



Advocacy Matters

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

January 2021

Welcome to the New Year! Let's take a look at how we've started 2021.

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 **#NewYearNewYou!** Next month will be **#LetsTalkAdvocacy**, to highlight a discussion on healthy communication and openness.

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!

**We have a lot to say, so make sure to click
"View entire message" 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 

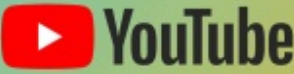
TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert

REMINDERS + NOTES:

- 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.njsselfadvocacyproject.org

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/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.](#)

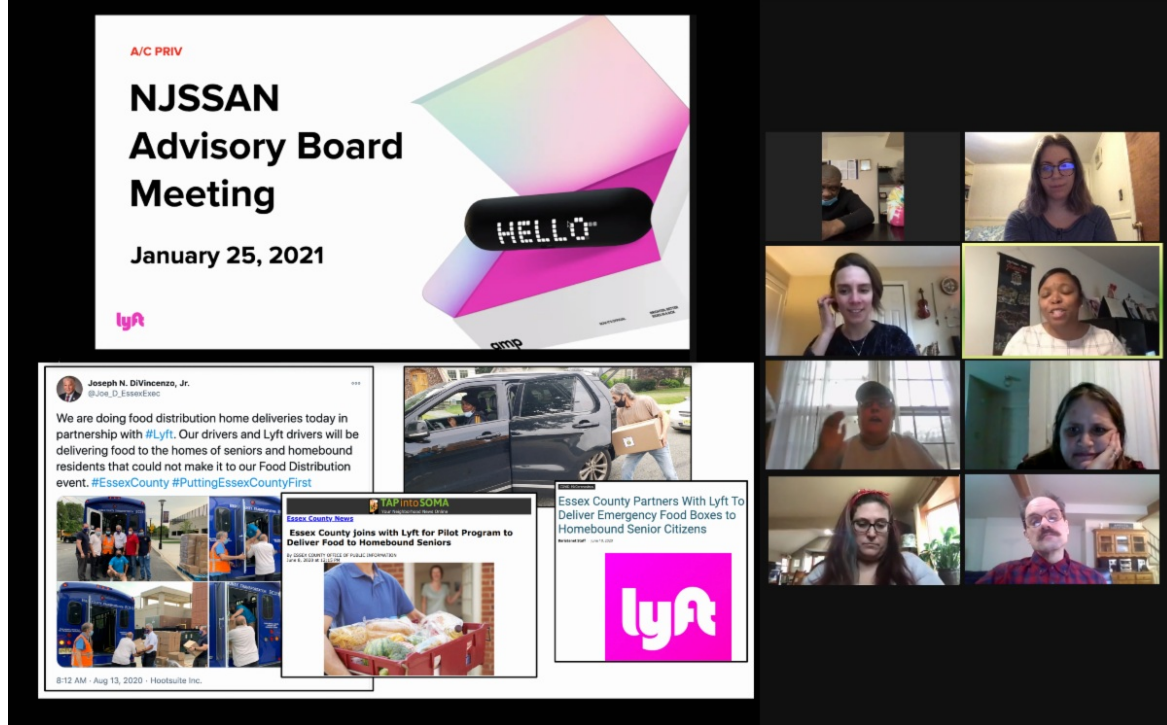


The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals with intellectual and developmental disabilities (I/DD) throughout the state. The NJSSAN is used as a means of supporting positive change on both a personal and social level. It consists of 5 Councils based on geographic location within the state.

Council 1 snapped a great photo at their meeting this month. It's always a great time with Council 1!



The NJSSAN Advisory Board also held their first meeting of the year. The Board welcomed guest speaker Eleise Richards, Community Strategist and Public Policy with Lyft. Eleise discussed Lyft's work on improving accessibility for riders with disabilities and their voter access program.



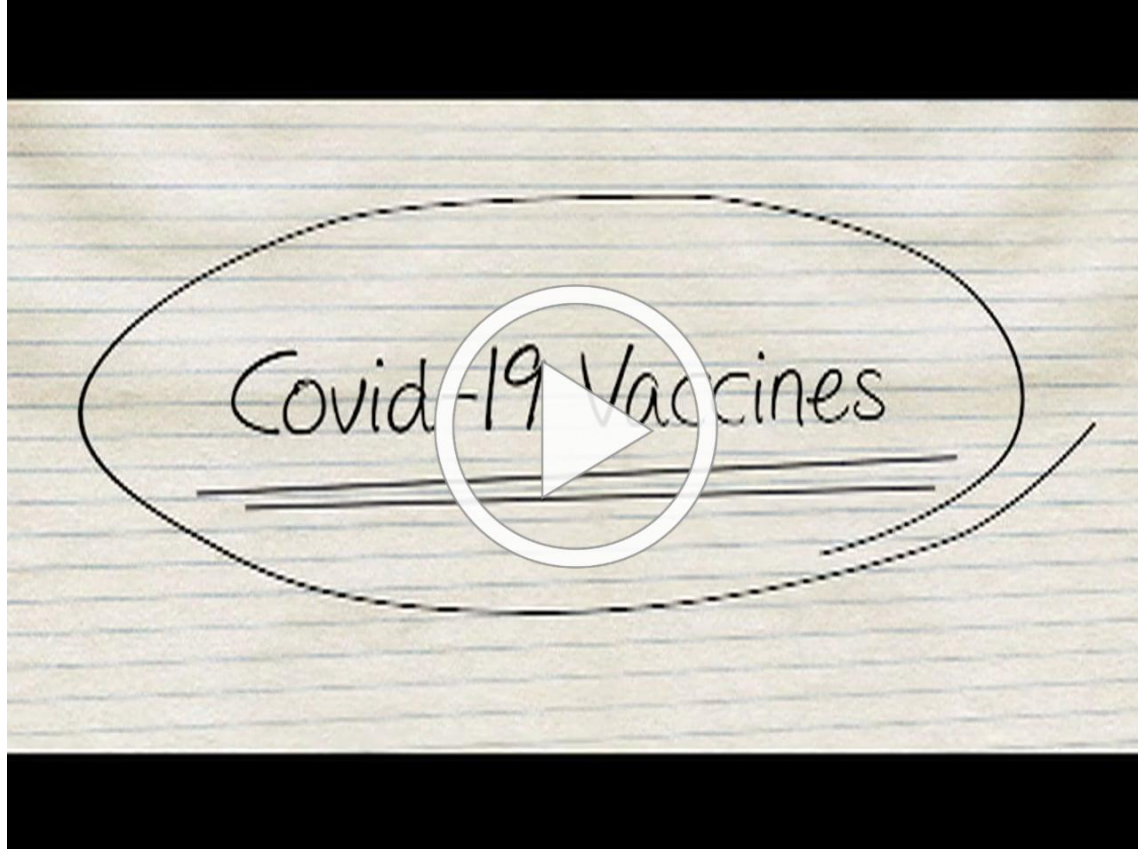
COVID-19 Resources



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.

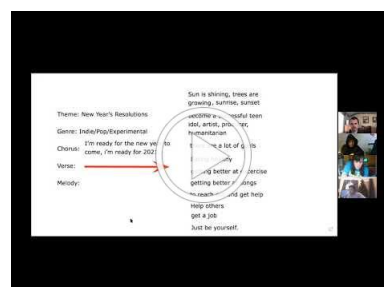
- If you live or work in a group home or supervised apartment, how would you feel about cameras being placed there?
- If you already have cameras where you live, how do you feel about them?
- What are your thoughts on privacy and safety with regard to cameras?
- If you are someone's guardian, or if you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

Monthly Hashtags



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

You can rewatch our new year content including two webinars about forming and sticking to resolutions and an HLP:Live created song about resolutions! Good luck reaching those goals!



The NJSAP Team would like to continue our social media journey by implementing monthly hashtags centered on self-advocacy and topics important to people with I/DD.

Next month's hashtag will be **#LetsTalkAdvocacy**, all about healthy communication and openness.

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 how you talk to others, use assistive technology to communicate, or bring up a topic that is often avoided.

Don't forget to use the hashtag **#LetsTalkAdvocacy** and tag **@NewJerseySAP** (Facebook and Instagram)/**@NJSAP** (Twitter) and **@TheArcofNJ** (Facebook and Twitter).

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!



improving health, improving lives



The Horizon Foundation for New Jersey



The Arc of New Jersey

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!

Survey: Healthy Relationships & Sex Education

You are invited to join a study being conducted for Temple University. The purpose of this research is to explore recommendations for best practices in and barriers to sexuality and healthy relationship curriculums in schools for individuals with I/DD. **Participation is completely voluntary and should take about 5-20 minutes to complete this survey.**

If you would like to participate in the Zoom interview, or if you have questions about this research, you should contact Melissa Rosen from Temple University's College of Public Health and intern at The Arc of New Jersey at mrosen@arcnj.org.

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.



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**.



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

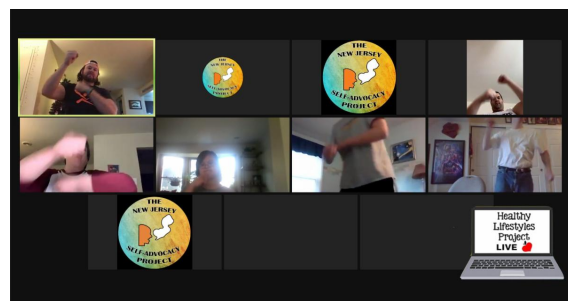
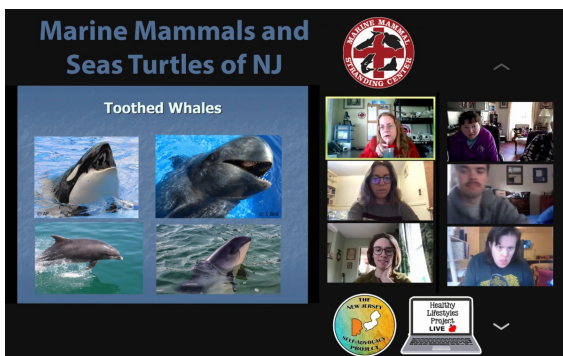
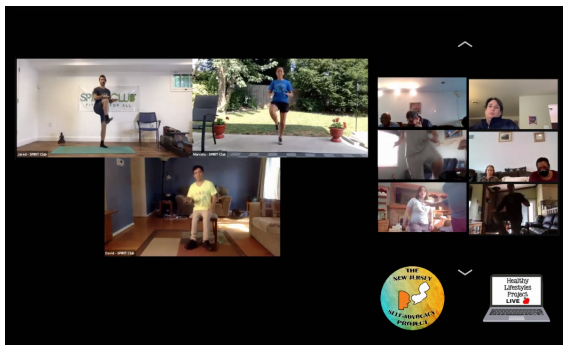
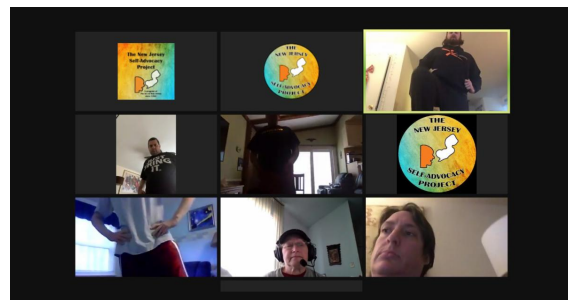
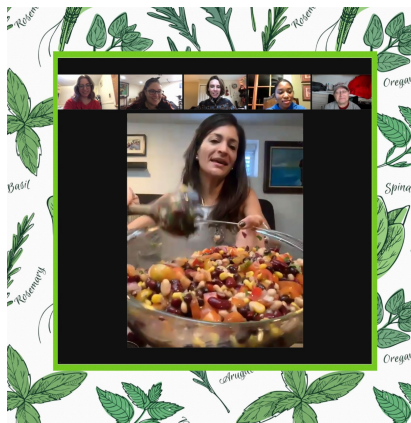
[Register now for upcoming webinars!](#)

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.





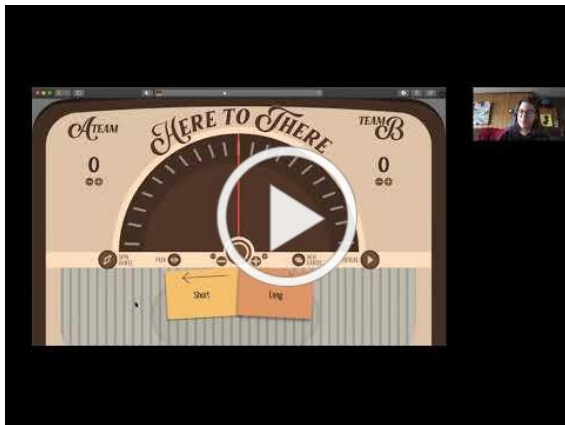
Still time to sign up for the nutrition class!

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

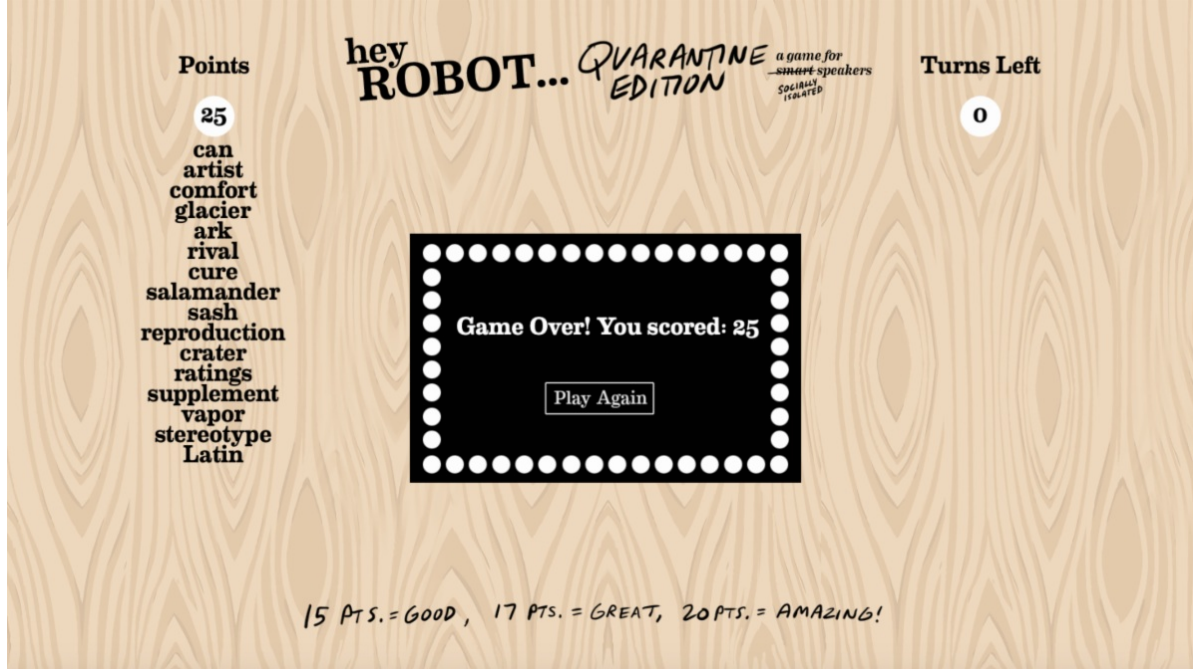
HLP: Brain Games

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 Boggle and Scattergories 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 fully completed the Hey Robot answer grid for the first time in one sessions! Amazing work!



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!

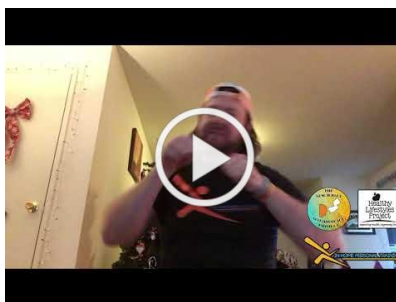
Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)

Our total social media followers increased by 321 this year!

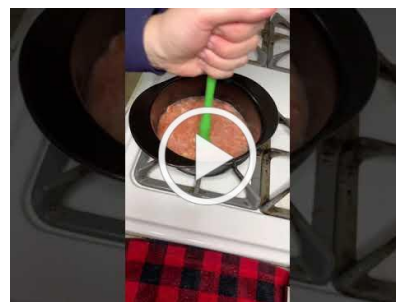
This year our Youtube channel got 32 subscribers and 8,952 views with a total watch time of 188.7 hours!



[Mondays with Veronica:
Playlist](#)



[Wednesdays with Matt:
Playlist](#)



[Fridays with Erin:
Playlist](#)

Virtual Luncheon

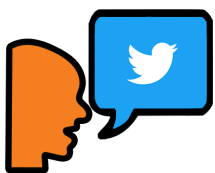
The 15th Annual NJSSAN Spring into Action Luncheon, scheduled for Saturday, April 17, 2021, is going virtual!

Registration and sponsorship information will be available soon.



*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**