

Advocacy Matters

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

October 2017

As October ends, let's look back on all the fall fun!

A favorite event of many, we went back to **Masker's Barn** at the Watchung Reservation for an afternoon of healthy food and exercise.

The NJSAP Team also held **HLP events** at three different farms this month. Self-advocates got the chance to **pick pumpkins, see farm animals, and go on hayrides** in the unseasonably warm fall weather.

October also marks the completion of uploads to our transportation podcast, **In Their Own Words**.

Self-Advocate **Colleen Watkins** was honored with an award at **The Arc of New Jersey Awards Dinner**.

The ongoing advocacy for securing funding for a **wage increase for Direct Support Professionals** continues with a social media campaign.

As we move into November, let's make sure to be prepared for the **election on November 7th!**

4th Annual Masker's Barn Event



Music therapists Ellen and Erin played guitar and sang songs to begin the event. Advocates sang along and danced, immediately raising the mood of the room.



Mag returned to teach another **fitness session**, including the battle ropes seen above. His trainings had the heart rates of everyone rising.



After exercising their vocal chords and the rest of their bodies, advocates ate a **healthy array of food** for lunch.



After eating, Advocates **walked the trails** of the Watchung Reservation. They were able to stretch their legs, burn some calories and appreciate the beauty of nature.



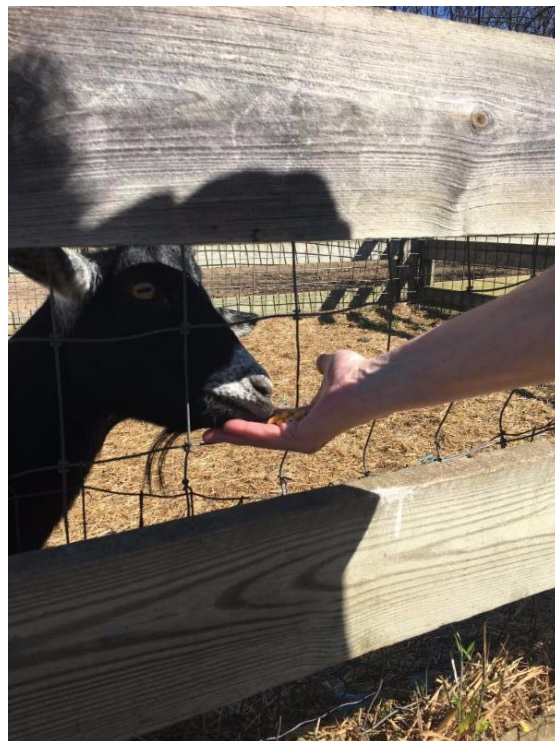
Finally, the event ended with a **bag full of goodies** including water bottles, stress balls, hand sanitizer and more.

Farm Events

Ort Farms - North Jersey

Advocates in **North Jersey** traveled to **Ort Farms** in Long Valley. They took a hayride to the pumpkin patch and got a tour of the petting zoo. Apples and cider were also provided as snacks.





Duffield Farms - South Jersey

Advocates in **South Jersey** traveled to **Duffield Farms** in Sewell. They went on a hayride to the pumpkin patch, traversed a corn maze and sat down for a nice lunch.





Allaire Farms - Central Jersey

Advocates in **Central Jersey** traveled to **Allaire Community Farm** in Wall Township. They went on a hayride, picked pumpkins, and interacted with the adorable animals at the petting zoo.





Healthy Lifestyles Project

improving health, improving lives



The Horizon Foundation for New Jersey



The Masker's Barn event and the farm events above are part of and made possible through the **Healthy Lifestyles Project** grant, **which is generously funded by the Horizon Foundation for New Jersey.**

There will be many more HLP events to look forward to throughout the year, so **follow us on social media and keep an eye out for our emails!**



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 family members who **shared their stories** about how transportation has helped or hindered their ability to get around.

All participants that gave their consent now have their interviews online on our podcast page! **Thank you for telling your stories!**

Click below to listen to everyone's thoughts, concerns, questions and ideas about traveling in New Jersey as a person with a disability.

Listen to the Podcast!



Each year **The Arc of New Jersey** honors the "best of the best" in support, services and advocacy for children and adults with intellectual and developmental disabilities and their families.

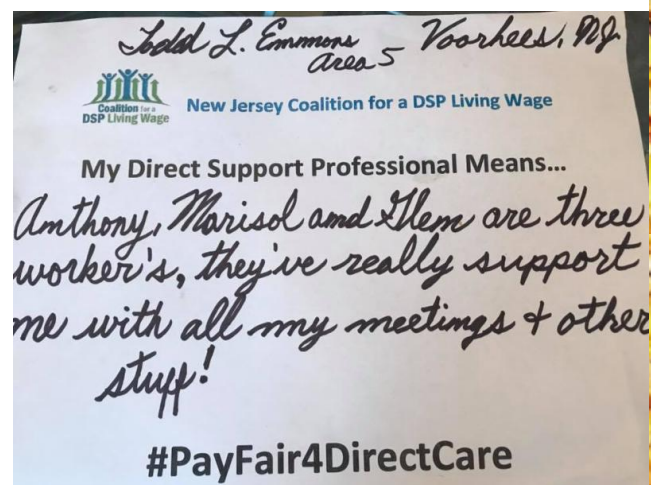
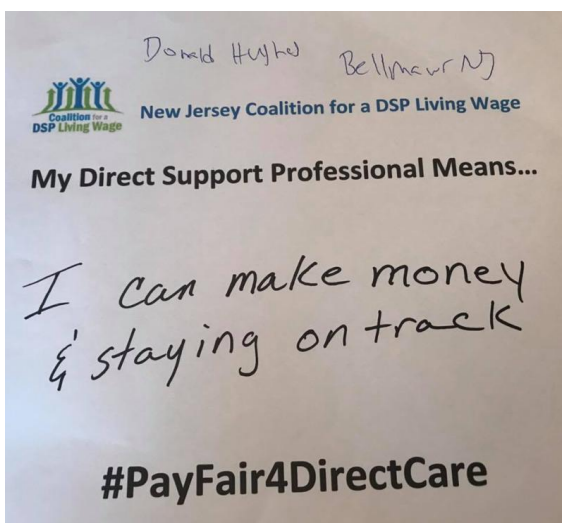
Self-Advocate **Colleen Watkins** was honored with the **Bill Sackter Award** at **The Arc of New Jersey Awards Dinner** this year. The award is given to an individual with intellectual disabilities who has overcome adversity and accomplished beyond expectations as an achieving, integrated member of

his or her community. **Congratulations, Colleen!**

#PayFair4DirectCare

Securing funding for a **wage increase for Direct Support Professionals** is a very important issue and requires **ongoing advocacy**.

Members of the New Jersey Statewide Self-Advocacy Network supported the Coalition for a DSP Living Wage's recent social media campaign. Self-advocates were asked to express how they feel about the Direct Support Professionals in their lives. Check out some of the feedback below!





Ernest C. Stabile - Voorhes
New Jersey Coalition for a DSP Living Wage

My Direct Support Professional Means...

*Good to me
They take care of me
They help me out*

#PayFair4DirectCare

**Click Here to Download
the Template!**

Election Day is Coming!

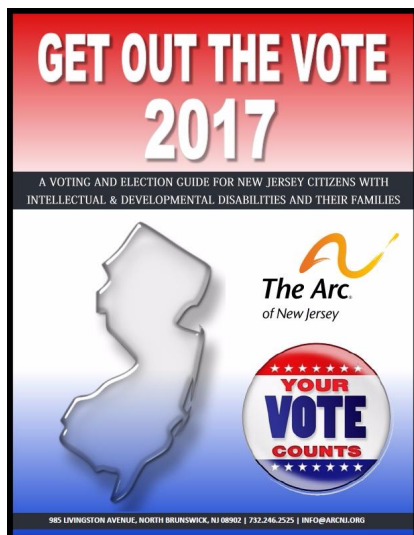


**Am I
Registered?**

Election day is **November 7, 2017**.
Are you registered to vote? Click the
button below to find out.

Click here to find out if you are registered to vote.

Learn more about the voting process, candidates, and voting rights in our
Get Out the Vote Guide!



**Get Out the Vote Guide
2017**



If you have any questions on
Election Day, attorneys from
Disability Rights New Jersey will
be available to take your call or e-
mail from 7:00am - 8:00pm.

**Phone: (800) 922-7233
or
TTY: (609) 633-7106**

For more photos from our events and information about upcoming events,
check out our Facebook and Twitter!

