



Advocacy Matters

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

September 2020

The summer is winding down! Have some fun in the sun while it's still hot and then take a look at what we have to offer!

We have been providing [resources regarding COVID-19](#) and will continue to do so through our website, emails and social media accounts.

[Hinkle, Prior & Fischer, P.C.](#) is presenting a [free Virtual Parent Empowerment Conference](#) with some of the most well-known and well-respected members of the disability community.

Direct Support Professional Recognition Week was September 13-19! A week is set aside each year to honor DSPs for the important work they do supporting individuals with I/DD.

Our hashtag this month is **#IWon'tFALLForThat!** Next month will be **#NDEAM** to celebrate the 75th annual National Disability Employment Awareness Month.

The 2020 Census deadline is September 30th, so [make sure to fill it out if you have not already.](#)

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've started our new interactive 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 Facebook.](#)

We continue to post all across our social media pages! You can find tutorials on [yoga and meditation](#) as well as [healthy recipes.](#)

Let's reflect back on the month of August!

NJSAP Update

We are still here for you! We continue to post advocacy information, COVID-19 updates, healthy lifestyle tips, instructional videos and ways to stay active in advocacy while social distancing. If you ever need to contact us, please don't hesitate to email NJSAP@ArcNJ.org or call 732-749-8514.

We are holding monthly NJSSAN Council meetings virtually! [For information regarding your Council area, please click here.](#)

We've also added a new [Resources hub](#) to our website to help you find the resources we offer quickly as well as other helpful websites, infographics, and videos from other agencies. We'll continue to update this page so check back often!

NJSAP IS STILL HERE FOR YOU!



www.njsselfadvocacyproject.org / NJSAP@ArcNJ.org / 732-749-8514
Facebook/Instagram: @NewJerseySAP Twitter: @NJSAP
Youtube: www.arcnj.org/programs/njsap/videos.html

[Click here to download this graphic with clickable links!](#)

COVID-19 Resources



For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [The Arc of New Jersey's website](#).

You can download our recent issues of [Positive Pulse for more coronavirus information and ways to stay healthy and entertained](#).

[The CDC created a website to address COVID-19 related questions & concerns for DSPs, which you can find here.](#)

Download our new guide on face masks for all the guidance you need to stay safe outside! [You can watch our webinar for even more information.](#)

Watch our September [webinar on COVID-19 for our most recent update!](#)

Fall 2020 Virtual Parent Empowerment Conference

[Hinkle, Prior & Fischer, P.C.](#) is presenting a free Virtual Parent Empowerment Conference with some of the most well-known and well-respected members of the disability community. [Click here for more information.](#)

The Arc of New Jersey will be participating in the conference, including NJSAP Director Ashley Ritchey!



Hinkle Prior & Fischer
Attorneys at Law

Representing people with disabilities and their families since 1974

presents

Fall 2020

**Virtual Parent
Empowerment
Conference**

October 2-3, 2020

*Online from the
comfort of your home*



Register Here

DSP Recognition Week

Direct Support Professional Recognition Week was September 13-19! A week is set aside each year to honor DSPs for the important work they do supporting individuals with I/DD.

Watch our webinar to hear DSPs and the self-advocates they support talk about what makes a great DSP as well as how they build and maintain healthy bonds and boundaries with the people they support. Thank you to Jessica, Onica, Carinne, Andrew and Richard for sharing their thoughts and experiences for this webinar.



We also created a social media template for DSP Recognition Week and received so many incredible responses! You can find a few below and see more on our social media pages and by searching the hashtag #DSPRW2020.

DSP Recognition Week



@NJSAP / NewJerseySAP
@TheArcofNJ

Direct Support Professionals should be recognized because...

I think it is very important to increase DSP wages and recognize DSPs work. What they do is hard work, especially right now. We must continue to recognize DSPs in order to continue providing necessary services for people with IDD.
-Barbara Coppens, Self-Advocate of Camden County

DSP Recognition Week



NJSAP / NewJerseySAP
@TheArcofNJ

Direct Support Professionals should be recognized because...

my staff take me to the doctor. They also pick up groceries for me. My staff are helping me plan to get my hair cut. They remind me to brush my teeth and take care of myself. - Jaime B., Self-Advocate

DSP Recognition Week



@NJSAP / NewJerseySAP
@TheArcofNJ

Direct Support Professionals should be recognized because...

My DSP is really good with hands on help when I need it. She helps me with transportation, supports me with cooking and cleaning, and organizing information. She also helps me with socializing and gaining interaction with animals, which is an amazing support to my mental health.
-Julia S, Council 3

DSP Recognition Week



NJSAP / NewJerseySAP
@TheArcofNJ

Direct Support Professionals should be recognized because...

staff take me to medical appointments and they are helping me make plans for trips into the community, like to the gym and mall. Staff are also helping me plan a salon visit. DSPs help make sure I have everything I need to stay safe and healthy. - Cheryl T., Self-Advocate

DSP Recognition Week

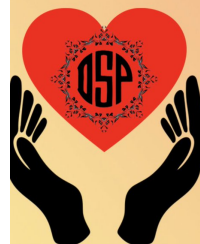


@NJSAP / NewJerseySAP
@TheArcofNJ

Direct Support Professionals should be recognized because...

During the COVID-19 pandemic my DSPs have had to take on extra tasks, and precautions, to make sure that they are keeping themselves and the people they work with safe and healthy. This is all on top of the already demanding work they were doing before the Coronavirus outbreak. My support staff has to take extra time to sanitize and clean items coming into my house. They also make sure we are all equipped with protective equipment like masks and gloves.
-Anita C, Council 3

DSP Recognition Week



NJSAP / NewJerseySAP
@TheArcofNJ

Direct Support Professionals should be recognized because...

they do so much. They sacrifice their free time for us. DSPs help us make dinner, breakfast, and help us with so much. They work so hard- too hard for too little money. - Andrew S., Self-Advocate

Monthly Hashtags



September's hashtag was #IWon'tFALLForThat. Thank you to everyone who participated!

Remember to read information and news thoroughly and not jump to conclusions. For more myth busting and misconceptions, [check out our September Positive Pulse articles.](#)



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.

In honor of the 75th Annual National Disability Employment Awareness Month, October's hashtag will be **#NDEAM**.

Held each October, NDEAM aims to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities. Throughout the month, we'll be engaging in a variety of activities to educate our followers on disability employment topics issues.

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 your dream job, your current job, the employment skills you've been building, anything that relates to National Disability Employment Awareness Month!

Don't forget to use the hashtag **#NDEAM** 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!

Last Chance!
SEPTEMBER 30th DEADLINE
2020 Census

THERE'S STILL TIME TO MAKE A DIFFERENCE. FILL IT OUT NOW!



STRENGTH IN NUMBERS



Every home has received an invitation to participate in the 2020 Census! If you haven't already, you should respond for your home in one of three ways: online, by phone, or by mail. [For more information about the Census, click here.](#)

[You can also view our recorded webinar on the 2020 Census here!](#)

- It's quick and easy! The 2020 Census questionnaire will take about 10 minutes to complete.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.
- The deadline is September 30th!

New Jersey's response rate is at 68.1% but we need full participation. Let's spread the word and make sure every New Jerseyans is counted!

[Click here to stay up to date on census response rates.](#)



The Healthy Lifestyles Project (HLP) is a program of **The Arc 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!

HLP: Stay Healthy at Home Webinars



The New Jersey Self-Advocacy Project team is excited to announce our new 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.

September's webinars included:

**[9/1/20: REPLAY: Step by Step:
Small Changes That Can Lead You To a Healthier Life](#)**

**[9/8/20: State Update:
NJ's COVID-19 Plan for the Fall](#)**

**[9/15/20: You and Me, the DSP:
A Conversation with DSPs & the People They Support](#)**

**[9/22/20: Multiple Choice:
Q&A On Supported Decision Making](#)**

**[9/29/20: Downsizing:
How to Lower Your Carbon Footprint](#)**

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 October's webinars!

**[10/6/20: The Booth Where It Happens:
Voting in the Upcoming Election](#)**

[10/13/20: Workplace Accommodations for Intellectual Disabilities](#)

[10/20/20: Model Employee: Perfect Your Personal & Professional Look](#)

[10/27/20: The Picture Perfect Filter: Using Facebook & LinkedIn to Find Work](#)

Healthy Lifestyles Project: LIVE



The New Jersey Self-Advocacy Project team is excited to introduce Healthy Lifestyles Project LIVE, our new interactive series of Zoom events! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities.

September's events included:

[Comfortable in the Kitchen: Food Prep & Kitchen Safety](#)

What things should you do before cooking?

- A. Wash your hair
- B. Put on an apron
- C. Tie long hair back
- D. Make sure equipment is clean and safe
- E. All of the above



Live Scribes: Tips for Creative Writing



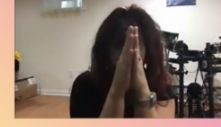
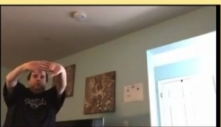
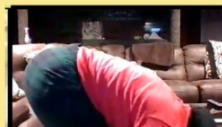
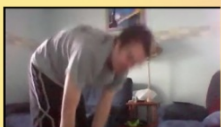
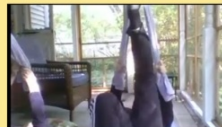
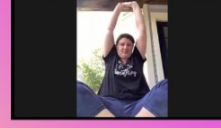
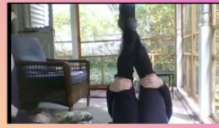
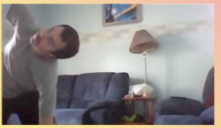
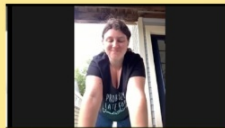
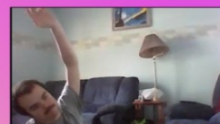
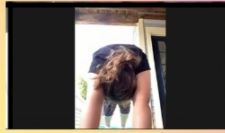
The Right Fit: Find Your Exercise with Adaptive Fitness



[Power Points: A Guide to Accupressure & Stretching](#)



[Strike a Pose: Virtual Yoga Class](#)



Register now for October's events!

**[10/7/20: The Right Fit:
Find Your Exercise with Adaptive Fitness II](#)**

**[10/14/20: Hanging with the Horses:
Virtual Barnyard Adventure](#)**

**[10/21/20: Food For Thought:
Nutrition Guide and Kale Salad Recipe](#)**

***The 10/21/20 cooking event will include FREE kitchen supplies! This event has a capacity limit, so register early!**

HLP: NJSAP Playlist

NJSAP Dance Party Playlist



Dancing is a very healthy activity! It burns calories, it is entertaining, and it raises endorphin levels to help your body minimize pain and discomfort!

[The NJSAP Team wants to help you listen to good music and dance along at home with our playlists.](#)



You can also click the link below to submit some song ideas of your own!

[Click here to submit a song!](#)

HLP: Brain Games



Join the NJSAP Team for LIVE games to test
your knowledge and creativity --
and to HAVE FUN.

You can't be bored when you have board games!

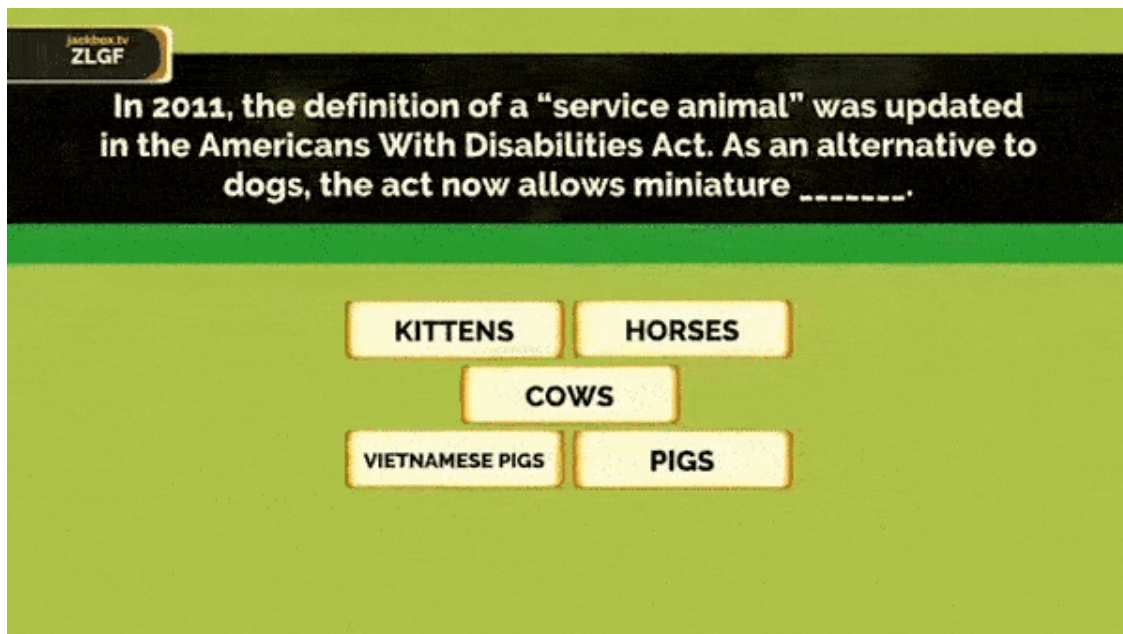
<https://www.facebook.com/NewJerseySAP/live/>

Get your thinking caps on! In May 2020, the NJSAP team began presenting games live on Facebook. Each week, we continue to live stream a party game on [Facebook](#) for you to play along with us on your phone or computer! A code is provided on the live stream at 1 PM and we play through a few rounds of the chosen game of the week.

Watch our previous videos below of Fibbage and Bracketeering to get an idea of all the fun that goes on!

[Be sure to join us at 1 PM every Thursday!](#)





HLP: Meditation and Yoga

Yoga is great way to improve your body physically and mentally. [Follow along with the videos below to practice yoga poses and meditation.](#)

You can do this easily and comfortably in your own home. Soon you'll be feeling super and all your worries will fly away! We add videos on [Facebook](#) and [Instagram](#) every Monday, Wednesday, and Friday for you to practice along!



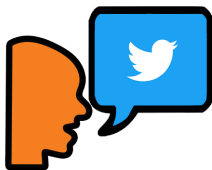
HLP: Healthy Recipes

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



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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