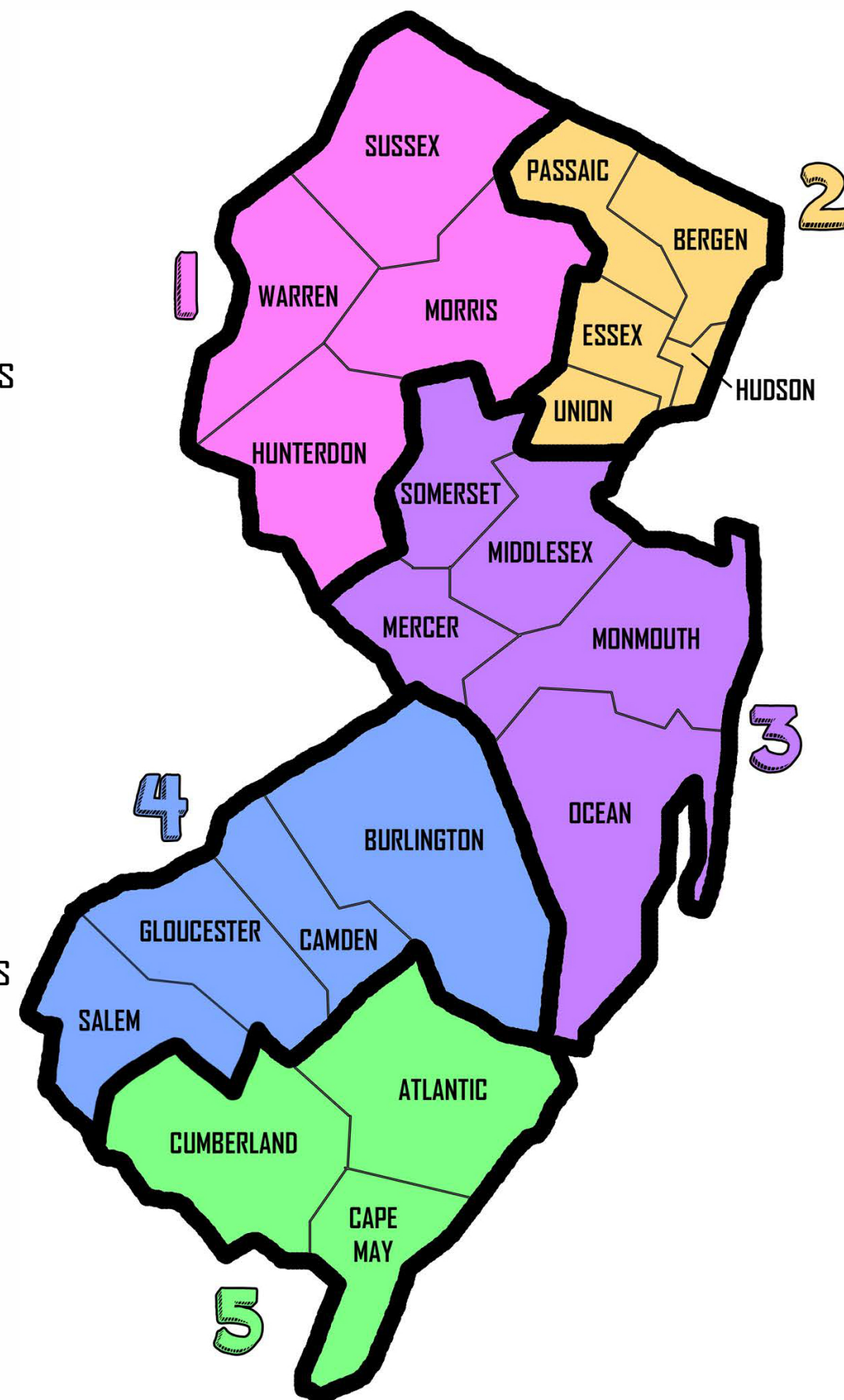
Burlington, Camden, Gloucester & Salem Counties

Advisor: Ashley Ritchey
732-743-8345
ARitchey@ArcNJ.org

COUNCIL 5

Atlantic, Cape May, & Cumberland Counties

Advisor: Ashley Ritchey
732-743-8345
ARitchey@ArcNJ.org



Self-advocacy means
“Speak up!”

[Council 1 homepage](#)

[Council 2 homepage](#)

[Council 3 homepage](#)

[Council 4 homepage](#)

[Council 5 homepage](#)

POLL:

BASED ON MY LOCATION, I AM A MEMBER OF:

- Council 1
- Council 2
- Council 3
- Council 4
- Council 5





Programs


The Arc of NJ Family Institute

Criminal Justice Advocacy Program

Mainstreaming Medical Care

The New Jersey Self-Advocacy Project >

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ANOTHER OPPORTUNITY TO TESTIFY: NJ STATE BUDGET HEARINGS







STAFF TRAINING ON GOVERNMENTAL AFFAIRS & POLICY ADVOCACY



HEALTHY
LIFESTYLES
PROJECT

Healthy Lifestyles Project

improving health, improving lives

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. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:



www.HealthyLifestylesProject.org for more information and resources



Healthy
Lifestyles
Project
LIVE 

Live Healthy,
Together



Register [here](#).

POLL:

HAVE YOU PARTICIPATED IN ANY HEALTHY LIFESTYLES PROJECT EVENTS?

- YES
- NO
- NOT SURE





WHAT
IS
THE
HEALTHY
LIFESTYLES
PROJECT?





Classic Thyme in Westfield



Maskers Barn in Berkeley Heights



Hawk Watch in Rockaway





Equine Therapy in Oldwick, Middletown, and Mahwah





Morris County School of Glass in Morristown



Watchung Wednesdays in Union County



WEEKLY SCHEDULE

MONDAYS:



STAY HEALTHY AT HOME

NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY AT HOME:

Can I Help You?
Mental Health First Aid

STAY HEALTHY AT HOME WEBINAR SERIES
NOVEMBER 24TH, 2020 FROM 2 - 3 PM

NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY AT HOME:

What Comes Next?
2020 Election Results
&
What They Mean

STAY HEALTHY AT HOME WEBINAR SERIES
NOVEMBER 10TH, 2020 FROM 2 - 3 PM

NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY AT HOME:

Model Employee:
Perfect Your Personal &
Professional Look

STAY HEALTHY AT HOME WEBINAR SERIES
OCTOBER 20TH, 2020 FROM 2 - 3 PM

NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY AT HOME:

The Picture Perfect Filter:
Using Facebook & LinkedIn
to Find Work

STAY HEALTHY AT HOME WEBINAR SERIES
OCTOBER 27TH, 2020 FROM 2 - 3 PM

EVERY TUESDAY FROM 2 - 3 PM

WEDNESDAYS WITH THE IHT TEAM



Healthy Lifestyles Project

LIVE



Live Healthy,
Together



Winter Chocolate & Oat Smoothie



Ingredients: (makes 2 smoothies)

- 6 tbsp of oats
- 1 tbsp of unsalted peanut or almond butter (use sunflower butter for peanut allergies)
- 1 ripe banana
- 2 1/2 cups of coconut milk, or any nondairy milk
- 1 tsp cacao powder
- Cinnamon powder

Directions:

- Place the oats, banana, 1/2cup of coconut milk (or any nondairy milk), nut butter & cacao powder into the smoothie maker/blender.
- Separately warm up the additional 2 cups of milk but do not add it to the blender mix.
- Take both the blended ingredients and the warm milk and mix them in a separate container to be ready to serve.
- Pour, sprinkle some cinnamon on top and enjoy!



VERO
PURE
GREEN

CAPE
MAY
COUNTY
ZOO





LAUGHTER YOGA



IN-HOME TRAINING

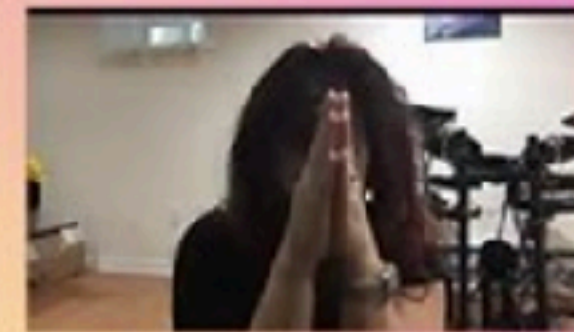
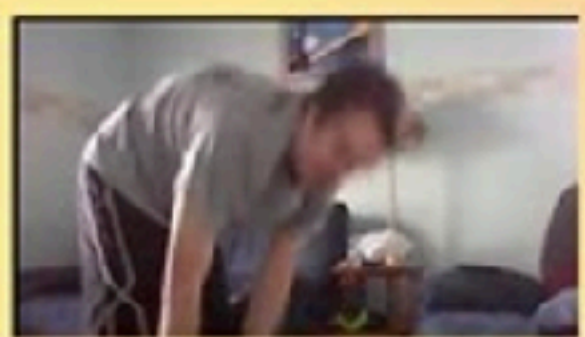
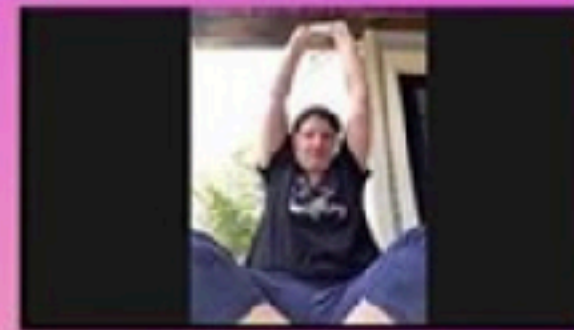
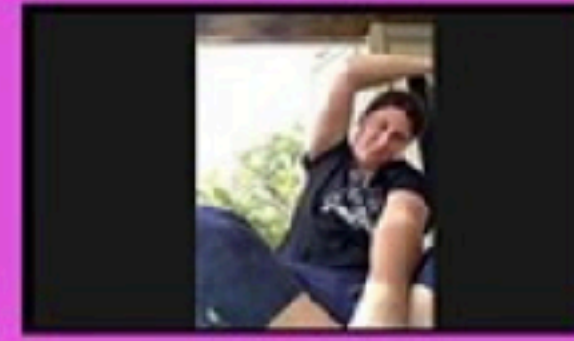
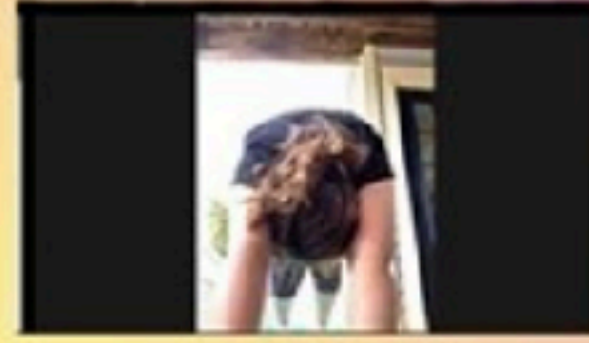
Healthy Lifestyles Project: LIVE!
Fitness Fridays: Chair Exercises!

The central diagram illustrates eight chair exercises:

- 1. Seated leg extension: A person sits in a chair, extending one leg forward. A blue arrow indicates the direction of movement.
- 2. Standing with chair: A person stands next to a chair, holding the backrest. A blue arrow points down towards the chair.
- 3. Arm extension: A person stands with arms raised. A blue arrow points up, and a curved blue arrow indicates rotation.
- 4. Seated torso twist: A person sits in a chair, twisting their torso to the side. A blue arrow indicates the direction of movement.
- 5. Chair squat: A person stands with their back to a chair, leaning forward. A blue arrow points down.
- 6. Standing with chair: A person stands next to a chair, holding the backrest. A blue arrow points down towards the chair.
- 7. Arm extension: A person stands with arms raised. A blue arrow points down.
- 8. Arm extension: A person stands with arms raised. A blue arrow points up.

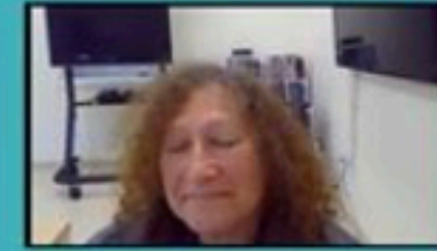
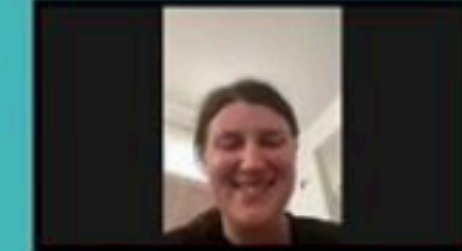
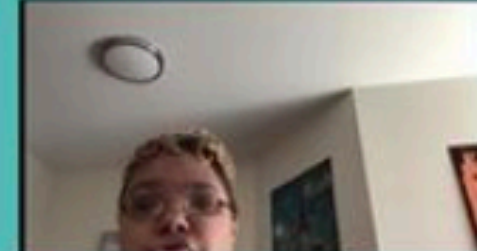
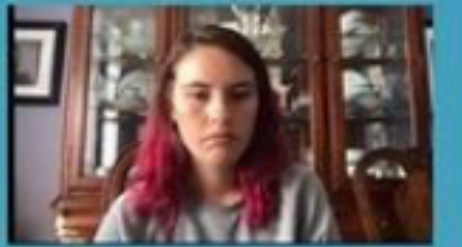
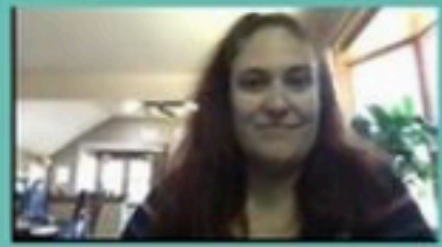
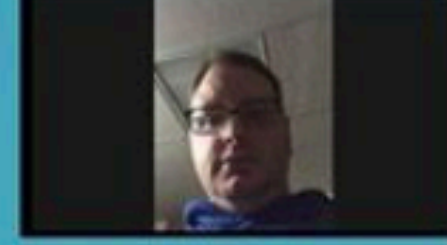
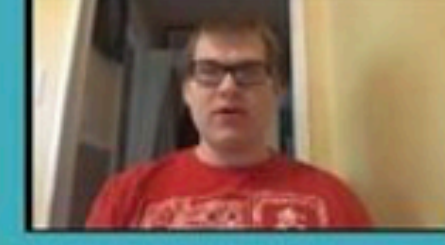
Surrounding the diagram are several small video thumbnails showing people performing these exercises in a home setting:

- Top left: A person sitting in a chair with arms raised.
- Top right: A person standing next to a chair, leaning forward.
- Middle left (top): A person sitting in a chair, extending one leg forward.
- Middle left (bottom): A person sitting in a chair, twisting their torso.
- Middle right (top): A group of people sitting together.
- Middle right (bottom): A group of people standing together.
- Bottom row (left to right): Five small thumbnails showing a person performing various chair exercises, including leg extension, torso twist, chair squat, standing with chair, and arm extension.



IN-HOME TRAINING

MANE STREAM



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

THURSDAYS AT 1 PM

BRAIN GAMES ON ZOOM

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!

HEALTHY RECIPES FRIDAYS:



QUICK TIPS:

QUICK TIP:
BE AWARE OF WHAT YOU ARE DRINKING!



QUICK TIP:

**SMILE
MORE!**



Quick tip:

**Take care
of your
skin everyday!**



QUICK TIP
**TRY INTERVAL
TRAINING**



THROUGHOUT THE WEEK:

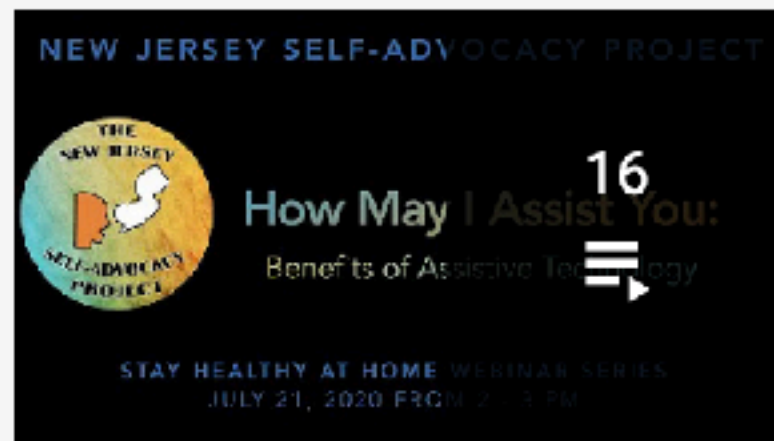


YOUTUBE:

🕒 Watch later

Save videos to watch later. Your list shows up right here.

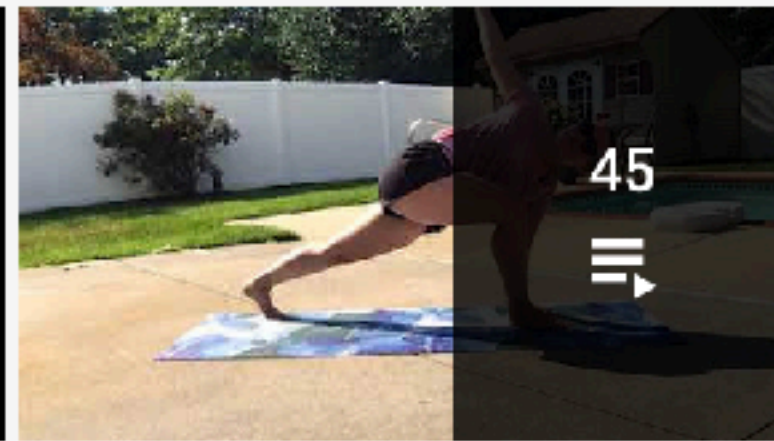
☰ Playlists Recently added ▾



Stay Healthy At Home Webinars

New Jersey Self-Advocacy Project
Updated yesterday

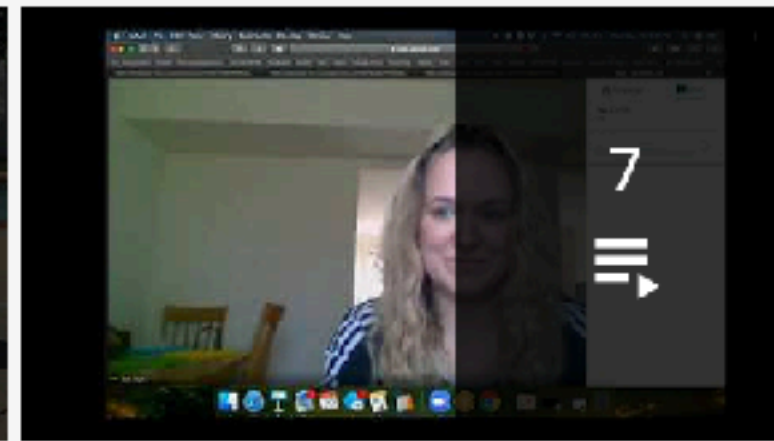
[VIEW FULL PLAYLIST](#)



Yoga and Meditation

New Jersey Self-Advocacy Project
Updated yesterday

[VIEW FULL PLAYLIST](#)



Tech Tutorials

New Jersey Self-Advocacy Project
Updated 2 days ago

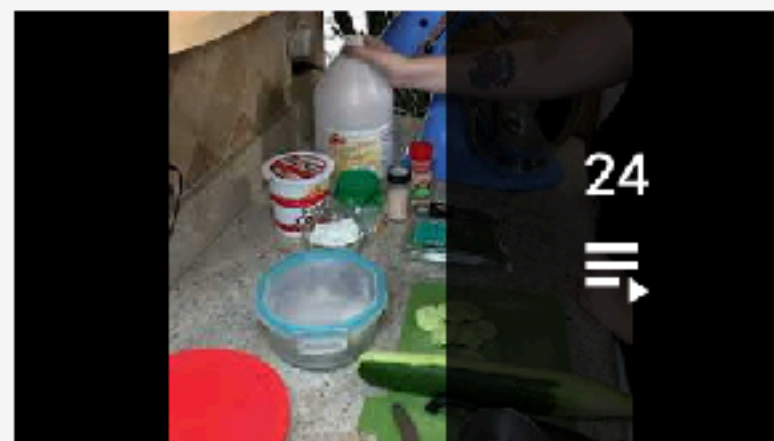
[VIEW FULL PLAYLIST](#)



NJSAP Team STAY AT HOME Dance Party Playlist

New Jersey Self-Advocacy Project

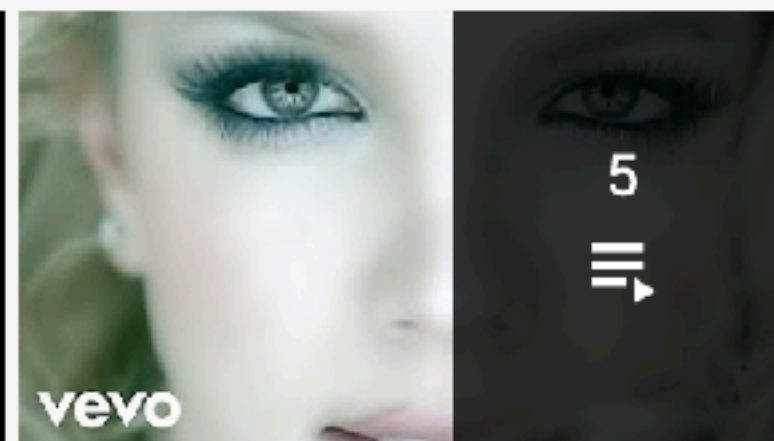
[VIEW FULL PLAYLIST](#)



Healthy Recipes

New Jersey Self-Advocacy Project

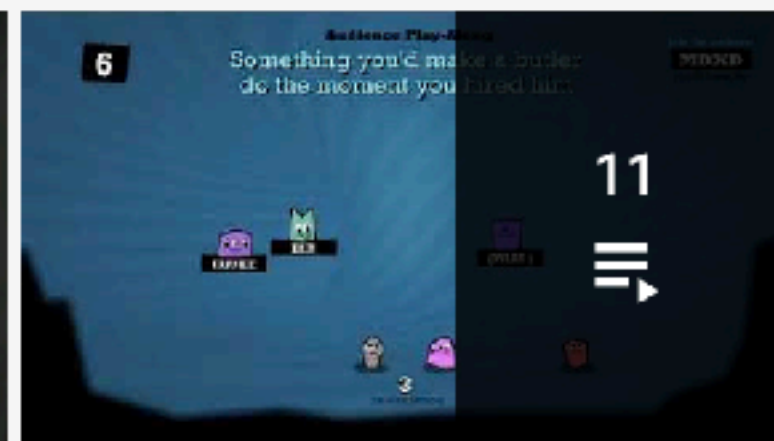
[VIEW FULL PLAYLIST](#)



Your Requested Songs

New Jersey Self-Advocacy Project

[VIEW FULL PLAYLIST](#)



Live: Brain Games!

New Jersey Self-Advocacy Project

[VIEW FULL PLAYLIST](#)



Trainings

New Jersey Self-Advocacy Project

[VIEW FULL PLAYLIST](#)

[SHOW MORE](#)



[Click Here To Sign Up!](#)

EVERYTHING IS AVAILABLE ON:



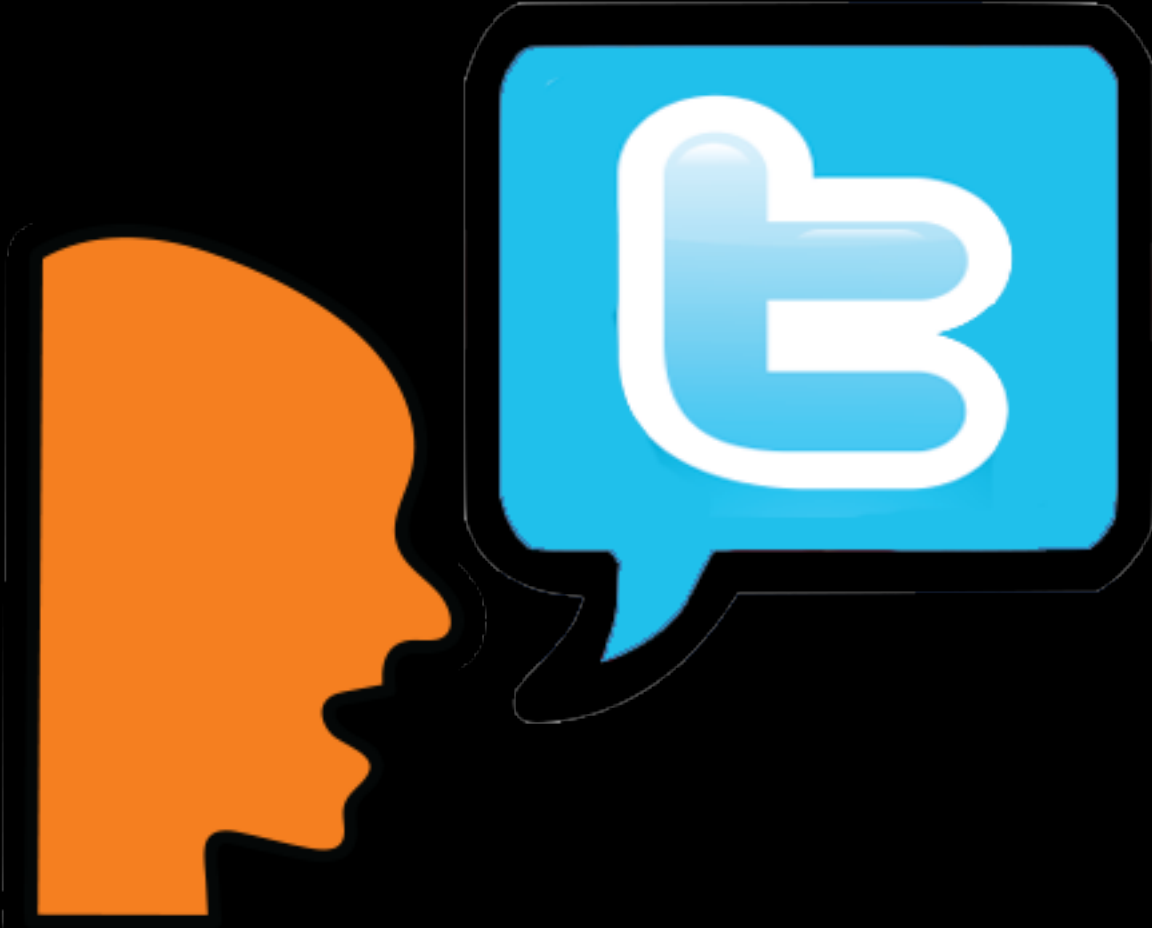
www.arcnj.org/programs/njsap/videos.html



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



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



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

DOWNLOADS:

Healthy Lifestyles Project

improving health improving lives

Your Guide

- Tomorrow Flexibility Biking
- Fitness Walking
- Running Low Sugar
- Vegetables Diet
- Recreation Happiness
- Sleep Fresh Air
- Aromatherapy A
- Today Well Fun
- Hard

THE NEW JERSEY SELF-ADVOCACY PROJECT

Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP

The Arc of New Jersey

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<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"> Play this week's Board Game on at 1pm
<ul style="list-style-type: none"> Vero Pure Green 	<ul style="list-style-type: none"> Stay HEALTHY at Home 	<ul style="list-style-type: none"> Healthy Lifestyles Project LIVE 	
<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 Participate in an advocacy campaign or Action Alert Mark my calendar activities Reminder: Each 1 every month Remember: Self-Advocacy me SPEAK UP! 			

FREE TRAININGS FOR ADULTS WITH DISABILITIES

The New Jersey Self-Advocacy Project
FREE workshops across NJ
We have an array of topics to choose from

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Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself

THE NEW JERSEY SELF-ADVOCACY PROJECT

Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

NEW! Cons
Prop
Da
Quick

Yog
Indoor Exercise & A

Don't see what you're looking for? We'll make it for you!

Want a preview video? <http://www.njselfadvocacyproject.org>

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey

For more information on HLP visit our website: <https://www.arcnj.org/information/healthylifestyles.html>

Contact us: NJSAP@ArcNJ.org / 732-749-8514

Check out photos and videos of some of our past trainings on our social media pages and website:

Twitter: www.twitter.com/NJSAP
Facebook: www.facebook.com/NewJerseySAP
Web: www.NJSelfAdvocacyProject.org

The Dos and Don'ts of HIKING

Horses have the right of way.

Step aside and let them pass.

Never leave trash behind and don't forget to recycle!

Always stretch before you hike!

Don't touch the animals! See with your eyes, NOT with your hands!

Wear proper clothing and footwear to stay comfortable. Trails may be rocky or muddy!

Freeze for bees! Don't bother them & they won't bother you.

Drink lots of water, especially in warm weather.

THE NEW JERSEY SELF-ADVOCACY PROJECT

Healthy Lifestyles Project
improving health, improving lives

Horizon Foundation for New Jersey

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



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



FRIDAY

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



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



IN-HOME PERSONAL TRAINING LLC

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

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @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
- ▶ NJSAP HLP: 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_IYANtZZVdceO7DjpChIHrmndLyH8%3D
- ▶ Positive Pulse Sign Up Link: 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_IYANtZZVdceO7DjpChIHrmndLyH8=

QUESTIONS?

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- ▶ **Phone, Text & Fax: 732-743-8345**
- ▶  twitter.com/NJSAP or @NJSAP
- ▶  Facebook: [https://www.facebook.com/
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/
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- ▶ NJSAP Website: [http://
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