



Advocacy Matters

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

January 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.

[Save the Date for our NJSSAN Spring Awards Luncheon on Saturday, April 9, 2022.](#)

Our hashtag this month was **#YouIn2022**.

We host 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 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! • HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm 
TO DO LIST: <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 		REMINDERS + NOTES: <ul style="list-style-type: none"> • Participate in an advocacy campaign or Action Alert • 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.njsselfadvocacyproject.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.
- [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.

Calendars for 2022 are up! [Visit your council page](#) to download them.

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.

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.](#)

The New Jersey Department of Human Services has announced that eight (8) free COVID tests, per month, are available from participating pharmacies for individuals enrolled in NJ FamilyCare/Medicaid.

See this link for additional information: ow.ly/LS1b5oHFSHJ

On January 19, 2022, Governor Phil Murphy signed [Executive Order No. 283](#), requiring covered workers at health care facilities and high-risk congregate settings to be up-to-date with their COVID-19 vaccinations, including having received a booster dose.

The COVID-19 pandemic has changed everyone's lives. If you live in New Jersey and are struggling with a change in mood, poor concentration, increased alcohol/drug use, or difficulty sleeping, there is help. Call Covid-19 Connect Entity for guidance.

(833) 223 - 0011

Save the Date

spring luncheon

Saturday, April 9, 2022



join us on zoom!

Registration available soon

Focus Groups: Women's Health Exams

Rowan Integrated Special Needs Center (RISN) in Sewell, NJ is looking for women to participate in two focus groups. These groups will be reviewing educational materials pertaining to women's health exams. The goal is to increase awareness and access to physical, sexual, and reproductive health for women with intellectual and/or developmental disabilities (IDD).

One focus group will be composed of women with an intellectual and/or developmental disability (IDD), and the other focus group will be composed of parents or legal guardians of women with IDD. The focus groups will be held in April, and may be held virtually. All participants will receive an Amazon gift card. To learn more about this opportunity, please [click here for the flyer](#) or click the image below.

This initiative was funded (or funded in part) by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.



FOCUS GROUP PARTICIPANTS NEEDED!



Rowan Integrated Special Needs Center (RISN) in Sewell, NJ is looking for individuals to participate in two Focus Groups. These Groups will be reviewing Educational Materials pertaining to women's health exams. The goal is to increase awareness and access to physical, sexual, and reproductive health for women with Intellectual and/or Developmental Disabilities (IDD).

Focus Group A	Focus Group B
Participants must be: *Born Female *Between the ages of 18-64 *Have an Intellectual and/or Developmental Disability	Participants must be: *A parent or guardian of a female with an Intellectual and/or Developmental Disability between the ages of 18-64

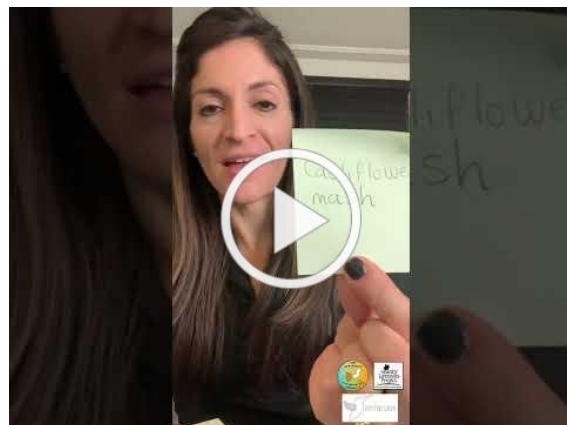
*Participation is completely voluntary

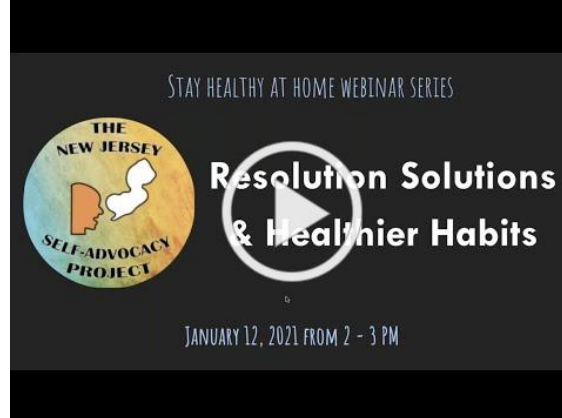
*Participants will receive an Amazon Gift Card

Monthly Hashtags

Our hashtag this month was **#YouIn2022!**

Check out some of our previous videos on how you can make some small changes to live a healthier life this year! We also created a new training all about trying new things to make 2022 an exciting year!





NJSAP PRESENTS

TRYING NEW THINGS



As seen in December 2019 's Issue!



NEW!

By Frankie Bayak, Media and Communications Coordinator, NJSAP



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!

Take a look back at some of our favorite moments.



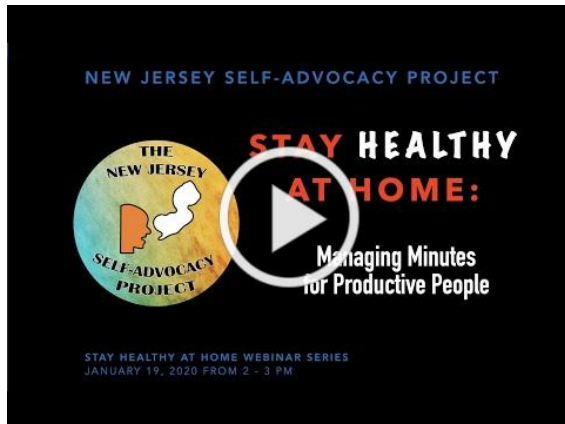
HLP: Stay Healthy at Home Weekly Webinars



NEW

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.



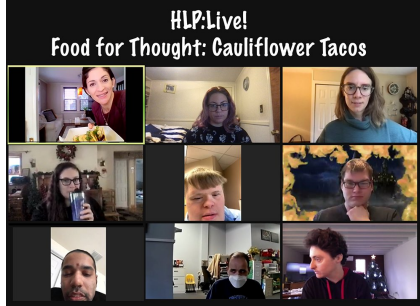
If you've attended one of our we're very thankful. Please spread the word and register for one of our upcoming sessions!

[Register now for upcoming webinars!](#)

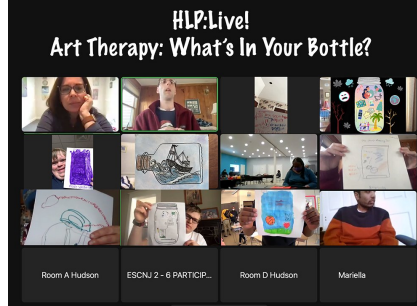
Healthy Lifestyles Project: LIVE!



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.

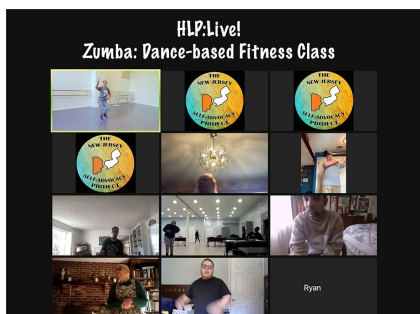


www.healthylifestylesproject.org



The Art in Therapy

www.healthylifestylesproject.org



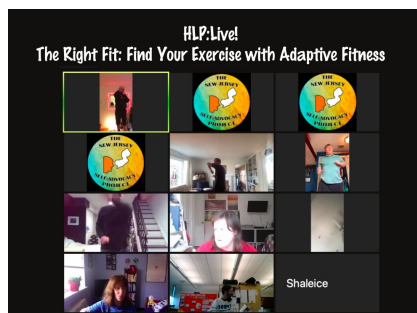
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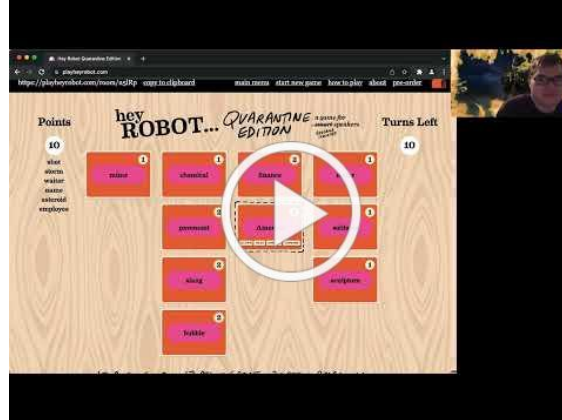
www.healthylifestylesproject.org

[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 Scattergories and Boggle 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.](#)**



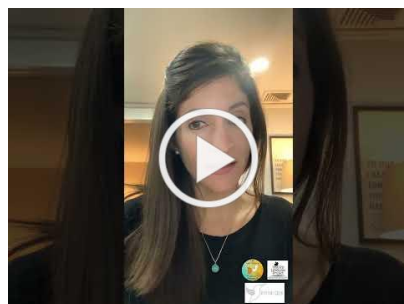
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

HLP: Video Guides

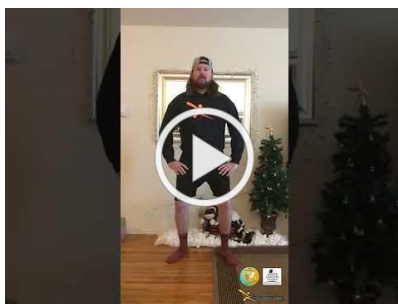
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

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!

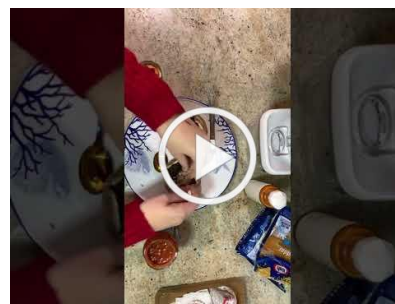
Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:
Playlist](#)



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

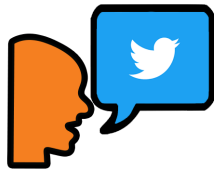


[Fridays with Erin:
Playlist](#)

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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**