



Advocacy Matters

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

May 2019

It's May and our advocacy work has been blossoming nicely!

We joined the Coalition for a DSP Living Wage for a huge rally, despite the rainy weather, at the State House in Trenton in support of raising DSP wages.

A group of self-advocates also met with Asw. Downey for an open discussion.

As part of our Healthy Lifestyles Project, we had our first hike at Hartshorne Woods as well as a trip to Grounds for Sculpture.

We'd appreciate if you took the time to fill out some surveys this month, including a housing survey by The Arc and The Council on Quality and Leadership as well as a Pre-Conference Survey for our upcoming Fall Conference.

Let's reflect on the month of May!

DSP Rally at the State House

On Monday, May 13 advocates joined the Coalition for a DSP Living Wage in Trenton to tell lawmakers why it's critical they invest \$54million in FY2020 to secure competitive DSP wages that reflect the skill, training and responsibility required for the complex work. Despite the rainy weather, the event had a huge turnout!

Feel free to keep sharing your images and videos on social media using these hashtags! #DSPRally2019 #PayFair4DirectCare #NotMinWageWork







This image shows a vertical section of a repeating floral pattern. The design features delicate, thin-stemmed plants with green, serrated leaves and small, five-petaled pink flowers with dark centers. The pattern is set against a light, off-white background and is repeated vertically, creating a continuous decorative border.



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: Hartshorne Woods

Our first hike of the season took place at Hartshorne Woods in Atlantic Highlands. Advocates from Easter Seals NJ and The Arc of Monmouth traversed the hilly, forested 794-acre site overlooking the Navesink River. This park is among the highest elevations along the Atlantic Coast and features prominently in area history as a former coastal defense site.





HLP: Grounds for Sculpture

Advocates joined us at Ground for Sculpture in Hamilton this month. We walked through a sculpture garden with more than 270 sculptures by contemporary artists, positioned on a parkland full of thousands of exotic trees and flowers.







Housing Survey

The Arc is working with The Council on Quality and Leadership to do housing research about how people with disabilities decide on where they will live in the future.

Help with this research by completing an [online survey](#) . We'll ask you questions about where you live and why you decided to live there. We'll also ask you to share your thoughts about where you want to live in the future. This survey takes about 10 to 15 minutes to complete.

NOTE: This survey is open ONLY to people with intellectual and/or developmental disabilities.

Click here to take the survey and receive a \$15 giftcard!

Pre-Conference Survey



We'd love your input for our Fall Conference this year!

Please take the survey below to let us know what workshop options you'd like to see as well as any ideas for this year's theme!

Click here to take the survey!

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



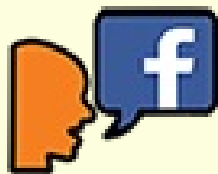
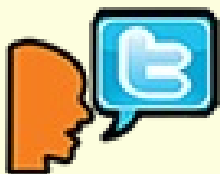
Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

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

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