Spring 2015

The Self-Advocate

A Newsletter Produced by The New Jersey Self-Advocacy Project

October 2014: Self-Advocates and Allies participate in a Healthy Lifestyles Project event at Masker's Barn. Carole and Luke with the Alliance Center for Independence lead the group through an Adaptive Yoga session

Flip this page for the Official Registration Form

10th Annual NJSSAN *Spring Into Action* Luncheon

Registration Deadline is ▶ APRIL 3, 2015 ◀

Also included in this issue: Awards Nomination Forms, Council Calendars, & Healthy Lifestyles Project workshop information!

Awards Nomination Deadline is ▶ MARCH 27, 2015 ◀

March is National Developmental Disabilities Awareness Month

Developmental Disabilities Awareness Month is just that: a month to recognize people with intellectual and developmental disabilities and highlight the contributions they make to society everyday! It is an occasion to recognize the spectrum of ability and the tremendous diversity that makes our world so interesting.

Each year, the New Jersey Self-Advocacy Project hosts a Developmental Disabilities Awareness Month outreach event at the State House in Trenton. To help build awareness in our state, we invite you to celebrate with self-advocates who will be on hand at Goldfinch Square at the State House on **Monday, March 23** and **Thursday, March 26**.

The theme of this year's event is *Don't DIS My Ability*. Students in grades 3 - 8 from across the state have been invited to design a bulletin board in their school that incorporates the theme of this year's event and illustrates the students' understanding of Person Centered Language and their respect for all levels of ability

In addition to providing valuable information about the disability community, we will also showcase the winning submissions from this year's bulletin board contest. Our mission is to enhance the quality of life for all people with intellectual and other developmental disabilities and their families through advocacy, empowerment, education and prevention. Please help us spread Awareness in your community.

REGISTRATION DEADLINE: APRIL 3, 2015

Official Registration Form

The 10th Annual *Spring Into Action!* Statewide Self-Advocacy Luncheon

SATURDAY, APRIL 18, 2015

The Imperia

1714 Easton Avenue Somerset, NJ 08873

10:00 am – 2:00 pm

Space is limited. Early registration is advised!

Registration deadline is APRIL 3, 2015.

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: _____

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, April 3, 2015.

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**_____

REGISTRATION DEADLINE: APRIL 3, 2015

NOMINATIONS 2015

Your Name:

_____

_____

Your Telephone:

_____

Your Agency Name:

_____

_____

Your Agency Address:

_____

_____

_____

_____

_____

Your Self Advocacy Group:

_____

_____

The Jane Miller Memorial Leadership Award

The Jane Miller Memorial Leadership Award is given to a self-advocate who has demonstrated quality leadership skills.

Jane Miller was not just a good person, she was an active member of NJ/USA, a leader and Treasurer of The Warren County Go-Getters, and worked on starting The Warren County Office For The Disabled. She was also very involved in transportation issues. Jane was a leader at The Self-Advocacy Conference, volunteering her time and presenting workshops. Jane was a true inspiration to those who knew her.

Jane passed away in July 1992. At that point NJ/USA established The Jane Miller Memorial Leadership Award. This award is presented each year at the Annual Spring Luncheon, to a self-Advocate that carries on the tradition of all that Jane stood for.

If you would like to nominate someone who is a role model for other Self-Advocates, **enter their name below and then on a separate sheet of paper answer the following questions**:

1) Describe this person's involvement in the self-advocacy movement.
2) What makes this person a good leader?

NAME OF NOMINEE:_____

The Heroes Award

"Heroes...They inspire us with their great strength of character, courage under pressure and determination to succeed"

Help the NJSSAN reward the efforts on an individual who embodies the characteristics of everyday heroes, such as:

COURAGE
COMMITMENT
RESOLVE
COMPASSION
HUMILITY
RESPONSIBILITY
INSPIRATION TO OTHERS

Do you know an advocate, care provider or professional who personifies these qualities or more?

If you would like to nominate an advocate who you believe is a hero, **enter their name below and then on a separate sheet of paper answer the following questions**:

1) Describe this person's support of people with intellectual and developmental disabilities.
2) What makes this person a hero in the self-advocacy movement?

NAME OF NOMINEE:_____

Please send copies of awards, certificates or recognition letters

REGISTRATION DEADLINE: APRIL 3, 2015

NOMINATIONS 2015

ALL ENTRIES ARE DUE BY MARCH 27, 2015

INDIVIDUALS MAY NOT NOMINATE THEMSELVES

DON'T FORGET:

PLEASE SEND A COPY OF AWARDS, CERTIFICATES, OR RECOGNITION LETTERS

Send all information to:
The Self Advocacy Project
985 Livingston Avenue
North Brunswick, NJ
08902
Phone: 732-246-2525 x22
Fax: 732-214-1834

The Advisor Of The Year Award

The major role of the advisor is simply to help the self-advocacy groups get "behind the plate," to assist them in developing skills and gain the confidence necessary to be comfortable with making appropriate decisions regarding their concerns.

Throughout the year, advisors are responsible for assisting individual members or the groups as a whole in learning about self-advocacy, assisting in organizing and supporting the self-advocacy group and assisting in carrying out the self-advocacy goals of the group.

A dedicated advisor embraces the philosophy that is consistent with the goals and purposes set by the group members, "that people are people no matter what their abilities or limitations might be"

If you would like to nominate someone for Advisor of the Year, **enter their name below and then on a separate sheet of paper answer the following questions**:

1) What does this advisor do to support the officers or leadership of the self-advocacy group?
2) How does this advisor help the group set and achieve goals related to self-advocacy?

NAME OF NOMINEE:_____

Please send copies of awards, certificates or recognition letters

The Group Achievement Award

The NJSSAN is an advocacy organization made up of, and led by, individuals with intellectual and developmental disabilities. Each year, a self-advocacy group is selected from this network of individual self-advocacy groups and five regional councils and recognized for demonstrating outstanding teamwork and promoting community awareness that helps improve the quality of life of people with intellectual and developmental disabilities. The Group Achievement Award is given to a group who goes out of their way to demonstrate that they work together to set goals and plan activities that address issues of interest to the group, that they have leadership structure that demonstrates the group is composed of, and managed by, self-advocates and that they are a member of the NJSSAN.

If you would like to nominate a group for this award, **enter their name below and then on a separate sheet of paper answer the following questions**:

1) How does the group work together to set goals and plan activities that address the interest of the group?
2) Is the leadership of your group composed of and managed by self-advocates?
3) How does your group use it's advisor to support the group to carry out the group's goals and objectives?
4) Is your group a member of the NJSSAN?
5) List your group's self-advocacy goals and accomplishments from July 2011-Present.
6) List ways that your group sought to raise community awareness about developmental and intellectual diseases from July 2011– Present.

NAME OF GROUP:_____

NAME OF GROUP ADVISORS:_____

Please send copies of awards, certificates or recognition letters

REGISTRATION DEADLINE: APRIL 3, 2015

New Jersey Statewide Self-Advocacy Network Regional Council Elections

For members of the New Jersey Statewide Self-Advocacy Network, **Saturday, April 18, 2015** is Election Day!

Members of the five regional NJSSAN Councils will elect a new Chair and Vice Chairperson for a **two year term.**

Requirements for Chairperson Nominees*:

- Choose a running mate (Vice Chair)
- Submit 2 letters of recommendation to NJSAP staff
- Submit a photo of yourself for the ballot
- You must attend the *Spring Into Action* Luncheon on Saturday, April 18.

Requirements for Vice Chairperson Nominees*:

- Choose a running mate (Chair)
- Submit 1 letter of recommendation to NJSAP staff
- Submit a photo of yourself for the ballot
- You must attend the *Spring Into Action* Luncheon on Saturday, April 18.

Before voting begins at the *Spring Into Action* on Saturday, April 18th, all Chair and Vice Chair nominees will have the opportunity to **campaign** (posters, buttons, stickers, etc.)

Before voting begins, all nominees will have the opportunity to address the audience at the event and deliver a **1 minute campaign speech**.

Questions? Please contact a member of the NJSAP team at 732-246-2525, ext. 22 or **NJSAP@ArcNJ.org**

REGISTRATION DEADLINE: APRIL 3, 2015

New Jersey Statewide Self-Advocacy Network

Council One

5 - 7 PM
Location:
Hackettstown Regional Medical Center, 651 Willow Grove Street
Hackettstown, NJ 07840

Advisor: Ashley Ritchey, aritchey@ArcNJ.org

P: 732-246-2525, ext. 37

February 19

March 19

April 16

May 21

June 18

July 16

August: *No meeting.*

September 17

October 15

November 19

December 17

(3rd Thursday of the month)

Council Two

4 - 6 PM
Location:
70 Diamond Road, Springfield, NJ

Advisor: Ashley Ritchey, aritchey@ArcNJ.org

P: 732-246-2525, ext. 37

February 26

March 26

April 23

May 28

June 25

July 23

August: *No meeting*

September 24

October 22

November: *No meeting*

December 10

(4th Thursday of the month)

Council 3

5:30 - 7 PM
Advisor; Erin Caprara, ecaprara@ArcNJ.org
P: 732-246-2525 x. 26

February 10
*150 Oberlin Avenue, Lakewood, NJ

March 10
180 Ewingville Road, Ewing Township, NJ

April 14
710 Hermann Road, North Brunswick, NJ

May 12
150 Oberlin Avenue, Lakewood, NJ

June 9
180 Ewingville Road, Ewing Township, NJ

July, Nov., & Dec.-
No meeting

August 11
3 Jill Court, Building 15, HIllsborough, NJ

September 8
710 Hermann Road, North Brunswick, NJ

October 13
150 Oberlin Avenue, Lakewood, NJ

2015 Self-Advocacy Council Meetings

REGISTRATION DEADLINE: APRIL 3, 2015

Representing Burlington, Camden, and Gloucester Counties

Council 4

4:30 - 5:30 PM
Advisor: Caitlin Burke
cburke@ArcNJ.org
P: 732-569-4204

February 17
104 New Jersey 72,
New Lisbon, NJ 08064

March 17
The Arc of Camden County
215 W. White Horse Pike,
Berlin, NJ

April 21
104 New Jersey 72,
New Lisbon, NJ 08064

May 19
The Arc of Camden County
215 W. White Horse Pike,
Berlin, NJ

June 16
104 New Jersey 72,
New Lisbon, NJ 08064

July: *No meeting*

August 18
104 New Jersey 72,
New Lisbon, NJ 08064

September 15
The Arc of Camden County
215 W. White Horse Pike,
Berlin, NJ

October 20
104 New Jersey 72,
New Lisbon, NJ 08064

November 17
The Arc of Camden County
215 W. White Horse Pike,
Berlin, NJ

December 16
104 New Jersey 72,
New Lisbon, NJ 08064

Council 5

Representing Atlantic, Cape May, Cumberland, & Salem Counties

3 - 4:30 PM

Location:
Woodbine Developmental Center, 1175 DeHirsch Ave, Woodbine, NJ

Advisor: Caitlin Burke
cburke@ArcNJ.org
P: 732-569-4204

February 18

March 18

April 15

May 20

June 17

July 15

August 19

September 16

October 21

November 18

December 16
(3rd Wednesday of the month)

REGISTRATION DEADLINE: APRIL 3, 2015

The New Jersey Self-Advocacy Project
985 Livingston Ave
North Brunswick NJ 08902

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New Jersey
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Connect with the NJSAP Team:
732-246-2525, ext.22
Fax: 732-214-1834
E-mail: NJSAP@arcnj.org
Like us on **Facebook!**
Twitter:twitter.com/NJSAP
Tumblr: njselfadvocacyproject.tumblr.com

Interested in becoming healthier in 2015?

The New Jersey Self-Advocacy Project has teamed up with Horizon Foundation for New Jersey to help **you** learn more about health, wellness, and exercise.
We are happy to tailor our presentations to suit your group.
The New Jersey Self-Advocacy Project team will come to you and provide ***free*** workshops on a variety of topics, including:

Hygiene/Fighting Germs

The Benefits of Daily Exercise

Stress Management/Yoga & Meditation

Portion Control and Healthy Snacking

Preventing and Managing Type II Diabetes

REGISTRATION DEADLINE: APRIL 3, 2015