



Advocacy Matters

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

April 2019

April has been a busy month for self-advocates!

We held our 14th Annual Spring Into Action Luncheon to much success.

Members of Council 1 returned to Montclair State University for another informative speakers panel.

Advocates from SCARC attended the Pathways to Justice event to speak about their experiences with law enforcement.

Our Healthy Lifestyles Project events continue with a trip to Gravity Vault for rock climbing, Healthy Italia for a cooking class, and Mane Stream for equine therapy.

Let's look back on this past month!

Spring Luncheon

Each year The New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network come together to host the annual Spring Into Action Luncheon for an afternoon of good food, networking, and celebrating the hard work of advocates. This year more than 300 attended the event at The Imperia on April 13th, 2019. Let's look over our Award Winners and some photos from the event!

Heroes Award

The Heroes Award recognizes a person who has worked to support New Jersey's self-advocacy movement and utilized their power to make New Jersey a better place for all people.

**Congratulations
Assemblyman Daniel R. Benson!**

Thank you for your extraordinary support of self-advocates and commitment to making New Jersey a better place for all people.



**Jane Miller Memorial
Leadership Award**

The Jane Miller Memorial Leadership Award was established to honor the memory of Jane Miller and is awarded to a self-advocate who has been recognized by their peers and colleagues as possessing excellent leadership, motivational, and advocacy skills.

**Congratulations
Michael McRae,**
Chairman of Council 4 of the
New Jersey Statewide Self-Advocacy
Network!

Thank you for your leadership skills and dedication to the self-advocacy movement in New Jersey.



Group Achievement Award

The Group Achievement Award recognizes a team of Self-Advocates that has demonstrated excellence in the areas of teamwork and collaboration, as well as the ability to set goals, achieve results, and promote awareness and equal rights for all people with disabilities.

**Congratulations
People Helping People,
Work Opportunity Center,**

The Arc of Monmouth County!

Thank you for your dedication to upholding the rights of people with intellectual and developmental disabilities.



Advisor of the Year Award

The Advisor of the Year Award recognizes a Self-Advocacy Group Advisor who demonstrates exemplary leadership qualities, commitment to the self-advocacy movement, and support of the mission and members of the New Jersey Statewide Self-Advocacy Network.



Congratulations

Robert T. Canavan

Advisor to Advocates for Change,
The Arc of Somerset County!

Thank you for your support of and commitment to the self-advocacy movement in New Jersey.





Montclair State University Panel

On April 17th, advocates representing Council 1 of the New Jersey Statewide Self-Advocacy Network returned yet again to Montclair State University for a self-advocacy speakers panel. A panel of advocates and Direct Support Professionals spoke to a graduate class of special education students about topics such as employment, residential supports, and techniques for teaching young students about self-advocacy.



Pathways to Justice

On April 3rd, advocates from SCARC went to Centenary University for Pathways to Justice where they shared their past experiences with police and law enforcement.



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.

HLP: Gravity Vault

On April 10th, advocates went rock climbing at Gravity Vault in Middletown. Everyone got some serious exercise while climbing to incredible heights!





HLP: Healthy Italia

On April 16th, a group of 15 advocates from SCARC ate a delicious antipasto and learned how to make ricotta gnocchi at a hands-on cooking class at Healthy Italia in Madison.



HLP: Mane Stream

Advocates from The Arc of Union traveled to Mane Stream in Oldwick this month. Mane Stream's mission is to improve the quality of life for individuals with physical, developmental, emotional and medical challenges through a diverse

program of equine assisted activities, therapy services and educational initiatives.

Advocates learned how to groom the horses, lead them on a short walk, and made treats to feed them.





Call for Submissions



Do you have any art, stories, poems, songs or videos to share? The Total Inclusion Project is a web-based format for displaying creative works by people with intellectual and developmental disabilities. Send us your work and we may feature it on our website and in future editions of Advocacy Matters!

Contact us at NJSAP@ArcNJ.org or call 732-749-8514 for more information.

**Interested in a training or workshop at your location?
Hit REPLY and let us know!**

A training on our program, NJSAP

- Starting a Self-Advocacy Group
- Team Building
- Human Rights and Responsibilities
- Erasing the R-Word & Person First Language
- Legislative Advocacy
- Governmental Affairs
- Advocating for Yourself

Healthy Relationships

- Online Dating
- Aromatherapy
- First Aid
- Get Better Sleep
- Outdoor Safety
- Illness Prevention
- Proper Hygiene

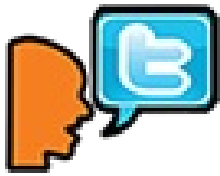
Voting

- Boosting Your Self-Confidence
- The Americans with Disabilities Act
- Employment & Pre-Employment Skills
- Healthy Communication
- Respectful Behavior
- Anger Management

Proper Portion Sizes

- Dangers of Sugar
- Quick Healthy Snacks
- Stress Relief
- Yoga & Meditation
- Indoor Exercise & Adaptive Fitness

For more photos from our events and information about upcoming events, check us out on social media!



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**