



# Advocacy Matters

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

## February 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.

Next month is DD Awareness Month! Our theme is "Welcome to Self-Advocacy".

Register now for 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"> <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

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## 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

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.](#)

**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 a 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

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

# DD Awareness Month



Developmental Disabilities Awareness Month is an opportunity to promote respect for people with intellectual and developmental disabilities (IDD) and to educate others about the abilities people with IDD possess.

The theme of this year's event and design contest is "Welcome to Self-Advocacy". Starting March 1st, participants are invited to create a short 3-5 minute video that incorporates the theme of this year's campaign. The videos will be placed across NJSAP's social media platforms (Facebook, YouTube, Twitter, Instagram). Participants are invited to share their video and gather likes.

The top 3 posts with the highest amount of 'likes' by the deadline, March 31st, will be selected as the winners of this campaign. Winners will receive a \$50 gift card courtesy of Blue Light Music Program and will be announced and celebrated publicly at our Spring Luncheon on April 15th, 2023.

Enter the Contest

More Ways to Celebrate

## Register for the Spring Luncheon



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*!

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

Register here

The luncheon also features 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 shirt here



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\***

[Getting and Giving Consent: For People with Disabilities](#)

[Stand By Me: An Overview of Supported Decision Making and Guardianship Alternatives](#)



[IDD and Mental Illness What to Look For and How to Get Help](#)



[Getting Back on Transit: Staying Healthy and Mobile](#)



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!](#)

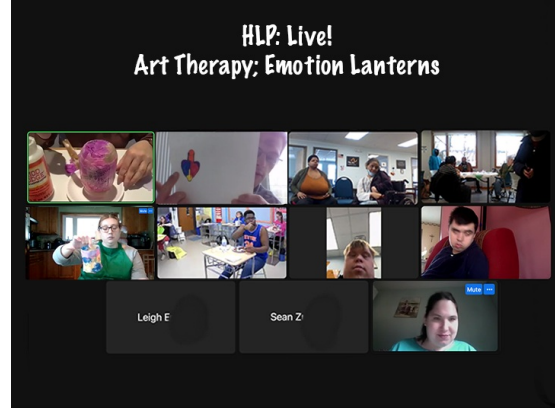
## Healthy Lifestyles Project: LIVE!



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.

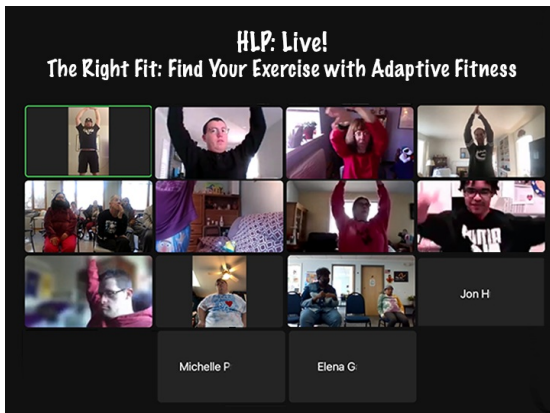


[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

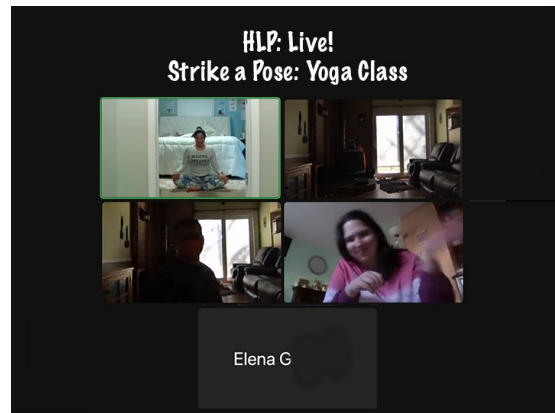


The Art in Therapy

[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)



[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.](#)

Who Wants To Be A Millionaire



Deal or No Deal



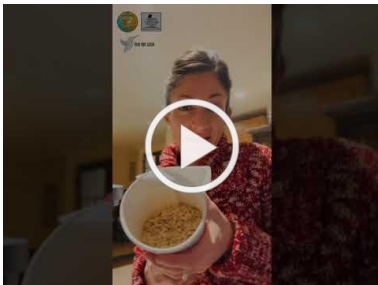
We can also schedule Brain Games with your group! Email [NJSAP@Arcnj.org](mailto:NJSAP@Arcnj.org) if you are interested.

## 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](#)).

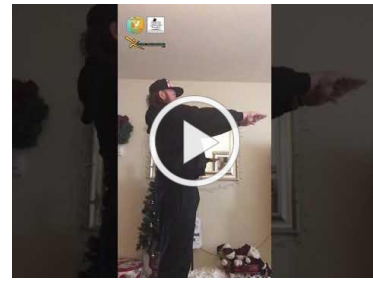
You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every weekday for you to follow along!



[Mondays with Veronica:  
Playlist](#)



[Tuesdays with Joanna:  
Playlist](#)

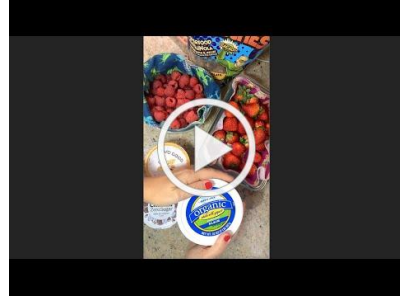


[Wednesdays with Matt:  
Playlist](#)



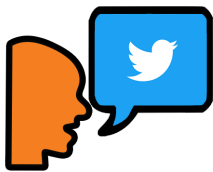


[Thursdays with Malik: Playlist](#)



[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.



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[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

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