April 2023

Let’s look back at the advocacy activities that took place this month!

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 pages and the current NJSSAN Priorities. Council 5 met with U.S. Congressman Jeff Van Drew. Rob Kimmel discussed his survey with each of the Councils this month.

Welcome our newest NJSAP Team member, Bianca!

Take a look back at our 17th Annual NJSSAN Spring Luncheon.

We celebrated April as Autism Acceptance Month.

We held a self-advocacy panel with HEAL of Tri-County and a recipe training with SCARC.

Self-Advocates Evelyn and Pam delivered their testimony before the Assembly and Senate Budget Committees regarding the FY24 Budget.

Be sure to take a look at our promoted items for April!

We host one brand new webinar each month and present replays of past content. Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.

We continue to host our interactive Zoom series Healthy Lifestyles Project: Live! You can check out our past events below and register for upcoming sessions here.

Our weekly Brain Games session is held each Thursday at 1 PM! Watch archived videos here and join in LIVE 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" if it appears at the bottom of this newsletter. If you have been forwarded this message, you can subscribe here.
Virtual Programming every day of the week!

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.
- 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.
Visit your council page to download calendars for 2023.

Panel with Professor Puig's Class

We had another chance to meet with Professor Puig and her class of graduate students at Montclair State University. This open-minded exchange of knowledge and experience between her incredible students and our seasoned self-advocates is always an incredible opportunity for Council 1 advocates. Thank you Gianmarie, Kevin, and Victor for participating and a big thanks to Ashley Ritchey for facilitating the discussion in her new role at the New Jersey Division of Developmental Disabilities.

Meeting with U.S. Congressman Jeff Van Drew

Council 5 members, Chairman Shondel Greenwood and Vice Chair Ellen Moskowitz, along with COO Pat Jones and Director Mary Moyer of Development & Community Outreach from The Arc of Atlantic County, had the honor to meet with U.S. Congressman Jeff Van Drew.
(district 2) and members of his staff on April 13th, in the Congressman’s Northfield office. They sat down to discuss the barriers that many people with intellectual and developmental disabilities continue to face, including access to safe and reliable transportation across Atlantic County.

Rob Kimmel came out to talk to the Councils about his new study

Please see the flyer below from Rob Kimmel, Training and Consultation Specialist at The Boggs Center on Developmental Disabilities. As part of his doctoral research exploring self-advocacy experiences of adults with disabilities, he is seeking participants with disabilities between the ages of 22 and 37 to share their experiences over the course of two interviews. The research goal is to investigate the self-advocacy stories of adults with disabilities after leaving high school and understand if and how these individuals felt prepared for what they now face as adults. The larger goal is to center the voices of individuals with disabilities as a critical source of information to improve and restructure self-advocacy instruction in Special Education Transition programs based on the findings from this research. Make your voice heard and help transform self-advocacy in schools and beyond!

Welcome to our new team member, Bianca!

Bianca is the new Training and Technical Assistance Coordinator. She will be providing trainings going forward. She is currently working toward her Psychology degree at Montclair State University. She is very excited to start working with the organization.
Network (NJSSAN) is made up of people with intellectual and developmental disabilities (IDD) 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.

You can read the current NJSSAN Priorities here.

Events

17th Annual Spring Luncheon

On Saturday, April 15, 2023 we held our annual 17th Annual Spring Luncheon. We wanted to give a big thank you to all 137 attendees who made it an amazing event! We would also like to say thank you to all of the sponsors who supported the event.

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.

Below you can see our Ad Journal and a picture of the group who attended.
Congratulations again to our award winners: Pamela King, Steven Knox, Jonathan Seifried, Brian & Fred Reichert, and The Blue Light Music Program.

In addition to our award winners this year we also would like to acknowledge the winners of our Developmental Disabilities Awareness Month contest!

Last month was DD Awareness Month and to celebrate, NJSAP hosted a video contest for anyone to submit videos using the theme of "Welcome to Self-Advocacy." Six videos were submitted and the top 3 submissions with the most 'likes' across all social media platforms were each awarded a $50 gift card. The gift cards were generously donated by the Blue Light Music Program.

1st: 105 likes
Opportunity Zone with The Arc of Essex

2nd: 60 likes
The Achievement Zone with The Arc of Monmouth

3rd place: 13 likes
The Avenues Team
We would like to say thank you to Governor Murphy and the Department of Human Services for declaring April 2023 as Autism Acceptance Month. This is an important time to focus on inclusion and the ways in which local New Jersey communities can support people with autism!

Panels/Trainings

HEAL of Tri-County Panel

Self-advocates Ray, Julia, and Lizzy did a fantastic job during the webinar for HEAL of Tri-County. They talked about their experiences when seeking services, including some of the barriers they faced and how they wish to be treated by service providers. Thank you, Maria, for reaching out to organize the panel! We would love to organize more events like this where self-advocates can share their lived experiences and advice.
SCARC Greek Yogurt Brownies

Take a look at the delicious brownies that we made with The Arc of Sussex County. The recipe can be found below if you'd like to give it a try!
Evelyn Ramundo spoke to the Assembly Budget Committee to advocate for raising Direct Support Professional wages and fee-for-service rates. She also addressed the need for supports for people with a dual diagnosis and the need for marriage equality.

Testimony

Pam King spoke to the Senate Budget Committee to advocate for more effective system of support for people with disabilities living on their own to be successful financially, have a greater sense of independence, and live more fully integrated in their community. She addressed helping move people out of nursing homes and institutional settings and obtain reasonable housing, expanding Supportive Housing Connection (SHC) Housing Vouchers, and adding further options for people with disabilities seeking low income apartments.

Take A Look
**Medicaid Unwinding videos**

Beverly Roberts, Director of The Arc of NJ’s Mainstreaming Medical Care program, answers all of your important questions about the Medicaid Unwinding process, which requires a “redetermination” application to continue Medicaid & DDD services.


---

The Division of Developmental Disabilities (Division), in collaboration with The Boggs Center on Developmental Disabilities at Rutgers RWJMS, has launched the Money Follows Person (MFP) Support Coordinator Competency and Capacity Building Steering Committee. The Committee’s charge is to make recommendations in the development of a certification program for Support Coordinators.

The Committee is seeking input from the New Jersey disability community to learn about the competency and skill needs of NJ’s Support Coordinators. The information obtained will be used to inform the Committee’s recommendations.

---

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 programming possible!

We are now on our 9th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

---

**Stay Healthy at Home Webinars**

The New Jersey Self-Advocacy Project team is excited to continue our Stay Healthy at Home webinar series! They take place every Tuesday at 2
Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click here for details.

*NEW*

Taking Action Against Sexual Violence

Making Mental Healthcare Inclusive

Getting and Giving Consent: For People with Disabilities

Trying New Things

If you’ve attended one of our Stay Healthy at Home webinar sessions, we’re very thankful. Please spread the word and register for one of our upcoming sessions!

Register now for upcoming webinars!

Healthy Lifestyles Project: LIVE!
Healthy Lifestyles Project
LIVE

HLP: Live!
Mystic Aquarium: Penguins

HLP: Live!
Share Your Pet: The Pets!

HLP: Live!
Zumba: Dance-based Fitness Class

HLP: Live!
Intro to Sewing

www.healthylifestyleproject.org
The New Jersey Self-Advocacy Project team continues to host bi-weekly sessions of Healthy Lifestyles Project: LIVE! These are live, interactive events on Zoom to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11 AM and Friday at 1 PM.

Register now for next month's events!

HLP: Brain Games

Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Word Search and Pictionary 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.

Word Search

Pictionary

We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

HLP: Video Guides

Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our videos on social media!

- On Mondays, we post health and nutrition videos from Veronica Ramirez (Vero Pure Green)
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio (In-Home Personal Training)
On Thursdays, we post art-making videos by Malik Whitaker.
On Fridays, we post recipe videos/tips from Erin Smithers (NJSAP).

You can follow along easily and comfortably in your own home. We add videos on Facebook, Twitter, Instagram, and Youtube every weekday for you to follow along!

Mondays with Veronica: Playlist
Tuesdays with Joanna: Playlist
Wednesdays with Matt: Playlist
Thursdays with Malik: Playlist
Fridays with Erin: Playlist

*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.

Twitter
Facebook
Instagram
Youtube

www.njselfadvocacyproject.org