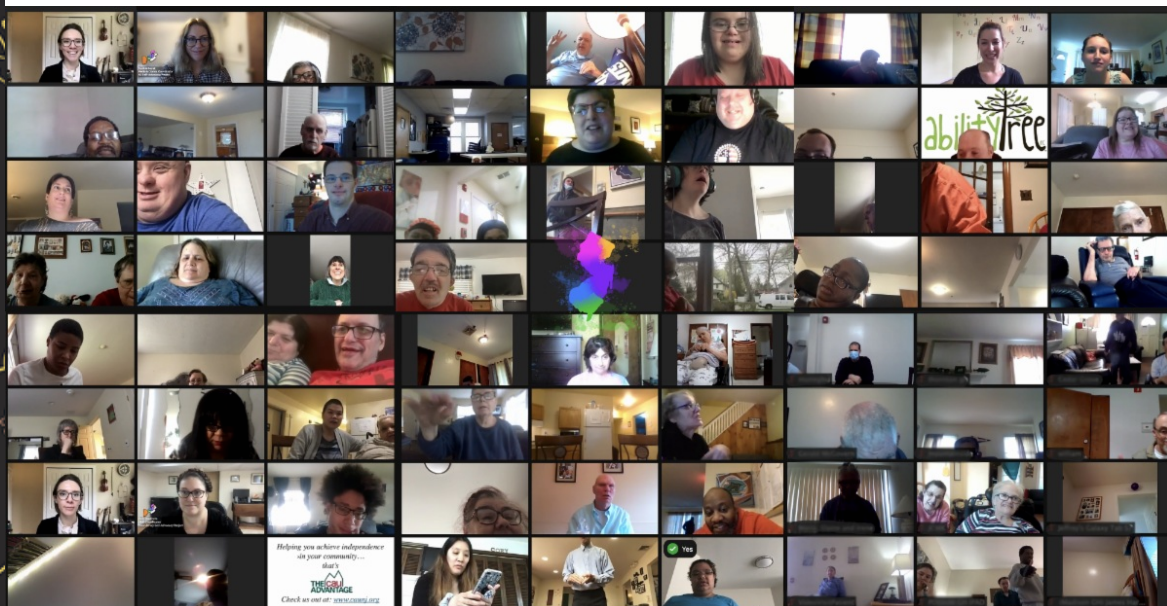


# The Self-Advocate

Spring 2022

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



## SATURDAY, April 9th, 2022 The 16th Annual "Spring Into Action" Awards Luncheon

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Included in this issue of The Self-Advocate:

- Registration for the Spring Luncheon
- NJSSAN Fundraiser
- Event Schedule
- Award Nomination Forms
- 2022 Council Calendars
- Recent and Upcoming Events

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**\*Please Note\***

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

# REGISTRATION

**Saturday, April 9, 2022**



[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

**Registration is FREE.**

**If you would like to make a  
donation, you can do so here.**

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!**

**Donate here (optional)**

## FUNDRAISER

This year the luncheon will also feature a unique fundraising item: custom NJSSAN mugs! The proceeds will support the work of people with intellectual and developmental disabilities in our network across the state of New Jersey.

Fundraiser mugs will be offered through Bonfire.com in two colors for \$19 each. Your mugs will be mailed directly to you; please do not send them to our office to distribute.

We appreciate your support!



**Purchase a mug here**

## **LUNCHEON SCHEDULE**

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

**Schedule: 10 AM - 12 PM**

- **9:30 AM: Waiting Room**
- **10 AM: Opening Remarks**
- **10:30 AM: NJSSAN Council Updates**
- **10:45 AM: Awards Ceremony**
- **11:15 AM: Exhibitor Hall**
- **11:55 AM: Closing Remarks**

## **NOMINATION FORMS**

Awards given during the event include:

- **Jane Miller Memorial Leadership Award**
- **Key Contributor Award**
- **Prime Player Award**
- **"Healthy Lifestyles Project" Hero Award**

**Award Nomination Deadline:  
Monday, March 4, 2022**

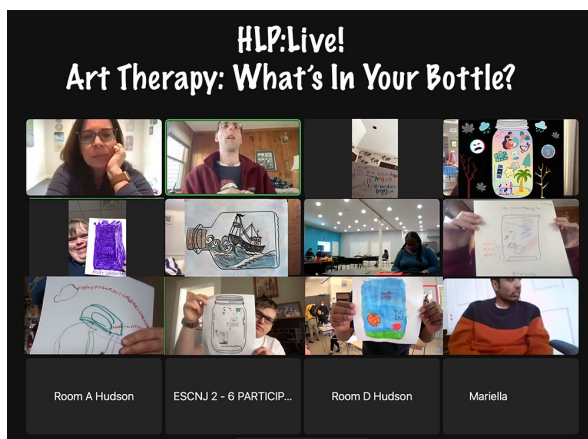


**Click here to  
complete an  
Award  
Nomination  
Form!**

# 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 self-advocate Pamela King who joined NJSAP Director Ashley Ritchey in discussing anti-bullying strategies.



The Art in Therapy

[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)

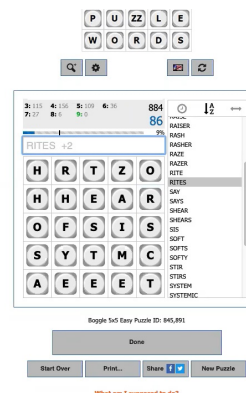
## Healthy Lifestyles Project: LIVE!

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 art therapy sessions with art therapist Kim Traina-Nolan.

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 1 PM for fun games like Boggle.





# NJSSAN COUNCIL CALENDAR

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

January	February	March
S M Tu W Th F S	S M Tu W Th F S	S M Tu W Th F S
1	1 2 3 4 5	1 2 3 4 5
2 3 4 5 6 7 8	6 7 8 9 10 11 12	6 7 8 9 10 11 12
9 10 11 12 13 14 15	13 14 15 16 17 18 19	13 14 15 16 17 18 19
16 17 18 19 20 21 22	20 21 22 23 24 25 26	20 21 22 23 24 25 26
23 24 25 26 27 28 29	27 28	27 28 29 30 31
30 31		
April	May	June
S M Tu W Th F S	S M Tu W Th Fr S	S M Tu W Th Fr S
1 2	1 2 3 4 5 6 7	1 2 3 4
3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
24 25 26 27 28 29 30	29 30 31	26 27 28 29 30
July	August	September
S M Tu W Th Fr S	S M Tu W Th Fr S	S M Tu W Th Fr S
1 2	1 2 3 4 5 6	1 2 3
3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10
10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17
17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24
24 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29 30
31		
October	November	December
S M Tu W Th Fr S	S M Tu W Th Fr S	S M Tu W Th Fr S
1	1 2 3 4 5	1 2 3
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
30 31		

## NJSSAN 2022 CALENDAR

### COUNCIL 1

3rd Thursday of each month\*, 5:30-7pm  
Hunterdon, Morris, Sussex & Warren  
Advisor: Ashley Ritchey  
ARitchey@ArcNJ.org / 732-743-8345

### COUNCIL 2

4th Thursday of each month\*, 4-6pm  
Bergen, Essex, Hudson, Passaic, and Union  
Advisor: Erin Smithers  
ESmithers@ArcNJ.org / 732-246-2525, ext. 26

### COUNCIL 3

2nd Tuesday of each month, 5:30-7pm  
Mercer, Middlesex, Monmouth,  
Ocean & Somerset  
Advisor: Erin Smithers  
ESmithers@ArcNJ.org / 732-246-2525, ext. 26

### COUNCIL 4

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

### COUNCIL 5

3rd Thursday of each month\*, 3:30-4:30pm  
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.njselfadvocacyproject.org](http://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

For more information check us out online at  
<http://www.njselfadvocacyproject.org>.

Don't forget to follow us on social media:  
[Twitter](#), [Facebook](#), [Instagram](#) and [Youtube](#)!

