

The Self-Advocate

Spring 2021

A Newsletter Produced by the New Jersey Self-Advocacy Project Team



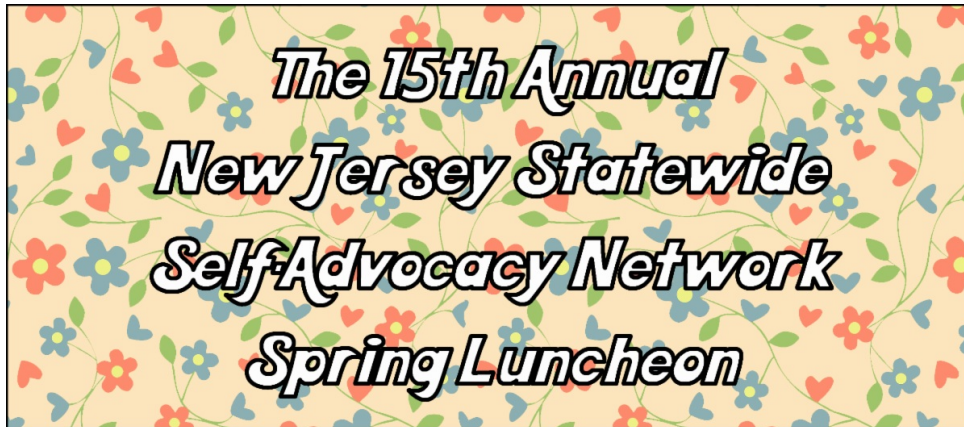
SATURDAY, April 17th, 2021 The 15th Annual "Spring Into Action" Awards Luncheon

Included in this issue of The Self-Advocate:
Registration for the Spring Luncheon
Event Schedule
Award Nomination Forms
2021 Council Calendars
Recent and Upcoming Events

****Please Note****

**We are going green! This newsletter will
NOT be printed and mailed.**

REGISTRATION



**Registration is FREE with
options to donate.**

Each year, the New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network work together to host the annual [Spring Into Action Awards Luncheon](#). The event is an opportunity for Self-Advocates and Allies to network, learn about current advocacy issues, and celebrate the accomplishments of Self-Advocates over the past year. This year, we will host the Spring Into Action Luncheon *virtually*!

**Click here to register
online!**

LUNCHEON SCHEDULE

Signing on before 10:00 AM will put you in the virtual Waiting Room until the event begins.

10:00 AM – 10:30 AM: Opening Remarks

10:30 – 10:45 AM: NJSSAN Council Updates

10:45 – 11:15 AM: Awards Ceremony

11:15 – 11:30 AM: Intermission

11:30 AM – 12:00 PM: Exhibitor Hall

12:00 – 12:45 PM: Lunch with 3 Breakout Room options

- "Brain Games Room": Participants can play a fun game (Hey Robot) led by an NJSAP team member or simply spectate.
- "Icebreakers & Networking Room": Socialize and network with ice breakers led by an NJSAP team member.
- "Zen Room": Featuring mellow music and guided meditation using food prompts. Feel free to just relax here.

12:45 – 1:45 PM: Inclusive Dance Class led by Helene Lynch and Jean Anne Principato with "Look Who's Dancing"

1:45 – 2:00 PM: Closing Remarks

NOMINATION FORMS

Awards given during the event include:

The Jane Miller Memorial Leadership Award

The Heroes Award

Exceptional Direct Support Professional of the Year Award

The Group Achievement Award

**Award Nomination Deadline:
Monday, March 8, 2021**



Click here to
complete an
Award
Nomination
Form!

RECENT PHOTOS & VIRTUAL EVENTS

Stay Healthy at Home Webinars

We present webinars on a variety of topics relating to self-advocacy and healthy living every Tuesday at 2 PM. We often feature some amazing guest presenters, such as Dr. Anne Ryan and Sara Brown from [STRIVE WorldWIDE](#) who discussed time management skills.



Healthy Lifestyles Project: LIVE!

Our [Healthy Lifestyle Project](#) events continue this year on Zoom! Each Wednesday at 11 AM and Friday at 1 PM, we host a live, interactive event that promotes healthy living, such as our bi-weekly fitness sessions with [Matt of In-Home Personal Training](#). Thank you to [The Horizon Foundation for New Jersey](#), for funding these events!



Brain Games

We host live, interactive board games with the NJSAP Team for you to test your creativity and knowledge and to have fun! Join us on Zoom every Thursday at 1PM for fun games like Fibbage.

Legislation ZLGF

In 2011, the definition of a "service animal" was updated in the Americans With Disabilities Act. As an alternative to dogs, the act now allows miniature

KITTENS

HORSES

COWS

VIETNAMESE PIGS

PIGS

NJSSAN COUNCIL CALENDAR

Click the image below to download the full calendar of our monthly NJSSAN Council meetings!

JANUARY

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FEBRUARY

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OCTOBER

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NOVEMBER

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DECEMBER

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NJSSAN 2021 CALENDAR

COUNCIL 1
3rd Thursday of each month*
Hunterdon, Morris, Sussex & Warren
Advisor: Ashley Ritchey
ARitchey@ArcNJ.org / 732-743-8345

COUNCIL 2
4th Thursday of each month*
Bergen, Essex, Hudson, Passaic, and Union
Advisor: Erin Smithers
ESmithers@ArcNJ.org / 732-246-2525, ext. 26

COUNCIL 3
2nd Tuesday of each month*
Mercer, Middlesex, Monmouth, Ocean & Somerset
Advisor: Erin Smithers
ESmithers@ArcNJ.org / 732-246-2525, ext. 26

COUNCIL 4
3rd Thursday of each month*
Burlington, Camden, Gloucester, & Salem
Contact Ashley or Erin as seen above

COUNCIL 5
3rd Thursday of each month (unless noted)
Burlington, Camden, Gloucester, & Salem
Contact Ashley or Erin as seen above

NJSSAN ADVISORY BOARD
Last Monday, every other month*
Only Open to Advisory Board Members

* Check the calendar image for exact dates

For more information, contact: Frankie Bayak
NJSAP@ArcNJ.org / 732-749-8514
www.njsselfadvocacyproject.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

For more information check us out online at

<http://www.njselfadvocacyproject.org>.

Don't forget to follow us on social media:

[Twitter](#), [Facebook](#) and [Youtube](#)!

