

# Advocacy Matters

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

## November 2017

November was a busy month that included all kinds of advocacy activities.

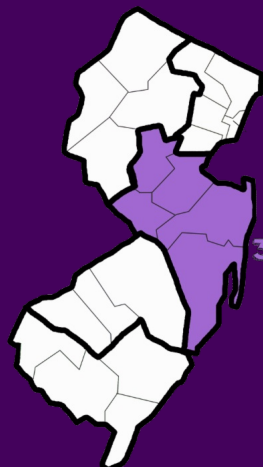
In the wake of the recent natural disasters across the country, November was a month of giving. **Council 3 and The Arc of Monmouth** both took action and **donated to help those in need**.

November is also election time! The **New Jersey Institute for Disabilities** held **elections** in their self-advocacy group for the first time. Many advocates went and exercised their right to vote during the Gubernatorial Election, including those supported by The Arc of Union.

Our **HLP events continue!** This month included a variety of health-conscious events, including: a training on staying healthy in the winter, a trail walk, and sports and games.

Let's take a closer look!

## Council 3: Friday's Fundraiser



Last month **Council 3** held a fundraiser at TGI Friday's in Freehold, raising **\$106.63**.

The council then voted to generously donate half the money from that fundraiser (\$53.32) to The American Red Cross for hurricane relief.

## The Arc of Monmouth: Hurricane Relief



When **Superstorm Sandy** devastated the Jersey Shore in 2012, the floodwaters wreaked havoc on **The Arc of Monmouth's Work Opportunity Center**. With the help of countless donors, volunteers, and community partners, they were **able to rebuild**.

Now, five years later, the **Self-Advocacy Group at The Arc of Monmouth** wanted to thank those volunteers by **Paying It Forward**. With the help of non-profit "**Providing Hope**" (Rumson, NJ), this group raised **\$1,000 to aid our sister chapters** and to remind The Arc of Greater Houston and The Arc of Nature Coast, Florida that they are not alone!

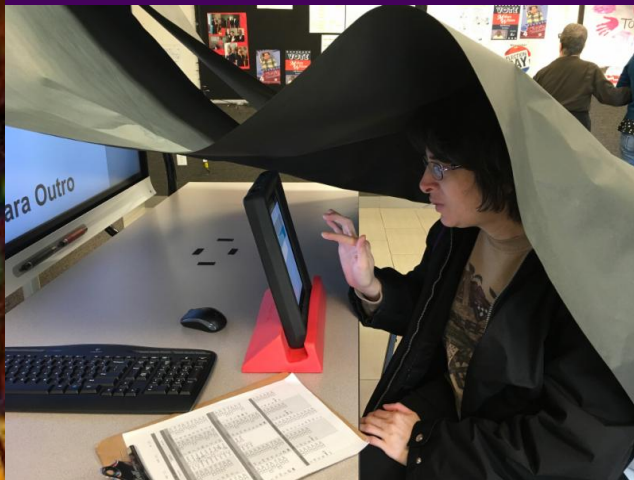
## NJID: Self-Advocacy Elections





The New Jersey Institute for Disabilities self-advocacy group held their very **first elections** this month!

Milton and Kevin were the two candidates running for President.



The group cast their votes for their choice in a private ballot.





Milton won by a vote of 42 to 29, making Milton the group's President and Janine the Vice President.

**Congratulations Milton and Janine!**

## Your Vote Matters!



The **Gubernatorial Elections** were held on November 7th . In New Jersey, the candidates for Governor were Republican Kim Guadagno and Democrat Phil Murphy, with **Murphy winning the election.**

Take a look at advocates from **The Arc of Union** excitedly make their way to the voting booth on the day of the election.





# Healthy Lifestyles Project

*improving health, improving lives*



*The Horizon Foundation for 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.**

## **HLP: Stay Germ Free**





Advocates from **Abilities Northwest** learned about controlling germs and **staying healthy over the winter** as part of a Healthy Lifestyles Project training.

## HLP: Trail Walk and Trail Mix

Advocates in Central Jersey traveled to **Duke Island Park** for a lesson on how to make **trail mix followed by a trail walk**. They were provided with cozy hats to stay warm in the chilly weather. They made sure to stretch and stay hydrated as well, and of course pose for a picture to remember the event.









## HLP: Big League Dreams





Advocates in South Jersey went to **Big League Dreams** in Medford for a day of fun **sports and physical activities** for one of our HLP events. The facilities included batting cages and scaled down replicas of real baseball and soccer fields so that players really feel like they've made it to the major league.

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For more photos from our events and information about upcoming events, check out our Facebook and Twitter!

