

Advocacy Matters

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

June 2018

The month of June was very busy with an array of events and advocacy activities!

The [SABE Conference](#) took place on June 7 - 9 in Birmingham, AL and brought advocates from all over the country to band together and proclaim that disability rights are civil rights.

Advocacy Day and the [#PayFair4DirectCare Twitter Campaign](#) to Governor Murphy once again brought the topic of increasing DSP wages to the spotlight.

Our [Healthy Lifestyles Project \(HLP\)](#) events, funded by a grant through the [Horizon Foundation for New Jersey](#), continued with multiple hikes in the beautiful June weather.

Let's take a closer look!

SABE Conference

Michael Pearson, Jr. of the New Jersey Self-Advocacy Project joined self-advocates Kevin Curtis White, Mark Bloom and Gary Rubin to represent New Jersey at the annual Self-Advocates Becoming Empowered Conference (SABE) in Birmingham, Alabama.

The theme this year was "Let's Make it Happen: Disability Rights are Civil Rights", accompanied by an image of Lady Liberty. The National Self-advocacy Conference is a great place for people to learn, grow and advocate with their peers and allies who truly support civil rights.

The event included people from all over the country, with groups of advocates parading flags from their home state. There were also many musical guests and speakers who came together to promote civil rights for self-advocates.

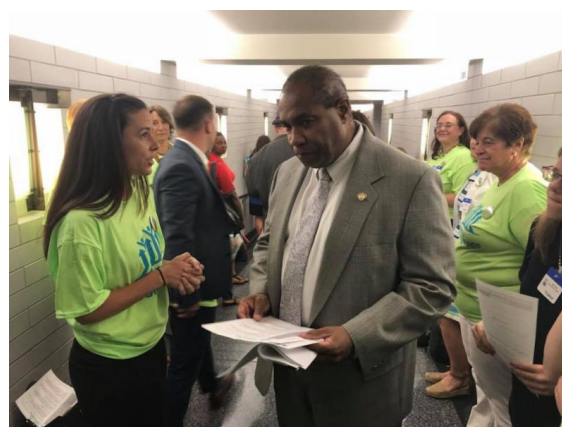




Advocacy Day

Advocacy Day took place on June 21st to ensure that increased wages for DSPs remains in the final budget for FY 2019.

The day included families, self-advocates and community provider organizations and was another opportunity to put this issue at the forefront for legislators. Many dressed in the Coalition's colors of blue and green, representatives flooded the State House and spoke to Senators and Assembly members about the critical importance of this issue.



Tell Gov. Murphy to #PayFair4DirectCare

Members of the NJSSAN participated in the Coalition for a DSP Living Wage's picture campaign to tell Governor Murphy to [#PayFair4DirectCare](#) and increase wages in the FY 2019 Budget for our critically-important Direct Support

Professionals.

Council 4 of the NJSAAN are pictured below showing their support.
Check out the [Coalition's Twitter page](#) to see others who have participated!





New Jersey Coalition for a DSP Living Wage

Governor Murphy,

Make NJ stronger & fairer by putting Direct Support Professionals (DSPs) who work with NJ residents with intellectual and developmental disabilities on a path toward a Living Wage.

Please include necessary funding in FY2019 to raise DSP wages by \$1.25 p/h.

#PayFair4DirectCare

Horizon®

The Horizon Foundation for New Jersey



The Healthy Lifestyles Project (HLP) is made possible through a grant funded by Horizon Foundation for New Jersey.

HLP: Willowwood Arboretum

Advocates walked the peaceful and serene Willowwood Arboretum, a 130 acre arboretum and public park located in Chester Township, NJ.





HLP: Paddleboat

Members of Council 3 participated in some healthy summer fun with a 2 mile hike and paddle boating at Turtle Back Zoo in West Orange. In addition to being great exercise, the long walk and boat ride were also full of wildlife sightings, as seen in the videos below.





HLP: Watchung Wednesdays

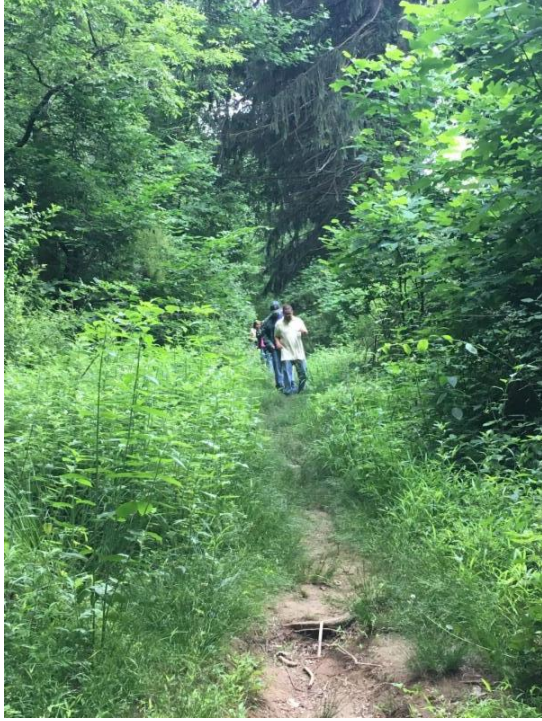
There were three different hikes this month at the Watchung Reservation as part of our Healthy Lifestyles Project: Watchung Wednesdays!

Advocates and staff stretched their muscles and walked vigorously in the beautiful summer weather. In our June 20th hike 17 advocates traversed 2 miles, crossed a stream and hiked through the woods! Participants included The Arc of Union and Union's Work Readiness Program out of Westfield. After each hike, everyone sat down under the pavilion and recieved water and snack bars to refuel as we discussed benefits of exercise and revealed the distance walked.

Our next hike is on July 11th.

Please RSVP by calling Ashley at 732-743-8345 if you'd like to attend!







Watching Wednesdays

Free group trail walks for adults with developmental disabilities led by the New Jersey Self-Advocacy project team!



WHEN: Every Wednesday, June 6th - August 29th
11:00 AM - 1:00 PM

WHERE: Trailside Nature and Science Center Parking Lot
452 New Providence Road, Mountainside, NJ

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



Register Now for the Fall Conference!

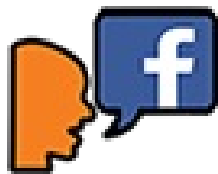
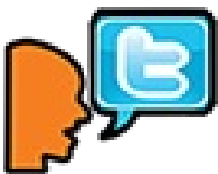


The 35th Annual New Jersey Statewide
Self-Advocacy Network Fall Conference
will take place on

**Saturday, September 29, 2018
at The Westin Princeton**

[Registration is available now!](#)

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**