



Advocacy Matters

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

February 2021

It's been a snowy month but that doesn't mean our advocacy activity has frozen! Let's look back on the 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.

The Arc of NJ has [created a video about COVID-19 vaccines](#) and what self-advocates need to know.

[Let us know](#) if you are interested in testifying regarding Senate Bill S3301 also known as "Billy Cray's Law".

Our hashtag this month was [#Let'sTalkAdvocacy!](#) Next month will be [#AdvocacyAnytimeAnywhere](#), to highlight our [DD Awareness Month](#) theme.

You are invited to join a study to [explore recommendations for best practices in and barriers to sexuality and healthy relationship curriculums in schools for individuals with I/DD](#).

We are continuing our Stay Healthy at Home webinar series! [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!

[Registration is open for our FREE, VIRTUAL 15th Annual NJSSAN Spring Into Into Action Luncheon!](#)

**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 

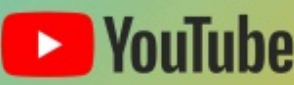
TO DO LIST:

- 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.njselfadvocacyproject.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

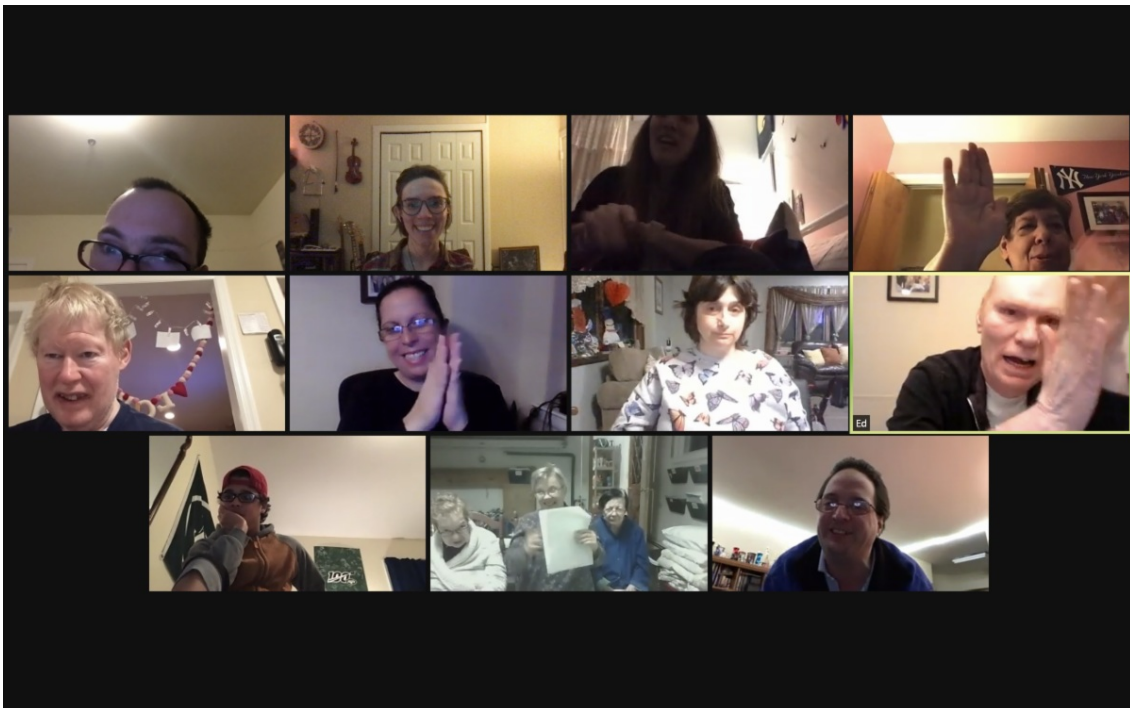
We are holding monthly NJSSAN Council meetings *virtually!*
[For information regarding](#)



[your Council area, please click here.](#)

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals with intellectual and developmental disabilities (I/DD) 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.

Council 1 snapped another great photo at their meeting this month. It's always a great time with Council 1! Members shared their thoughts on the importance of DD Awareness Month and prepared for the upcoming kickoff event.



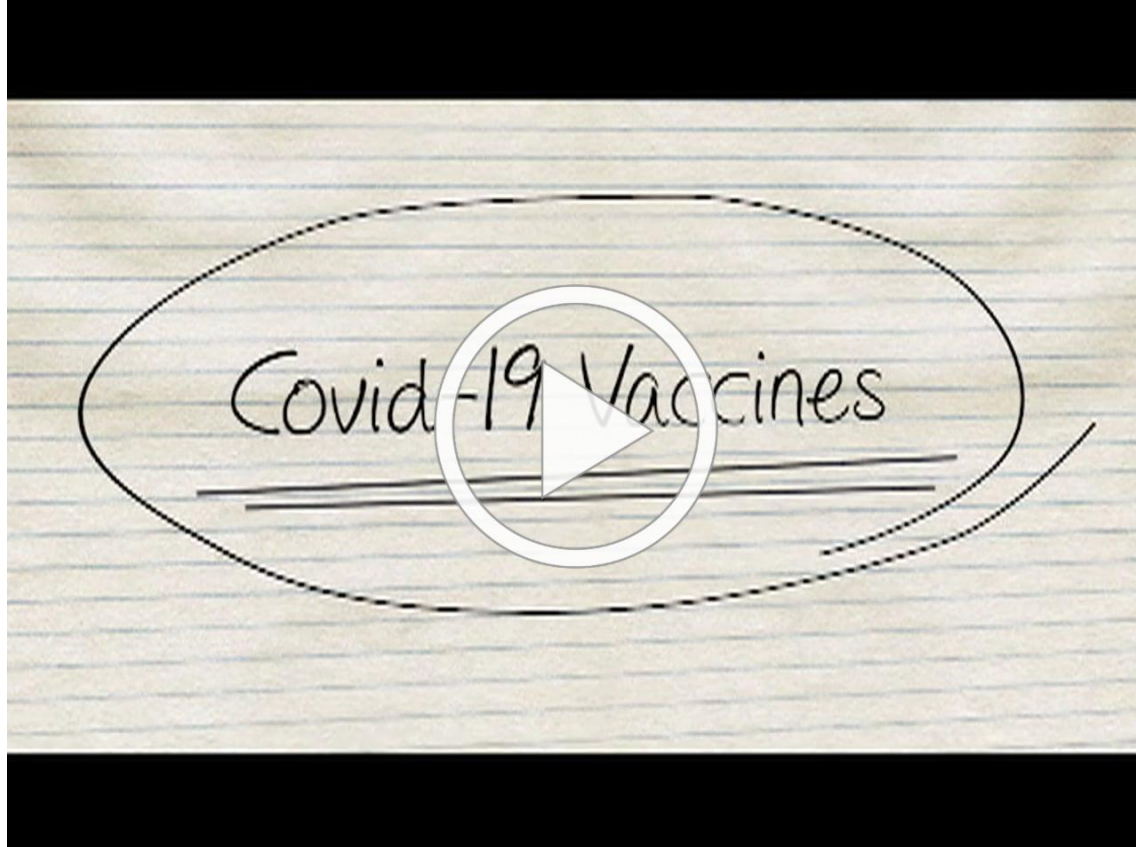
COVID-19 Resources



The Arc of New Jersey's COVID-19 Vaccine Video for Individuals with I/DD was released this month. The video explores the COVID-19 vaccine including what to expect at the vaccination site, how the vaccine is administered, and possible side effects.

The information in this video is current and relevant as of 1/15/21. 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.](#)



Bill S3301/ Billy Cray's Law

We are reaching out regarding Senate Bill S3301, also known as "Billy Cray's Law". If passed into law, the bill would require agencies who operate group homes to determine whether the residents of the home want the installation of electronic monitoring devices (cameras using video but not audio) in common areas. [You can read the full text here.](#)

The Senate Health, Human Services and Senior Citizens Committee is meeting virtually soon to discuss the bill. **They need to hear from you! We do not yet have a date but we will be keeping our network informed as the process continues.**

Let us know if you are interested in testifying! You will have the chance to **speak for 3 minutes during the Zoom hearing** or you can choose to **provide written testimony** that is sent to the the Committee.

Reply to this email or reach out to any NJSAP team member to **let us know you are interested! Here are some things to consider.**

- If you live or work in a group home or supervised apartment, how would you feel about cameras being placed there?
- If you already have cameras where you live, how do you feel about them?
- What are your thoughts on privacy and safety with regard to cameras?
- If you are someone's guardian, or if you have a guardian, do you both agree on this issue?

Monthly Hashtags

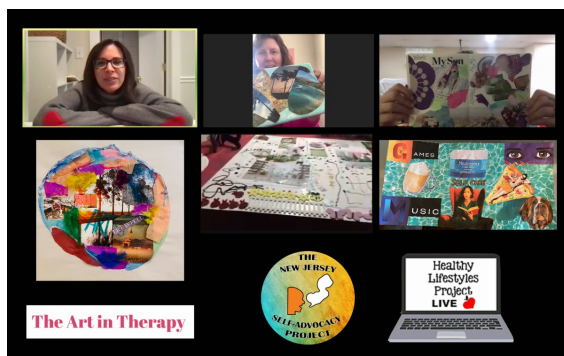
#LetsTalkAdvocacy



Last month's hashtag was **#LetsTalkAdvocacy**. Thank you to everyone who participated!

You can revisit our related content from this month!

1. **Love Languages:** This webinar discusses healthy relationships and communication and how we have different values.
2. **Augmentative & Alternative Communication:** This webinar discusses using technology and other ways of communication besides or in addition to verbal language.
3. **Great Mentoring:** This handout includes tips for being a positive sexual decision-making mentor.
4. **Art Therapy:** In this HLP:Live! event, we communicated feelings of gratitude through art by making collages.



GREAT MENTORING

Talking One-to-One
about Sexual Decisions

Professional Development Workshop by

Bill Taverner
The Center for Sex Education

Materials in this packet are from Peters, K. (2008). Great Mentoring: Building Connections with Young People about Sexual Decisions. Copyright © 2010 by The Center for Sex Education. For more information, please visit csexed.org.

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March is Developmental Disabilities Awareness Month

Developmental Disabilities Awareness Month 2021

Advocacy: Anytime, Anywhere



@NJSAP / @NewJerseySAP
@TheArcofNJ

I have continued to remain an active
self-advocate this year by...

#DDAwarenessMonth2021
#AdvocacyAnytimeAnywhere

Next month's hashtag will be **#AdvocacyAnytimeAnywhere**, our Developmental Disabilities Awareness Month Theme! Use our template above to join us in celebrating DD Awareness Month. [We're also posting finished templates on our website!](#)

Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram; any or all!). Utilize the theme to create a post about you've continued to advocate for yourself this year despite program closures, technological challenges, and other hurdles life has put in your way. this year despite program closures, technological challenges, and other hurdles life has put in your way.

Don't forget to use the hashtag **#AdvocacyAnytimeAnywhere** and **#DDAwarenessMonth2021** and tag us!

Facebook: @NewJerseySAP and @TheArcofNJ

Twitter: @NJSAP and @TheArcofNJ

Instagram: @NewJerseySAP

Don't have a social media account but still want to be heard?

Feel free to email NJSAP@ArcNJ.org and we'll post for you!

We'll be posting online all through DD Awareness Month!

Each week, we will highlight a different way to stay active in self-advocacy on a variety of topics including:

Week 1: Participating in/responding to Action Alerts

Week 2: Voting and Voter Registration

Week 3: Developing testimony and the role of testimony in the legislative process

Week 4: Technology and online advocacy

Week 5: Identifying and reaching out to your legislators

Survey: Healthy Relationships & Sex Education

You are invited to join a study being conducted for Temple University.

If you decide to participate in this study, you will be asked to complete a [survey](#) and/or interview. If you are interested in completing the interview, please email tuj85377@temple.edu or mrosen@arcnj.org for more information. Research will be presented at Temple University's Research Day and will hopefully serve to improve education for individuals with IDD.

Participate in graduate level research with the College of Public Health at Temple University!

Research will be presented at Temple University's Research Day and will hopefully serve to improve education for individuals with IDD.

If you would like to participate or if you have any questions, please email tuj85377@temple.edu or mrosen@arcnj.org

Looking for self-advocates to partake in a short interview on Zoom about healthy relationships and sexuality education!



Remember, this is completely voluntary. You can choose to be in the study or not. You will not be required to identify yourself by name and all responses will be coded to protect anonymity.



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.

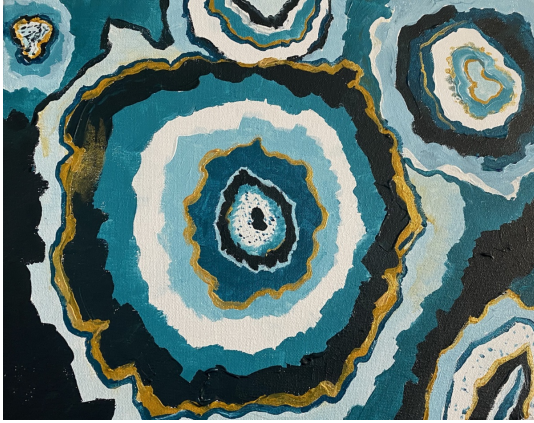


Let's give a big THANK YOU to The Horizon Foundation for New Jersey for making this possible!

SCARC Paint and Sip

We held another painting class with the lovely folks at SCARC. This time we delved into more abstract art, creating geode inspired paintings!

Try this dazzling fruity drink recipe next time you pull out your paintbrush!



SPARKLING CITRUS POMEGRANATE JEWEL

SERVING SIZE: 1 (600) DRINK

CALORIES PER SERVING: 92

SINGLE SERVING:

• 1/2 OZ. 100% POMEGRANATE JUICE
• 1 OZ. FRESHLY SQUEEZED ORANGE JUICE OR
HIGH-QUALITY ORANGE JUICE
• 1/2 OZ. FRESH LIME JUICE
• 1 OZ. SPARKLING WATER OR SELTZER*
• ICE FOR SERVING

FOR A PITCHER (1 QUART):

• 1/2 OZ. POMEGRANATE JUICE
• 4 OZ. ORANGE JUICE
• 3 OZ. FRESH LIME JUICE
• 1/2 OUNCES SPARKLING WATER OR SELTZER*
• ICE FOR SERVING

GARNISHES (OPTIONAL):

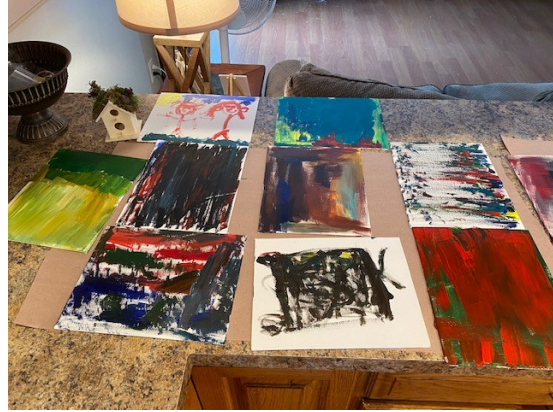
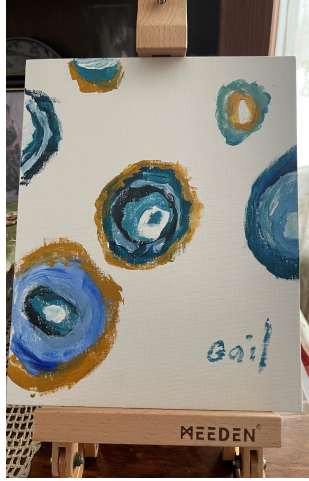
POMEGRANATE ARZLS, LIME OR ORANGE SLICES, FROZEN CRANBERRIES, FRESH MINT, OR
FRESH ROSEMARY

*FEEL FREE TO USE FLAVORED WATER/SELTZER (LIKE LA CROIX OR SPINDRIFT).



SOURCE: <https://www.onelovestylife.com/sparkling-citrus-pomegranate-mocktail/> | TASTY RECIPES 2018





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! We find it important to keep nurturing our connections with you and branching out in ways that help us all continue to grow. They take place every **Tuesday** at **2 PM**.



GREAT MENTORING

Talking One-to-One
about Sexual Decisions

Professional Development Workshop by

Bill Taverner
The Center for Sex Education



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

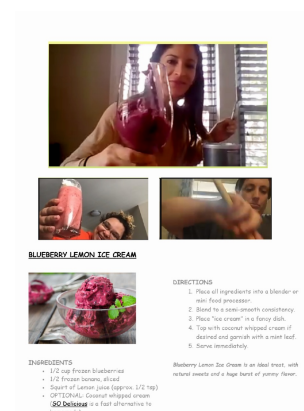
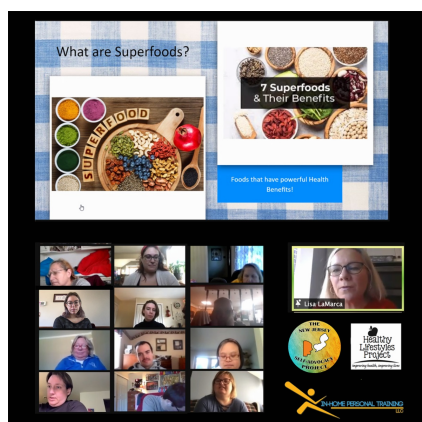
[Register now for upcoming webinars!](#)

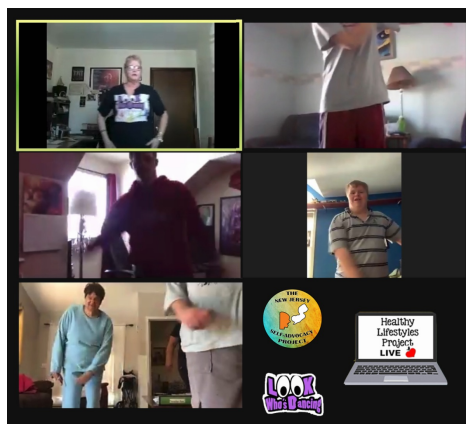
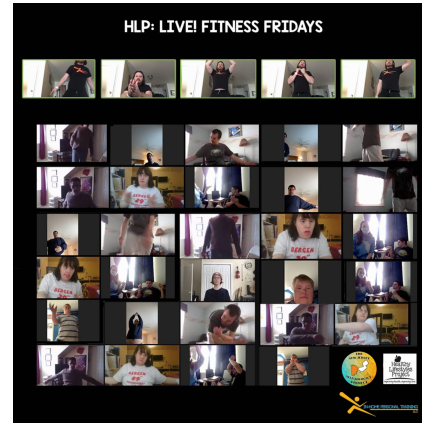
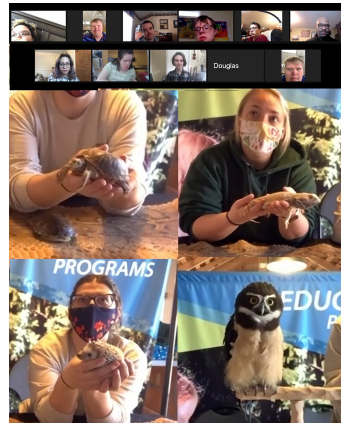
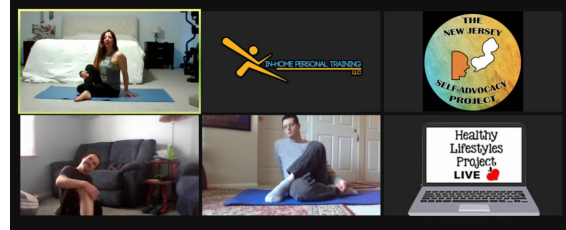
Healthy Lifestyles Project: LIVE



The New Jersey Self-Advocacy Project team continues our Healthy Lifestyles Project LIVE, an interactive series of Zoom events! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities. They take place Wednesdays at 11 AM and Fridays at 1 PM.

This month included a healthy recipe, fitness exercises, yoga, marine mammal education, a songwriting session, and nutrition tips.





BANANA OATMEAL RAISINS COOKIES RECIPE WITH NATURAL SWEETENER

Dessert:
 Prep time: 3 minutes
 Cook Time: 15 minutes
 Total time: 18 Minutes

Servings: 8-12 cookies

Ingredients:
 2 Ripe Bananas
 1-2 Packets of Truvia
 1 Cup of Quick Cooking Oats
 ¼ Cup of Raisins

Instructions:

1. Preheat Oven to 350 Degrees
2. In a bowl, mash bananas using a fork or potato masher
3. Mix in the quick cooking oats, Truvia and raisins
4. Form small cookies and place on a jelly roll lined with parchment paper
5. Bake for 15 minutes or until browned



Still time to sign up for the nutrition class!

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

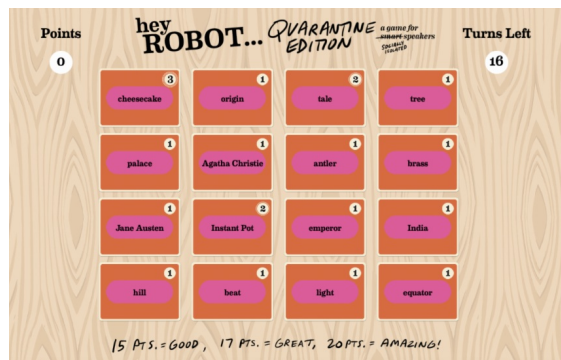
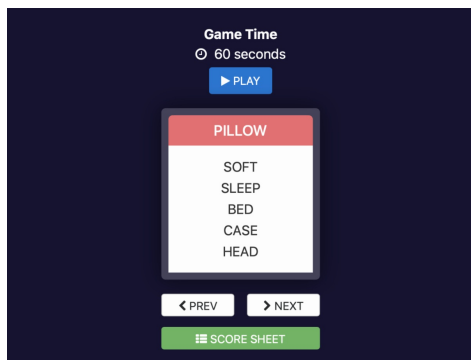
HLP: Brain Games

Get your thinking caps on! In May 2020, the NJSAP team began presenting games live on Facebook. We've now moved to Zoom!

Watch our previous videos below of Quiplash 3 and Split the Room 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! This month at Brain Games with SCARC we tried Taboo for the first time and fully completed the Hey Robot answer grid yet again!

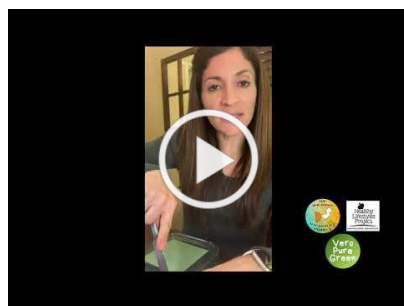


Follow Along

Our Healthy Lifestyles Project: LIVE! events are 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:](#)
[Playlist](#)



[Fridays with Erin:](#)
[Playlist](#)

Virtual Luncheon

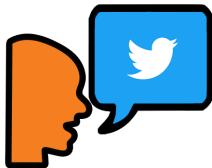
The 15th Annual NJSSAN Spring into Action Luncheon, scheduled for Saturday, April 17, 2021, is going virtual!

[Register here!](#)



*You are encouraged to share this information with others who may also be interested. However, if you are forwarding this email, please delete the "unsubscribe" link at the bottom of this page. If you do not remove the "unsubscribe" option and a person who receives your forwarded email clicks "unsubscribe," it would result in ***your name*** being removed from our distribution list.

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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**