



Advocacy Matters

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

December 2019

For this issue of Advocacy Matters, we'd like to do a little something different. We'd like to yet again share our yearly statistics with you. The amount of people impacted by both the New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network this past year has truly been astounding and we're proud to share these numbers with you!

NJSAP STATISTICS FOR 2019:

SELF-ADVOCACY MEETINGS & COMMUNITY BASED EVENTS:

162

WORKSHOPS & TRAININGS

220

DIRECT SERVICES / LIVES TOUCHED:

6,994

INFORMATION & REFERRAL SERVICES:

11,004

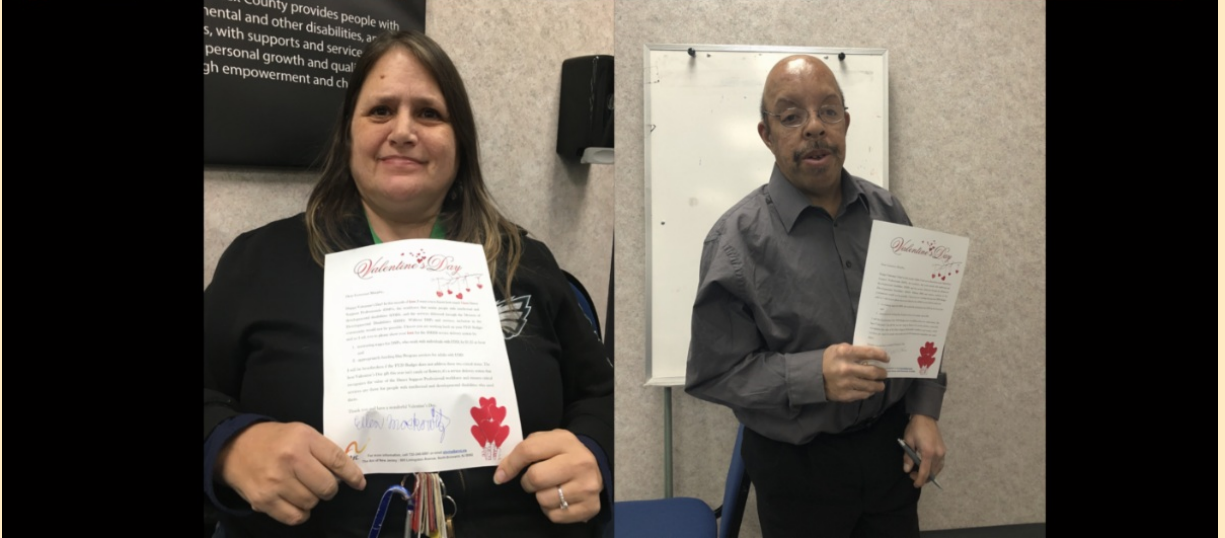
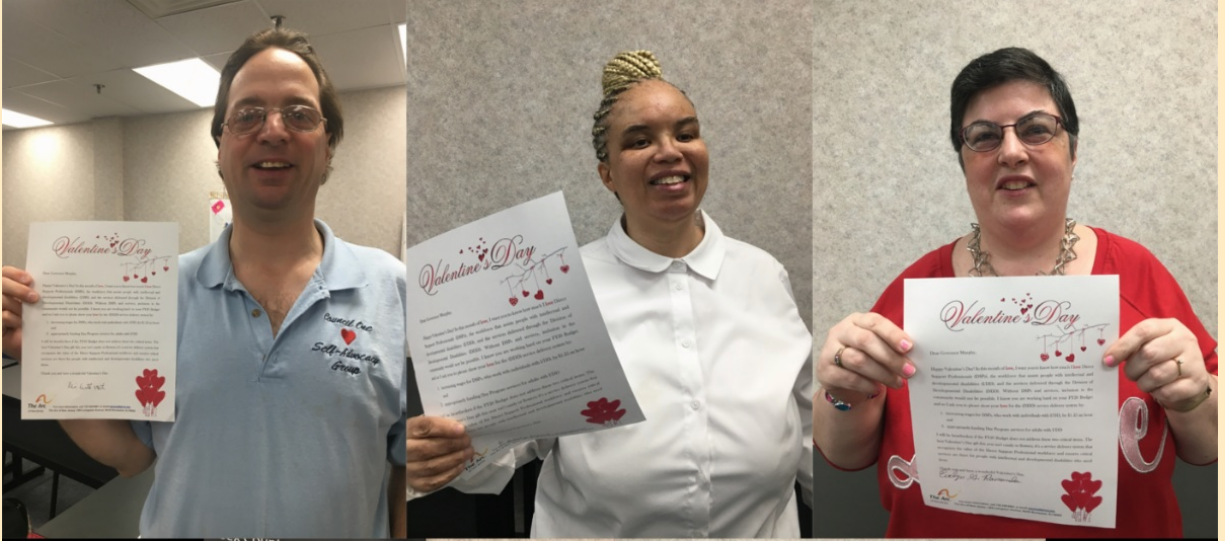
Month	Self-Advocacy Meetings	Workshops & Trainings	Direct Services/ Lives Touched	Information & Referral Services
December 2018	13	17	508	627
January 2019	18	25	664	1,199
February 2019	12	20	374	1,118
March 2019	15	16	615	1,391
April 2019	13	24	907	1,148
May 2019	15	17	877	1,336
June 2019	16	21	632	1,343
July 2019	12	19	492	1,688
August 2019	11	14	458	387
September 2019	16	13	298	361
October 2019	14	10	409	294
November 2019	7	24	760	112

Let's continue on by reviewing highlights from this past year!



NJSSAN Advisory Board

The New Jersey Statewide Self-Advocacy Network Advisory Board members led the charge in participating in multiple campaigns this year, including Valentine's Day and Thanksgiving letters to Governor Murphy asking for an increase in DSP wages.





The Advisory Board also took the time to review their by-laws with an informative presentation by NJSAP team member Michael Pearson.

Thank you
all for
leading the
way!

**New Jersey Statewide
Self-Advocacy Network**



Council Activities

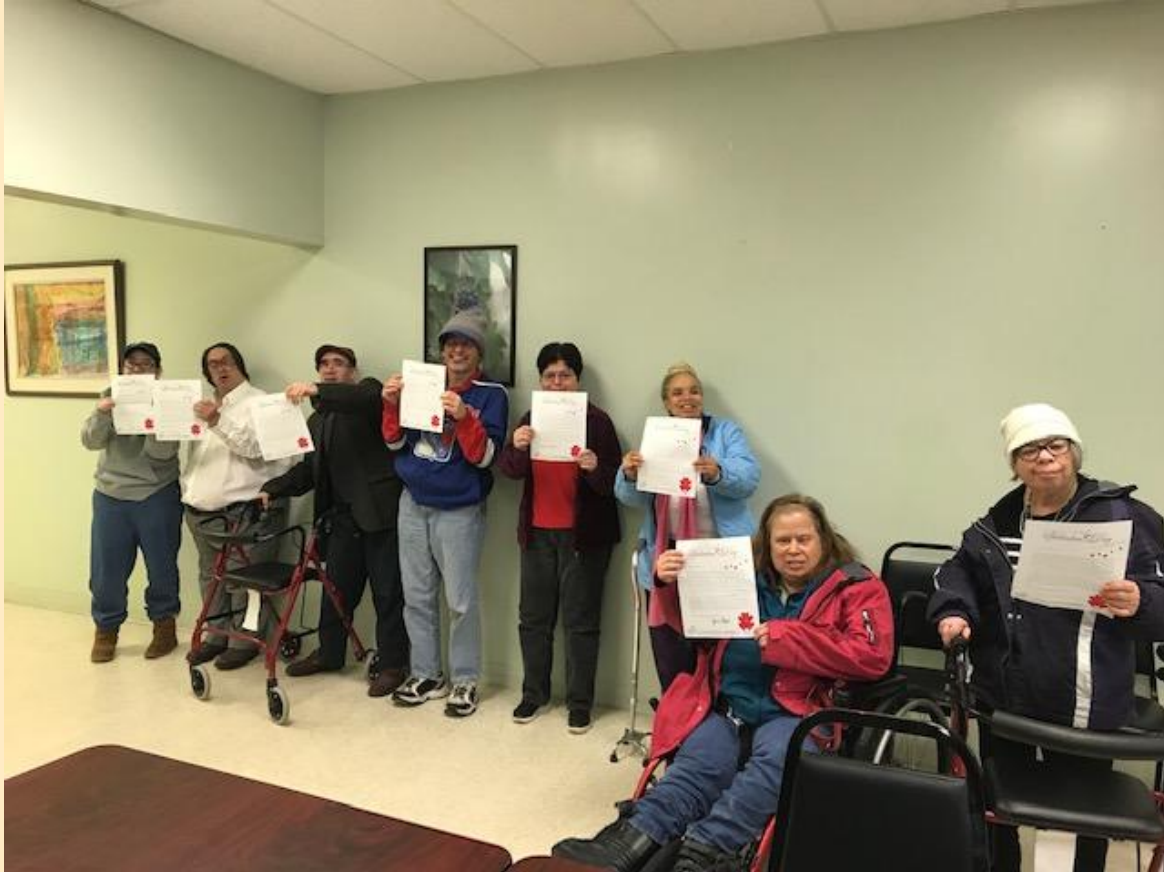
COUNCIL 1: Advocates from SCARC went to Centenary University for Pathways to Justice where they shared their past experiences with police and law enforcement.

Their presence provided a valuable source of knowledge for members of law enforcement who have had little experience with people with I/DD.



COUNCIL 2: Many people chose to show their love for DSPs and services by participating in The Arc of New Jersey's Valentine's Day Campaign, including members of Council 2.

These campaigns are important to keep the DSP wage increase in the spotlight.



Council 3: Members of Council 3 made their voices heard regarding privacy concerns of those living in group homes.

Campaigns like this stress the importance of speaking out about all issues regarding people with I/DD, even if it doesn't directly affect you as an individual.



Council 4: Council 4 memorialized council member John Murphy by creating the John Murphy Memorial Scholarship, allowing one Council 4 member to attend the Fall Conference free of charge. This year the lucky recipient was Donald Hughes.

This kind act shows how tight-knit the members of each Council can become and how dedicated they are to assisting each to become even greater advocates.



Council 5: Cristine Chickadel, ADA Coordinator at the Office of Disability Services in the Atlantic County Division of Intergenerational Services, presented to more than 50 self-advocates at a Council 5 meeting in March. Cristine's presentation was centered on transportation options for people with disabilities.

Inviting guest speakers to Council meetings throughout the year allows advocates to obtain specialized knowledge on various topics that affect their lives. The speakers also benefit by getting to directly interact with and educate a large group of self-advocates who can ask questions and provide feedback. We look forward to having more guests at meetings in the upcoming year!

Thank you for
being a part of
and contributing
to the success of

the NJSSAN!



Trainings and Workshops

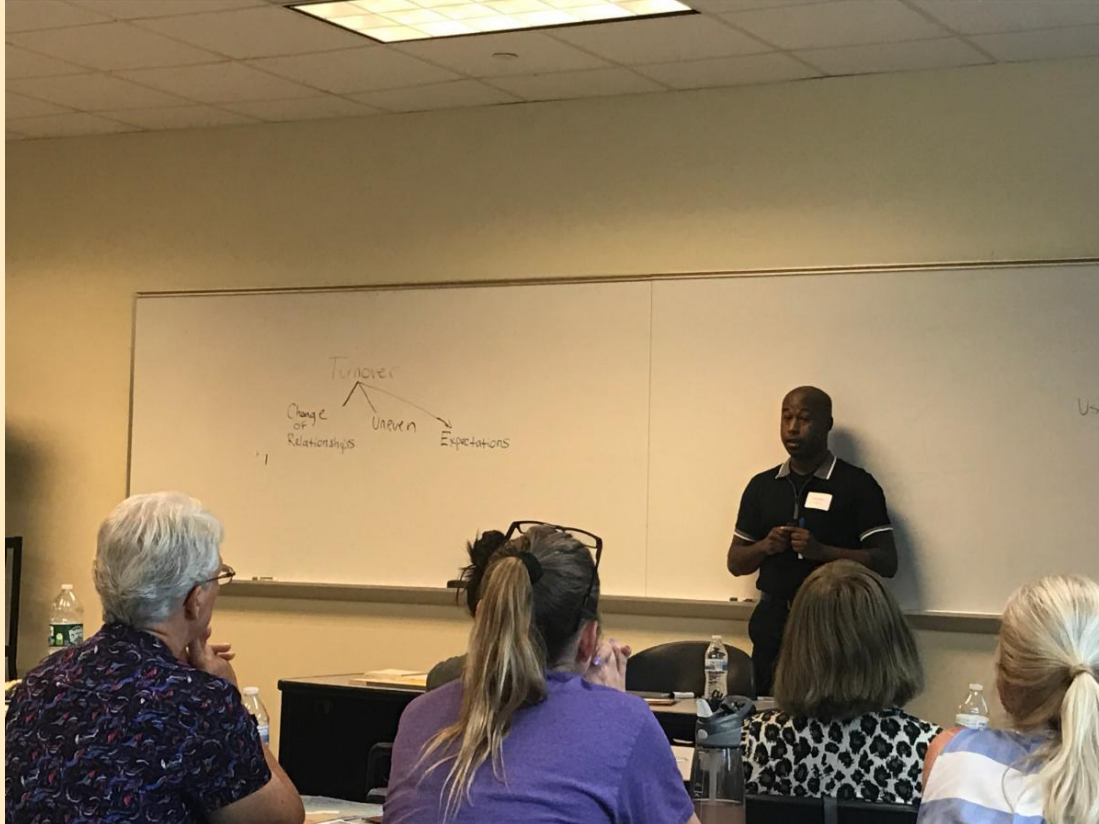
The NJSAP team presents many trainings and workshops throughout the year. We hold trainings at requested locations as well as at conferences throughout the year. Topics seen below include "The Dangers of Sugar", "Get Better Sleep" and "Voter Registration", but we also offer [much more!](#) If you'd like to watch some of our trainings online you [can find them here.](#)





The New Jersey Self-Advocacy Project team hosted a half-day seminar in Warren County on August 15, 2019. The event was open to any Direct Support Professional, support coordinator, job coach, program administrator, or staff member supporting people with intellectual and developmental disabilities. We had more than 30 attendees eager to attend our three workshops presented by self-advocate Jessica Lax and Parent Advocate Crystal Rogers; Carinne Buzzuto, Training Coordinator & Self-Advocacy Advisor at The Arc of Warren; and Wesley Anderson, Director of Training and Consultation Services at The Arc of New Jersey.





The 36th Annual NJACP Conference was held in November at Resorts Hotel & Casino in Atlantic City. NJSAP team member Michael Pearson presented four workshops as part of the event's "Self-Advocacy Track."

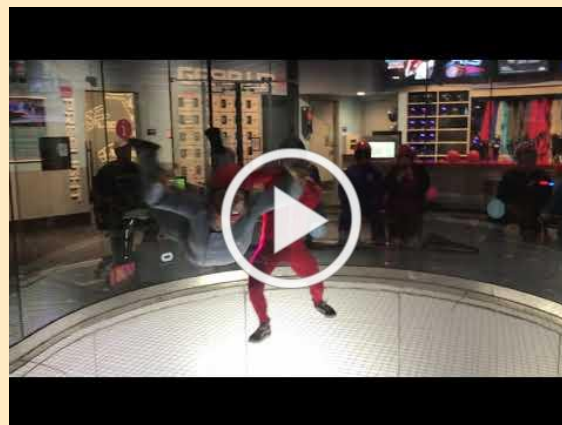
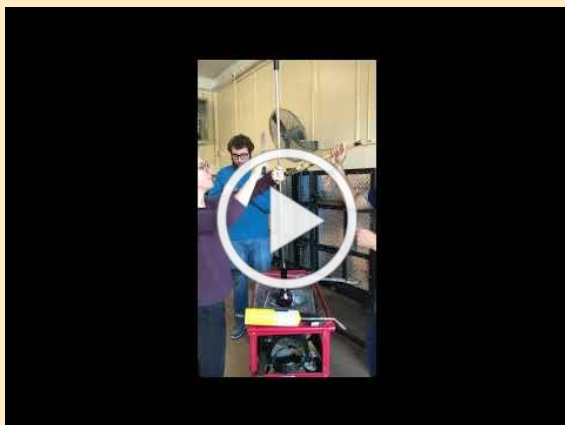


HLP Events

In addition to trainings, many events are held as part of The Healthy Lifestyles

Project. These events are scheduled throughout the state year round to promote healthy living through clean eating, exercise and relaxation. We've held more than 45 HLP events this cycle!

Our sixth year of Healthy Lifestyle Project events will begin again on January 1, 2020 and will run through December 31, 2020! [Stay tuned for event details!](#)



ADA Awareness

Every July we celebrate this landmark event as a way of bringing attention to the important work that has been done to promote equal opportunity for people with disabilities and to highlight the work that is yet to be done. This past year was the 29th anniversary of The Americans with Disabilities Act. Our annual ADA Awareness Event at Point Pleasant Boardwalk was held on July 12th to much success!

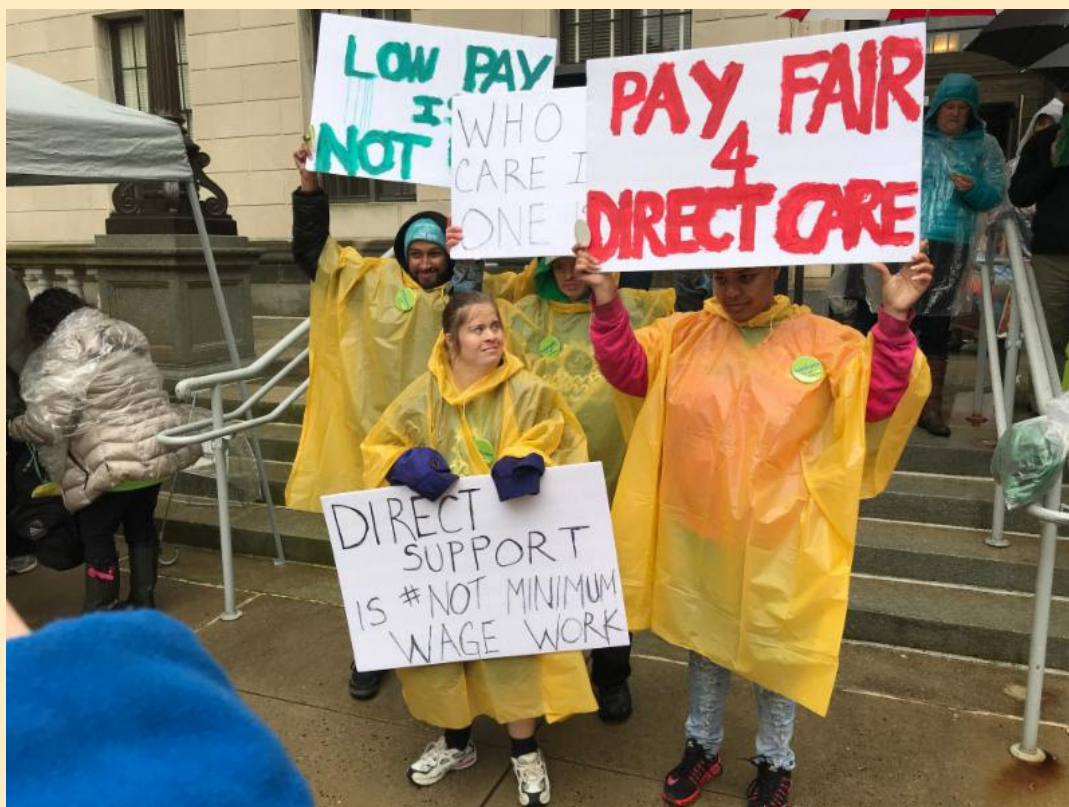


Advocacy at The State House

There were many opportunities for advocacy at the State House in Trenton this

year! For Developmental Disabilities Awareness Month, advocates met with Department of Human Services Commissioner Carole Johnson, who presented a proclamation from Governor Phil Murphy and Lt. Governor Sheila Oliver. In addition, Assemblywoman Downey and Assemblyman Houghtaling presented Self-Advocates with a Ceremonial Resolution recognizing DD Awareness Month and celebrating their advocacy at the State Capital.

A rally took place on May 13th to ensure that increased wages for DSPs remained in the final budget for FY 2020 and advocates attended various budget meetings throughout the year in support of this cause.





Fall Conference

More than 300 people attended the Fall Conference this year at its new location, The Westin Princeton! There was an array of charismatic speakers to start off the morning and five informative workshops throughout the afternoon. This was followed by a delicious lunch and the event wrapped up with a fun-filled dance party. Thank you for making this conference a success yet again!





Spring Luncheon

More than 300 self-advocates and supporters attended the spring luncheon this past April! The Heroes Award was presented to Assemblyman Daniel R. Benson, the Group Achievement Award was presented to all of the People Helping People, the Jane Miller Memorial Leadership Award was presented to Michael McRae, Chairman of Council 4 of the NJSSAN, and the Advisor of the Year Award was presented to Robert T. Canavan, Advisor to Advocates for Change.





**Save the Date for the
Spring Luncheon!**

**The 15th Annual New
Jersey Statewide Self-
Advocacy Network**



Spring Luncheon will take place on
Saturday,
April 18th, 2020
at The Imperia in Somerset

2020 Council Calendars

New Jersey Statewide Self-Advocacy Network

2020 Council Meeting Calendars

NJSAP@ArcNJ.org / 732-749-8514

January						
S	M	T	W	T	F	S
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31						

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29	30					

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26	27	28	29	30	31	

www.NJSelfAdvocacyProject.org

2020

Council 1 Meeting

651 Willow Grove St.,
Hackettstown, NJ 07840
(732) 743-8345
ARitchey@ArcNJ.org

Council 2 Meeting

Contact Erin Smithers for
location info
(732) 246-2525 x 26
ESmithers@ArcNJ.org

Council 3 Meeting

Contact Erin Smithers for
location info
(732) 246-2525 x 26
ESmithers@ArcNJ.org

Council 4 Meeting

1001 Van Buren Rd.,
Voorhees, NJ 08043
(732) 246-2525 x 37
MPearson@ArcNJ.org

Council 5 Meeting

Contact Michael Pearson for
location info
(732) 246-2525 x 37
MPearson@ArcNJ.org

Advisory Board Meeting

219 Blackhorse Ln., North
Brunswick, NJ 08902
(732) 749-8514
NJSAP@ArcNJ.org



Interested in a training or
workshop at your location?
Hit REPLY and let us know!

A training on our program, NJSAP
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself



Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

Healthy Relationships
Online Dating
Aromatherapy
First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene


New! Consent & Respect
Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness



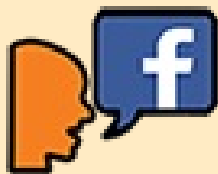
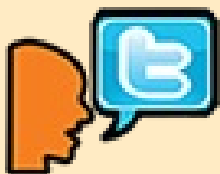
A big
THANK YOU
from the NJSAP Team!

We look forward to seeing you in 2020!





For more photos from our events and information about upcoming events,
check us out on social media!



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**

www.njsselfadvocacyproject.org