



# Advocacy Matters

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

## July 2019

We've been working up a sweat with all of the advocacy activity this month!

We celebrated the 29th Anniversary of The ADA at Point Pleasant Boardwalk for our 7th Annual ADA Awareness Event.

People First held a conference and also took time to celebrate the ADA.

The second week of July was national Disability Voter Registration Week, so we spent some time providing voting information and asking self-advocates why voting is important to them.

[We opened registration for a professional development seminar called Work With Me Here that will take place in August.](#)

Council 1 held a fundraiser at IHOP to raise money for their budget.

Our HLP events continue with yoga, a boat tour, and a trail hike.

We also have many more post-summer events to take note of, including our Fall Conference in September ([Register now!](#)) and the Masker's Barn event in October.

Let's reflect back on the month of July!

## ADA Awareness Month

This month we met at Point Pleasant Beach boardwalk for our 7th Annual ADA Awareness Event! Signed into law on July 26, 1990, The ADA, or Americans With Disabilities Act, is a civil rights law that prohibits discrimination against people with disabilities in all areas of public life, including employment, schools, transportation, and all public and private places that are open to the general public. [Click here for our ADA Factsheet to learn more!](#)

Crowds gathered at our table to read our brochures and flyers, take a photo at our

photo booth, spin our prize wheel for amazing giveaways, and celebrate and learn about the ADA!

Thank you to all the amazing individuals who attended: the groups from The Arc of Union County, The Arc of Salem County, The Arc of Warren County, our Advisory Board members, and all the kind folks on the boardwalk who stopped by to spin our wheel and learn about the Americans with Disabilities Act!











## People First Conference

People First New Jersey held a conference this month including a celebration of the ADA's 29th Anniversary.









## Voter Registration

### NATIONAL



### REGISTRATION WEEK

National Disability Voter Registration Week took place on July 15-19th. [For more information read our National Disability Voter Registration message from earlier this month.](#)

We held a Voting Workshop at the The Midland School in Branchburg and Glenn, George, Matt, and Jonathan voiced their thoughts on voting!

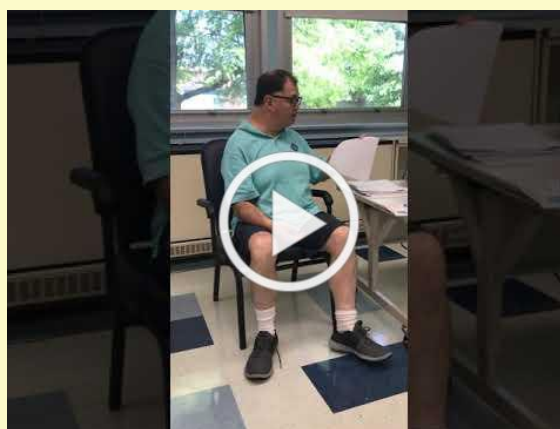
Glenn W: "I like to vote. I voted in the last presidential election. My mother and I go to our polling place together. I check the ballot and hit the button to make sure my vote is counted. I think it's important for people to vote."

George: "My name is George Hoehn. I like to vote. Before I vote I get a sample ballot in the mail. Mom and I go on the computer to look at all the candidates on the ballot. I go to the senior center down the street from house to vote. All the people there know me because I vote in every election. I sign my name at the book at the table. I get a paper to give to the person at the voting booth, they tell me when it is my turn to vote. Mom goes into the voting booth in case I need help. I push the button of the people I want to vote for and the vote button and the curtain opens. When I leave I get a sticker that says I voted. I am proud that I can vote."

Matt: "My name is Matt and I registered to vote when I was 18. My Dad comes in the voting booth to help me since my vision is not good. I like to vote because it helps me and my friends. You should register and get out to vote. Ask for help from your friends and family."



Jonathan: "Voting is important because you can make decisions on who you want to vote for. I've voted before and I liked it. It was a little hard but I had help. You should vote with another person who knows about it and ask for help."



## Work With Me Here! A Professional Development Seminar



Calling all Disability Advocacy and Human Service Professionals!

The New Jersey Self-Advocacy Project team is hosting a FREE half-day seminar at Warren County Community College on August 15, 2019 from 8:30am -



12:30pm. The event is free of charge and open to any Direct Support Professional, support coordinator, job coach, program administrator, or staff member supporting people with intellectual and developmental disabilities.

[Registration is required, click here to download the registration form.](#)

## Council 1: IHOP Fundraiser

A big thank you to everyone who came out the the Council 1 Fundraiser at IHOP in Hackettstown this month! Council 1 Chairman Kevin really went the extra mile and brought along much of his family. Thank you for your support!











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: Relaxation and Exercise

We held a Stress Management, Meditation and Yoga workshop at Hudson Milestones to help self-advocates relax in a healthy way!





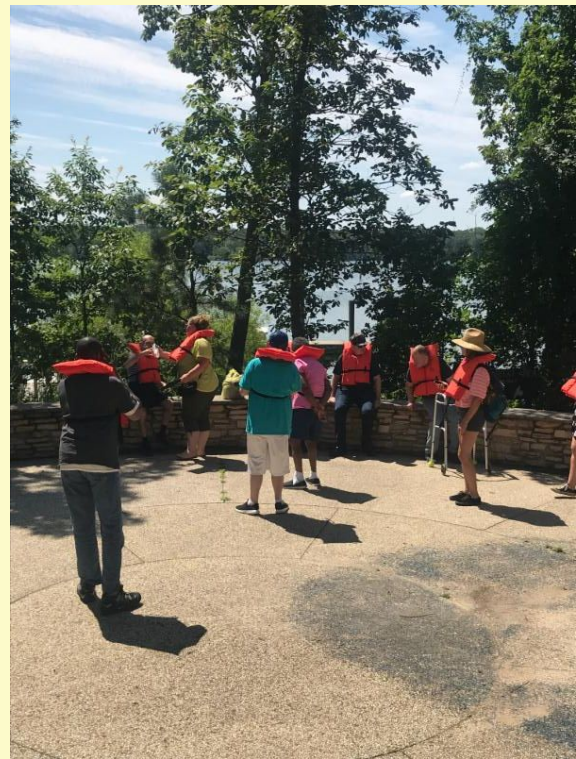
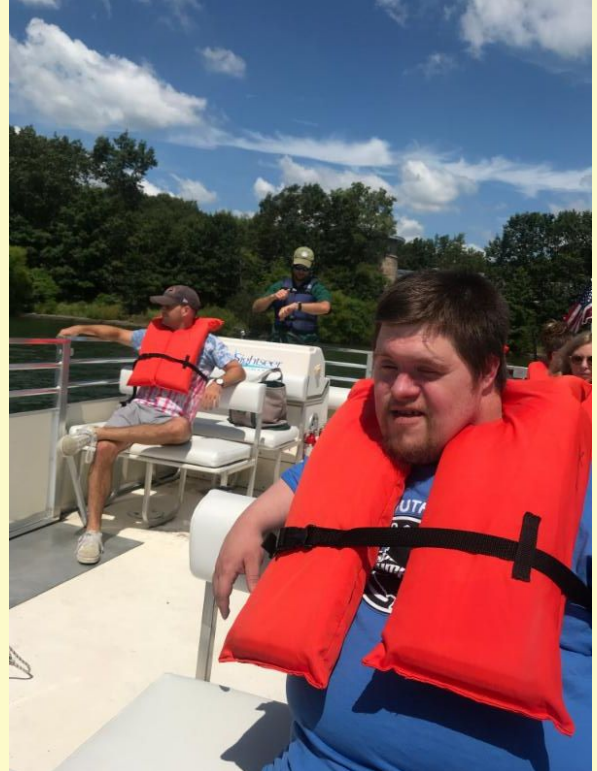




## HLP: Boat Tour

A group from The Arc of Ocean joined us at the Manasquan Reservoir for a boat tour! The tour was narrated by one of the reservoir's naturalists who gave the history of the area, described how the reservoir works, and pointed out local wildlife including a huge bald eagle nest!





## HLP: Horseshoe Lake Hike

Our trail walk this month took place at Horseshoe Lake in Succasunna. Folks from Abilities NW and SCARC joined is on a beautiful trail walk towards the lake and wrapped up the afternoon with a healthy lunch break.









## Save the Date

Save the date for our upcoming HLP event at Masker's Barn this October!





Save  
the  
Date

**Masker's Barn**  
A Healthy Lifestyles Project event  
organized by  
The New Jersey Self-Advocacy Project

**October 3rd, 2019**  
9 Cataract Hollow Road  
Berkeley Heights, NJ 07922

**The event will consist of a light breakfast, health and fitness activities, a catered lunch with an array of healthy food options, and some amazing giveaways!**

**Full schedule and registration information will be available in August. Make sure to save the date!**

**[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org) / [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) / 732-749-8514**

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. Our goal is to provide people who have intellectual and developmental disabilities with a functional education about the importance of healthy choices related to diet, exercise and stress management.

Visit [www.healthylifestylesproject.org](http://www.healthylifestylesproject.org) to learn more.



## Fall Conference

**Registration is now open for this year's fall conference!**

Saturday, September 28th,  
2019 at the Westin Princeton.





## 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](mailto: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



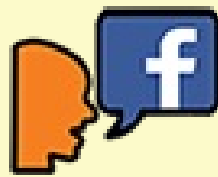
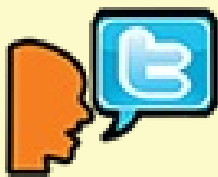
Voting  
Boosting Your Self-Confidence  
The Americans with Disabilities Act  
Employment & Pre-Employment Skills  
Healthy Communication  
Respectful Behavior  
Anger Management

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