

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



**THERE'S NO PLACE
LIKE HOME:
ONLINE RESOURCES TO
KEEP YOU ENGAGED**

**STAY HEALTHY AT HOME WEBINAR SERIES
JUNE 9, 2020 FROM 2 - 3 PM**

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



Healthy Lifestyles Project

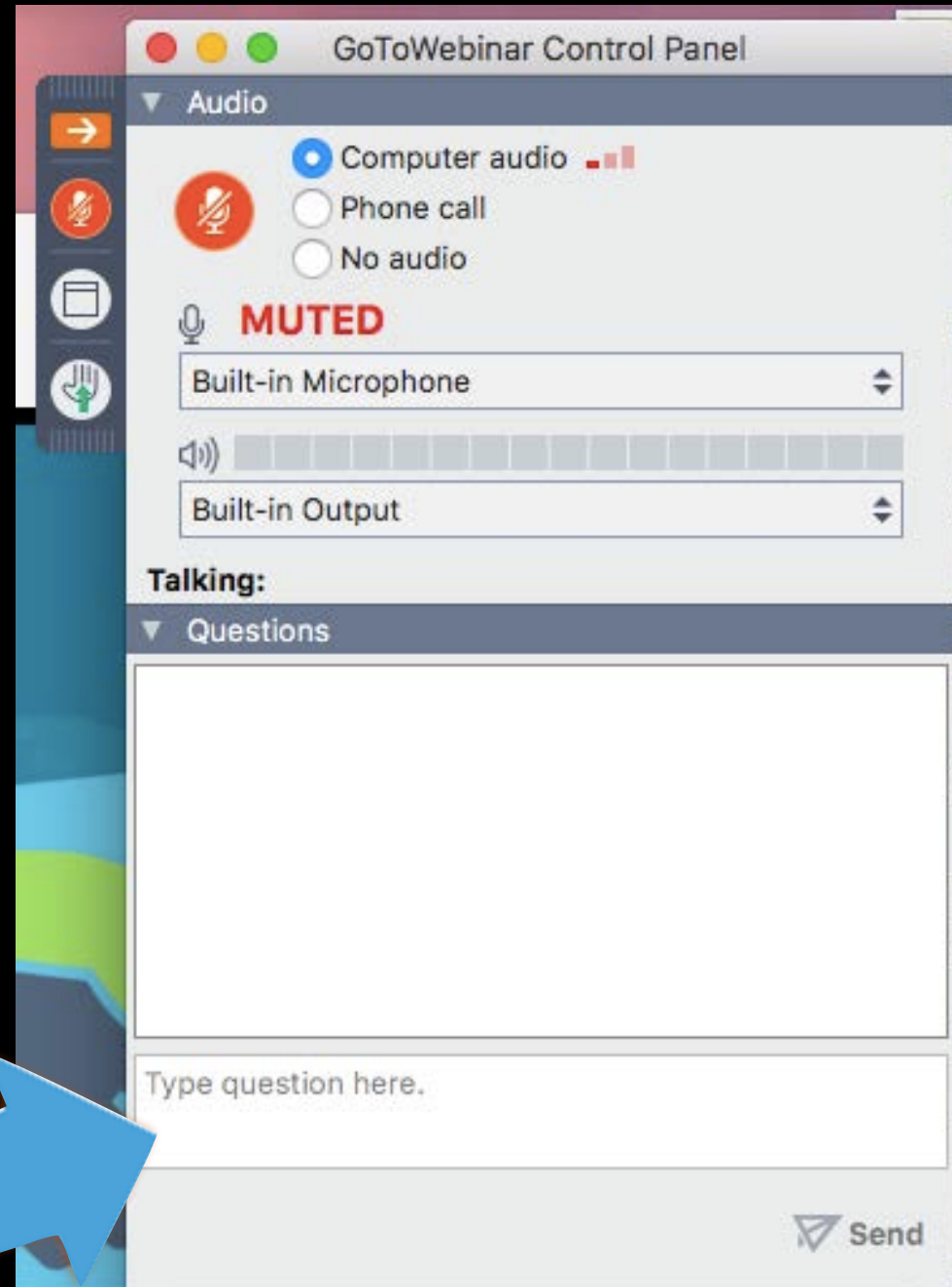
improving health, improving lives

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

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
**QUESTIONS
BOX**



TODAY, WE WILL DISCUSS:

- Fun, creative, educational and innovative **digital resources** for self-advocates, family members, and staff

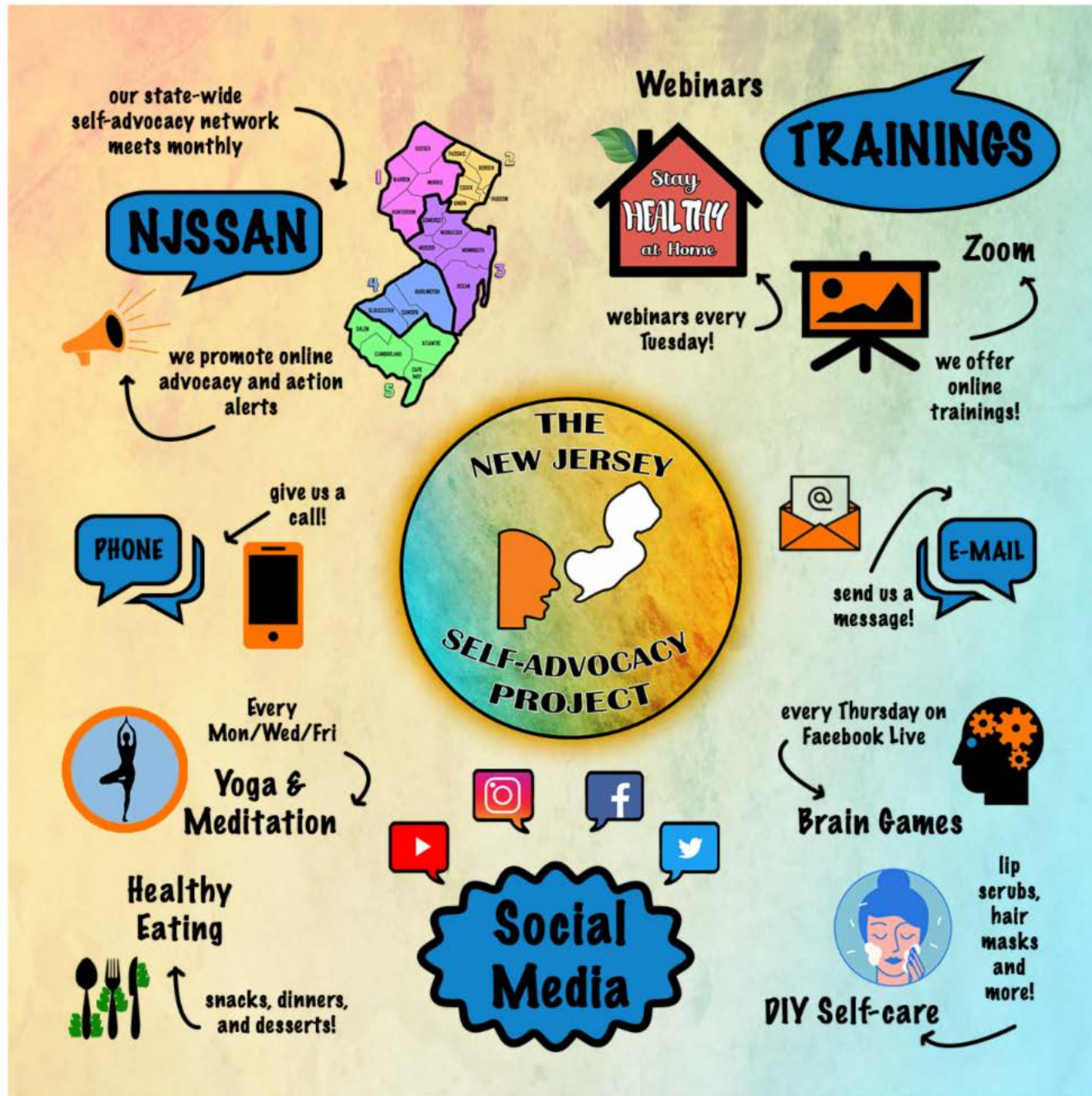


1 MINUTE POLL

Which virtual meeting program do you prefer?

- GoToWebinar/GoToMeeting
- Google Meet & Hangouts
- Zoom
- Skype
- Other

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

New Jersey Self-Advocacy Project



Join the NJSAP Team for LIVE games to test
your knowledge and creativity --
and to HAVE FUN.

You can't be bored when you have board games!

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



ACTION ALERT

For Immediate Action
TIME SENSITIVE

Advocating for children and adults with I/DD and their families

Help Make Sure Congress Knows Why #WeAreEssential

The Arc is fighting every day to make sure the critical needs of people with disabilities, their families, and the direct support professional (DSP) workforce are included in the next coronavirus relief bill - and we need your help!

The U.S. House of Representatives has passed legislation that includes many of our top asks - and now the Senate must act! From home and community-based services to minimize the risk of people with disabilities being forced into institutions, paid leave for all caregivers, personal protective equipment for the vital DSP workforce, and stimulus payments for all - our essential needs must be included!

SHARE MY STORY

Share your story with us and send a personalized message to your Members of Congress by answering 3 short questions!

Thank you for continuing to fight with us and for reminding your legislators that they must recognize the value of the lives of people with disabilities!

<https://p2a.co/czlSFM5?p2asource=email>



Healthy Lifestyles Project

improving health, improving lives



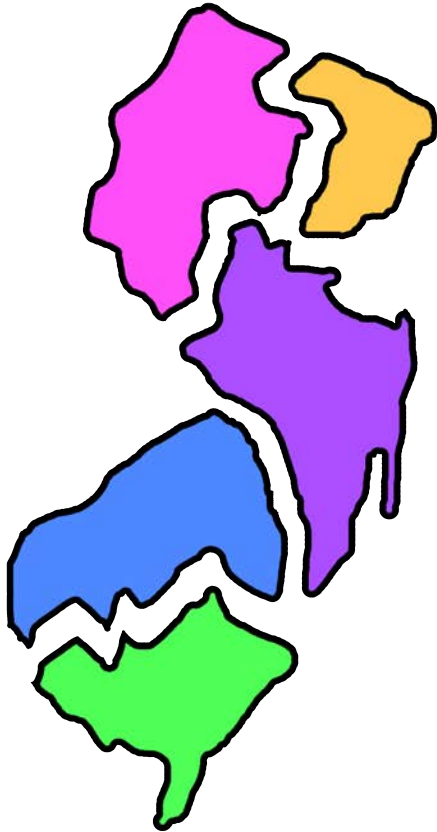
The Horizon Foundation for New Jersey



Healthy Lifestyles Project



New Jersey Statewide Self-Advocacy Network



**ADVISORY
BOARD**

- **NJSSAN** = 5 REGIONAL COUNCILS AND LOCAL SELF-ADVOCACY GROUPS
- **ADVISORY BOARD** = ELECTED LEADERS OF REGIONAL COUNCILS & APPOINTED INDEPENDENT ADVOCATES
- BOARD AND COUNCILS **MEET ONCE MONTHLY**
- MEETINGS HAVE TRANSITIONED TO **ZOOM** AND **RING CENTRAL** PHONE CONFERENCING

COUNCIL I

NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK



New Jersey Self-Advocacy Project



<http://www.njselfadvocacyproject.org>



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



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

1 MINUTE POLL

What type of content do you enjoy the most?

- Advocacy/campaigns, petitions & speaking out
- Arts & crafts/drawing & creating
- Food/cooking & meal prep
- Beauty/make-up & fashion
- Sports/teams & physical activity



PACER'S UPCOMING WORKSHOPS

Appy Hour : Apps to Help Young Adults with Disabilities Learn About and Manage Their Money (Live Stream)

Assistive Technology and Play in the Natural Environment (Live Stream)

Educational Apps for Young Children (Live Stream)

Tech for Teens Club : 3D Printing Online (Live Stream)

Tech for Teens Club : Coding Video Games (Live Stream)



<https://www.pacer.org/workshops/>

The Arc Capital Area Austin, Texas



<https://www.arcaustin.org>



[https://www.instagram.com/
thearcaustin/](https://www.instagram.com/thearcaustin/)



[https://www.facebook.com/
thearcofthecapitalarea/](https://www.facebook.com/thearcofthecapitalarea/)



EXPRESSIVE ARTS:

During expressive arts classes students learn how to care for their body while using it to tell stories and express their emotions through music, theater and dance. They will learn techniques to grow their skills and create performance art.



ARTS EDUCATION:

Students will receive daily lessons on art history and techniques used throughout the arts community. Through a well-rounded curriculum our students learn artistic techniques while engaging with their peers virtually. They will create, discuss and critique artwork as a community.

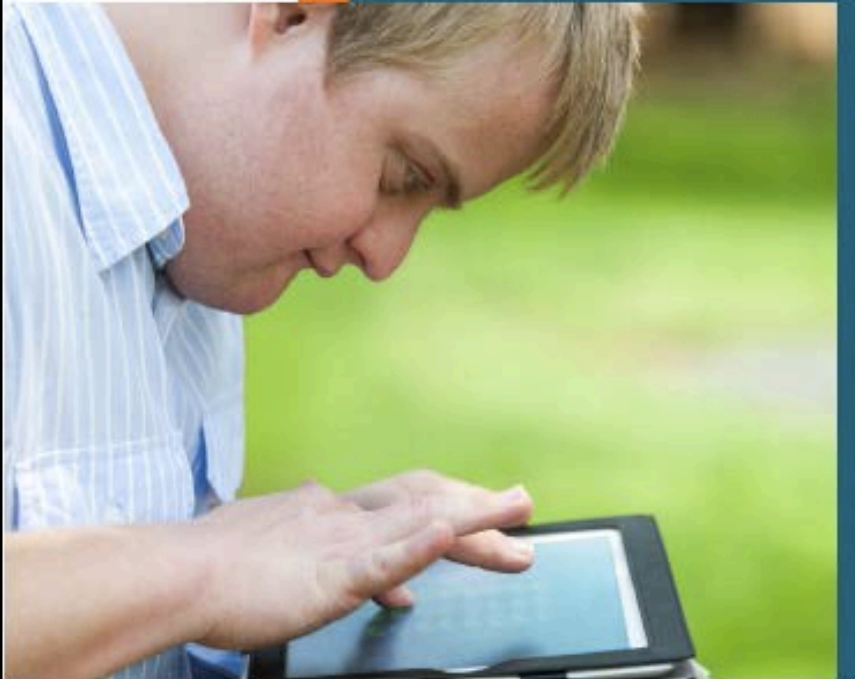


ACTIVE RECREATION:

Students will strengthen their bodies through exercises, healthy recipes and education. Students will learn the fundamentals of



Personal Career Qualities Course



Course Includes :

30 minute virtual class sessions, 30 minute networking group session to practice learned social skills & independent study lessons weekly.

- Problem Solving
- Self-Determination
- Expectations on the Job
- Workplace Literacy
- Weekly Networking Group

Thursdays 2:00-3:00 PM

Register for Virtual Career Education Courses

Financial assistance available through WIOA grant funding; some eligibility requirements apply.

Eligibility Requirements:

Documented intellectual and/or developmental disability

Legally allowed to work in US

The Arc Capital Area Austin, TX

Virtual Education

Virtual Day Education Program

The Virtual Day Education Program is available Monday through Friday from 9:00 am to 2:00 pm. throughout the day you will participate in Arts Education, Expressive Arts Education and Active Recreation. You are able to register for one day a week to five days a week. You will engage in a immersive experience where you will take part in three 30 minute sessions throughout the day and engage in independent lessons through an online classroom. Open Enrollment for new students April 6, 2020. Students can enroll anytime throughout the month.

Registration

Use the form below to complete registration.

Monthly Cost Per Course

1 day a week- \$108.33 per month

2 days a week- \$216.66 per month

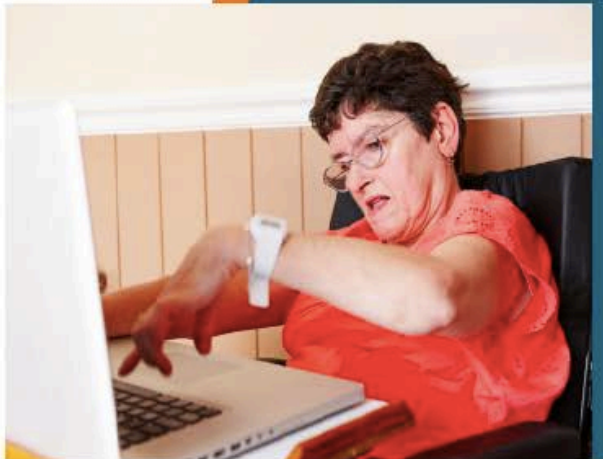
3 days a week- \$325 per month

4 days a week- \$433.33 per month

5 days a week- \$518.75 per month

*Financial assistance may be available

Job Preparation Course



Course Includes:

30 minute virtual class sessions, virtual office hours for individualized support, & independent study lessons weekly.

- Planning Career Goals
- Resume Building
- Job Searching
- Completing Applications
- Interviewing for a Job

Fridays 2:00-3:00 PM

Personal Career Qualities Course

The Arc of the Capital Area's Personal Career Qualities course provides adults with intellectual or developmental disabilities the skills and tools to excel in integrated employment. This course is designed to engage and enhance your soft skills to help you stand out as a candidate and employee. Through this ongoing course you will participate in an online course that covers Problem Solving, Self-Determination, Expectations on the Job and Workplace Literacy.

This course involves one 30 minute virtual group class a week, participation in a Networking group to practice learned social skills, and independent study lessons weekly.

Personal Career Qualities Course

The Arc of the Capital Area's Personal Career Qualities course provides adults with intellectual or developmental disabilities the skills and tools to excel in integrated employment. This course is designed to engage and enhance your soft skills to help you stand out as a candidate and employee. Through this ongoing course you will participate in an online course that covers Problem Solving, Self-Determination, Expectations on the Job and Workplace Literacy.

This course involves one 30 minute virtual group class a week, participation in a Networking group to practice learned social skills, and independent study lessons weekly.

The Arc of San Francisco



<https://www.thearcsfhub.org>
Remote learning website



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



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

CLICK ON A SUBJECT BELOW

COVID-19

ART

WRITING

EXERCISE

COOKING

RECREATION

WELLNESS

TECHNOLOGY

ADVOCACY

WORKFORCE

SPRING SEMESTER ARC CLASSES

TECHNOLOGY

Social Media

GUIDED LESSONS

Social Media

Media Literacy

Digital Etiquette

VIDEOS

Do's and Dont's

Should I post this?

PRINTABLE WORKSHEETS

What is technology?



What is Technology?

Easier

Solve problems

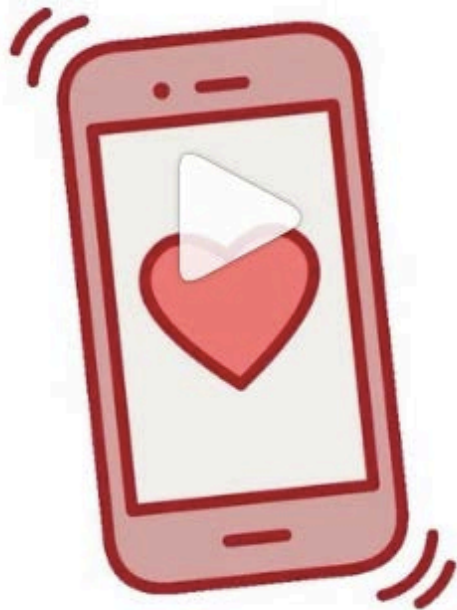
The Arc of San Francisco

<https://www.thearcssf.org/news-events/event-calendar.html>



THE ARC FRIENDSHIP LINE

415-480-1097



MONDAY-FRIDAY

9AM-3PM



thearcssf • Follow
San Francisco, California



thearcssf Introducing The Arc Friendship Line (415-480-1097), a group conference line that lets many people talk on the phone at once! The line is open Monday-Friday during program hours, 9am-3pm, and is monitored by staff of The Arc, so participants will always hear a friendly voice.

When calling please say your name before you speak. ("Hi. This is Betty...") This is a safe space so please be respectful and courteous to everyone on the line. ❤️



DAY HAB GOES

D I G I T A L

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 5/18	9a – 9:30a Stretching, Word of the Day, Weather	9a-9:30a Chair Yoga, Word of the Day, Weather	9a-9:30a Stretching, Word of the Day, Weather	9a-9:15a Meditation, Word of the Day, Weather	9a-9:30a Chair Yoga, Word of the Day, Weather
	9:30a – 10a Coffee and Current Events	9:30a-10a Self-Advocacy Lesson	9a-10a Health and Safety Hour	9:15a-10a Book Club	9:30a-10a Culture Lesson
	10a-10:30a Share your news article!	10a-10:30a Voting Overview	WELCOME ASHLEY RITCHEY, LSW Director of NJ SAP	10a-10:30a Book Quiz	10a-10:30a Culture Quiz
	10:30a-11a Kahoot Current events quiz	10:30a-11a Voter Registration Practice Form	10a-11a Self-Advocacy Lesson	10:30a-11a Share your results!	10:30a-11a What Cultures Do You Want to Review?
PM Session 2p-4p	2p-3p Life Skills Lesson	2p-2:30p Animal Lesson	2p-3p Q & A What topics do you want covered?	2p-2:30p Sign Language	2p-3p Zumbs
	3p-4p Nutrition Lesson	2:30p-3p Quiz on Animals	3p-4p Crafting	2:30p-3:30p The Alphabet	3p-4p Music Hour
	THANKS FOR JOINING!	3:15p-4p Jeopardy!	SEE YOU TOMORROW!	3p-3:30p Sign Language Cont.	THANK YOU FOR A SUCCESSFUL WEEK!
	SEE YOU TOMORROW!	THANKS FOR JOINING!	THANKS FOR JOINING!	3:30p-4p Show your sign!	HAVE A GREAT WEEKEND!

<https://www.scarc.org>



ALLIANCE CENTER
for INDEPENDENCE

A CENTER FOR INDEPENDENT LIVING SERVING
MIDDLESEX, SOMERSET, AND UNION COUNTIES

CORONAVIRUS UPDATES

The ACI office is temporarily closed. It was a difficult decision, but we need to keep our staff safe. We will work remotely and will be offering some of our **programs** via **Zoom**, so keep checking our **Facebook page** and this website for updates. Visit the links below for more information or **contact us** if you need assistance.

**Updates & Resources Facebook Page • Latest Updates • Guide for People with I/DD • Peer Support Group
Disability Concerns in NJ • How to Join a Zoom Meeting • Share Your Quarantine Experiences with Us
Food Pantry Assistance During Pandemic**

ALLIANCE CENTER FOR INDEPENDENCE (ACI)

CREATIVE WRITING ZOOM GROUP



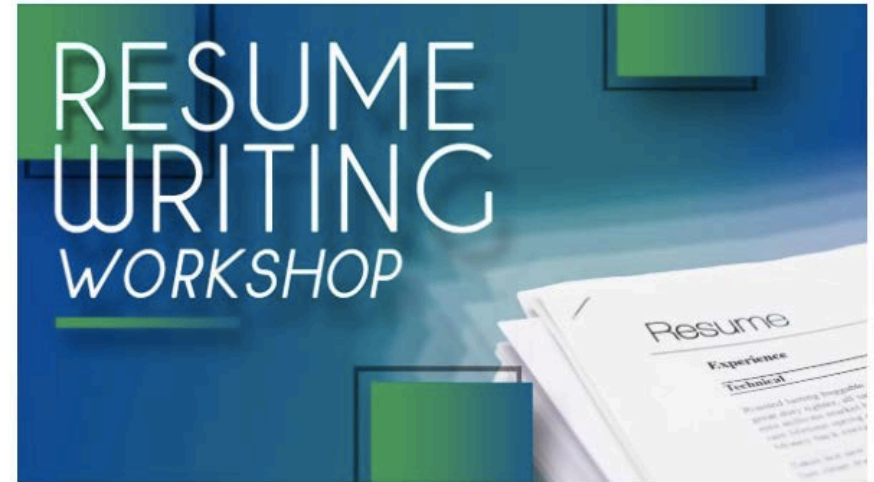
Wednesday, June 10th from 1:00 to 3:00 PM

COST: Free, but **donations** are always welcome!

Back again, but this time on **Zoom!** Reaching out to all writers...do you want to share your poetry, short stories, one-act plays? Come together with your friends from ACI to workshop your writing. Please bring pictures that you have taken or found for a writing exercise that we will be doing during the group.

<https://www.adacil.org>

RESUME WRITING WORKSHOP



Tuesday, June 16th from 11:00 AM to 12:30 PM



Monday through Friday from 9:00 AM and 5:00 PM *(by appointment only)*

A graphic for 'Online Resume Assistance' featuring a blurred background of a person's hands writing on a resume. The text 'ONLINE RESUME ASSISTANCE' is overlaid in large, bold, white letters with black outlines. A small 'RESUME' label is visible on the document in the background.

ONLINE RESUME ASSISTANCE

Monday through Friday from 9:00 AM and 5:00 PM *(by appointment only)*

A graphic for 'Coronavirus Peer Support Group' showing a diverse group of people wearing face masks. The text 'CORONAVIRUS PEER SUPPORT GROUP' is in bold, black and red letters. Below it, a red pill-shaped button contains the text 'EVERY MONDAY & THURSDAY'.

CORONAVIRUS PEER SUPPORT GROUP

EVERY MONDAY & THURSDAY

Mondays and Thursdays at 1:00 PM

A colorful graphic for 'Fun Fridays' with a background of overlapping pink, yellow, and teal geometric shapes and patterns. The text 'FUN FRIDAYS' is written in large, bold, white letters with a black outline and a drop shadow.

FUN FRIDAYS

Fridays from 12:30 to 2:00 PM

A graphic for 'Cooking Wednesdays' with a purple background featuring faint icons of kitchen items like a chef's hat, a whisk, and a bowl. The text 'COOKING WEDNESDAYS' is in large, bold, white letters with a drop shadow.

COOKING WEDNESDAYS

Wednesdays from 1:00 to 2:00 PM

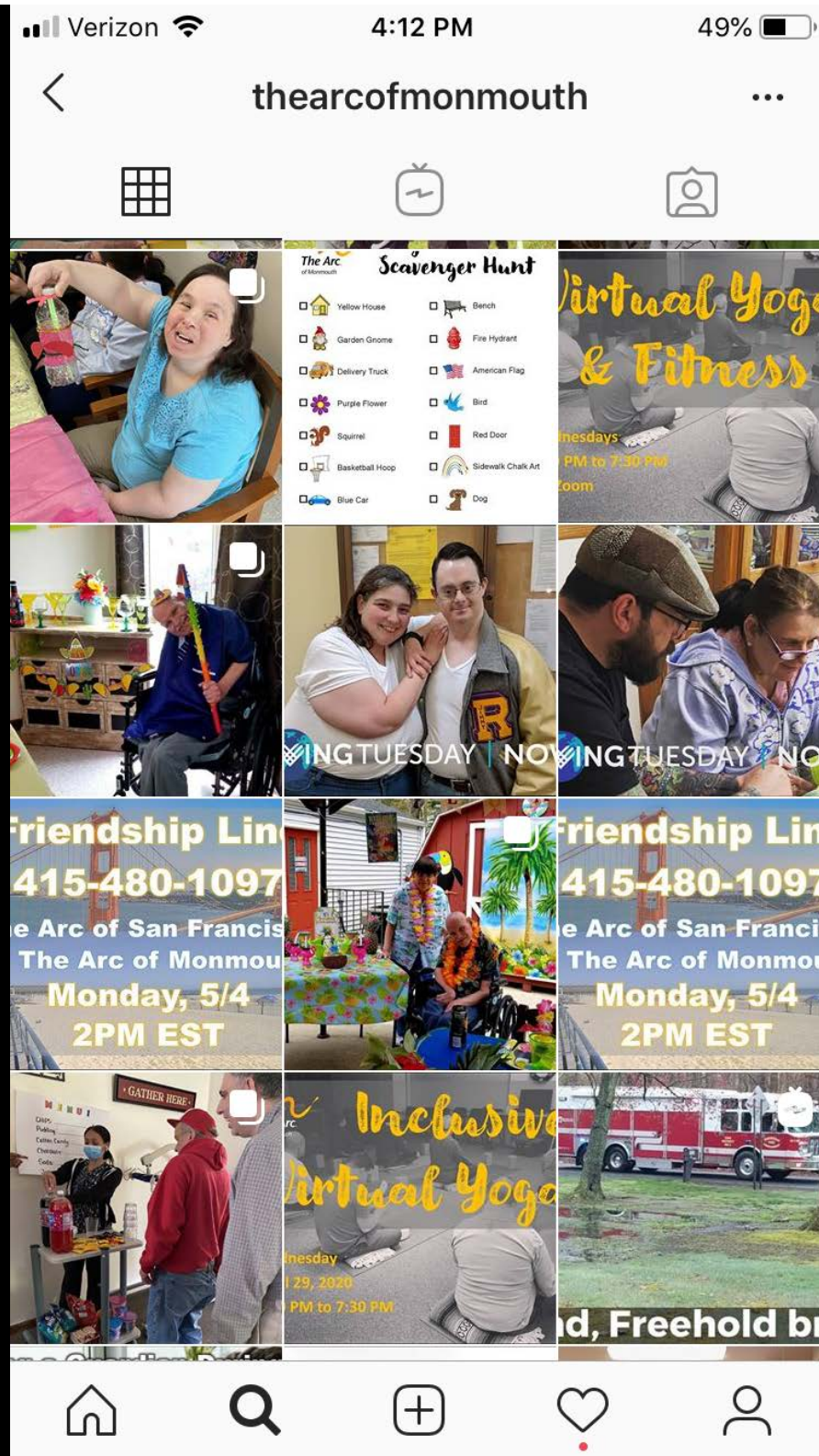
The Arc of Monmouth County



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



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



The Arc of Monmouth County

Virtual Yoga & Fitness

Wednesdays

7:00 PM to 7:30 PM

On Zoom

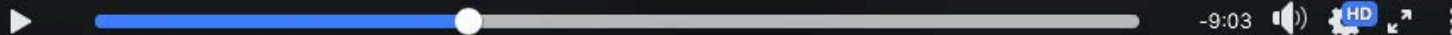


[HTTPS://ARCOFMONMOUTH.ORG/WHAT-WE-DO/RECREATION.HTML](https://arcofmonmouth.org/what-we-do/recreation.html)

MEETING ID: 732 644 9991

PASSWORD: 597159

The Arc of Mercer County



Soca Sessions with Ty



3 Comments

137 Views · about a week ago · 🌐

A little bit of mid-day #MondayMotivation ! Soca Sessions with Ty are a great resource to put some pep in your step and start the week off right!

#soca #fitness #WorkoutFromHome



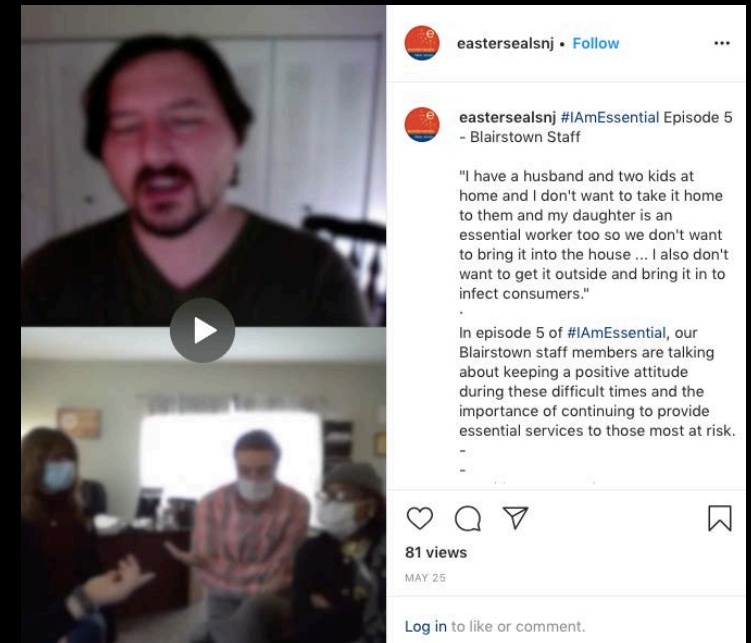
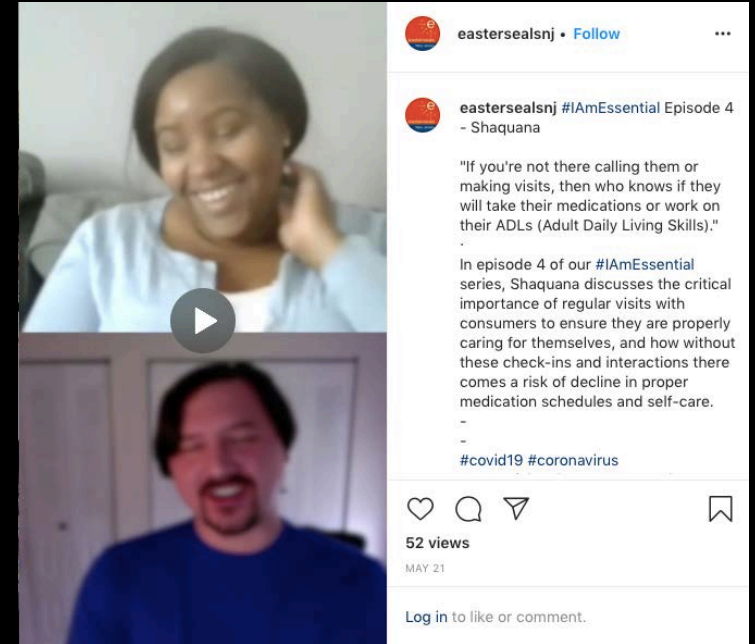
<https://www.facebook.com/thearcmercerc/>

Easterseals NJ

Stay "Mental
Healthy"
During a
Quarantine



[https://www.instagram.com/
eastersealsnj/](https://www.instagram.com/eastersealsnj/)





@eastersealsnj

[Donate Now!](#)

[COVID-19 News: Program Updates & Resources from Easterseals NJ](#)

[7 Tips to Improve Your Mental Health During the COVID-19 Quarantine](#)

[Deaf and Hard of Hearing Coronavirus \(COVID-19\) Resources](#)

[Tell Congress to Support DSPs During COVID-19 Response](#)

[Enrich Your Quarantine Watchlist With Disability Content Worth Watching](#)

[Special Needs Considerations for Coronavirus \(Covid-19\)](#)

Step up for The Arc 5K & Walk event is now...

VIRTUAL

along with our Virtual Dog Walk/Jog!

Grab your shoes or your dog and run, jog, walk, or hike, it doesn't matter. Just get out there and get moving! Beginning

Monday June 1st, 2020

through

Saturday June 20th, 2020



We will be highlighting each and every person who makes an effort to do movement for at least 1/2-1 hour to honor our annual

"Step Up for The Arc" Walk and 5K Event!

Photo Contest are As Follows:

- Best Walk Scenic Route
- Fastest Run Time
- Most Miles Walked
- Best Dog Walking Photo
- Best Hiking Photo
- Best Movement in Place Photo



Registration is **FREE!** You **must** register to participate!
You can also donate what you can, or have friends and family donate to your walk profile page.

Register here by 6/20/2020:

<https://bit.ly/3fnRsit>



The Arc of Somerset County

FREE EVENT

100% VIRTUAL FUNDRAISER

This means you can **participate at any time of the day, anywhere** you like from **JUNE 1st through JUNE 20th** and share with us your race time, walking photos, bike trail photos, Hike photos, or treadmill results.

This is a free event, however, we are accepting donations. All proceeds will directly benefit The Arc of Somerset County's services that support over 1,400 people with intellectual and developmental disabilities and their families. We encourage participants, families, friends, staff, and volunteers to come together to continue The Arc's mission of enabling people with intellectual and developmental disabilities to live full and independent lives.

Price: \$0.00 Race Fee

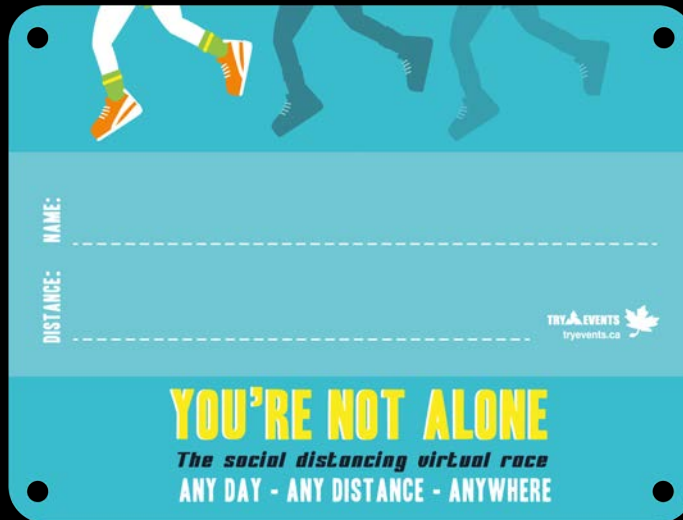
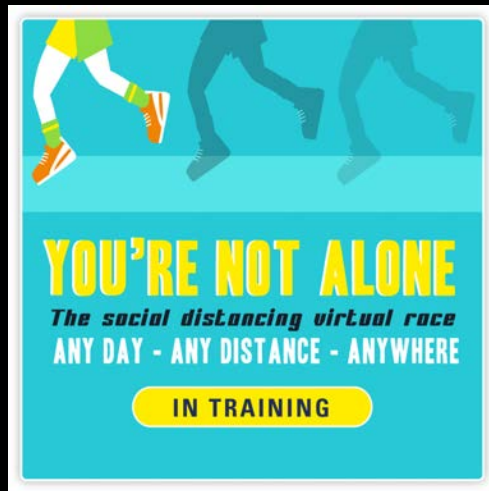
Registration: Registration ends June 20, 2020 at 12:00pm EDT

Register here: <https://bit.ly/3clZQNm>



YOU'RE NOT ALONE

The social distancing virtual race
ANY DAY - ANY DISTANCE - ANYWHERE



<https://raceroster.com/events/2020/30899/youre-not-alone-the-social-distancing-virtual-race>

SPECIAL OLYMPICS NEW JERSEY

Find a Local Program ▾

Volunteer ▾

Donate ▾

Search...



Special Olympics
New Jersey

Home

About ▾

Sports ▾

More Than Sports ▾

Get Involved ▾

Partners ▾

Events

Events

We invite you to attend one (or more!) of our upcoming events as a cheerleader, athlete, supporter or [volunteer](#). Between competitions, fundraisers, health and education opportunities, we keep busy all year long and across New Jersey. Explore upcoming events below and check out our [fundraising events](#) that benefit Special Olympics athletes.

See our Virtual events that you can do from home!

Calendar View



June 9, 2020

Virtual Fitness Class featuring NY Giant's Evan Engram

📍 Online

🕒 6:30 pm – 7:15 pm



June 17, 2020

Virtual Yoga with Tracey

📍 Online

🕒 6:30 pm – 7:15 pm

Filter by Event Type

- Competitions
- Fundraisers
- Health
- Interscholastic Unified
- Law Enforcement Torch Run
- Special Events
- Sports Complex
- Training
- Virtual



Virtual Zoo School

Don't get stir crazy! The Park & Zoo may be closed but we are bringing the ZOO-to-YOU! Welcome to our virtual Zoo School! Join us as we take you on a virtual tour of the zoo! Below you will find all of our videos, Day 1 - Day 37 where we feature a short clip of a different animal and teach you all about it. At the end of every clip we have a challenge for YOU to do right at home. You can show us how you completed your challenges by sharing photos or videos on Facebook, Twitter or Instagram by using #cmczooschool.

Don't forget to follow us on our [Facebook Page](#) for zoo updates!



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

ACTIVITIES AT YOUR OWN PACE:

The Simple Dollar: 103 Things To Do On a *Money Free* weekend (Board games, origami, create a budget, follow a YouTube tutorial, take photos, learn to knit...)

The Science of Well Being on Coursera

Take Yale's most popular course online for *free*

1,000 Things to Do During COVID-19: Online activities for kids, teens, families, and adults

12:00AM
(EDT)

Hip Hop Dance Class

12:00AM
(EDT)

Classical Jazz Dance Class

12:00AM
(EDT)

Ballet for Everyone Dance Class

12:00AM
(EDT)

WheatonArts Family Art Workshops

12:00AM
(EDT)

WheatonArts Family Art Workshops

2:00AM
(EDT)

Microsoft Virtual Workshop for Students - The Smithsonian National Museum of Natural History's "Hall of Fossils" Tour

3:30AM
(EDT)

Crafting a Recycled Forest: Webinar for Kids!

4:00AM
(EDT)

Microsoft Virtual Minecraft Build Challenge - Ship Themed

7:00AM
(EDT)

VIRTUAL EVENT: Doors Open Richmond : Tours of Canada Line Installations

8:00AM
(EDT)

VIRTUAL EVENT: San Diego Zoo Giraffe LIVE CAM

12 Famous Museums Offer Virtual Tours You Can Take on Your Couch



<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

GOOGLE ARTS & CULTURE

☰ Google Arts & Culture

Home

Explore

Nearby

Favorites



EXPLORE

8 Locations That Inspired Masterpieces

Discover where Salvador Dalí, Georgia O'Keeffe, and more made their art



DISCOVER



SCAVENGER HUNT



ART TRANSFER



VIRTUAL TOURS






Questions?

Comments?



NJSAP CONTACT INFORMATION

- ▶ Sign up to speak up! [Click here](#) to join our email list.
- ▶ **Phone & 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/
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

RESOURCES FROM WEBINAR RECORDED ON JUNE 9, 2020

National:

The Arc of the United States: <https://thearc.org>

#WeAreEssential Action Alert/Share Your Story: <https://p2a.co/czlSFM5?p2asource=email>

Green Mountain Self-Advocates (Vermont): <http://www.gmsavt.org>

The Arc Capital Area (Austin, TX): <https://www.arcaustin.org/virtual/>

The Arc of San Francisco: <https://www.thearcsfhub.org>

PACER Center (Minneapolis, MN): <https://www.pacer.org/>

New Jersey:

New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network: <http://www.njselfadvocacyproject.org>

The Arc of New Jersey: <https://www.arcnj.org>

Alliance Center for Independence (ACI): <https://www.adacil.org>

Easterseals New Jersey: <https://linktree/eastersealsnj>

The Arc of Mercer County: <https://arcmercer.org/>

The Arc of Monmouth County: <https://arcofmonmouth.org>

Facebook: <https://www.facebook.com/TheArcofMonmouth/>

Instagram: <https://www.instagram.com/thearcofmonmouth/>

The Arc of Somerset County: <https://www.thearcofsomerset.org>

SCARC (Sussex County): www.SCARC.org

Special Olympics New Jersey: <https://www.sonj.org/events/>

Cape May County Zoo & Park, "Virtual Zoo School: <https://www.capemaycountynj.gov/1400/Virtual-Zoo-School>

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/WEBINARS.HTML](https://www.arcnj.org/programs/njsap/webinars.html)

RESOURCES FROM WEBINAR RECORDED ON JUNE 9, 2020

Digital resources:

CommonSenseMedia.org, "Free Online Events and Activities for Kids at Home": <https://www.commonsensemedia.org/blog/free-online-events-activities-kids-at-home-coronavirus>

Coursera, "The Science of Well Being with Dr. Laurie Santos": <https://www.coursera.org/learn/the-science-of-well-being>

forbes.com, "Ranked: The World's 15 Best Virtual Tours To Take During Coronavirus": <https://www.forbes.com/sites/laurabegleybloom/2020/04/27/ranked-worlds-15-best-virtual-tours-coronavirus/#68b259f06709>

Google Arts & Culture: <https://artsandculture.google.com>

The Simple Dollar, "103 Things to Do on a Money-Free Weekend": <https://www.thesimpledollar.com/save-money/100-things-to-do-during-a-money-free-weekend/>

KidsOutAndAbout.com, "1,000 Things to Do During COVID-19: Online activities for kids, teens, families, and adults": <https://philly.kidsoutandabout.com/content/1000-things-to-do-during-covid-19-online-activities-kids-teens-families-and-adults>

LATimes.com, "A Guide to the Internet": <https://www.latimes.com/projects/guide-to-the-internet/>

Travel+Leisure.com: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

RaceRoster.com, "You're not alone- the social distancing virtual race": <https://racerooster.com/events/2020/30899/youre-not-alone-the-social-distancing-virtual-race>

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