

# Advocacy Matters

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

## August 2017

Summer is winding down, so it's time to reflect on how we spent the month of **August**.

For the past year, Rutgers and the NJSAP team have gathered **transportation stories** from all over the state. We've uploaded them to a **podcast**, which is now **online!**

A workshop was held at **Matheny Medical Center** to teach strong **advocacy skills** to students.

The NJSAP team unveiled a popular new workshop on **Healthy Relationships**.

Members of the **NJSSAN Advisory Board** participated in The Arc of the United States' **Congressional recess advocacy initiative**.

Lastly, much of the month was spent prepping for the **34th Annual New Jersey Statewide Self-Advocacy Fall Conference** which will be held **on Saturday, September 16th!** We hope to see you there!



The Arc of New Jersey partnered with the **Rutgers Center for Advanced Infrastructure and Transportation** to conduct a research study about **how adults with disabilities use different modes of transportation**.

We heard from members of the New Jersey Self-Advocacy Network, independent self-advocates, and

[Click here to listen to the Podcast!](#)

If you have a **transportation story** to tell that you'd like added to our podcast, there's still time!

E-mail [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call **(732) 749-8514** to schedule a time to record answers (in person or over the phone) to our **brief 10 minute survey**.

## Workshop at Matheny

On August 21st, **Michael Pearson**, Training and Technical Assistance Coordinator of NJSAP, visited **Matheny Medical and Educational Center** high school classes.

He shared strategies and tips for being a **strong advocate**. Students all shared their extended school year projects for self- advocacy with him.

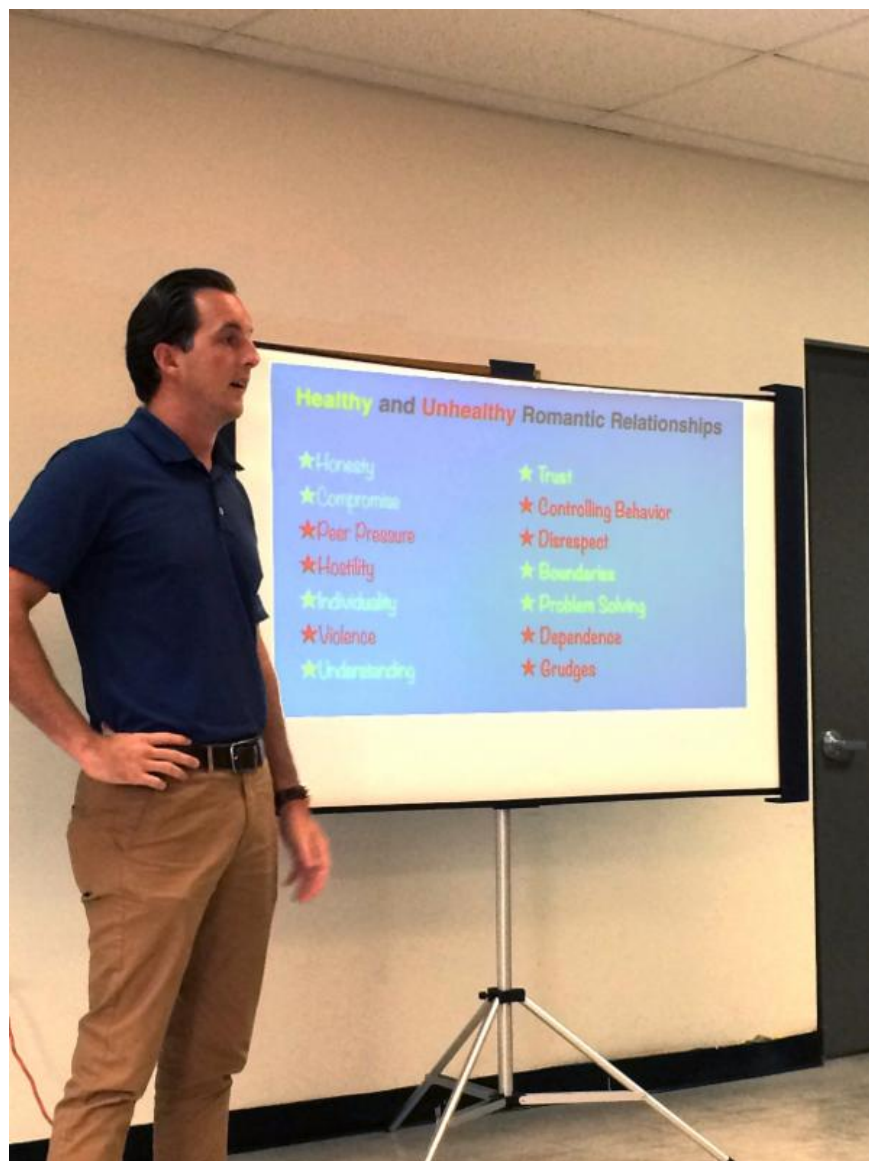


## Healthy Relationships Workshop Series

Michael also visited The Arc of Ocean to present "**The Survival Guide to Healthy Relationships,**" a free workshop that focuses on the different types of relationships that people will experience in their lives.



This workshop examines the **common characteristics** of relationships, as well as how our **behavior and communication style** differs in each scenario. It also provides information on **boundaries, personal space, and appropriate greetings** in different types of social settings. Important tips about electronic communication and social media are provided to promote **safety** in online relationships.



# VOTER TRAINING IN UNION

On August 24th, the NJSAP team worked alongside the Union County Board of Elections to teach self-advocates at The Arc of Union County about the **voting process**. The training came complete with a voting machine for advocates to get hands-on experience on how to cast their vote.



**#Disability**



# Rights Are Human Rights



The Arc of the United States put out a call for self-advocates to engage with members of Congress during the August recess. The goal of this initiative was to remind Congressional representatives about the importance of Medicaid and the daily impact of this program in the lives of people with disabilities and their family members. Donning shirts and buttons from The Arc of the US, members of the **New Jersey Statewide Self-Advocacy Network's Advisory Board** posed for a snapshot in front of the North Brunswick Municipal Building. The following day, a group of self-advocates representing The Arc of Atlantic County also donned the shirts and buttons during a meeting with Congressman LoBiondo where they discussed the need to protect and preserve funding for critical programs like Medicaid and SSI.



## Conference Workshops

There will be a number of informative workshops at the Fall Conference. Let's take a moment to recognize the presenters who will be there and what subjects they will be speaking about.

**Kelly Boyd**, Access and Functional Needs Planner at the NJ Office of Emergency Management, will present **Emergency Preparedness for People with Disabilities**.

**Sharon Levine**, Director of Governmental Affairs and Communication at The Arc of New Jersey, will present **Legislative Affairs and Advocacy Tactics**.

A member of **New Jersey Travel Independence Program (NJTIP)** will present **Transportation: Getting Around In Your Community**.

**Erin Caprara**, Information and Referral Coordinator of NJSAP at The Arc of New Jersey, will present **Stress Management: Techniques to Reduce Anxiety**.

**Frank Latham**, Grants Manager at the New Jersey Council on Developmental Disabilities, will present **Stamping Out Bullying**.

**Michael Pearson Jr.**, Training and Technical Assistance Coordinator of NJSAP at The Arc of New Jersey, will present **Express Yourself: Building Effective Communication Skills**.

**Melissa DiGioia-Keyes**, Co-Founder & Director of Education at Finding Your Individuality, will present **Healthy Adult Relationships**.

**Leone Murphy**, APN, Chair of Mainstreaming Medical Care Advisory Board, will present **Speaking Up at Medical Appointments: It's Your Right!**

## Annual T-shirt Fundraiser



Check out the final design of our 2017 fundraiser T-shirts!

T-shirts will be available for purchase at the conference for  
**\$15** in sizes **S-3XL**.

**Don't Forget to Register!**

**UNITED IN**



**SELF-ADVOCACY**

Please join us for an all-day event of learning, socializing, networking, and fun!

The **cut-off date** for the \$55 price is **September 8th**.

**When: Saturday, September 16, 2017**

**Where: DoubleTree Hotel and Executive Meeting Center 200**

**Atrium Drive Somerset, NJ 08873**

**[Click here to download the registration form!](#)**

