

Advocacy Matters

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

APRIL 2017

April has been a productive month for members of the New Jersey Statewide Self-Advocacy Network and Self-Advocacy Project team.

We spent our April congratulating the winners of our Developmental Disabilities Awareness Month contest, hosting a self-advocacy speakers panel at Montclair State University, preparing for our 2nd annual Sprout Film Festival, and hiking through Watchung Reservation.

Join us as we reminisce on the goings-on of this month!

Congratulations to Henry Hudson Regional High School!

On April 18th, the New Jersey Self-Advocacy Project team presented a gift card and certificate to students at Henry Hudson Regional High School in Highlands.

The students created an amazing poster that highlighted the theme of our 2017 Developmental Disabilities Awareness Month campaign.

Congratulations to Ms. Phair and her super talented students!



Annual Self-Advocacy Speakers Panel at Montclair State University

On April 19th, advocates representing Council 1 of the New Jersey Statewide Self-Advocacy Network participated in the annual self-advocacy speakers panel at Montclair State University.

A panel of 8 advocates and 3 Direct Support Professionals spoke to a graduate class of special



education teachers in training.

The students had many thoughtful questions prepared, including questions about employment, residential supports, and techniques for teaching young students about self-advocacy.



Watchung Wednesdays



**This month marked the start of
Watchung Wednesdays!**

Watchung Wednesdays is a social and recreational program aimed at providing adults with intellectual and developmental disabilities with **functional education** about **health** and **wellness** in a community-based setting.

This event is part of the **Healthy Lifestyles Project**, a program generously funded by **The Horizon Foundation for New Jersey** and developed by the **New Jersey Self-Advocacy Project** team to provide a functional education about the importance of healthy choices related to diet, exercise and stress management.

Don't forget the importance of stretching before a hike!



We took in the sights and sounds of Lake Surprise!



We improved our minds in addition to our bodies with a visit to the **Trailside Nature & Science Center**, an interactive museum nestled in Watchung Reservation and dedicated to the natural world.



All that walking is rewarded with some rest and hydration!



And the trail goes on!

Whether you've joined us before or have yet to participate, Watchung Wednesdays continues next month and we'd love to have you on our next trip!

Don't miss out!

Purchase your Sprout tickets today!

Join us at the 2nd Annual Sprout Film Festival on **Saturday, April 29th** from **11:00 AM-1:30 PM** at Middlesex County College.

Tickets are \$10 per person.

[Click here to buy tickets online!](#)

entertaining and memorable films featuring people with intellectual and developmental disabilities



The Arc
of New Jersey

sprout film festival 2017

SATURDAY, APRIL 29th
DOORS OPEN AT 10:30AM
11:00AM - 1:30PM

Middlesex County College
West Hall, Parkview Room
2600 Woodbridge Ave. Edison, NJ

Tickets are \$10 and can be
purchased at www.SproutNJ.org

Thank you to our event host



For more information, please contact
the New Jersey Self-Advocacy Project
at NJSAP@ArcNJ.org or 732-246-2525, ext. 22

Thank you to our sponsor



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