



# Advocacy Matters

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

## July 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"> <li>-Check social media feed for Veronica's new nutrition video</li> <li></li> <li></li> </ul>	<ul style="list-style-type: none"> <li>-Watch the new Stay Healthy at Home webinar at 2pm</li> <li></li> <li>-Watch Joanna's new music therapy video</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>-Interactive Zoom event for HLP:Live at 11am</li> <li></li> <li>-Check social media feed for IHT's new workout video</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>-Play this week's Brain Game on Zoom at 1pm</li> <li>-Watch Malik's new art workshop training video</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>-Check social media feed for Erin's new recipe video</li> <li></li> <li>-HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm</li> <li></li> </ul>


### TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post and tag @NJSAP / @newjerseySAP

### REMINDERS + NOTES:

- Participate in an advocacy campaign or Action Alert
- 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.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.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](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

<b>-JANUARY-</b>	<b>-FEBRUARY-</b>	<b>-MARCH-</b>
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<b>-JULY-</b>	<b>-AUGUST-</b>	<b>-SEPTEMBER-</b>
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<b>-OCTOBER-</b>	<b>-NOVEMBER-</b>	<b>-DECEMBER-</b>
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## NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK

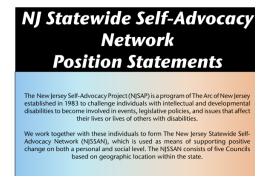
<b>COUNCIL 1</b> 3rd Thursday of each month*, 5:30-6:45pm Hunterdon, Morris, Sussex & Warren Advisor: Frankie Bayak Fbayak@ArcNJ.org/732-749-8514
<b>COUNCIL 2</b> 4th Thursday of each month*, 4-5:30pm Bergen, Essex, Hudson, Passaic, and Union Advisor: Erin Smithers ESmithers@ArcNJ.org/732-246-2525, ext. 26
<b>COUNCIL 3</b> 2nd Tuesday of each month*, 5:30-7pm Mercer, Middlesex, Monmouth, Ocean & Somerset Advisor: Erin Smithers ESmithers@ArcNJ.org/732-246-2525, ext. 26
<b>COUNCILS 4 &amp; 5</b> 3rd Wednesday of each month*, 3-4pm Burlington, Camden, Gloucester, Salem Atlantic, Cape May, & Cumberland Counties Contact Erin or Frankie as seen above
<b>NJSSAN ADVISORY BOARD</b> 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.](#)



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

FOR MORE INFO: NJSSAN POSITION STATEMENTS  
www.njselfadvocacyproject.org 732-749-8514

# ADA Awareness Month

This month we celebrate the anniversary of the The ADA, also known as The American With Disabilities Act, which was signed on July 26, 1990. This is a civil rights law that prohibits any discrimination against people with disabilities in any public or private areas that are open to the public.

## Resources Available

[ADA Factsheets](#)



## The Americans with Disabilities Act

The Americans with Disabilities Act, or the ADA, is a federal law that was enacted by the U.S. Congress in 1990. It was signed into law on July 26, 1990 and later amended with changes effective January 1, 2009. The ADA is a wide-ranging civil rights law that prohibits discrimination based on having a disability. It affords similar protections against discrimination to Americans with disabilities as the Civil Rights Act of 1964 which made discrimination based on race, religion, sex, national origin, and other characteristics illegal. Disability is defined by the ADA as a physical or mental impairment that substantially limits a major life activity. Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. The determination of whether any particular condition is considered a disability is made on a case by case basis. The ADA was created as a civil rights law protection for people with disabilities that would be permanent, would not be able to be reversed or weakened, and would prohibit all discrimination. It was also intended so that Americans with disabilities would be kept in the mainstream in terms of public policy changes, healthcare law and policy changes, and civil rights protections and public law changes for Americans with physical, mental and cognitive disabilities. It was intended to be a flexible set of laws that could only be strengthened, not weakened, by future case law.

### Title I: Employment

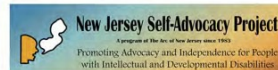


The ADA states that a covered entity shall not discriminate against a qualified individual with a disability. Discrimination may include, among other things, limiting or classifying a job applicant or employee in an adverse way, denying employment opportunities to people who truly qualify, or not making reasonable accommodations to the known physical or mental limitations of disabled employees, not advancing employees with disabilities in the business, and/or not providing needed accommodations in training materials or policies, and the provision of qualified readers or interpreters.

### Title II: Public Entities & Transportation



Title II prohibits disability discrimination by all public entities at the local (i.e. school district, municipal, city, county) and state level. These regulations cover access to all programs and services offered by the entity. Title II applies to public transportation provided by public entities through regulations by the U.S. Dept. of Transportation, which includes the National Railroad Passenger Corp., along with all other commuter authorities. This section requires the provision of paratransit services by public entities that provide fixed route services. Title II also applies to all state and local public housing, housing assistance, and housing referrals. The Office of Fair Housing and Equal Opportunity is charged with enforcing this provision.



NJSAP@ArcNJ.org / 732-749-8514

www.NJSelfAdvocacyProject.com

## ADA Bingo Card

### THE AMERICANS WITH DISABILITIES ACT (ADA)

## ADA AWARENESS MONTH BINGO

READ AND SHARE NJSAP'S ADA FACTSHEET WITH 3 PEOPLE	REACH OUT TO YOUR LEGISLATORS ABOUT A DISABILITY SPECIFIC ISSUE	SIGN NJSSAN & NJSAP'S DIGITAL R-WORD PLEDGE
WATCH AND SHARE NJSAP'S ADA WEBINAR	HOLD A LOCAL ADA AWARENESS EVENT ONLINE OR NEAR YOU	SIGN UP FOR THE NORTHEAST ADA.ORG MAILING LIST
SHARE YOUR ADA RELATED STORY AND TAG @NJSAP	JOIN US FOR ADA TRIVIA DURING BRAIN GAMES	SIGN UP FOR ACTION ALERTS ON YOUR PHONE BY TEXTING "THEARCNJ" TO 52886

SHARE SPEAK OUT SIGN UP

WWW.NJSelfADVOCACYPROJECT.ORG  
NJSAP@ARC.NJ.ORG / 732.749.8514

FACEBOOK & INSTAGRAM: @NEWJERSEYSAP / TWITTER & YOUTUBE: @NJSAP

## The Americans with Disabilities Act

### Title III: Public Accommodations & Commercial Facilities



Under Title III, no individual may be discriminated against on the basis of disability with regards to the full and equal enjoyment of the goods, services, facilities, or accommodations of any place of public accommodation by any person who owns, leases (or leases to), or operates a place of public accommodation. "Public accommodations" include most places of lodging (such as inns and hotels), recreation, transportation, education, and dining, along with stores, care providers, and places of public displays, among other things. Under Title III of the ADA, all "new construction" (construction, modification or alterations) after the effective date of the ADA (approximately July 1992) must be fully compliant with the Americans With Disabilities Act Accessibility Guidelines (ADAAG). Title III also has application to existing facilities. One of the definitions of "discrimination" under Title III of the ADA is a "failure to remove" architectural barriers in existing facilities, which means that even facilities that have not been modified or altered in any way after the ADA was passed still have obligations. The standard is whether "removing barriers" (typically defined as bringing a condition into compliance with the ADAAG) is "readily achievable," defined as "easily accomplished without much difficulty or expense." There are exceptions to this title; many private clubs and religious organizations may not be bound by Title III. With regard to historic properties, those facilities must still comply with the provisions of Title III of the ADA to the "maximum extent feasible" but if following the usual standards would "threaten to destroy the historic significance of a feature of the building" then alternative standards may be used.

### Title IV: Telecommunications



Title IV of the ADA requires that all telecommunications companies in the U.S. take steps to ensure functionally equivalent services for consumers with disabilities, notably those who are deaf or hard of hearing and those with speech impairments. When Title IV took effect in the early 1990s, it led to installation of public Teletypewriter (TTY) machines and other TDDs (Telecommunications Device for the Deaf). Title IV also led to the creation, in all 50 States and the District of Columbia, of what were then called dual-party relay services and now are known as Telecommunications Relay Services (TRS), such as STS Relay. Today, many TRS-mediated calls are made over the Internet by consumers who use broadband connections. Some are Video Relay Service (VRS) calls, while others are text calls. In 2006, according to the Federal Communications Commission (FCC), VRS calls averaged two million minutes a month!

### Title V: Miscellaneous Provisions



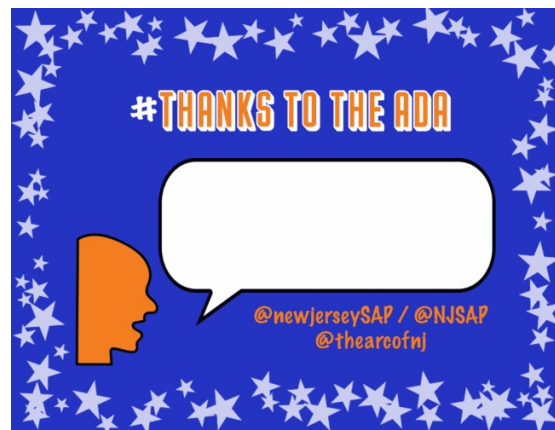
Title V includes an anti retaliation or coercion provision. It states that people who exercise their rights under the ADA, or assist others in exercising their rights, are protected from retaliation. The prohibition against retaliation or coercion applies broadly to any individual or entity that seeks to prevent an individual from exercising his or her rights or to retaliate against him or her for having exercised those rights.



NJSAP@ArcNJ.org / 732-749-8514

www.NJSelfAdvocacyProject.com

**"Thanks To The ADA" Template**  
Fill out the template and share it with us.  
We'll feature it on our social media and website.



# Trainings

Take a look at some of the trainings that took place in July. If you are interested in hosting a training for your group, take a look at our available trainings list and send us a request through the form below.

[Training Flyer](#)

[Training Request Form](#)

# The Arc, Ocean County Chapter



Healthy Communication Training

# The Arc of Salem



Outdoor Safety Training

# Edison Sheltered Workshop



Staying Hydrated Training



Take a look at the delicious **Raspberry Crumble** 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 1953

### Raspberry Crumble Bars

Prep Time 20 Minutes Cook Time 30 Minutes Total Time 50 Minutes

#### Ingredients:

- 1 Stick Butter, cubed and frozen
- 1 1/2 Cup Old Fashion Rolled Oats
- 1 Cup All Purpose Flour
- 6 Tablespoons Brown Sugar
- 1/2 teaspoon Baking Powder
- 1/2 teaspoon Ground Cinnamon
- 1/4 teaspoon Ground Ginger
- Pinch of salt

#### Raspberry Filling:

- 12 Ounces Fresh Raspberries
- 1 Medium Orange, Zested
- 3 Tablespoons Orange Juice
- 3 to 4 Tablespoons Brown Sugar
- 1 Tablespoon All-Purpose Flour
- 1/2 Tablespoon Cornstarch
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon Almond Extract
- 4-5 Tablespoons Raspberry Jam

#### Cooking Instructions:

- Cut the butter into cubes and then place in the freezer to firm up.
- Preheat oven to 350F. Line a 8x8 or 9x9 baking pan with parchment paper.
- Make the crumble dough: In a food processor pulse together the rolled oats, flour, sugar, baking powder, cinnamon, ginger, and salt until the oats are mostly ground up.
- Add the cold butter cubes and pulse until you have a crumbly dough that comes together when pressed.
- Press 2/3 of the dough into the lined baking pan and bake for 10-12 minutes, or until lightly golden.
- Make the raspberry filling: gently toss the raspberries with orange zest, orange juice, sugar, flour, cornstarch, vanilla extract, and almond extract until well combined.
- Dollop the berry filling in an even layer over the baked crust, then spoon the jam on top of the berries.
- Sprinkle the remaining dough on top as a crumble, leaving a few pockets of raspberry visible.
- Bake for 30-35 minutes.

#### Recipe link:

<https://rainbowplantlife.com/vegan-raspberry-crumble-bars/>



# Scavenger Hunt

Our Summer Scavenger Hunt is going on until July 31st to celebrate Disability Pride Month! Enter for a chance to win a Healthy Lifestyles Gift Basket!

## [Scavenger Hunt Form](#)

## 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!



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 Tuesdays 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](#)

**TRAILBLAZERS**

[WWW.ARCNJ.ORG/INFORMATION/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](http://WWW.ARCNJ.ORG/INFORMATION/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML)

✈ **EVERY TUESDAY IN JUNE, JULY, & AUGUST** ✈  
**11:00 AM ON ZOOM**

**JOIN OUR NEW VIRTUAL MOVEMENT CLUB, CREATED FOR PEOPLE WITH IDD TO LEAD THE WAY INTO LIVING A HEALTHIER LIFE. MEMBERS WILL MAKE PERSONAL GOALS, SOCIALIZE, AND LEARN ALL ABOUT HIKING, NATURE, & FITNESS.**

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.

### Wildlife Safety

Staying safe in nature and keeping nature safe!

<b>1</b> <b>TICKS/MOSQUITOS</b> -Ticks love dark, moist areas so check yourself after every hike. If you're bit make sure to properly remove the head and keep an eye out for a bulls-eye mark. -Mosquitos carry deadly diseases so use bug spray! Make your own by mixing lemon eucalyptus oil & distilled water.	<b>2</b> <b>COYOTE</b> -If you see a coyote do not turn your back on them, or run away from them. -Make loud noises and make yourself look big to scare the coyote. -If they do not back down start throwing rocks or other objects.	<b>3</b> <b>BEARS</b> -NEVER enter a cave you find on a hike. This could be the home of a bear family. -Do not make direct eye contact with bears. -Make loud noises to try and scare the bear away. -You can use bear spray to repel bears away.	<p>You might also see:</p> <p><b>Frogs</b>            NJ has many different types of frogs &amp; toads. Some are poisonous to humans and dogs so leave them where they lay.</p>
<b>4</b> <b>FOXES/BOBCATS</b> -While foxes are mostly harmless to humans we should stay away. Foxes can get protective of their kits, which might be hidden nearby. If a fox starts to get aggressive you should slowly back away and don't make any sudden movements.	<b>5</b> <b>DEER</b> -Deer are all over New Jersey. They are more afraid of you and will run when they see you. -Do not approach a male deer, it will protect itself using it's antlers. -Ticks love to bite deer so do not touch them or you are sure to also get ticks on you.	<b>6</b> <b>SNAKES</b> -There are a lot of 'friendly' snakes but NJ also has venomous snakes. It is best to leave any snakes alone so you do not find out if it is venomous or not. -Snakes like to sun bathe to gather heat in their bodies. You will often find them on trails and in swampy waters.	<p><b>Turtles</b>            Painted turtles, Box turtles and snapping turtles frequent hiking trails in NJ. Keep your hands and fingers to yourself because they will bite!</p> <p><b>Birds</b>            New Jersey is home to many different types of birds. Bring binoculars on your next hike and see what you can find! If you find a nest, let it rest!</p>
<b>RACCOONS</b> -You should not see a raccoon during the day. If you do Slowly back away & break eye contact. Try to get inside a building or vehicle.			



## Outdoor Safety

Enjoy some time outdoors, but remember to stay safe!  
www.NJSelfAdvocacyProject.org Email: NJSAP@ArcNJ.org

<b>1</b> <b>CAMPING</b> -Bring proper clothing -Prepare food and water -Avoid wild animals -Bring bug protection -Check for ticks	<b>2</b> <b>HIKING</b> -Bring proper clothing -Drink water -Avoid wild animals -Wear sunblock -Use maps or trail markers -Check for ticks	<b>3</b> <b>BEACH</b> -Wear sunblock -Prepare food and water -Watch out for rip currents -Utilize lifeguards -Bring any safety equipment needed for the water	 <p><b>Points To Remember:</b></p> <p><b>Proper clothing</b> Bring clothing according to location, weather, and activities.</p> <p><b>Bring water</b> Remind yourself to stay hydrated, especially when outdoors.</p> <p><b>Protection from the sun</b> Wear sunscreen or put on a hat and sunglasses to prevent any sunburn.</p>
<b>4</b> <b>BIKE RIDING</b> -Wear sunblock -Drink water -Wear safety equipment -Watch out for cars and pedestrians -Use lights and reflector at night time	<b>5</b> <b>PICNIC</b> -Bring proper clothing according to weather -Bring bug protection -Wear sunblock -Prepare food and drinks	<b>6</b> <b>RUNNING, JOGGING, OR WALKING</b> -Bring proper clothing -Bring protection from sun -Bring bug protection -Drink water -Stay on sidewalk -Stretch first	

Being outside can help relieve stress, boost your mood, and improve your mental health.

## Packing for a Hike

The "10 Essentials" System: Be Prepared For Anything!  
www.NJSelfAdvocacyProject.org Email: NJSAP@ArcNJ.org

<b>1</b> <b>NAVIGATION</b> -Navigation tools include a map of the area, compass, GPS device, etc. -Make sure you are familiar with the area you are hiking and have the proper tools to navigate (and know how to use them!) -Make sure someone knows where you are in	<b>2</b> <b>HEADLAMP/ FLASHLIGHT</b> -Even if you are planning a day hike, have these on hand for emergencies in case you are out longer than expected. -A headlamp will allow you free use of your hands. -Have extra batteries at the ready, too.	<b>3</b> <b>SUN PROTECTION</b> -Sunglasses, sun-protective clothes, hats and sunscreen will protect you from the sun. -Remember to reapply sunscreen as needed. -Remember, it doesn't have to be sunny for you to get a sunburn!	 <p><b>8. Extra Food</b> -Always pack extra food just in case. Things like extra energy bars, nuts, dried fruits or jerky are good.</p> <p><b>9. Extra Water</b> -It's crucial to carry enough water for your outing. Most people need about a half liter per hour during moderate activity in moderate temperatures.</p> <p><b>10. Extra Clothes</b> -Conditions can abruptly turn wet, windy or chilly. -Carry extra clothes beyond those required for your trip and wear layers</p>
<b>4</b> <b>FIRST AID</b> -Includes items such as wound coverings, medications, treatments, and insect repellent. -You can get handy travel kits that include all the basics. -Be familiar with basic first aid techniques so you know what to do if you get injured.	<b>5</b> <b>TOOLS</b> -A knife or multitool can come in handy in a variety of situations. -A small gear-repair kit (duct tape, zip ties, super glue, etc.) is also a good idea for small fixes.	<b>6</b> <b>FIRE</b> -Ways to make a fire include matches, lighter, tinder and/or stove. -In case of an emergency, you need to have reliable supplies with you for starting and maintaining a fire.	

**7 Emergency Shelter:** -Always carry some type of emergency shelter to protect you from wind and rain like a space blanket or even a carbaoc bag.

# Hidden Gems

Join our HLP:Live sessions every Wednesday at 11 AM and Friday at 1 PM. We also have our Brain Games every Thursday at 1 PM. We are now selecting two random HLP: Live sessions and one Brain Game session 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 --

## Hidden Gems



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](http://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!

[Kevin: See What Workers With IDD Can Do](#)



[Pam: You Can Advocate](#)



[Renee: World Has Changed For The Better](#)



[Julia: Include Me](#)



## Stay Healthy at Home Webinars



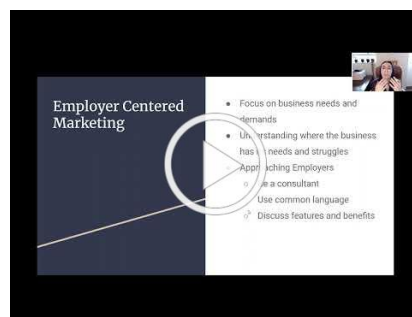
The New Jersey Self-Advocacy Project team is excited to continue our *Stay Healthy at Home* webinar series! They take place every **Tuesday at 2 PM**.

Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

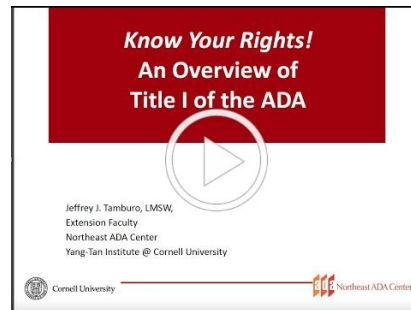
**\*NEW\***

[Art Therapy: Yarn Painting](#)

[What Employers Want and Value When Hiring Anyone, Including Individuals with IDD](#)



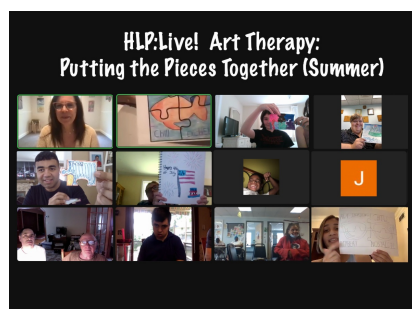
## [Know Your Rights! An Overview of Title I of the ADA](#)



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!



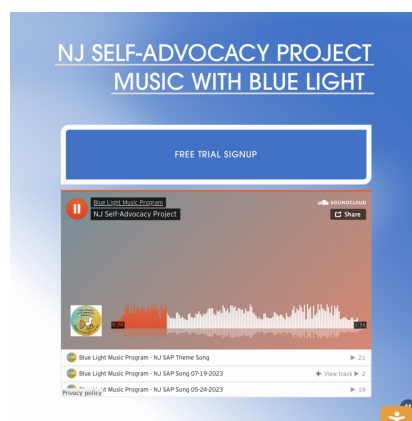
The Art in Therapy

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



#Where'sWhitaker

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



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.

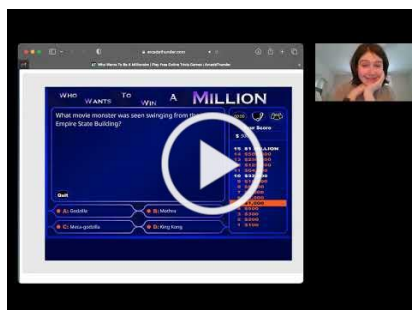
**[Register now for next month's events!](#)**

## 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.](#)**

**[Who Wants To Be A Millionaire](#)**



**[Pictionary](#)**



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



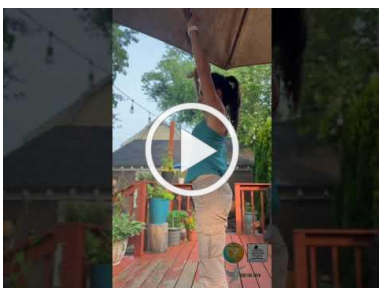
# HLP: Video Guides

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!

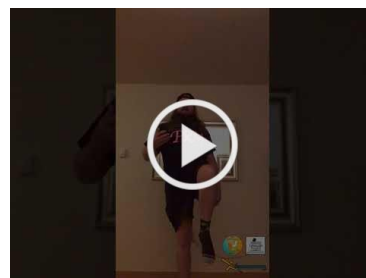
## [Mondays with Veronica: Playlist](#)



## [Tuesdays with Joanna: Playlist](#)



## [Wednesdays with Matt: Playlist](#)



## [Thursdays with Malik: Playlist](#)



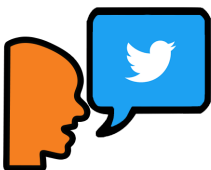
## [Fridays with Erin: Playlist](#)



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A program of The Arc of New Jersey since 1983

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with Intellectual and Developmental Disabilities

New Jersey Self-Advocacy Project | 985 Livingston Avenue, North Brunswick, NJ 08902

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