



# 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.](#)

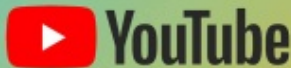
We continue to post all across our social media pages! You can find new videos every [Monday](#), [Wednesday](#) and [Friday](#) about Health, Fitness and Nutrition!

**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.](#)**

## 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"> <li>• Check social media feed for Veronica's new nutrition video</li> </ul> 	<ul style="list-style-type: none"> <li>• Watch the new Stay Healthy at Home webinar at 2pm</li> </ul> 	<ul style="list-style-type: none"> <li>• Interactive Zoom event for HLP:Live at 11am</li> </ul>  <ul style="list-style-type: none"> <li>• Check social media feed for IHT's new workout video</li> </ul>	<ul style="list-style-type: none"> <li>• Play this week's Brain Game on Zoom at 1pm</li> </ul> 	<ul style="list-style-type: none"> <li>• Check social media feed for Erin's new recipe!</li> </ul>  <ul style="list-style-type: none"> <li>• HLP:Live!It's Fitness Friday with IHT on Zoom at 1pm</li> </ul> 
<p style="text-align: center;"><b>TO DO LIST:</b></p> <ul style="list-style-type: none"> <li>• Sign up for NJSAP's email list</li> <li>• Request a virtual group training</li> <li>• Make a social media post using this month's hashtag</li> </ul>		<ul style="list-style-type: none"> <li>• Participate in an advocacy campaign or Action Alert</li> </ul> 	<p style="text-align: center;"><b>REMINDERS + NOTES:</b></p> <ul style="list-style-type: none"> <li>• Mark my calendar with all upcoming activities</li> <li>• Reminder: Each NJSSAN Council meets every month</li> <li>• Remember: <u>Self-Advocacy means to SPEAK UP!</u></li> </ul>	



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

<b>-JANUARY-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>-FEBRUARY-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	<b>-MARCH-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
<b>-APRIL-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>-MAY-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>-JUNE-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
<b>-JULY-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>-AUGUST-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>-SEPTEMBER-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 30
<b>-OCTOBER-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>-NOVEMBER-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>-DECEMBER-</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK**

<b>COUNCIL 1</b> 3rd Thursday of each month*, 5:30-6:45pm Hunterdon, Morris, Sussex & Warren Advisor: Frankie Bayak Fbayak@ArcNJ.org/732-749-8514
<b>COUNCIL 2</b> 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
<b>COUNCIL 3</b> 2nd Tuesday of each month*, 5:30-7pm Mercer, Middlesex, Monmouth, Ocean & Somerset Advisor: Erin Smithers Esmithers@ArcNJ.org/732-246-2525, ext. 26
<b>COUNCILS 4 &amp; 5</b> 3rd Wednesday of each month*, 3-4pm Burlington, Camden, Gloucester, Salem Atlantic, Cape May, & Cumberland Counties Contact Erin or Frankie as seen above
<b>NJSSAN ADVISORY BOARD</b> 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.njsselfadvocacyproject.org

**Leigh V. Simpson from Toms River Mayor’s Advisory Committee on Developmental Disabilities came out to talk to Council 3**

Leigh Simpson, Chair of the Toms River Mayor's Advisory Committee on Developmental Disabilities, spoke to Council 3 on May 9th, 2023 about ways self-advocates can get involved in their group. The Committee helps advocate for individuals with developmental disabilities. Leigh also invited Council members to the Field of Dreams Vendors and Food Truck Festival scheduled for next month. Field of Dreams is a recreational facility designed to serve individuals of all ages and abilities.



[TOMS RIVER MAYOR'S ADVISORY COMMITTEE ON DEVELOPMENTAL DISABILITIES Membership Application](#)

**Paul S. Aronsohn, Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families, talked to Council 1**

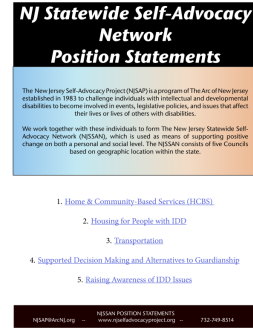
Paul Aronsohn came to speak with Council 1 about issues important to self-advocates living in Hunterdon, Morris, Sussex & Warren Counties. They listed housing, direct care staff and staff training, and transportation as the biggest problems. He responded to each topic raised and let advocates know to keep an eye out for his office's upcoming annual report.

**Nicole Warren, LSW, MEd, Program Development Specialist for The Boggs Center on Developmental Disabilities, Came to Council 2**

Nicole Warren and Ling Ma, also from The Boggs Center, spoke to Council 2 about the Support Coordinator Competency Needs Survey. Members of Council 2 were able to talk about their experiences with their Support Coordinators in an effort to improve relations between Support Coordinators and the people they serve.

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.

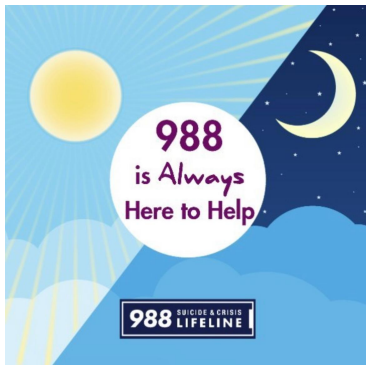
[You can read the current NJSSAN Priorities here.](#)



# Mental Health Awareness Month

May is Mental Health Awareness Month. This is the time to raise awareness for individuals with mental or behavioral health concerns, provide support, gain more knowledge, and to advocate for individuals experiencing mental health issues.

## Resources Available



## Coping Skills



Coping means to invest one's own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict. The psychological coping mechanisms are commonly termed coping strategies or coping skills. These are meant as a guide and should be tailored specifically for the person who needs them. It's important to understand that some techniques might work better than others and it varies per person and by the situation you are dealing with.

Counting	Grounding
Counting gives you time to relax and calm down before responding to a situation.	Grounding techniques help you turn your attention away from negative thoughts, memories, or worries, and refocus on the present moment.
Try these methods:	
<ul style="list-style-type: none"> <li>• <b>Counting Backwards:</b> Count backwards from 10 to 0.</li> <li>• <b>Counting Random Sequence of Numbers</b> Count from random numbers you aren't used to like from 157 to 203.</li> <li>• <b>Counting Specific Items:</b> This is also a method of grounding. For example, count how many chairs are in the basement or count how many times someone on the TV says the word 'no'.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>54321 Technique:</b> Purposefully take in the details of your surroundings using each of your senses. What are <b>5</b> things you can <b>see</b>? What are <b>4</b> things you can <b>feel</b>? What are <b>3</b> things you can <b>hear</b>? What are <b>2</b> things you can <b>smell</b>? What is <b>1</b> thing you can <b>taste</b>?</li> <li>• <b>Categories</b> Choose 3 categories and name as many items as you can in each category. Spend a few minutes on each category to come up with as many items as possible.</li> <li>• <b>Alphabet</b> Pick a category and name an item for each letter of the alphabet.</li> </ul>

# Trainings

Take a look at the delicious Oatmeal Cream Pies that we made with SCARC. The recipe can be found below if you'd like to give it a try!



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

A program of The Arc of New Jersey since 1983

### Oatmeal Cream Pie

Prep Time 30 Minutes Cook Time 15 Minutes Total Time 45 Minutes

#### Ingredients:

- 1 Cup Butter, softened
- 1 Cup Light Brown Sugar, Packed
- 1/4 Cup Granulated Sugar
- 1 Egg
- 1 Tbsp Molasses
- 2 tsp Vanilla Extract
- 3 Cups Quick Oats
- 1 and 1/2 Cups All Purpose Flour
- 1 tsp baking soda
- 1 tsp Ground Cinnamon
- 1/2 tsp Baking Powder
- 1/2 tsp Salt
- 1/4 tsp Ground Nutmeg

#### Frosting:

- 1/2 Cup Butter
- 2 Cups Powdered Sugar, Sifted
- 1-2 Tbsp Milk
- 1 and 1/2 tsp Vanilla Extract
- Pinch of Salt

#### Cooking Instructions:

- Preheat oven to 350F and line a baking sheet with parchment paper.
- Add the butter, brown sugar, and granulated sugar to a large bowl. Mix together for 3-5 minutes.
- Add in the egg, molasses, and vanilla extract. Mix until combined.
- In a separate bowl, combine the quick oats, all-purpose flour, baking soda, salt, and nutmeg. Mix together.
- Fold the dry ingredients into the wet ingredients. Mix until just combined.
- Scoop and roll the oatmeal cookie dough into round balls. Place on the baking sheet. Bake for 14-16 minutes.
- For the filling add the butter to a large bowl. Mix until the butter is fully whipped and fluffy.
- Add in the sifted powdered sugar and beat until dissolved.
- Add the milk, vanilla extract, and salt. Mix together, adding more milk until the desired consistency is achieved.
- Once the cookies have cooled completely, pipe or spread the frosting across half of the cookies. Top with another cookie and enjoy!



Supporting the rights of people with intellectual and developmental disabilities  
985 Livingston Avenue, North Brunswick, NJ 08902  
Phone: 732.743.8245 Fax: 732.749.8214  
E-mail: [NJSAP@arcnj.org](mailto:NJSAP@arcnj.org)  
[www.njsap.org](http://www.njsap.org)

## Partners In Policymaking

New Jersey Partners in Policymaking is now accepting applications for the 2023-2024 program! This is a leadership development and advocacy education program for adults with developmental disabilities (over age 21) and family members of young children and transition-age youth available through a collaboration between the New Jersey Council on Developmental Disabilities, The Boggs Center, and Disability Rights New Jersey.

### New Jersey Partners in Policymaking

**Now Accepting  
Applications  
for 2023-2024**

**Apply by  
June 30, 2023**



**APPLY**

## Peer to Peer Networking Sessions

Peer to Peer Networking Sessions are open to adults with intellectual and developmental disabilities who are self-directing some or all of their services.

They are hosted by the Division of Developmental Disabilities (DDD) and facilitated by staff with the Office of Education on Self-Directed Services in

# PEER to NETWORKING PEER SESSION



For **adults with IDD** who are **self-directing**

Wednesday, June 28, 2023  
6 - 7:30 PM on Zoom

**[CLICK HERE TO REGISTER](#)**

Zoom link: <https://dhs-nj.gov/zoomgov.com/meeting/register/vltdOigqMuGP0iNnzUo24m2VZBYI71mw>

Presented by the NJ Division of Developmental Disabilities'  
Office of Education on Self-Directed Services

Questions? Please email [Ashley.Ritchey@DHS.NJ.GOV](mailto:Ashley.Ritchey@DHS.NJ.GOV)

collaboration with people who are self-directing.

Peer Networking Sessions are an opportunity for adults with I/DD to share their experiences and connect with peers who are also self-directing: What is going well? What questions do you have? What advice would you share with someone who is new to self-direction?

**Advanced registration is required.**

**[Register Here](#)**



*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!**

## Trailblazers Walking Club

# 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.

## Speak Your Mind

In our Speak Your Mind series, we feature short clips of real self-advocates from our network speaking about a variety of topics relating to self-advocacy. Take a look at these shorts clips of advocacy in action and be sure to share on your favorite social media platforms!

**\*NEW\***

[Ray Talks About Stimming](#)

[Kevin Staying Active in SA](#)



[Expressive Arts Therapy](#)



[People Don't Always Agree With You](#)



# Stay Healthy at Home Webinars



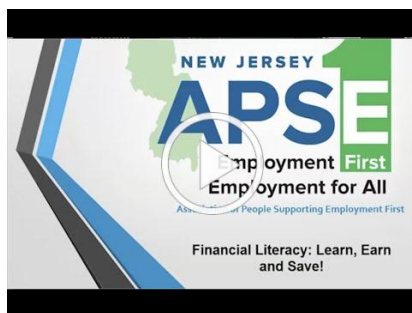
The New Jersey Self-Advocacy Project team is excited to continue our *Stay Healthy at Home* webinar series! They take place every **Tuesday** at **2 PM**.

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

**\*NEW\***

[Financial Literacy: Learn, Earn, and Save!](#)

[Financial Management & Budgeting for Self-Advocates](#)





## Sexuality and Healthy Relationships for Self-Advocates Taught by Self-Advocates and National Experts



## Developing Testimony and Action Alert Advocacy



## Sexual Harassment and 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!





www.healthylifestylesproject.org

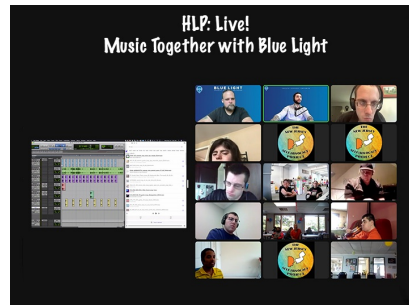


The Art in Therapy

www.healthylifestylesproject.org

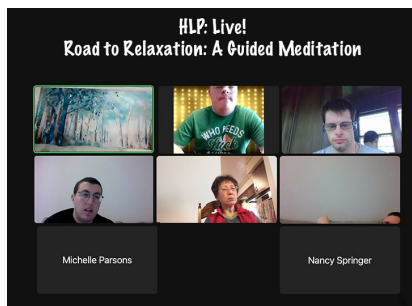


www.healthylifestylesproject.org



BLUE LIGHT PUBLIC SAFETY

www.healthylifestylesproject.org



www.healthylifestylesproject.org



www.healthylifestylesproject.org

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!](#)

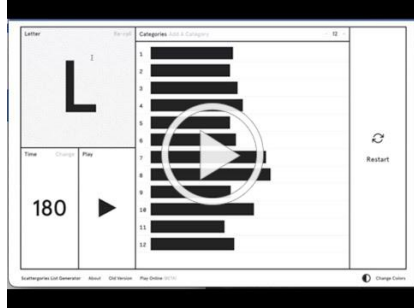
## HLP: Brain Games

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.](#)

Scattergories

Jeopardy!



We can also schedule Brain Games with your group! Email [NJSAP@Arcnj.org](mailto: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!

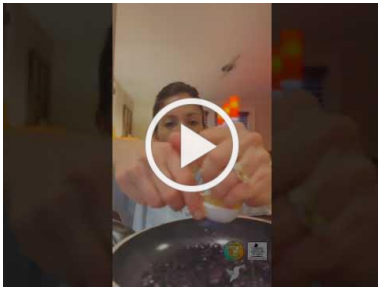
- On Mondays, we post health and nutrition videos from Veronica Ramirez ([Vero Pure Green](#))
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio ([In-Home Personal Training](#))
- On Thursdays, we post art-making videos by [Malik Whitaker](#).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



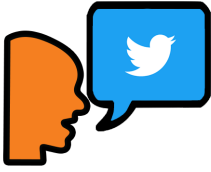
[Thursdays with Malik: Playlist](#)

[Fridays with Erin: Playlist](#)



---

\*You are encouraged to share this information with others who may also be interested. However, if you are forwarding this email, please delete the "unsubscribe" link at the bottom of this page. If you do not remove the "unsubscribe" option and a person who receives your forwarded email clicks "unsubscribe," it would result in **your name** being removed from our distribution list.



Twitter



Facebook



Instagram



Youtube

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

[Unsubscribe cfortin@arcnj.org](mailto:cfortin@arcnj.org)

[Update Profile](#) | [Constant Contact Data  
Notice](#)

Sent by [bynjsap@arcnj.org](mailto:bynjsap@arcnj.org) powered by



Try email marketing for free today!