



Advocacy Matters

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

January 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.

David Peter Alan came to our Council meetings this month to speak about New Jersey Transit's Senior Citizens and Disabled Residents Transportation Advisory Committee (SCADRTAC).

Save the date: our NJSSAN Spring Luncheon will be held virtually on Saturday, April 15, 2023.

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.](#)












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

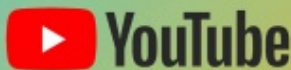
We continue to post all across our social media pages! You can find new videos every [Monday](#), [Wednesday](#) and [Friday](#) about Health, Fitness and Nutrition!

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  
<h3 style="text-align: center;">TO DO LIST:</h3> <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 	<h3 style="text-align: center;">REMINDERS + NOTES:</h3> <ul style="list-style-type: none"> • Mark my calendar with all upcoming activities • Reminder: Each NJSSAN Council meets every month • Remember: <u>Self-Advocacy means to SPEAK UP!</u> 	



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.

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](#)

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

NJ TRANSIT

David Peter Alan came to our Council meetings this month to discuss how New Jersey Transit's Senior Citizens and Disabled Residents Transportation Advisory Committee (SCADRAC) needs support in advocating against proposed changes to the Administrative Code which would restrict the Committee's work.

If you wish to attend the meeting on Feb. 8th at 6 PM, you can register at this link:
<https://www.njtransit.com/board>

If you wish to submit a comment you can do so at this link:
https://njtransit.secure.force.com/customerservice/site_app#/board_meeting

If you have any questions you can reach David Peter Alan at:
(973) 715-5626 (cell) or trainadvocate@icloud.com (personal e-mail).

Save the Date!

Our NJSSAN Spring Luncheon is approaching! It will be held virtually on Saturday, April 15, 2023. Registration information, sponsorships, and nomination forms will be available soon!

NJ Self-Advocacy Network Spring Luncheon Saturday, April 15, 2023



Join us on Zoom!
Registration available soon



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

[Trying New Things](#)



[Sexual Violence & People with Disabilities: What It Is & What We Can Do About It](#)

[Sage Advice: Tips for Self Advocacy Group Advisors](#)



[Creating Safe Spaces: Digital & Personal Boundaries](#)



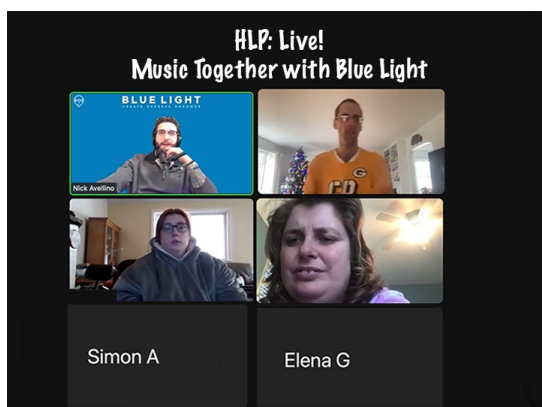
If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

[Register now for upcoming webinars!](#)

Healthy Lifestyles Project: LIVE!



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.



www.healthylifestylesproject.org



www.healthylifestylesproject.org



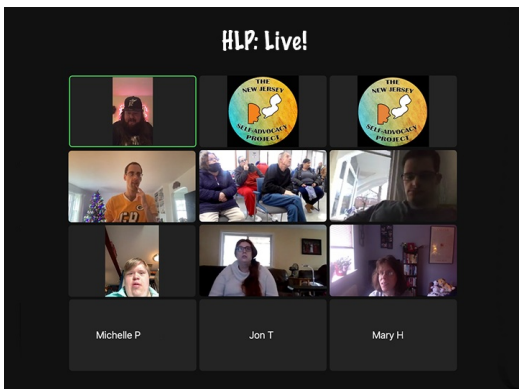
MARK MORRIS DANCE GROUP

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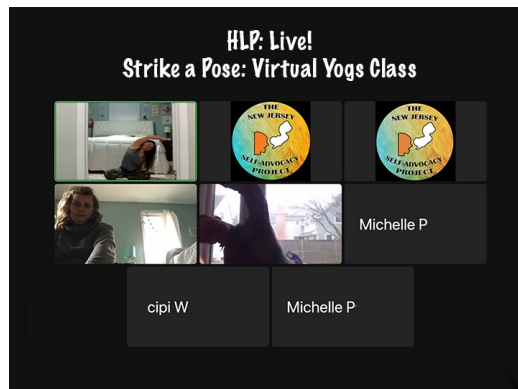


#WheresWhitaker

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NJSAP - The Blue Light Music Program

Click here to visit the Blue Light Music Program website and listen to an NJSAP created song, view their digital flyer and one-sheet, and access the free trial sign up form all in one place!

Read More

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

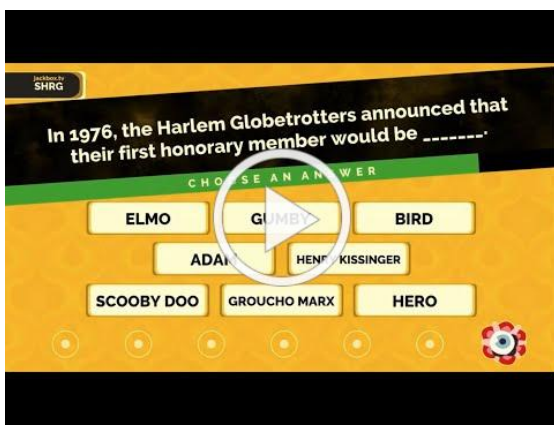
HLP: Brain Games

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.](#)

Fibbage

Wheel of Fortune



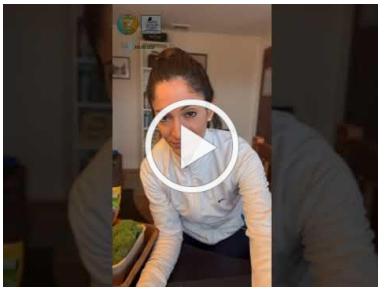
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

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](#)).

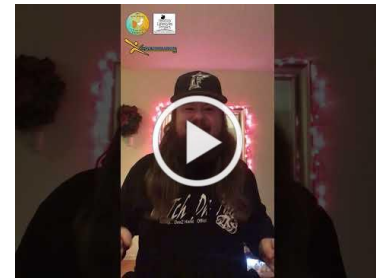
You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every weekday for you to follow along!



[Mondays with Veronica: Playlist](#)



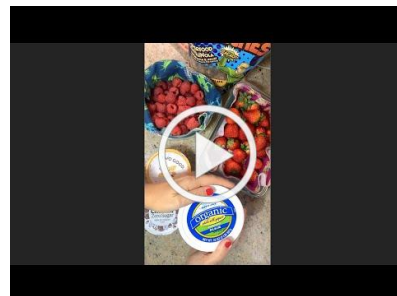
[Tuesdays with Joanna: Playlist](#)



[Wednesdays with Matt: Playlist](#)

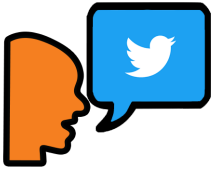


[Thursdays with Malik: Playlist](#)



[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

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