

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM

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# NEW JERSEY SELF-ADVOCACY PROJECT



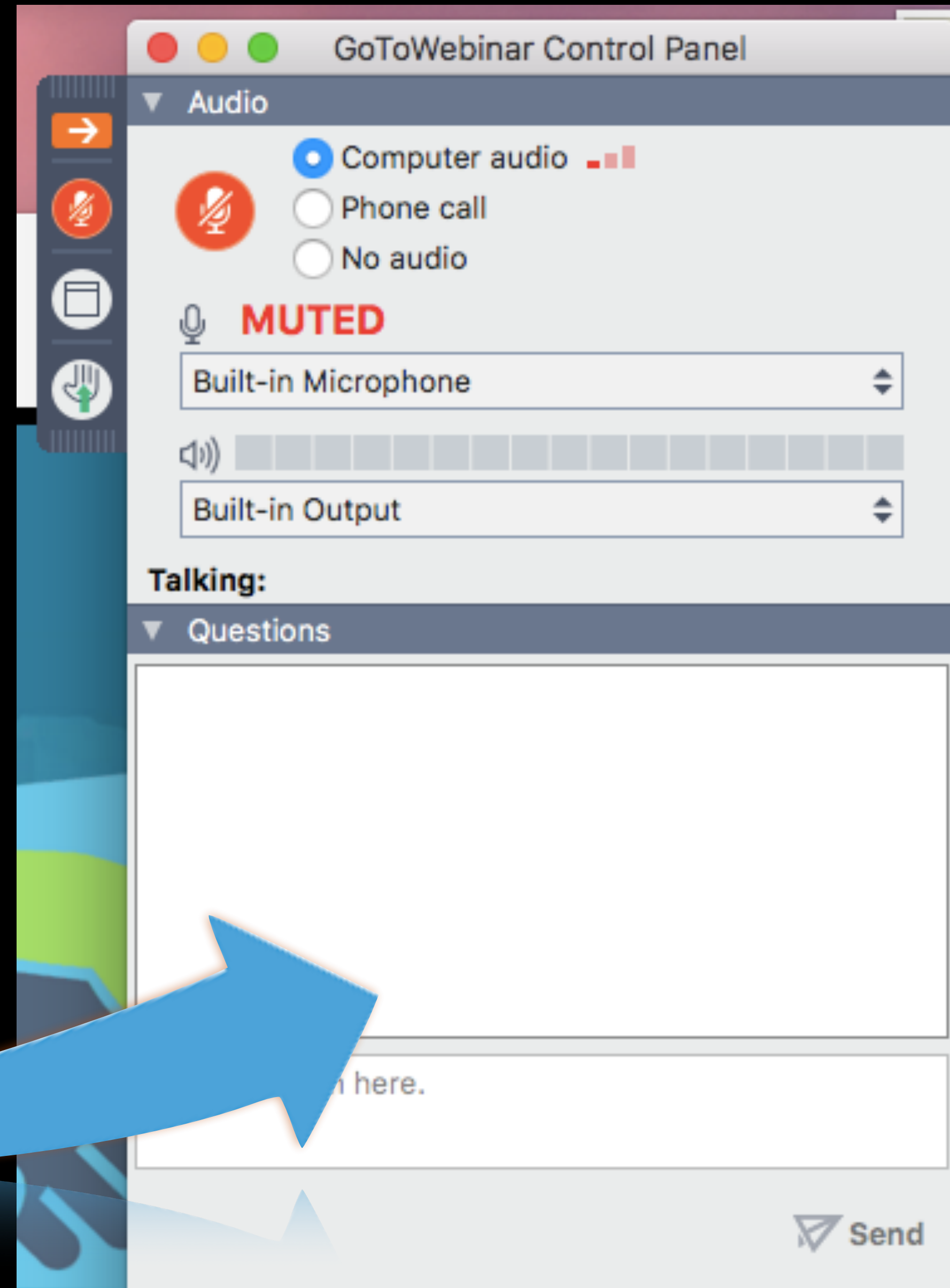
## Healthy Communication & Staying Connected

When Social Distancing

STAY HEALTHY AT HOME WEBINAR SERIES

WEEK 3: APRIL 21, 2020 FROM 2 - 3 PM

TYPE YOUR  
QUESTIONS,  
COMMENTS,  
FEEDBACK  
IN THE  
QUESTIONS  
BOX



# INTRODUCTION

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- ▶ I am the Information/Referral Coordinator 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:

- Healthy **communication** and **boundaries**
- How to **stay active** from your house
- How to **stay connected** with others
- Helpful **Resources**

# What is Healthy Communication?

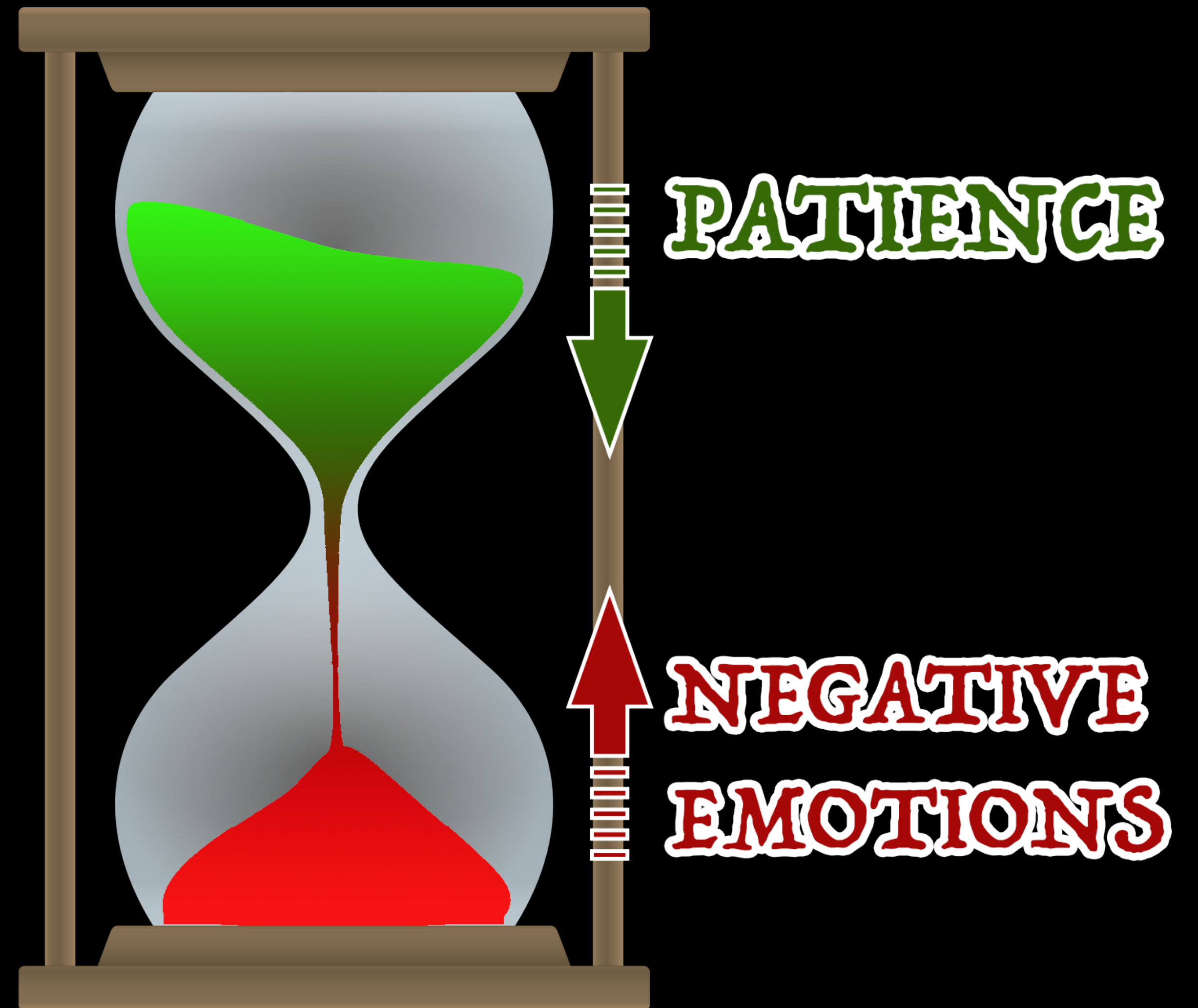
- Listening & understanding
- Being patient
- Talking with respect
- Saying what you mean
- Explaining how you feel



# How to be a Better Listener

- Clear your mind
- Don't interrupt
- Use respectful body language
- Respond appropriately
- Use acknowledging responses
- Ask questions
- Paraphrase back
- Be patient

Let's talk about  
**Patience**





# Patience

- Slow down
- Think before you speak
- Take deep breaths
- Create a timetable
- Count to 10
- Write down what you want to say
- Be considerate
- Take a break

“If you are patient in one moment  
of anger, you will escape a  
hundred days of sorrow”

-Chinese Proverb

# How to Talk Respectfully

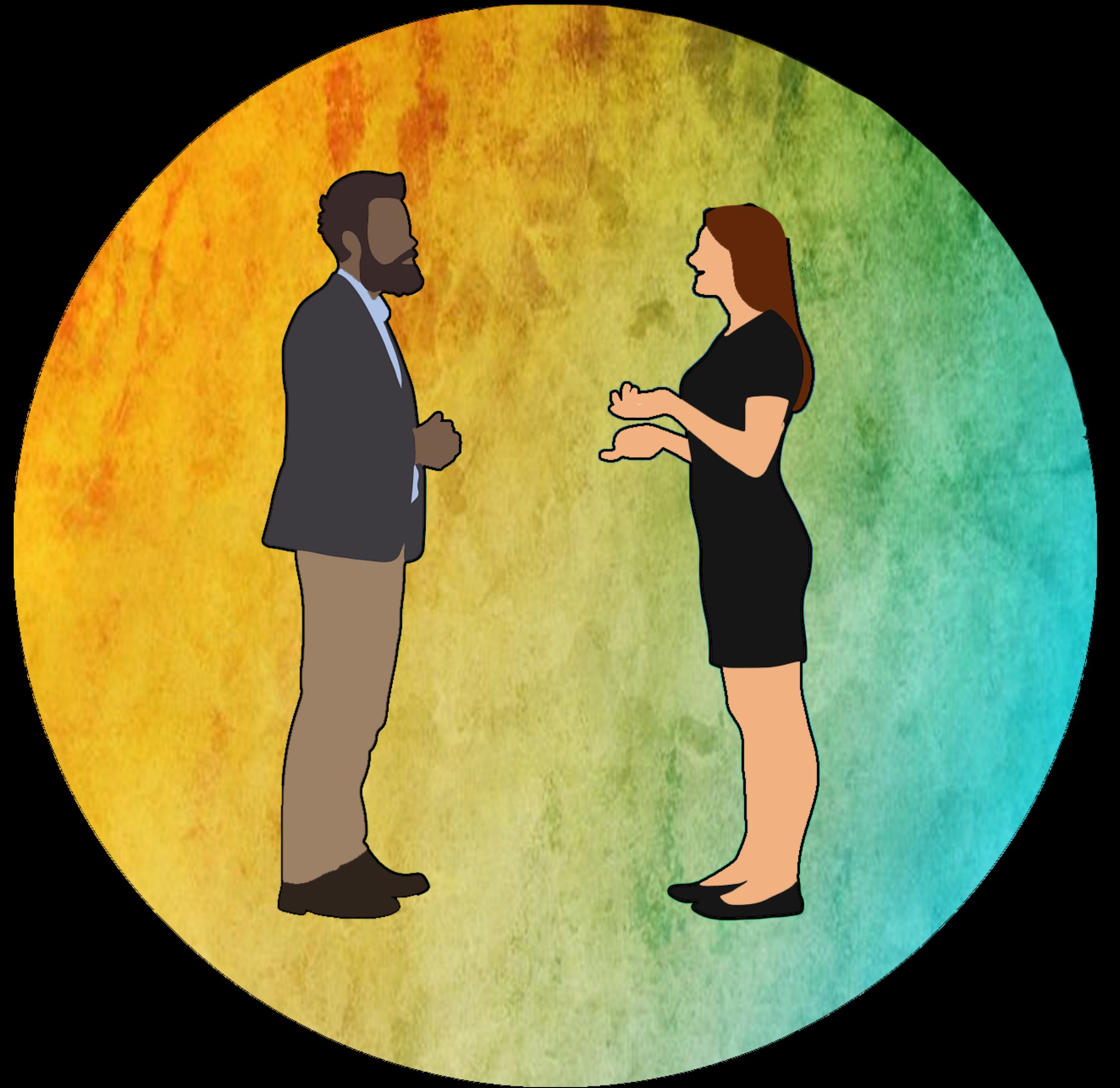
- Use respectful language
- Don't yell or raise your voice
- Be honest
- Be specific
- Try to *resolve* conflicts
- Ask for a summary
- Respond
- Use 'I' Statements

'I' STATEMENTS  
EXPRESS HOW WE  
FEEL INSTEAD OF  
BEING ACCUSATORY

'I' STATEMENTS CAN  
ALSO HELP WHEN  
WE FEEL ANGRY

# Remember:

The object is to  
resolve conflict, or  
express our feelings,  
**NOT** win an  
argument





**DO NOT CROSS**

We should always be respectful of the time and space of the other people we live with

# Proper Boundaries

- Knock if you want to enter a closed room
- It's okay to have alone time
- Maximize your space
- Ask permission
- Boundaries shouldn't change because of our current situation



**Most Important:**

**Let someone  
know if a  
boundary is  
crossed!**



We are home.

Now what?

# 'STAY AT HOME' MEANS **NO GATHERINGS OR PARTIES** BUT YOU CAN LEAVE THE HOUSE TO:

- Pick up food or go grocery shopping
- See your **doctor**
- Pick up **medicine**
- **Exercise** or relax in your yard; take a walk around the block but maintain **social distance**
- Before you venture out, ask yourself if it is **NECESSARY**.  
Staying at home helps to **stop the spread** of the virus and "flatten the curve"

HOWEVER,  
THERE IS STILL A  
LOT YOU CAN DO  
WHILE AT HOME

ADVOCATE!

# RESPOND TO ACTION ALERTS



**ACTION ALERT**

For Immediate Action  
TIME SENSITIVE

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



**Take Action Now!**

**People With Disabilities, Families, and Direct  
Support Professionals:  
Tell Congress #WeAreEssential &  
#FixtheGlitch for SSI**

## ITEM #1:

#WEAREESSENTIAL:  
TELL CONGRESS TO  
INCLUDE THE  
DISABILITY  
COMMUNITY IN  
COVID-19 RELIEF  
BILLS

CLICK **HERE** TO  
TAKE ACTION!

## ITEM #2:

ACT NOW TO  
#FIXTHEGLITCH FOR  
SSI!

CLICK **HERE** TO  
TAKE ACTION!

# Participate in your Local Council Meeting!

## Council 1

Call in number: (267)

930-4000

Access Code: 301

954 706

## Council 2

Call in number: (267)

930-4000

Access Code: 279 589

125

## Council 3

Call in number: (267)

930-4000

Access Code: 279 589

125

## Council 4

Call in number: (267)

930-4000

Access Code: 512 544

558

## Council 5

Call in number: (267)

930-4000

Access Code: 512 544

558

# NJSSAN 2020 Council Calendars

# 2020

January						
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	

February						
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23	24	25	26	27	28	29

March						
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29	30	31				

April						
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26	27	28	29	30		

May						
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24	25	26	27	28	29	30
31						

June						
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28	29	30				

July						
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August						
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30	31					

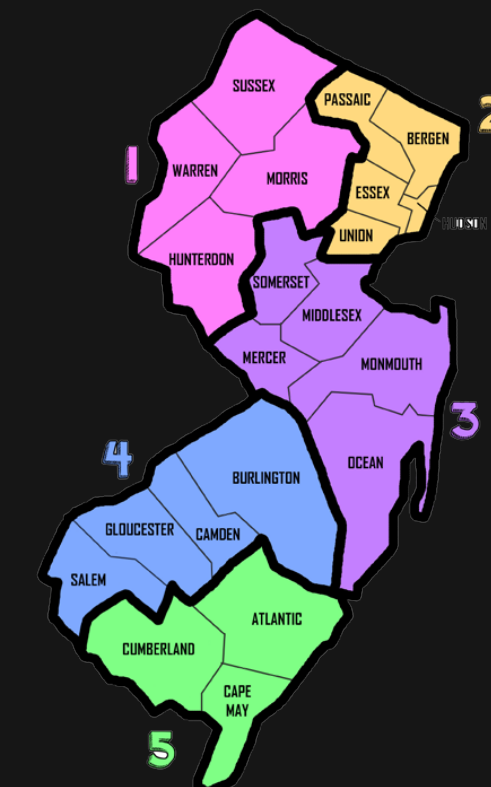
September						
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October						
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25	26	27	28	29	30	31

November						
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29	30					

December						
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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>Council 1 Meeting</b>
651 Willow Grove St., Hackettstown, NJ 07840 (732) 743-8345 ARitchey@ArcNJ.org
<b>Council 2 Meeting</b>
Contact Erin Smithers for location info (732) 246-2525 x 26 ESmithers@ArcNJ.org
<b>Council 3 Meeting</b>
Contact Erin Smithers for location info (732) 246-2525 x 26 ESmithers@ArcNJ.org
<b>Council 4 Meeting</b>
1001 Van Buren Rd., Voorhees, NJ 08043 (732) 246-2525 x 37 KMulvaney@ArcNJ.org
<b>Council 5 Meeting</b>
Contact Kelly Mulvaney for location info (732) 246-2525 x 37 KMulvaney@ArcNJ.org
<b>Advisory Board Meeting</b>
219 Blackhorse Ln., North Brunswick, NJ 08902 (732) 749-8514 NJSAP@ArcNJ.org





STAY

CONNECTED!

Practicing  
social  
distancing  
does not mean  
you can't talk  
to anyone!



*You are*  
**NOT**  
*Alone*



*The*  
**MIGHTY**

<https://themighty.com>



<https://www.adacil.org>

BE

ENTERTAINED!



Youtube Channel:  
SomeGoodNews



<https://www.nbc.com/the-tonight-show>

A lot of artists  
are holding  
'Live Concerts'  
from their home  
on Facebook Live



Ben Gibbard from Death Cab For Cutie

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



# NEW JERSEY SELF- ADVOCACY 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](http://www.HealthyLifestylesProject.org) for more information and resources

# Meditation Mondays



# Training Tuesdays

**\*NEW\* WEEKLY  
WEBINAR SERIES**



***Stay Healthy  
at Home***

**Tuesday,  
April 28, 2020  
2 PM-3 PM  
Healthy Stress  
Management &  
Outdoor Safety Tips**

Presented by Kelly Mulvaney, Training and Technical Assistance Coordinator, this webinar will focus on more ways to manage stress in a healthy way. Even though we're spending more time at home, it is still important to maintain a routine and stick to your health goals! Kelly will discuss outdoor safety tips and share at-home adaptive exercises to maintain your wellness routine during isolation.

# Animal Yoga Wednesdays



# Brain Games Thursdays



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/>

# Super Hero Yoga Fridays



# Healthy Snacking Recipes Friday



newjerseysap



newjerseysap





# Additional Content Throughout



# Playlists on YouTube

**Trainings**

**Videos from Events**

**Yoga and Meditation**

The screenshot shows the YouTube channel page for 'New Jersey Self-Advocacy Project' with 23 subscribers. The 'PLAYLISTS' tab is selected, displaying six created playlists in a grid. Each playlist card includes a thumbnail image, a title, an update date, and a 'VIEW FULL PLAYLIST' link. The number of videos in each playlist is also indicated on the right side of the thumbnail.

Playlist Title	Number of Videos	Update Date
Yoga and Meditation	13	Updated today
Stay Healthy At Home Webinars	2	Updated today
Healthy Snacking	3	Updated yesterday
NJSAP Team STAY AT HOME Dance Party Playlist	23	Updated yesterday
Healthy Lifestyles Project Events	43	Updated 7 days ago
Trainings	12	Updated 7 days ago

**Healthy Snacking Videos**

**Dance Party Playlist**

Everything is available on all of our  
platforms:



<https://twitter.com/njsap>



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

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platforms:

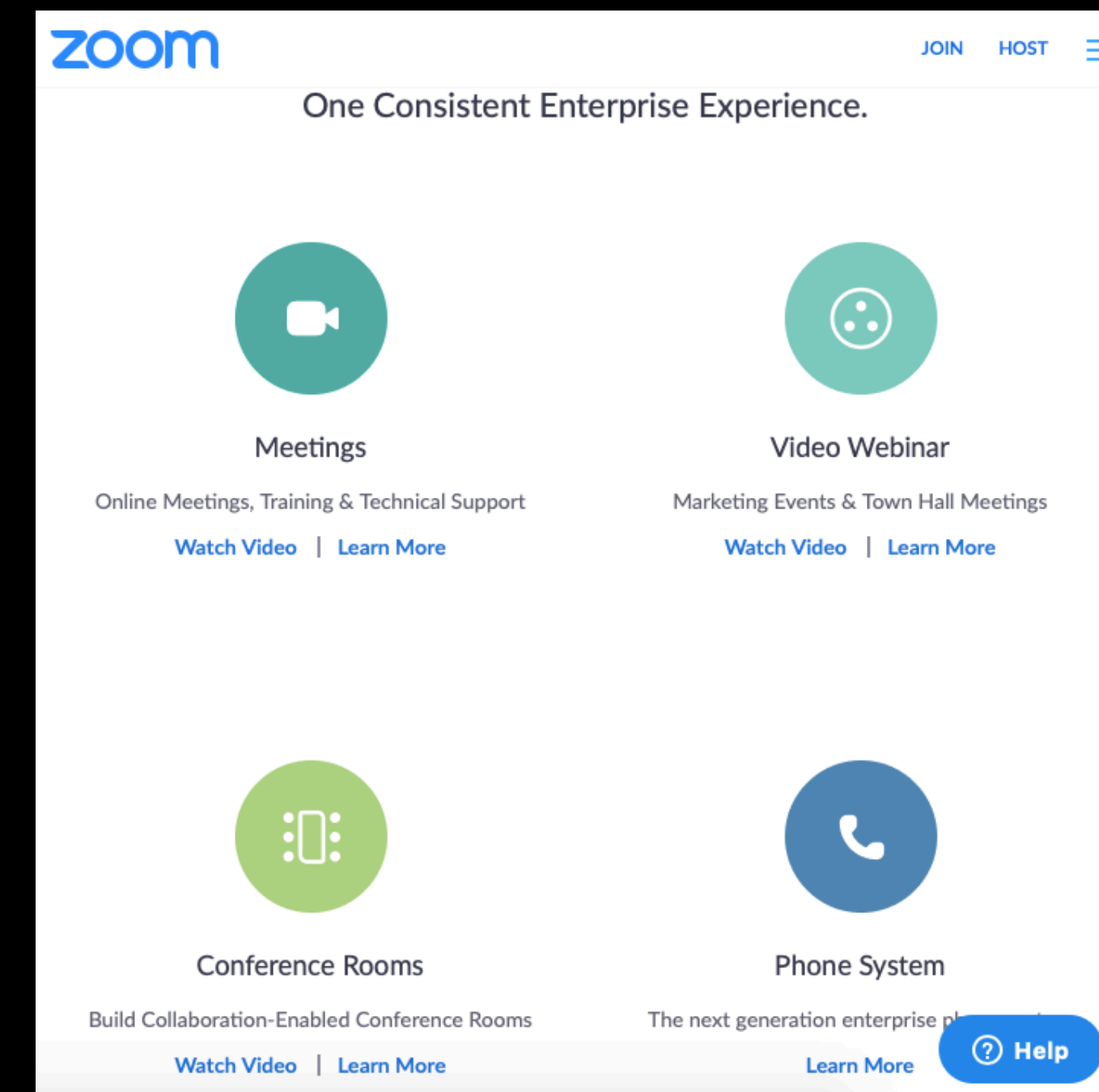
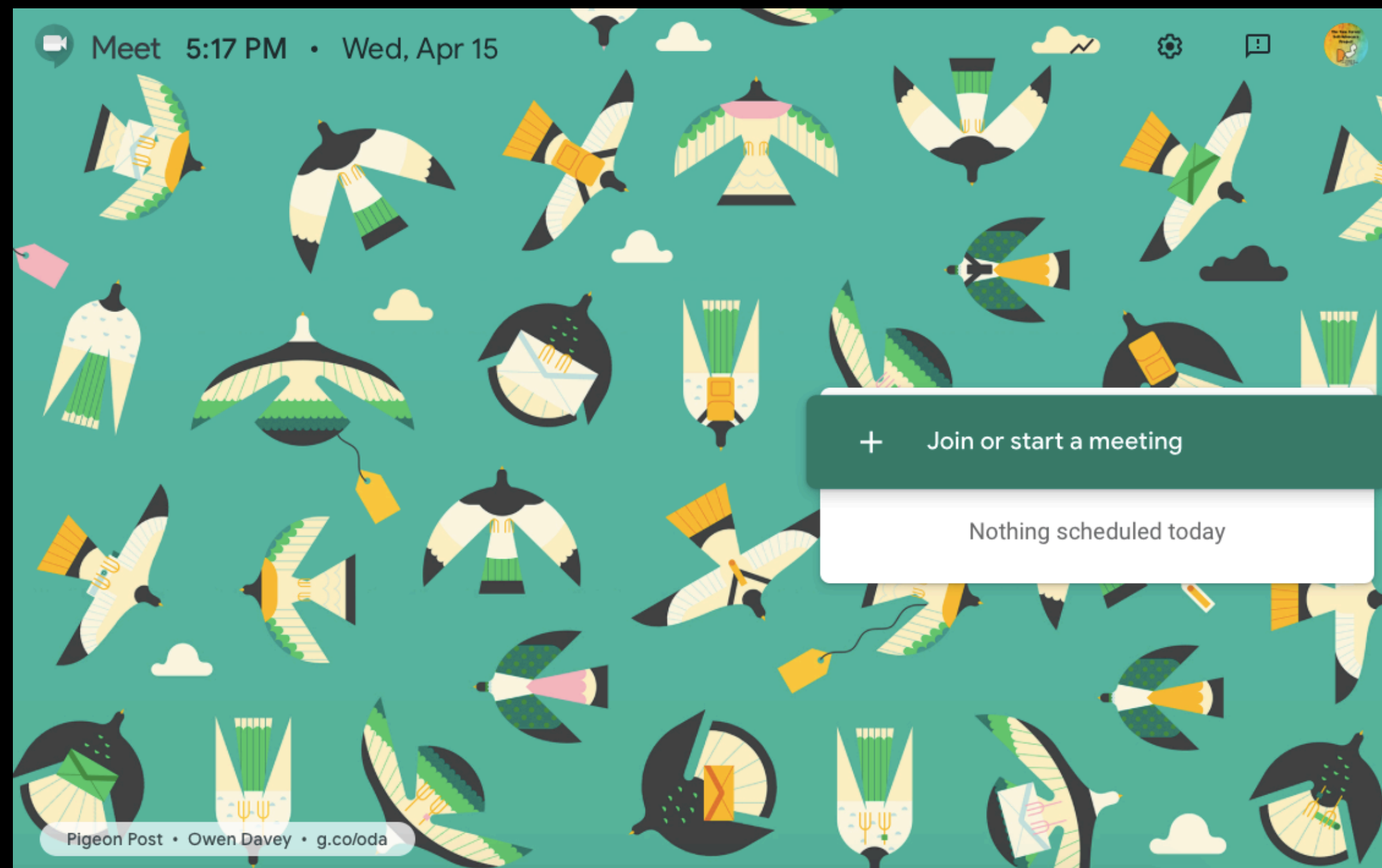


**YouTube**

[www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)

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

# We Are Still Training!



# We Are Still Training!

## 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: [www.twitter.com/NJSAP](http://www.twitter.com/NJSAP)  
Facebook: [www.facebook.com/NewJerseySAP](http://www.facebook.com/NewJerseySAP)  
Web: [www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)**

# 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](http://www.arcnj.org/programs/njsap/videos.html)
- ▶ NJSAP HLP: [www.HealthyLifestylesProject.org](http://www.HealthyLifestylesProject.org)
- ▶ The Mighty: <https://themighty.com>
- ▶ ACI: <https://www.adacil.org>
- ▶ Some Good News Channel: [https://www.youtube.com/channel/UCOe\\_y6KKvS3PdIfb9q9pGug](https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug)
- ▶ Jimmy Fallon's Tonight Show: <https://www.nbc.com/the-tonight-show>
- ▶ Death Cab For Cutie's Facebook Page: <https://www.facebook.com/deathcabforcutie/>
- ▶ Zoom: <https://zoom.us>
- ▶ Google Hangouts: <https://hangouts.google.com>

# QUESTIONS?

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- ▶ Stay in touch: [ESmithers@ArcNJ.org](mailto:ESmithers@ArcNJ.org)
- ▶ **Phone & Fax:** 732-246-2525 x26
- ▶  [twitter.com/NJSAP](https://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)