



# Advocacy Matters

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

## October 2018

October can be a spooky month, but you should never be afraid to get involved in self-advocacy!

Our 35th Annual NJSSAN Fall Conference photos are now all available for everyone to see. Thank you to all who attended and helped make the event a success!

The NJSSAN Councils were busy with their monthly meetings, as usual. Council 3 celebrated by holding their annual Halloween Party while Council 2 focused on preparing for the upcoming election on November 6th.

Our final Healthy Lifestyles Project (HLP) event of this grant cycle was held this month at The Liberty Science Center.

We are now accepting submissions of artwork, videos, poetry and more to showcase on our new web page for self-advocate creativity, The Total Inclusion Project.

Let's reflect back on recent events!

## Fall Conference

Thank you for attending our 35th Annual NJSSAN Fall Conference on Saturday, September 29th!

There was an array of charismatic speakers to start off the morning and five informative workshops throughout the afternoon. This was followed by a delicious lunch and the event wrapped up with a fun-filled dance party.

We'd like to thank all of the self-advocates and staff who attended the event, as well as our sponsors: New Jersey Council on Developmental Disabilities, Disability Rights New Jersey, and Horizon NJ Health. There were over 350 attendees this year, a record number! Your dedication to the self-advocacy movement is incredible and participation continues to grow each year. We look forward to seeing everyone at the Spring Awards Luncheon on April 13th!









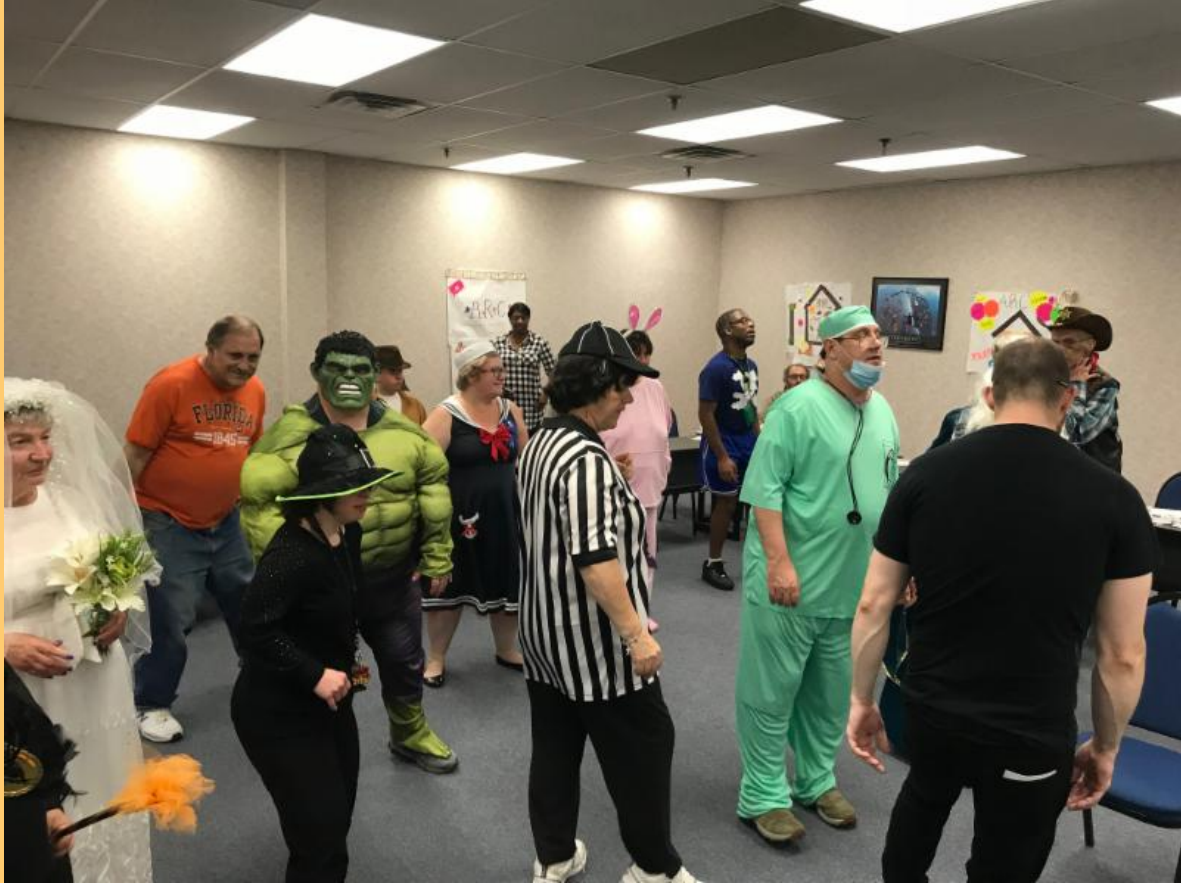


[More photos from the Fall Conference can be viewed here.](#)

## Council 3: Halloween Party

Council 3 held their Annual Halloween Party on October 9th, and celebrated with music, dancing, and food. There were prizes awarded for the best costume and the Michael Jackson "Thriller" Dance Contest. Congrats to everyone who participated, your costumes were all amazing and creative. We hope everyone has a safe, fun, and spooky Halloween this year!









## Council 2: Voting Workshop

Council 2 of the [New Jersey Statewide Self-Advocacy Network \(NJSSAN\)](#) held their monthly meeting on October 25th, which included a Governmental Affairs Ambassadors Program (GAAP) workshop. The workshop included information on voting to get Council members prepared for the upcoming election.







If you have any questions about voting or the upcoming election on November 6th, be sure to review our [Voting Guide!](#)



# YOUR VOTE MATTERS!



## Healthy Lifestyles Project

*improving health, improving lives*

**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: Liberty Science Center

Advocates from The Arc of Union went on another educational trip to The Liberty Science Center. The Liberty Science Center strives to inspire and excite learners of all ages about the power, promise, and pure fun of science and technology. This event included admission to the Jennifer Chalsty Planetarium, the largest planetarium in the Western Hemisphere! Advocates learned about our night sky, visible constellations and stars, the planets of our solar system and beyond. We also learned about the many animals on exhibit, including a live presentation about the Tegu lizard.











# Thank You

This was the final scheduled HLP event of the year. It was amazing to see so many excited and adventurous individuals participate in hikes, rock climbing, roller skating, yoga and much, much more. We hope you left these events having broadened your horizons, and most importantly, with a renewed vigor for living a healthy life! Don't forget to check out [our website](#) for photos and videos of all HLP events.

Thank you, [Horizon Foundation for New Jersey](#), for making this possible!

## Call for Submissions



Do have any art, stories, poems, songs or videos to share? The NJSAP team is starting The Total Inclusion Project, a web page for displaying creative works by people with intellectual and developmental disabilities. Send us your work and you'll get a spot on the website and a chance to be featured 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



## Save the date for the Spring Luncheon!



**The 14th Annual New Jersey  
Statewide Self-Advocacy Network  
Awards Luncheon will take place**

**on**

**Saturday,  
April 13th, 2019**

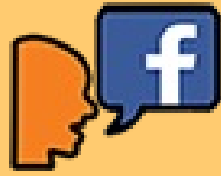
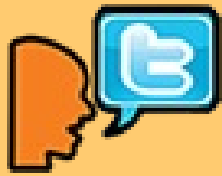
**at The Imperia in Somerset**

Registration information will be available in January.

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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**