

Advocacy Matters

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

May 2017

We've been busy this May!

During the first weekend of this month, the NJSAP team attended the **Abilities Expo**. The team worked to bring important resources and information to the community of advocates, family members, caregivers, seniors, and healthcare professionals who attended the event.

Members of the New Jersey Statewide Self-Advocacy Network testified at the **Senate and Assembly Budget Committee hearings** on **May 1st** and **May 11th**. Advocates showed up in a big way to support the Coalition for a DSP Living Wage's campaign to increase wages for New Jersey's Direct Support Professionals in the FY18 Budget.

A gift card and certificate was presented to students at **Sparta High School** for placing third in our **Developmental Disabilities Awareness Month** poster contest in March.

We hosted an **Advisor and Officer Workshop** on May 19th at The Arc of Ocean. The workshop highlighted the roles and responsibilities of all self-advocacy group officers and advisors. The group engaged in a discussion about advocating on issues of importance and making positive change together.

Watchung Wednesdays, a piece of the Healthy Lifestyles Project, continued to promote community-based health and wellness this month.

We hiked more than 5 miles together!

Another HLP event was held at **Uptown Art** where advocates learned to paint a sunset scene while learning about stress management.

Let's take a closer look at all we've accomplished this month!

SUPPORT AT THE STATEHOUSE

Department of Human Services
(DHS) Commissioner Connolly
testified before the Assembly and

Senate Budget Committees on May 1 and May 11th, respectively.



Members of the New Jersey Statewide Self-Advocacy Network filled the Committee Room in support of the Coalition for a DSP Living Wage's campaign to **increase wages for New Jersey's Direct Support Professionals** in the FY18 Budget.

The crowd showed the legislators that raising the wage for Direct Support Professionals is an important issue that affects many self-advocates and families across the State and that people are paying attention to their actions and the funding for supports for people with disabilities in the State Budget.



ABILITIES EXPO 2017



Where can you discover ability-enhancing products and services, play a few adaptive sports, learn new dance moves, attend informative workshops and more? **The Abilities Expo**, of course!

The Self-Advocacy Project team had a booth on May 5-7th at the New Jersey Convention and Expo Center. We provided one-on-one discourse, a wealth of informative resources about The Arc and self-advocacy, as well as some incredible giveaways.

Congratulations to Sparta High School!



On May 12th, the New Jersey Self-Advocacy Project team presented a gift card and certificate to students at Sparta High School.

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

Congratulations to Ms. Highland, Ms. Wall, and their very talented students!

GET INVOLVED!



Michael Pearson, the Training and Technical Assistance Coordinator with The New Jersey Self-Advocacy Project, ran a **Self-Advocacy Advisor & Officer Workshop** at the Arc of Ocean on May 19th.

Discussion topics included: the **roles and responsibilities** of advisors and officers, **DSP wages**, a review of **changes in the past year**, and how to **get involved** in more events.

Join us for another workshop on **June 14th** from 10:30am-12:30pm at The Arc of Bergen & Passaic Counties!

WATCHUNG WEDNESDAYS

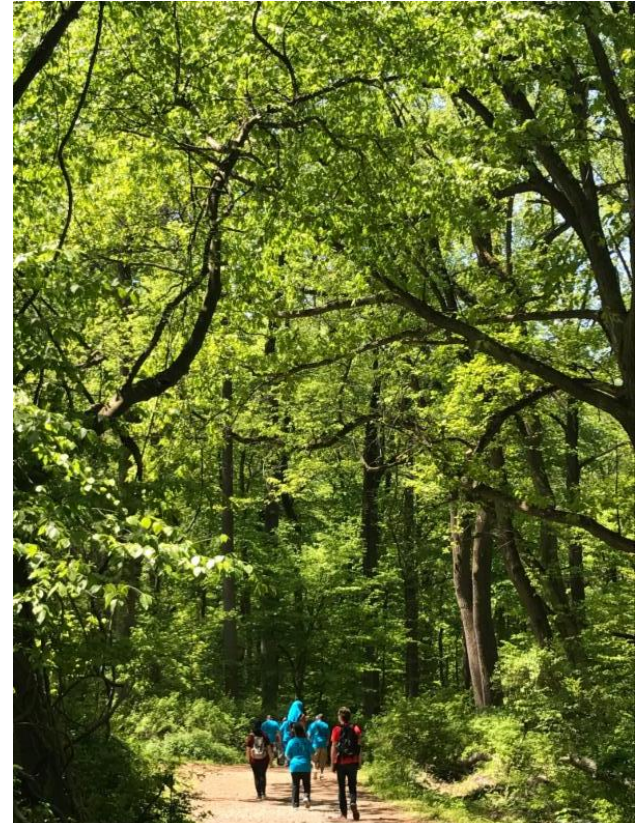


Watchung Wednesdays continued on through May! This special piece of the Healthy Lifestyles Project



provided free, guided group trail walks and discussions for adults with developmental disabilities every Wednesday morning in April and May.

We stretched, walked, ate and learned at the beautiful Watchung Reserve.



ART THERAPY AT UPTOWN ART

On May 23rd, an HLP event was held at **Uptown Art** in Denville.

In a afternoon of **painting and relaxation**, advocates were learned to paint an image of palm trees and a sunset as well as tips and tricks to **avoid and reduce stress**.

Just as the sunset signals of the day's end, this event wraps up our activities for the Month of May.



UPCOMING EVENTS

Join us on
Friday, June 30th at
Masker's Barn in the
Watchung Reservation!

This event will feature a full schedule of super fun events that promote health and wellness for adults with developmental disabilities.

The **FREE** event begins at 9:30 AM and ends at 1:30 PM.

Event Schedule

**9:30 - 10:30 AM: ADAPTIVE
YOGA**

10:45 - 11:45 AM: PERSONAL



TRAINING SESSION WITH MAG

**12 - 1 PM: LUNCH and TIE DYE
YOUR OWN HLP T-SHIRT**

1 - 1:30 PM: GROUP TRAIL WALK!

The event will be held at Masker's Barn
in Watchung Reservation:

Address: 9 CataractHollow Road,
BerkeleyHeights, NJ 07920

Ample van parking is available on site.
Proceed past the "**Do Not Enter**" signs on
Cataract Hollow Road and drive to the
very end of the road. We have access to
this road for the day, so please disregard
the signs and keep driving until you see
Masker's Barn.

Pre-registration for this event is required!

Please contact Frankie with the **total number** of
people who will join us and
t-shirt sizes for everyone.

Please contact: Frankie
FBAYAK@ArcNJ.org
732-246-2525 ext. 22

ADA Awareness at Point Pleasant Boardwalk on Friday, July 14th!



Please join the New Jersey Self-Advocacy Project (NJSAP) team, along with members from the regional Councils of the Statewide Self-Advocacy Network, at the **Point Pleasant Beach Boardwalk on FRIDAY, JULY 14, 2017 to celebrate ADA Awareness Month!**

Signed into law on July 26, 1990, The ADA, or Americans With Disabilities Act, is a civil rights law that prohibits discrimination against people with disabilities in all areas of public life, including employment, schools, transportation, and all public and private places that are open to the general public.

The New Jersey Self-Advocacy Project information table will be set up on the **Point Pleasant Beach Boardwalk between Arnold Ave. and Central Ave from 10 AM - 2 PM on JULY 14, 2017.**

