



Advocacy Matters

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

June 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"> -Check social media feed for Veronica's new nutrition video 	<ul style="list-style-type: none"> -Watch the new Stay Healthy at Home webinar at 2pm -Watch Joanna's new music therapy video 	<ul style="list-style-type: none"> -Interactive Zoom event for HLP:Live at 11am -Check social media feed for IHT's new workout video 	<ul style="list-style-type: none"> -Play this week's Brain Game on Zoom at 1pm -Watch Malik's new art workshop training video 	<ul style="list-style-type: none"> -Check social media feed for Erin's new recipe video -HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm 
<h3>TO DO LIST:</h3> <ul style="list-style-type: none"> -Sign up for NJSAP's email list -Request a virtual group training -Make a social media post and tag @NJSAP / @newjerseySAP 		<ul style="list-style-type: none"> -Participate in an advocacy campaign or Action Alert 	<h3>REMINDERS + NOTES:</h3> <ul style="list-style-type: none"> -Mark my calendar with all upcoming activities -Reminder: Each NJSSAN Council meets every month -Remember: Self-Advocacy means to SPEAK UP! 	




Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP

Click the image above to download the planner, complete with live links to all of our programming! Email 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

-JANUARY-							-FEBRUARY-							-MARCH-						
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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

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 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

[Partners in Policymaking Website](#)

Jaime Zahid from Partners in Policymaking came out to talk to Council 3

Jaime Zahid, Partners in Policymaking Coordinator, spoke to Council 3 on June 13, 2023 about their program. Partners in Policymaking is a program that works with adults with developmental disabilities to help create change in our state. They are currently in the process of recruiting until July 12, 2023. If you are interested please take a look.

New Jersey Partners in Policymaking

Realizing a Shared Vision for Advocacy in New Jersey through Education, Empowerment, and Leadership Development

2023-2024 Hybrid Program
 Now Accepting Applications!
 Deadline: June 30, 2023

The New Jersey Partners in Policymaking is a leadership development and advocacy education program for adults with developmental disabilities (over age 21) and family members of children and transition age youth available through collaboration between The New Jersey Council on Developmental Disabilities, The Boggs Center on Developmental Disabilities, and Disability Rights New Jersey. The goal of this program is to prepare the next generation of disability advocates to work toward meaningful change in our state. The Boggs Center is committed to building a diverse group of participants that is reflective of the needs, geography, and cultural and ethnic backgrounds of New Jersey.

The 2023-2024 Partners in Policymaking sessions are currently scheduled to take place using a hybrid model which combines in-person and virtual learning. A fully virtual option for those that are immunocompromised or have an immunocompromised family member that prevents in-person participation will be made available.

Through participation in in-person and virtual educational leadership development sessions and completion of online assignments, selected participants learn about best practices and important areas for advocacy from nationally-known experts. Upon completion of the program, participants will have developed the knowledge and skills needed to:

- Advocate for opportunities and supports that promote self-determination, independence, and inclusion in all aspects of community life
- Be members of advisory boards and committees
- Work alongside policymakers and state agencies

[Application](#)

Pam King from Council 4 won the Self-Advocacy Leadership Award

The Arc of New Jersey 2023 Award Celebration was held on June 6, 2023. Council 4 member Pam

[The Arc of NJ Awards Celebration](#)

King was awarded the Self-Advocacy Leadership Award for her amazing advocacy work this past year. Congrats, Pam!



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](#)

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

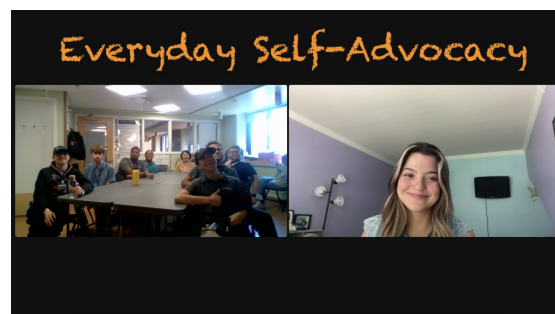
Trainings

Take a look at some of the trainings we've been doing during the month. If you are interested in having a training for you group take a look at our available trainings and send us a request through the form below.

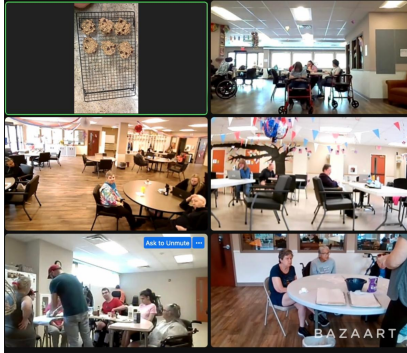
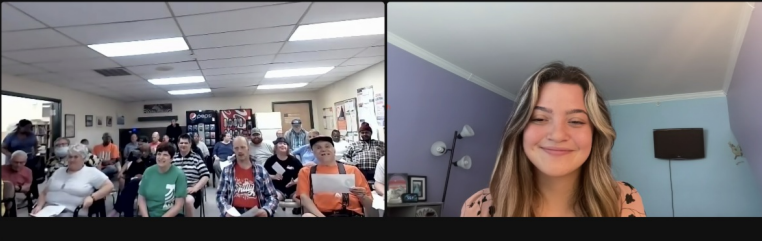
[Training Flyer](#)



[Training Request Form](#)



Team Building



Take a look at the delicious Thumbprint Cookies and Banana Oatmeal Chocolate Chip Cookies 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

Thumbprint Cookies

Prep Time 20 Minutes Cook Time 15 Minutes Total Time 35 Minutes

Ingredients:

- 2 Cups Flour
- 1/2 Cup Granulated Sugar
- 3/4 Cup Butter, Slightly Softened
- 2 Tablespoons Milk
- 1/2 tsp Salt
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon Almond Extract
- 1/3 Cup Raspberry Jam

Cooking Instructions:

- Preheat oven to 350F.
- Line a baking sheet with parchment paper.
- In a medium Bowl whisk flour and salt together to combine well.
- Add in the softened butter until creamy.
- Add in the sugar and mix until incorporated.
- Add in the vanilla and almond extract and mix.
- Gradually add in the flour until just combined, do not over mix.
- Add the milk and combine.
- Scoop the dough and roll into balls onto the baking sheet. Keep them 1.5 inches apart.
- Using a spoon make a slight indent in the middle of the cookie and fill with jam.
- Bake them for 13-15 minutes until they are lightly golden. Cool on the baking sheet for 5-10 minutes. Then transfer to a cooling rack for 10 minutes.
- Enjoy!

Recipe link:

<https://veganhuggs.com/jam-vegan-thumbprint-cookies/>



Supporting the rights of people with intellectual and developmental disabilities
985 Livingston Avenue, North Brunswick, NJ 08902
Phone: 732-743-8345 Fax: (732) 749-8514
E-mail: njselfadvocacyproject.org
www.njselfadvocacyproject.org



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

A program of The Arc of New Jersey since 1983

Oatmeal Banana Chocolate Chip Cookies

Ingredients:

- 2 Very Ripe Bananas
- 1 Cup Quick Oats
- 1 Tablespoon Maple Syrup
- 1/2 teaspoon Vanilla Extract
- 1/2 teaspoon Cinnamon
- 1/4 Cup Chocolate Chips

Instructions:

- Preheat oven to 350F.
- Prepare a baking sheet, with parchment paper on top.
- In a medium bowl, use a fork to mash the bananas with the maple syrup and vanilla, until smooth. There should be no banana chunks left. You can also use an electric mixer for this.
- Add in the cinnamon, chocolate chips, and oats and mix until it is well mixed together.
- Use a tablespoon to scoop out the batter from the bowl and place it on the parchment paper. Use your hands to form cookie shapes. They will stay the shape you make them when you bake them.
- Bake for 12-14 minutes.
- Take out and let cool for 10 minutes on the parchment paper.
- Enjoy!

You can store these in the refrigerator up to 10 days or in the freezer up to 60 days



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Scavenger Hunt

Be on the lookout for our Summer Scavenger Hunt coming up on July 1st to celebrate Disability Pride Month!

Disability Pride Month Summer Scavenger Hunt: July 1st - 31st



Explore our website, answer our scavenger hunt quiz, and be entered to win a prize basket!



Healthy Lifestyles Project

improving health, improving lives

 
The Horizon Foundation for New Jersey


The Arc of New Jersey

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

Join us for our virtual movement club on Tuesday's at 11:00 AM on Zoom. Take a look at the topics that have been discussed at our previous meetings.

[Register For The Next Meeting](#)

Importance of Body Movement

There are so many benefits to exercising
www.NJSelfAdvocacyProject.org Email: NJSAP@ArcNJ.org

1	2	3	 Setting Goals: Be realistic Set a goal that is attainable. Setting an impossible goal can make you feel less confident and will make it less likely you continue with your progress. Set multiple goals. You want to set easily attainable goals and goals that make you work a little harder. This will give you momentum, confidence, and pride in your achievements. Be Prepared Set yourself up for success by making sure you have all of the tools you need to achieve your goals.
4	5	6	

When you exercise it is important to remember to stretch, warm your body up, and drink lots of water!

Benefits of Walking In Nature

There is so many benefits to being outdoors
www.NJSelfAdvocacyProject.org Email: NJSAP@ArcNJ.org

1	2	3	 Get outside: Make plans Think of ways to spend more time outside. Be prepared Bring any items that you might need. Stay safe Remember to stay informed of the area you are in.
4	5	6	

Being outdoors can benefit you mentally, physically, and emotionally.

Finding Trails

How To Find Trails In Your Area

1	2	3	 Reading Maps: Use a Compass This will help you know what direction you are heading. Most phones have a compass installed already. Be Prepared If you are using a map on your phone make sure it is downloaded in case you don't have service. Know your route ahead of time. Use Landmarks along the way to make sure you are on the right path. Use the Correct Map Make sure the map you have is the most current and updated map.
4	5	6	

Hiking can be a great way to exercise and get out in nature but make sure you are being respectful to the environment and to your body!

The Conqueror

Virtual Fitness Challenges

1	2	3	 The Conqueror: Track Your Progress Using the website, app, or a smart watch/device Conquer Your Fitness Goals Choose a challenge, get your exercise miles in, and achieve your goals. Get Rewarded Display your beautiful medals for a job well done! We'll also check in with you each week to see how everything is going and talk about our different challenges.
4	5	6	

<https://www.theconqueror.events>
<https://www.theconqueror.events/get-the-app/>

Hidden Gems

Join our HLP: Live sessions every Wednesday at 11 AM and Friday at 1 PM. We are now selecting two random sessions a month in which we will have a special surprise to promote our Healthy Lifestyles Project (HLP) program.

[Register For Upcoming Events](#)



Live, interactive events to promote healthy living for adults and students with intellectual and developmental disabilities.
--Every Wednesday at 11 AM and Friday at 1 PM --



We are now introducing special "Hidden Gem" sessions of Healthy Lifestyles Project: LIVE! These sessions are selected randomly twice a month to help promote our Healthy Lifestyles Project (HLP) programming.

Anyone who attends and actively participates in these events will be eligible to receive a special gift from The New Jersey Self-Advocacy Project and The Horizon Foundation!
The only way to win is to register and attend!

www.healthylifestylesproject.org

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!

[Trying to Challenge Myself](#)



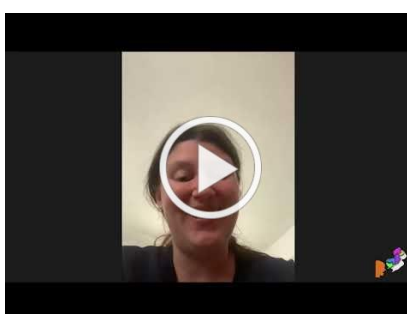
[I Don't Like Being Pushed Aside](#)



[Don't Talk to Me Like I'm a Child](#)



[Julia: We're Not Going Anywhere](#)



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

[Mystic Aquarium Seals and Sea Lions](#)



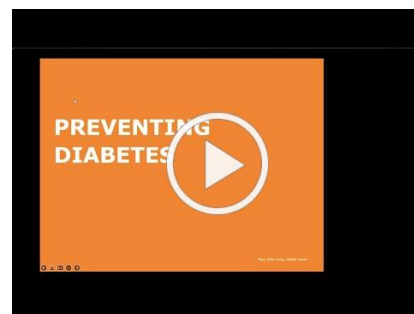
[How to Practice CPR: Providing Services with Courtesy, Professionalism and Respect](#)



[Accept the Unexpected: Julia and Ray Speak About Autism Acceptance](#)



[Preventing Diabetes](#)



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!



HLP:Live!
The Right Fit: Find Your Exercise with Adaptive Fitness

Michelle P



HLP:Live!
Food For Thought: Homemade Hummus

Michelle P
Holly O
Kirstie C



HLP:Live!
Road to Relaxation: A Guided Meditation

Amruta M
Kathleen K



HLP:Live!
Art Workshop: Yarn Art



HLP:Live!
Music Together with Blue Light



HLP:Live!
Zumba: Dance-based Fitness

Diane W



[Listen to the song here!](#)

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.

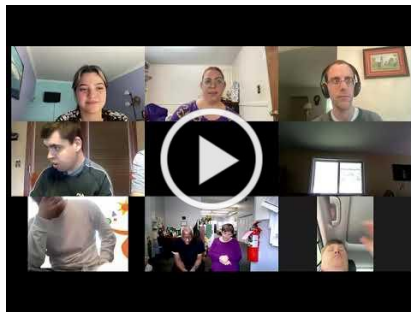
[Register now for next month's events!](#)

HLP: Brain Games

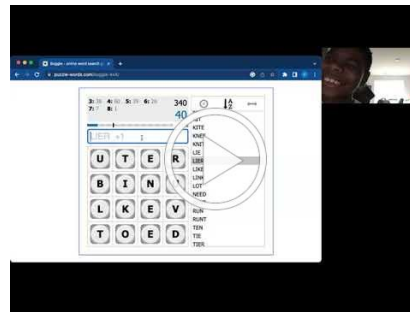
Get your thinking caps on! The NJSAP team presents games to play on Zoom!

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.](#)

[Taboo](#)



[Boggle](#)



We can also schedule Brain Games with your group! Email 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!

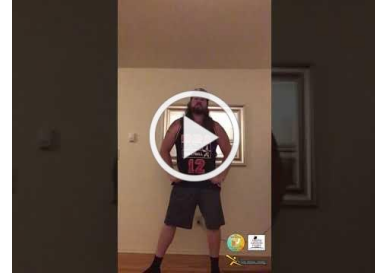
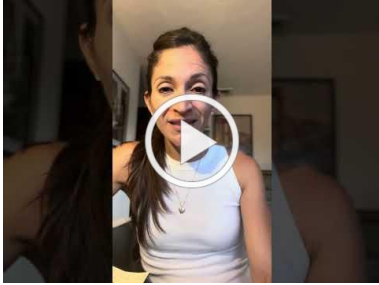
- On Mondays, we post health and nutrition videos from Veronica Ramirez ([Vero Pure Green](#))
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio ([In-Home Personal Training](#))
- On Thursdays, we post art-making videos by [Malik Whitaker.](#)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

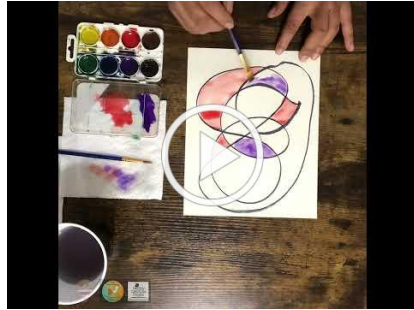
[Tuesdays with Joanna:
Playlist](#)

[Wednesdays with Matt:
Playlist](#)

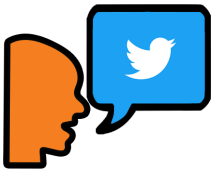


[Thursdays with Malik: Playlist](#)

[Fridays with Erin: Playlist](#)



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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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