

# Advocacy Matters

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

## Healthy Lifestyles Project: Gearing Up for Year 3!

Horizon Foundation for New Jersey and The Arc of New Jersey have once again partnered to build upon the successes of our **Healthy Lifestyles Project (HLP)**, a grant-funded program dedicated to providing adults with intellectual and developmental disabilities with the tools to make **healthy choices** related to **diet, exercise, and stress management**. HLP activities include adaptive yoga and personal training sessions, nutrition and dietary counseling, as well as interactive workshops on a variety of topics. If you or someone you know would like to learn more about **healthy snacking options, portion control**, and effective ways of **coping with stress**, please contact a member of the **New Jersey Self-Advocacy Project team** to schedule a workshop or event in your area.

**Dial: 732-246-2525,  
ext. 22**

**[NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org)**

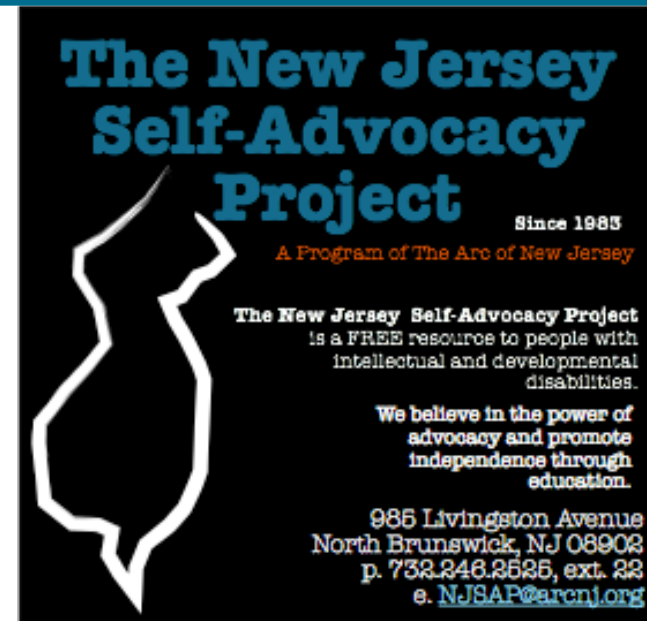
**JANUARY 2016**



# Annual Self-Advocacy Group Advisor & Officer Workshops

## Positive Identity Development:

Direct Support Professionals as *Agents of Change*  
in the Lives of People with Developmental  
Disabilities



**Northern Region:** Friday, March 11th

10 AM - 12 PM

**Location:** The Arc of Hunterdon County

[1465 Route 31 South, Suite 23, Annandale, NJ 08801](#)

**Southern Region:** Friday, May 13th

10 AM - 12 PM

**Location:** The Arc of Atlantic County

[6550 Delilah Rd, Egg Harbor Township, NJ 08234](#)

**Pre-registration is required. Please contact**

Ashley at [ARitchey@ArcNJ.org](mailto:ARitchey@ArcNJ.org)

or **732-246-2525, ext. 37** to reserve your spot.

# CALLING ALL SELF-ADVOCATES!

## March is National Developmental Disabilities Awareness Month

To celebrate Developmental Disabilities Awareness Month we invite you to visit our information table at the State House on March 14<sup>th</sup> and March 17<sup>th</sup> to learn more about the lives of people with intellectual and developmental disabilities and all their accomplishments. We will also be highlighting winners and their submissions from our 2016 middle school and intermediate school bulletin board contest, themed:

**We Can - Just Like You!**



- What:** Celebrating National Developmental Disabilities Awareness Month
- When:** Monday, March 14th & Thursday, March 17th
- Where:** Goldfinch Square at the State House  
125 West State Street, Trenton, NJ
- Who:** Self-advocates

**Self-advocates look forward to meeting you. We hope you will attend!**

**Please confirm attendance by e-mail: [disabilityawarenessnj@arcnj.org](mailto:disabilityawarenessnj@arcnj.org)**

**Questions? Call: 732-749-8514**



*For people with intellectual  
and developmental disabilities*

**JOIN THE NETWORK IN TRENTON TO CELEBRATE DD AWARENESS  
MONTH: MONDAY, MARCH 14 AND THURSDAY, MARCH 17**



**OFFICIAL REGISTRATION FORM**

The 11th Annual New Jersey Statewide  
Self-Advocacy Network *Spring Into Action* Luncheon  
**SATURDAY, APRIL 2, 2016**

*The Imperia*

1714 Easton Avenue Somerset, NJ 08873

**10:00 am – 2:00 pm**

**Space is limited. Early registration is advised!**

**Registration deadline is MARCH 18, 2016.**

A \$10.00 late fee will be charged to any registration form received after this date.

**Sorry, but we cannot accommodate reservations over the phone or on the day of the event.**

Please include payment of your **\$35 Conference Fee** along with your registration form.

**EVERYONE** attending the event **MUST** fill out a registration form.

**All staff, drivers (who plan to attend the event), and assistants need to register individually and pay the registration fee.**

First and Last Name\*: \_\_\_\_\_

Address: \_\_\_\_\_ County: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Group Home/Agency: \_\_\_\_\_ (Please Circle) Advocate Staff Other

\*I permit The Arc of New Jersey the free use of my name and picture in any film/videotape/  
brochure/newspaper or in reports and promotions of this event or future events.

**Please indicate any special dietary requests:**

**Vegetarian Meal**

**Chopped Meal**

**Other:**

**Fruit For Dessert**

**Puréed Meal**

Conference Fee is **\$45.00** if your registration form is received after Friday, March 18, 2016.

**Please make checks payable to The Arc of New Jersey.**

Mail All Registration Forms and Payment to the  
Attention of: Christine Kenny, The New Jersey Self-Advocacy Project  
985 Livingston Avenue, North Brunswick, NJ 08902

Credit Card # \_\_\_\_\_

Amex (    )    Master Card (    )    VISA (    )    Expiration Date \_\_\_\_\_

(Required) *Signature* x \_\_\_\_\_

**LUNCHEON REGISTRATION DEADLINE: MARCH 18, 2016**