

# The Self-Advocate

Spring 2023

*A Newsletter Produced by the New Jersey Self-Advocacy Project Team*



**SATURDAY,  
April 15th, 2023**

**THE 17TH ANNUAL  
NJ STATEWIDE SELF-ADVOCACY NETWORK  
SPRING LUNCHEON**

Included in this issue of The Self-Advocate:

Registration for the Spring Luncheon  
NJSSAN Fundraiser  
Event Schedule  
Award Nomination Forms  
2023 Council Calendars  
Recent & Upcoming Events

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**\*Please Note\***

**We are going green! This newsletter will NOT be printed and mailed.**

## REGISTRATION

[Registration is FREE.](#)

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

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*!

**Click here to register  
online!**

**Donate here (optional)**

# FUNDRAISER

This year the luncheon will also feature 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 t-shirt here  
here**

## LUNCHEON SCHEDULE

Signing on before 10:00 AM will put you in the virtual Waiting Room until the event begins.

**Schedule: 10 AM - 12 PM**

- **9:30 AM: Waiting Room**
- **10:00 AM: Opening Remarks**
- **10:30 AM: NJSSAN Council Updates**
- **10:45 AM: Awards Ceremony**
- **11:15 AM: Exhibitor Hall**
- **11:55 AM: Closing Remarks**

## AWARDS



Awards given during the event include:

- Jane Miller Memorial Leadership Award
- Key Contributor Award
- Prime Player Award
- "Healthy Lifestyles Project" Hero Award
- Unmatched Dedication Award

**Award Nomination Deadline:  
Monday, March 10, 2023**



**Click here to  
complete an  
Award  
Nomination  
Form!**

## **RECENT PHOTOS & VIRTUAL EVENTS**

### [Stay Healthy at Home Webinars](#)

We present webinars on a variety of topics relating to self-advocacy and healthy living every Tuesday at 2 PM. We often feature some amazing guest presenters, such as self-advocates Julia and Ray who spoke about understanding behaviors and communication through Autism Spectrum Disorder (ASD).



[Healthy Lifestyles Project:  
LIVE!](#)



Our [Healthy Lifestyle Project](#) events continue this year on Zoom! Each Wednesday at 11 AM and Friday at 1 PM, we host a live, interactive event that promotes healthy living, such as our Zumba dance sessions with Bethina Flores.

Thank you to [The Horizon Foundation for New Jersey](#), for funding these events!

## Brain Games

We host 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 1 PM for fun games like "Who Wants to Be a Millionaire".



# NJSSAN COUNCIL CALENDAR

Click the image below to download the full calendar of our monthly NJSSAN Council meetings!

# 2023

-JANUARY-							-FEBRUARY-							-MARCH-						
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
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22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	

-APRIL-							-MAY-							-JUNE-						
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16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

-JULY-							-AUGUST-							-SEPTEMBER-						
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23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
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-OCTOBER-							-NOVEMBER-							-DECEMBER-						
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29	30	31					26	27	28	29	30			24	25	26	27	28	29	30

**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/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 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



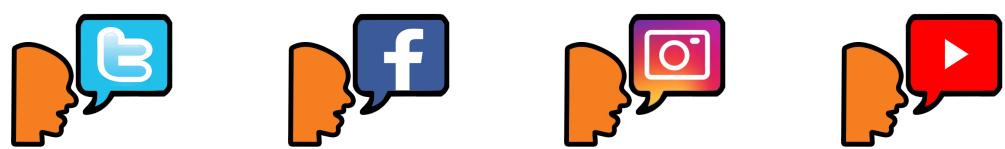
**New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network**

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities

For more information check us out online at <http://www.njselfadvocacyproject.org>.

Don't forget to follow us on social media: [Twitter](#), [Facebook](#), [Instagram](#) and [Youtube](#)!



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