



# Advocacy Matters

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

## September 2021

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.

[Register now for the FREE virtual 37th Annual NJSSAN Fall Conference on October 9, 2021!](#)

National Disability Voter Registration Week was Sept. 13 - Sept. 20, 2021.

The wonderful folks at SCARC showed off their knowledge with some Brain Games.

Our hashtag this month was [#SelfAdvocacyMeanstheWorldtoMe](#).

Looking for resources on [Technology and Internet Safety](#)? [Check out our new page!](#)

We've moved to Zoom Webinars! We will have one brand new webinar each month as well as continuing replays of past content. [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.](#)

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

We are continuing our weekly live Brain Games each Thursday at 1 PM! [Watch old videos here](#) and [join in 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**

- Check social media feed for Veronica's new nutrition video
- Vero Pure Green

**TUESDAY**

- Watch the new Stay Healthy at Home webinar at 2pm

**WEDNESDAY**

- Interactive Zoom event for HLP:Live at 11am
- Check social media feed for IHT's new workout video

**THURSDAY**

- Play this week's Brain Game on Zoom at 1pm

**FRIDAY**

- Check social media feed for Erin's new recipe!
- HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm

**TO DO LIST:**

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert

**REMINDERS + NOTES:**

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to **SPEAK UP!**

**THE NEW JERSEY SELF-ADVOCACY PROJECT**

**YouTube**

Find out more at [www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/NJSAP)

Click the image above to download the planner, complete with live links to all of our programming! Email [NJSAP@ArcNJ.org](mailto: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.
- [Do you or someone you support have a lack of internet capable devices? No internet connection? Fill out our Tech Needs survey and let us know.](#)
- 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.](#)





The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals 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.

## COVID-19 Resources



For more information on the vaccine, [please visit The Arc of New Jersey's website.](#)

For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [click here.](#)

Look below for updates from Governor Murphy about changes in guidelines for NJ. [Find out more here.](#)

## Fall Conference



[Register now for the FREE virtual 37th Annual NJSSAN Fall Conference on October 9, 2021!](#)

[If you'd like to purchase a t-shirt to commemorate the event click here!](#) All funds raised go directly to the NJ Statewide Self-Advocacy Network.

Sizes are available in XS- 4XL. T-shirts are \$25 each and will be shipped directly to you! A variety of colors are available.



## Voting

National Disability Voter Registration Week was September 13 - 20th, 2021 and Election Day is Tuesday, November 2, 2021!

Check out our helpful guide full of resources on how to register to vote, the voting process, voting rights and more!

Read it here: [conta.cc/3tCnHSs](https://conta.cc/3tCnHSs)

The Arc of NJ also has more information on voting on their Get Out the Vote page.



Election Day is Tuesday, November 2, 2021, The 2021 Get Out the Vote Guide will be available soon.

[Read more  
www.arcnj.org](https://www.arcnj.org)

## SCARC - Snippets

The folks at SCARC showed off their incredible brain power while playing a surprisingly competitive game of Snippets! They had to find as many words as possible with the letters "IND" in them. A total of 68 words, with the longest being 20 letters long!



super-individualism	overindulgence	<div> indistinguishability  indiscriminateness  austrocyllindropuntia </div>	
IND → __IND __IND__ IND__	individualization individualizational		
Independent	Binding	Rewind	mindful
Mind	Rind	Hinder	rekindle
Index	Cylinder	indestructibleness	industriousness
Wind	Indirect	whirlwind	indent
Window	Grind	pre-independence	
Indoors	Independence	Remainder	kindheartedness
Kind	Pre-kindergarteners	womankind	indeed
Hind	Indoctrination	Crosswind	grinder
Find	Mastermind	Tinder	indifferent
Indiana	Individualization	Rescinded	pathfinder
Behind	Indestructable	Reminder	indecisive
Blind	Nevermind	blindfold	contraindicated
Binder	Humankind	unbind	non-independence
Kindergarten	Raindrops	tamarind	individuals
Indecipherable	Mankind	bookbinder	superindividual
			wordfinder
			indigestion

## # Monthly Hashtags

Our hashtag this month was #SelfAdvocacyMeanstheWorldtoMe, the theme of our upcoming Fall Conference!

[If you'd like to purchase a t-shirt to commemorate the event click here!](#) All funds raised go directly to the NJ Statewide Self-Advocacy Network.



"Self-Advocacy Means the World to Me" is the theme of the virtual 37th Annual Fall Conference which will be...

[Read more](#)  
[www.bonfire.com](http://www.bonfire.com)

# Technology & Internet Safety

The Internet has dramatically changed the way we interact with the world and has provided many people with a way to stay connected. However, the internet can also put people at risk for cyberbullying, exposure to inappropriate material, online predators and the possibility of revealing too much personal information. Take a look at the [resources on our website](#) about internet safety, online communications, and how to best support individuals with intellectual and developmental disabilities on the internet.



improving health, improving lives



The Horizon Foundation for New Jersey



The Arc of New Jersey

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!

## 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**.

We're moving to Zoom Webinars! Starting September 14th, we will have one brand new webinar each month and well as continuing replays of past content.







If you've attended one of our webinars, 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! Black Bean Brownies



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

## HLP:Live! Miracle Project Theatre Program



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

## HLP:Live! Service Dog Presentation

Fetching / Retrieving Items



Examples in these videos provided by CDK staff, scholarship recipients, BASK & APWW



Celia

Rashna



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

## HLP:Live! Art Therapy: Fall & Change



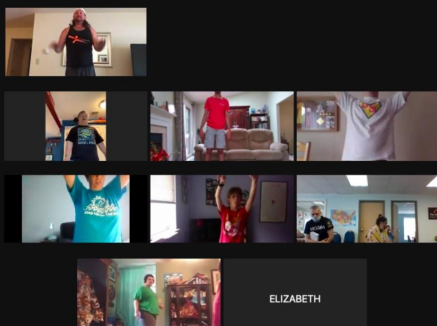
Erika (Interpreter)



The Art in Therapy

[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

## HLP: LIVE! THE RIGHT FIT: FIND YOUR EXERCISE WITH ADAPTIVE FITNESS

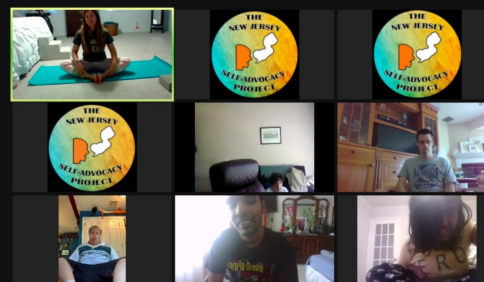


ELIZABETH



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

## HLP:Live! Yin Yoga



Janine



[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)



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

## HLP: Brain Games

Get your thinking caps on! The NJSAP team began presenting games live on Facebook, but we've now moved to Zoom!

Watch our previous videos below of Pictionary and Snippets 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](mailto: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 Fridays we post videos from Matt ([In-Home Personal Training](#)).

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

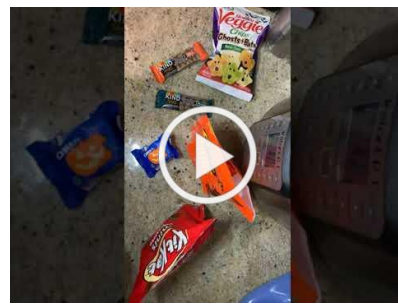
Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:  
Playlist](#)



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



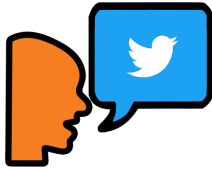
[Fridays with Erin:  
Playlist](#)

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[Youtube](#)

[www.njselfadvocacyproject.org](http://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