



Advocacy Matters

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

August 2022

Let's look back at the advocacy activities that took place this month!

In need of virtual programming? Inquire about our virtual [trainings](#), [webinars](#), and [events](#)!

Take a look at our [New Jersey Statewide Self-Advocacy Network](#) Council activities for this month and the current NJSSAN Priorities.

[Register for the 38th Annual NJSSAN Fall Conference on Saturday, October 1, 2022!](#)

A meeting was held with Senator Book's office to discuss investing in HCBS and needed changes to the SSI Program.

The folks at SCARC participated in a recipe tutorial led by Erin Smithers to learn how to make healthy pumpkin rolls.

Our hashtag this month was **#ABLEtoSave**.

We host one brand new webinar each month and present replays of past content [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here](#).

We continue to host our interactive Zoom series [Healthy Lifestyles Project: Live!](#) You can check out our past events below and [register for upcoming sessions here](#).













Brain Games is held each Thursday at 1 PM! [Watch archived videos here](#) and [join in LIVE every week on Zoom](#).


We continue to post all across our social media pages! You can find new videos every [Monday](#), [Wednesday](#) and [Friday](#) about Health, Fitness and Nutrition!

**We have a lot to say, so make sure to click
"View entire message" if it appears at the bottom of this
newsletter.**

Virtual Programming every day of the week!

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <ul style="list-style-type: none"> • Check social media feed for Veronica's new nutrition video  	<ul style="list-style-type: none"> • Watch the new Stay Healthy at Home webinar at 2pm 	<ul style="list-style-type: none"> • Interactive Zoom event for HLP: Live at 11am  <ul style="list-style-type: none"> • Check social media feed for IHT's new workout video 	<ul style="list-style-type: none"> • Play this week's Brain Game on Zoom at 1pm 	<ul style="list-style-type: none"> • Check social media feed for Erin's new recipe!   <ul style="list-style-type: none"> • HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm 
<p style="text-align: center;">TO DO LIST:</p> <div style="display: flex; justify-content: space-between;"> <div> <ul style="list-style-type: none"> • Sign up for NJSAP's email list • Request a virtual group training • Make a social media post using this month's hashtag </div> <div> <ul style="list-style-type: none"> • Participate in an advocacy campaign or Action Alert </div> </div> 		<p style="text-align: center;">REMINDERS + NOTES:</p> <ul style="list-style-type: none"> • Mark my calendar with all upcoming activities • Reminder: Each NJSSAN Council meets every month • Remember: Self-Advocacy means to SPEAK UP! 		



Find out more at www.njselfadvocacyproject.org

Facebook: [@NewJerseySAP](#) / Instagram: [@NewJerseySAP](#) / Twitter: [@NJSAP](#)

Click the image above to download the planner, complete with live links to all of our programming! Email NJSAP@ArcNJ.org if you have any questions.

- Struggling with technology? [Maybe one of our tech tutorials can help.](#) You can also [contact us](#) to set up a virtual training.
- Looking for a training for your group? Check out our Training Portal for topics [We hosted 201 trainings this year for 5,606 self-advocates!](#)

NJSAP & NJSSAN Update



We are holding monthly NJSSAN Council meetings *virtually!*
[For information regarding your Council area, please click here.](#)

[Visit your council page](#) to download calendars for 2022.

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of people with intellectual and developmental disabilities (IDD) throughout the state. The NJSSAN is used as a means of supporting positive change on both a personal and social level. It consists of 5 Councils based on geographic location within the state.

[You can read the current NJSSAN Priorities here.](#)

NJ Statewide Self-Advocacy Network Position Statements

The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

We work together with these individuals to form The New Jersey Statewide Self-Advocacy Network (NJSSAN), which is used as means of supporting positive change on both a personal and social level. The NJSSAN consists of five Councils based on geographic location within the state.

1. [Home & Community-Based Services \(HCBS\)](#)
2. [Housing for People with IDD](#)
3. [Transportation](#)
4. [Supported Decision Making and Alternatives to Guardianship](#)
5. [Raising Awareness of IDD Issues](#)

NJSAP@ArcNJ.org -- NJSAN POSITION STATEMENTS
www.njselfadvocacyproject.org -- 732-749-8514

Register Now: Fall Conference



[Registration is FREE](#) with **[options to donate.](#)**

Each year, the New Jersey Self-Advocacy Project (NJSAP) and the New Jersey Statewide Self-Advocacy Network (NJSSAN) work together to host the annual Fall Conference.

The event is an opportunity for Disability Advocates to network, learn about current advocacy issues, and attend professional development workshops. This year, we will host the Fall Conference virtually!

The theme of our 2022 conference is "Sharing Our Skills". The NJSSAN wants to take this opportunity to highlight the skills and experience of its current members. For the first time, NJSSAN Board members will serve as the event's Keynote Speakers. Advocates will discuss the current priorities impacting the Network and also how topics like supported decision making, mental healthcare access, and staffing issues impact the daily lives of people with IDD statewide.

[If you'd like to purchase a tote bag to commemorate the event and support the NJSSAN, click here!](#) All funds raised directly benefit the NJSSAN, New Jersey's largest self-advocacy organization. Bags are \$22 each and will be shipped directly to you!



Meeting with Senator Booker's Office

Thank you Bianca Markovski for meeting with family members, staff from The Arc of NJ, and self-advocates including NJSSAN Advisory Board President Evelyn Ramundo to discuss investing in HCBS and needed changes to the SSI Program. We also thank Senator Cory Booker for his ongoing support of people with IDD and their families.



Evelyn Ramundo



Sharon Levine



Bob Hage



Bianca



Diana

SCARC Pumpkin Roll Recipe



Erin Smithers led a healthy cooking session with SCARC to help self-advocates learn how to make a healthier version of a pumpkin roll.

Monthly Hashtags



Our hashtag this month was #ABLEtoSave.

You can find ways to budget and save money by viewing the resources below.



STRIVE World WIDE WELCOMING
I NDEPENDENCE
D IVERSIFYING
E DUCATION

STRIVE World WIDE
Financial Management and Budgeting for Self-Advocates
for The Arc of New Jersey's Stay Healthy At Home Series

Dr. Anne Ryan
Program Director
T (207) 879-0847
ARyan@PSLSTRIVE.org

Kara Brown
Program Coordinator
T (207) 879-0847
SBrown@PSLSTRIVE.org

 pslstrive.org/striveworldwide 1/4/2022



ACHIEVING A BETTER LIFE EXPERIENCE ACT

ABLE ACCOUNT FACT SHEET



ELIGIBILITY

- Disability was present before the age of 26
- **One** of the following is true:
 1. You are eligible for SSI or SSDI because of a disability
 2. You experience blindness as determined by the Social Security Act
 3. You have a similarly severe disability with a written diagnosis from a licensed physician that can be produced if requested.

You must also self-certify that you have **one** of the following:

1. Blindness as defined by the Social Security Act (SSA); OR
2. A medically determinable physical or mental impairment with marked severe function limitation that has lasted, or is expected to last, at least 12 continuous months or result in death;

AND you must have a written disability-related diagnosis signed by a physician.



QUALIFIED EXPENSES

- Education
- Health and wellness
- Transportation
- Housing
- Legal fees
- Financial management
- Employment training and support
- Assistive technology
- Personal support services
- Oversight and monitoring
- Funeral and burial expenses

When savings are used for non-qualified expenses, the earnings portion of the withdrawal will be treated as income, so it will be taxed at your tax rate, and will be subject to a 10% federal tax penalty and applicable state taxes.

MAINTAINING YOUR BENEFITS

- Balances of \$100,000 or less are excluded from your SSI resource limit
- Only the amount **OVER** \$100,000 is counted against your limit, along with assets held in non-ABLE accounts.
- If your account causes you to exceed the SSI resource limit, then your SSI benefits will be suspended until the account balance no longer exceeds your resource limit
- You'll continue to be eligible for Medicaid, regardless of your account balance

CONTRIBUTIONS

- You can contribute up to \$15,000 per calendar year.
- Account balance is limited to \$305,000 at any given time.
- Anyone can contribute to your account. However, only the account owner and authorized persons will retain control over the account.
- You may arrange recurring contributions, which can be scheduled to automatically be drawn into your account how you wish.

Information sourced from the NJABLE website. For more information, please visit <https://savewithable.com/nj/home.html>



"Because of my ABLE account, I will have a better and more financially secure future."

WELCOME TO #ABLEtoSave MONTH

Throughout the month of August, ABLE National Resource Center will be sharing ABLE success stories along with ABLE tools and strategies to help you learn about ABLE accounts.

We look forward to having you join us!



#ABLEtoSave Campaign 2022 - ABLE National Resource Center

Welcome to #ABLEtoSave Month 2022! This month-long campaign will provide people with disabilities and their families information about the significance of ABLE accounts and how these accounts can be used to address daily needs, help achieve long-term goals and dreams and increase their financial well-being.

[Read More](#)



The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey. The program aims to provide people with I/DD with functional education about the importance of healthy choices related to diet, exercise and stress management.



Let's give a big THANK YOU to The Horizon Foundation for New Jersey for making this possible!

We are now on our 8th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

HLP: Stay Healthy at Home Weekly Webinars



The New Jersey Self-Advocacy Project team is excited to continue our *Stay Healthy at Home* webinar series! They take place every **Tuesday at 2 PM**.

Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

NEW





If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

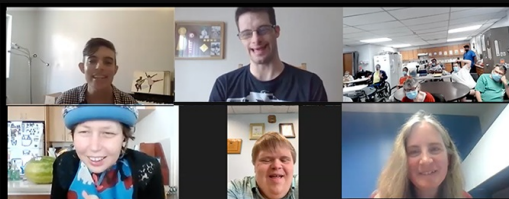
[Register now for upcoming webinars!](#)

Healthy Lifestyles Project: LIVE!



The New Jersey Self-Advocacy Project team continues to host bi-weekly sessions of Healthy Lifestyles Project: LIVE! These are live, interactive events on Zoom to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11 AM and Friday at 1 PM.

HLP: Live! Music to My Ears: A Collaborative Song-Writing Session Surfin' the USA Mad Libs



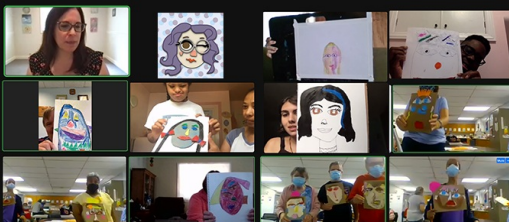
www.healthylifestylesproject.org

HLP: Live! Food for Thought: Blueberry Banana Bread Bars



www.healthylifestylesproject.org

HLP: Live! Art Therapy: Modern Art Portraits



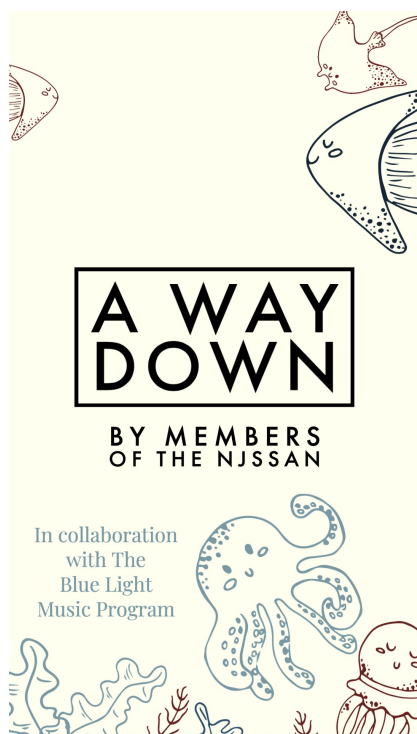
The Art in Therapy

www.healthylifestylesproject.org

HLP: Live! The Right Fit: Find Your Exercise with Adaptive Fitness



www.healthylifestylesproject.org



HLP: Live! Peace of Mind: Maintaining a Healthy Mindset



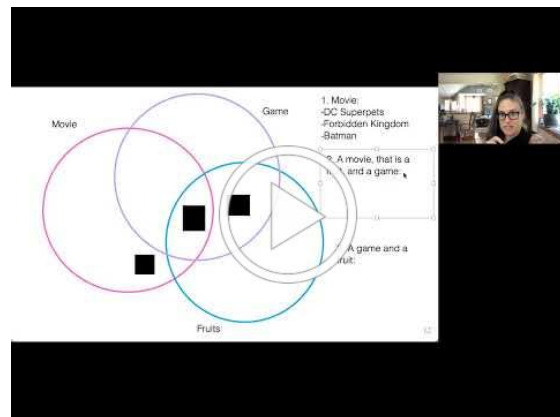
www.healthylifestylesproject.org

[Register now for next month's events!](#)

HLP: Brain Games

Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Wordscapes and Knit Wit to get an idea of all the fun that goes on! Be sure to join us at 1 PM every Thursday! [Click here to learn more.](#)



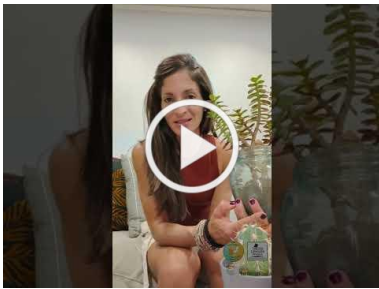
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

HLP: Video Guides

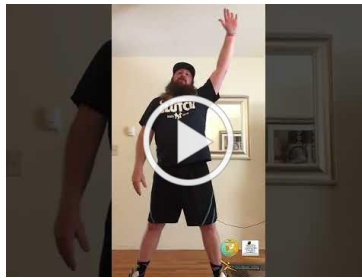
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Wednesdays we post videos from Matt ([In-Home Personal Training](#)), and on Fridays NJSAP Assistant Director Erin posts recipe videos.

You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every Monday and Wednesday and Friday for you to practice along!

Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica: Playlist](#)



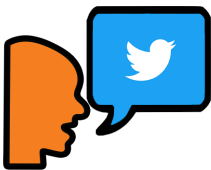
[Wednesdays with Matt and Kristen: Playlist](#)



[Fridays with Erin: Playlist](#)

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www.njselfadvocacyproject.org



New Jersey Self-Advocacy Project & Statewide Self-Advocacy Network

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

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