July 2023

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 pages and the current NJSSAN Priorities.

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.

Our weekly Brain Games session 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. If you have been forwarded this message, you can subscribe here.

Virtual Programming every day of the week!
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.**

Visit your council page to download calendars for 2023.
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.

You can read the current NJSSAN Priorities here.

### ADA Awareness Month

This month we celebrate the anniversary of The ADA, also known as The American With Disabilities Act, which was signed on July 26, 1990. This is a civil rights law that prohibits any discrimination against people with disabilities in any public or private areas that are open to the public.

### Resources Available

ADA Factsheets
ADA Bingo Card

The AMERICANS WITH DISABILITIES ACT (ADA)

READ AND SHARE NJSPA’S ADA FACTSHEET WITH 3 PEOPLE
REACH OUT TO YOUR LEGISLATORS ABOUT A DISABILITY SPECIFIC ISSUE
SIGN NUSAN & NJSPA’S DIGITAL R-WORD PLEDGE
WATCH AND SHARE NJSPA’S ADA WEBINAR
HOLD A LOCAL ADA AWARENESS EVENT ONLINE OR NEAR YOU
SIGN UP FOR THE NORTH EAST ADA ORG MAILING LIST
SHARE YOUR ADA RELATED STORY AND TAG @NJSPA
JOIN US FOR ADA TRIVIA DURING BRAIN GAMES
SHARE FOR ACTION ALERTS ON YOUR PHONE BY TEXTING “THEARCNJ” TO 52886

SHARE
SPEAK OUT
SIGN UP
WWW.NJSELFADVOCACYPROJECT.ORG
NJSPA@ARCNJ.ORG / 732-749-8514
FACEBOOK & INSTAGRAM: @NEWJERSEYSAP / TWITTER & YOUTUBE: @NJSPA

"Thanks To The ADA" Template

Fill out the template and share it with us. We’ll feature it on our social media and website.

The Americans with Disabilities Act (ADA) is a federal law that was enacted by the U.S. Congress in 1990. It is aimed at ensuring that people with disabilities have the same opportunities as everyone else to participate in all aspects of public life. The ADA is intended to provide a clear and comprehensive framework to ensure equal access to public facilities and services. It aims to promote a society in which people with disabilities enjoy the same opportunities as everyone else. The ADA is enforced by the Department of Justice and the Equal Employment Opportunity Commission (EEOC).

Trainings

Take a look at some of the trainings that took place in July. If you are interested in hosting a training for your group, take a look at our available trainings list and send us a request through the form below.

Training Flyer
Training Request Form
Take a look at the delicious **Raspberry Crumble** that we made with SCARC. The recipe can be found below if you’d like to give it a try!
Scavenger Hunt

Our Summer Scavenger Hunt is going on until July 31st to celebrate Disability Pride Month! Enter for a chance to win a Healthy Lifestyles Gift Basket!

Scavenger Hunt Form

Disability Pride Month Summer Scavenger Hunt: July 1st - 31st

Explore our website, answer our scavenger hunt quiz, and be entered to win a prize basket!
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 programming possible!

We are now on our 9th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

Trailblazers

Join us for our virtual movement club on Tuesdays at 11:00 AM on Zoom. Take a look at the topics that have been discussed at our previous meetings.

Register For The Next Meeting
Hidden Gems

Join our HLP: Live sessions every Wednesday at 11 AM and Friday at 1 PM. We also have our Brain Games every Thursday at 1 PM. We are now selecting two random HLP: Live sessions and one Brain Game session a month in which we will have a special surprise to promote our Healthy Lifestyles Project (HLP) program.

Register For Upcoming Events

Speak Your Mind
In our Speak Your Mind series, we feature short clips of real self-advocates from our network speaking about a variety of topics relating to self-advocacy. Take a look at these shorts clips of advocacy in action and be sure to share on your favorite social media platforms!

**Kevin: See What Workers With IDD Can Do**

**Pam: You Can Advocate**

**Renee: World Has Changed For The Better**

**Julia: Include Me**

## Stay Healthy at Home 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*

- **Art Therapy: Yarn Painting**
- **What Employers Want and Value When Hiring Anyone, Including Individuals with IDD**
Know Your Rights! An Overview of Title I of the ADA

If you've attended one of our Stay Healthy at Home webinar sessions, 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.

**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 Snippets and Pictionary 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.](#)

**Who Wants To Be A Millionaire**

[Image]

**Pictionary**

[Image]

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

- On Mondays, we post health and nutrition videos from Veronica Ramirez (Vero Pure Green)
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio (In-Home Personal Training)
- On Thursdays, we post art-making videos by Malik Whitaker.
- On Fridays, we post recipe videos/tips from Erin Smithers (NJSAP).

You can follow along easily and comfortably in your own home. We add videos on Facebook, Twitter, Instagram, and Youtube every weekday for you to follow along!

**Mondays with Veronica:** Playlist  
**Tuesdays with Joanna:** Playlist  
**Wednesdays with Matt:** Playlist

**Thursdays with Malik:** Playlist  
**Fridays with Erin:** Playlist

*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