



Advocacy Matters

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

February 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.

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

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

Next month is [Developmental Disabilities Awareness Month](#)!

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 

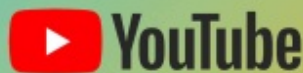
TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag

REMINDERS + NOTES:

- 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](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 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.**](#)

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

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 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

Register Now

Saturday, April 9, 2022



www.njsselfadvocacyproject.org

[Fundraiser Mug](#)

[Registration is FREE.](#) If you would like to make a donation, [you can do so here.](#)

Each year, the New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network work together to host the annual Spring Into Action Awards Luncheon.

The event is an opportunity for Self-



Advocates and Allies to network, learn about current advocacy issues, and celebrate the accomplishments of Self-Advocates over the past year.

Monthly Hashtags

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

February is Black History Month, so we wanted to share stories of incredible black disabilities advocates of the past and present, and inspire others to follow in their footsteps! Take a look at the articles below to read about their lives and impact.



Honoring Black History Month:
Unsung Heroes of the Disability
Rights Movement

[Read more](http://www.ncld.org)
www.ncld.org



Read profiles of African Americans
with Disabilities who are highly
successful in their work and who are
making a difference in setting high
expectations.

[Read more](http://www.respectability.org)
www.respectability.org



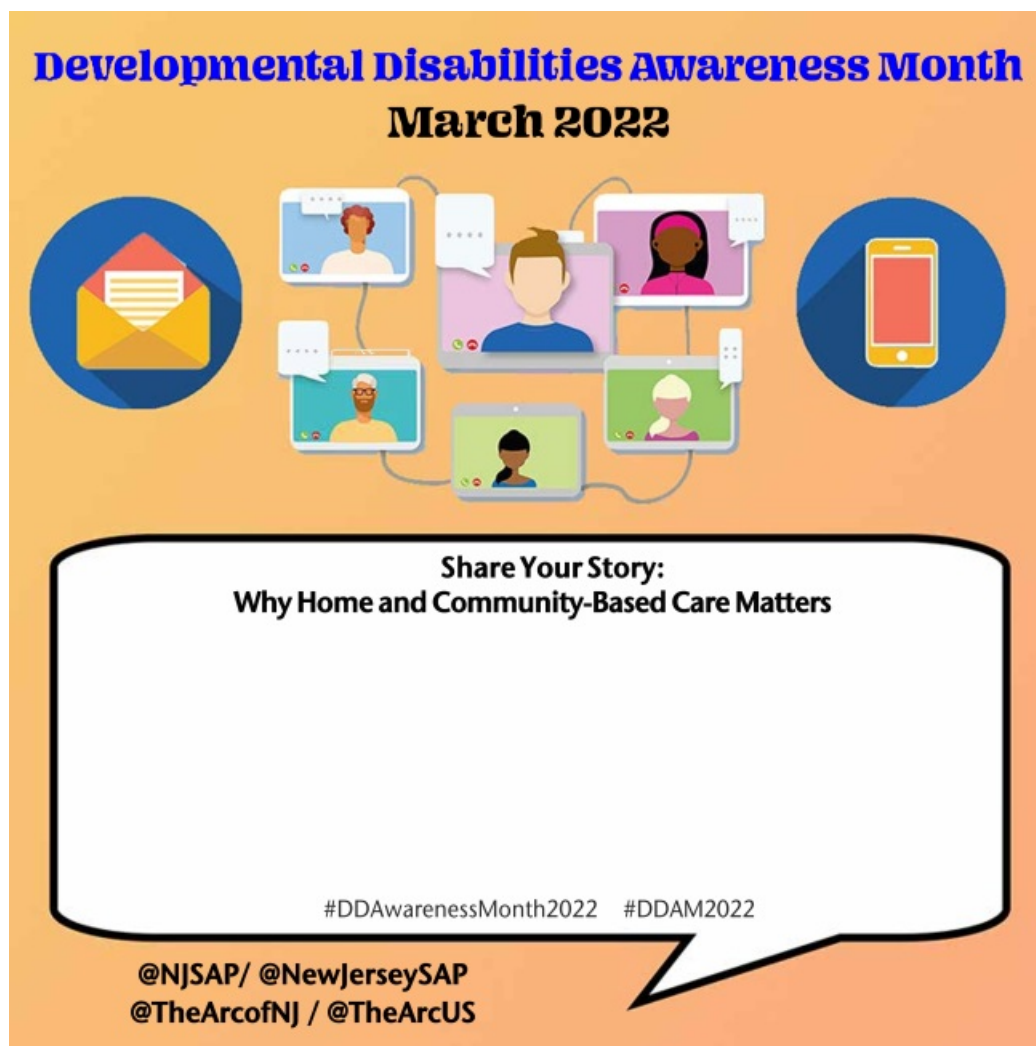
Why Black History Month needs to
feature the stories of the disabled

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

Black people with developmental disabilities who have left their mark

[Read more
opwdd.ny.gov](https://opwdd.ny.gov)

#DDAwareness2022



March is Developmental Disabilities Awareness Month! We'll be posting quotes, photos, videos, and mini-trainings, so be sure to check out our [social media pages](#) all month long. Additionally, members of NJSSAN will hold a virtual Developmental Disabilities Awareness Month event to both celebrate people with IDD and to recognize the barriers that people with disabilities still sometimes face in connecting to the communities in which they live. The event will include invited dignitaries.

We are also aligning with a current Action Alert from The Arc of the United States, "Share Your Story: Why Home and Community-Based Care Matters".

People with disabilities rely on home and community-based services (HCBS) funded through Medicaid to live independently in their communities. People with disabilities rely on HCBS and direct support professionals for help with things like employment supports, getting around the community, dressing, and bathing, taking medication, and much more! But due to a decades-long lack of investments in the system, Medicaid doesn't have the funding to support everyone. This means people are stuck on waiting lists, direct care workers are underpaid due to stagnant wages, and too often unpaid family caregivers are filling in the gaps in service.

Use the template above to *share your story*! How have community-based services helped you live more independently?



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 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



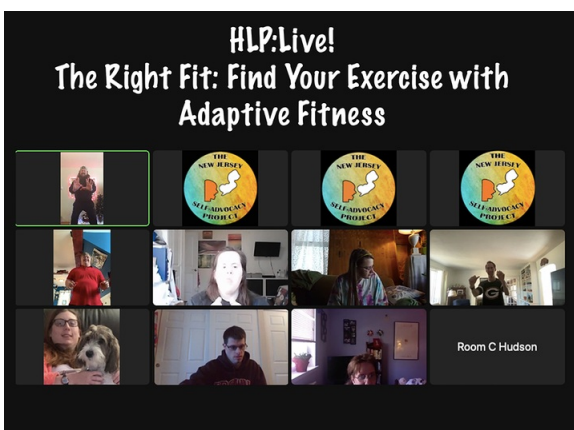
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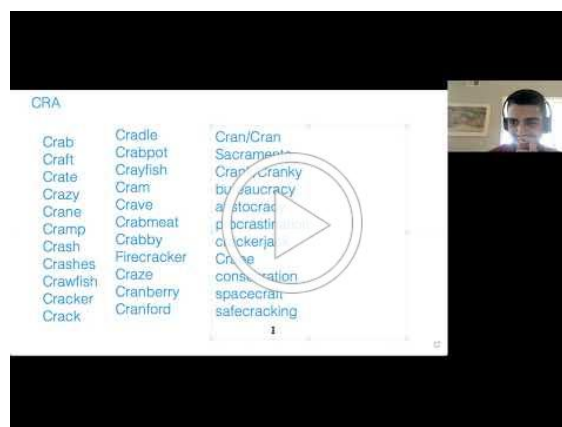
www.healthylifestylesproject.org

[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 Fibbage 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 if you are interested.

HLP: Video Guides

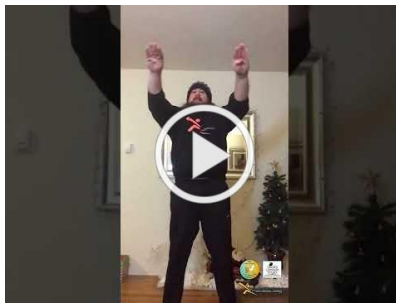
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

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](#)



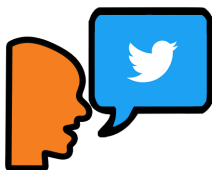
[Wednesdays with Matt
and Kristen: Playlist](#)



[Fridays with Erin:
Playlist](#)

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www.njsselfadvocacyproject.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**