



# Advocacy Matters

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

## June 2021

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 activities for this month and congratulate Erin Smithers on her promotion.

**[Be sure to watch The Arc of New Jersey Family Institute's recorded webinar](#)** presented by New Jersey Self Advocacy Project Director Ashley Ritchey and NJSSAN member & self-advocate Pam King.

Are you a person with disability, parent, caregiver or educator of people with disabilities? **[Please complete the Living Safely survey before June 30th.](#)**

Our hashtag this month was **#JuneTunes**.

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" if it appears 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"> <li>• Check social media feed for Veronica's new nutrition video</li> </ul> 	<ul style="list-style-type: none"> <li>• Watch the new Stay Healthy at Home webinar at 2pm</li> </ul> 	<ul style="list-style-type: none"> <li>• Interactive Zoom event for HLP: Live at 11am</li> </ul>  <ul style="list-style-type: none"> <li>• Check social media feed for IHT's new workout video</li> </ul>	<ul style="list-style-type: none"> <li>• Play this week's Brain Game on Zoom at 1pm</li> </ul> 	<ul style="list-style-type: none"> <li>• Check social media feed for Erin's new recipe!</li> <li>• HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm</li> </ul> 
<b>TO DO LIST:</b> <ul style="list-style-type: none"> <li>• Sign up for NJSAP's email list</li> <li>• Request a virtual group training</li> <li>• Make a social media post using this month's hashtag</li> </ul>		<b>REMINDERS + NOTES:</b> <ul style="list-style-type: none"> <li>• Participate in an advocacy campaign or Action Alert</li> <li>• Mark my calendar with all upcoming activities</li> <li>• Reminder: Each NJSSAN Council meets every month</li> <li>• Remember: Self-Advocacy means to <b>SPEAK UP!</b></li> </ul>		





Find out more at [www.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org)

Facebook: [@NewJerseySAP](#) / Instagram: [@NewJerseySAP](#) / Twitter: [@NJSAP](#)

Click the image above to download the planner, complete with live links to all of our programming! Email [NJSAP@ArcNJ.org](mailto: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

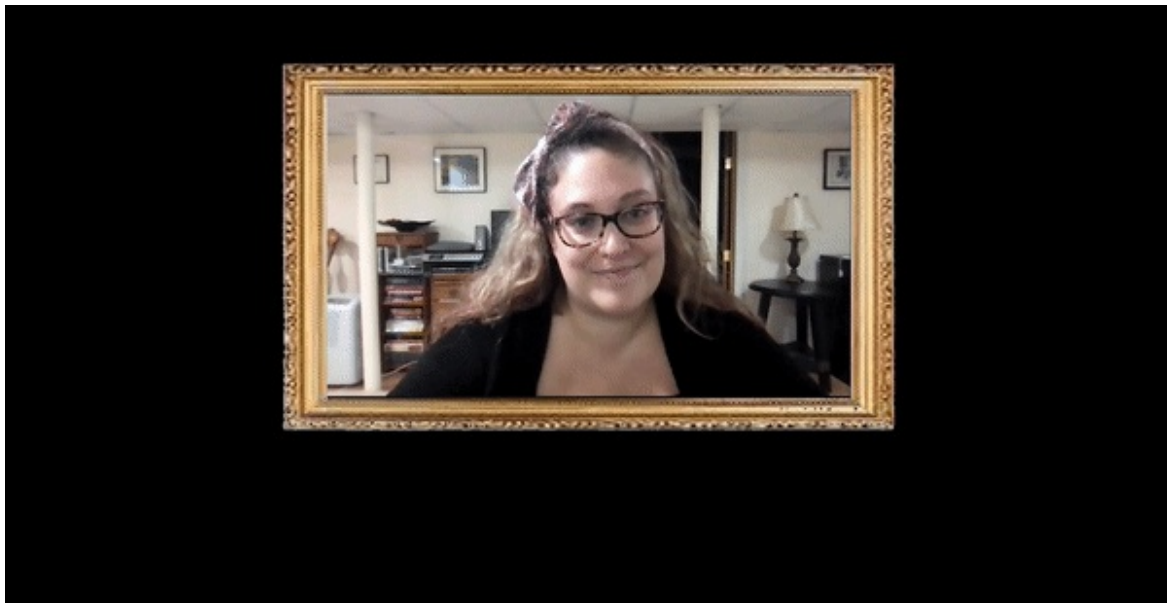
as a means of supporting positive change on both a personal and social level. It consists of 5 Councils based on geographic location within the state.



Let's all take a moment to congratulate Erin Smithers on her recent promotion!

Erin has put many incredible years of hard work into her previous role as Information and Referral Coordinator, helping the NJSAP and the NJSSAN to grow and flourish and we know she'll continue to do so in her new position. As a Trainer, Group Advisor, Coordinator and more, Erin has always worn many hats, as the saying goes, and she pulls it off every time.

Now she is officially the Assistant Director of NJSAP! Congrats, Erin!



## Creating a Culture of Inclusion: Bullying Prevention Strategies

Presented by the NJ Self-Advocacy Project and NJ Statewide Self-Advocacy Network, this interactive webinar focuses on strategies for identifying and addressing bullying in school and beyond. After watching this webinar, participants will be able to identify different forms of bullying and its prevalence as well as specific ways to help students and adults with disabilities effectively respond to bullying in-person or online. Case examples are reviewed to spur discussion and share techniques for creating a bully-free culture in your classroom, day program, and family home. Watch the recorded webinar below!



## Creating a Culture of Inclusion

Bullying Prevention Strategies  
for Students, Parents, and Teachers

Presented by the NJ Self-Advocacy Project and Statewide Self-Advocacy Network  
Friday, June 18, 2021 from 1 - 2 PM on GoToWebinar

## COVID-19 Resources



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.](#)

Look below for updates from Governor Murphy about changes in guidelines for NJ. [Find out more here.](#)

## Living Safely Survey

Are you a person with disability, parent, caregiver or educator of people with disabilities? If so, the Living Safely Grant partners want to hear from you!

Please complete the Living Safely survey before June 30th.



**DDS**  
NJ DIVISION OF  
DISABILITY SERVICES

This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.

Funded by a grant from the NJ Division of Disability Services, Living Safely is an 18 month program focused on safety education and injury prevention for people with

disabilities throughout their lifespan. The grant partners recently released a...

[Read more](#)  
[web-extract.constantcontact...](#)

## # Monthly Hashtags



This month's hashtag was **#June Tunes**.

Check out some of NJSSAN member's favorite songs! Our curated playlists are also always available on our Youtube Channel.



BTS- 'Dynamite'



Michael Jackson - 'Billie Jean'



Billy Idol - 'Dancing With Myself'



The Coasters - 'Yakety Yak'




Miranda Cosgrove - 'Leave It All To Me'  
(Theme from iCarly)




Journey - 'Don't Stop Believin'

Click below to read our Positive Pulse newsletter on music and mental health.

Healthy Lifestyles  Project

improving health, improving lives



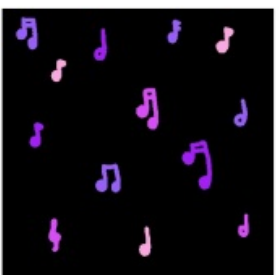
# Positive Pulse

Your monthly dose of advice on healthy living

June 2021

## *The Magic of Music*

### Part 1



This is Part 1 of *The Magic of Music*! Listening to music is an extremely healthy hobby that everyone can enjoy in their day-to-day life.

- There are an incredible amount of health benefits to listening to music.
- Music helps us form and maintain social connections.
- Playing an instrument also has unique benefits over simply listening to songs.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

Next month we'll celebrate the ADA as we count down to the Anniversary of the Americans with Disabilities Act (ADA) on July 26! We'll be using the hashtags #ADA31 and #ThanksToTheADA as well as the downloadable template below!



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!**

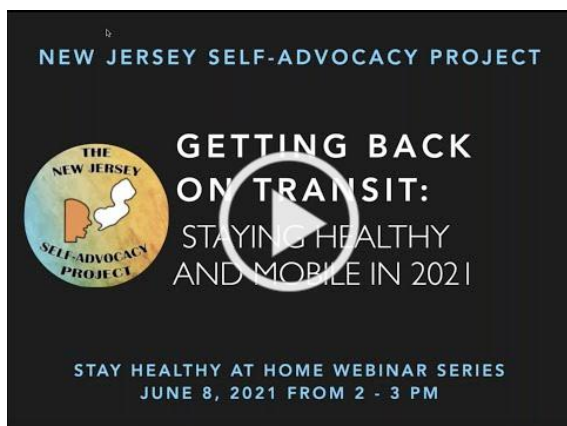
## **HLP: Stay Healthy at Home Weekly Webinars**

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 PM.**

**SUMMER HITS!**



We'll be playing replays of some of our favorite past webinars all of July and August. Don't worry, we'll be back in the fall with a new and improved webinar series with brand-new topics and new accessibility features!



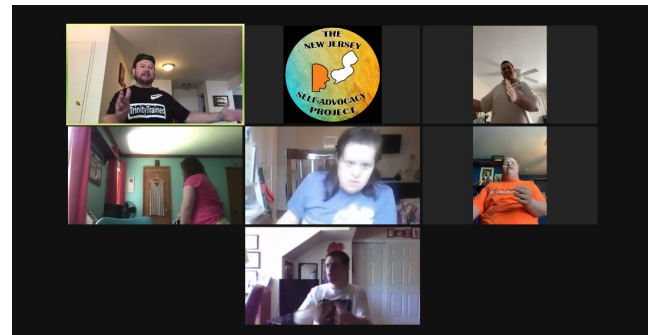
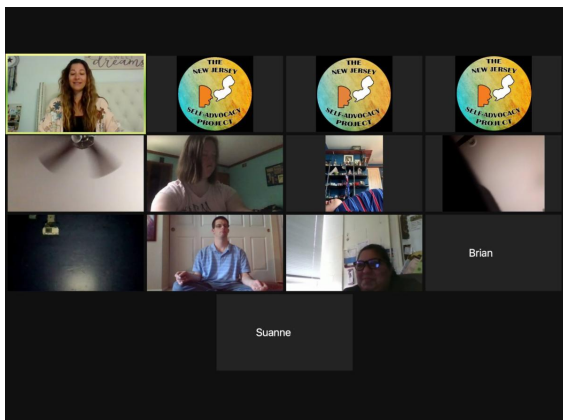
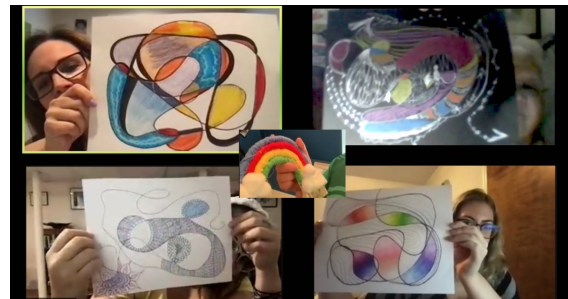
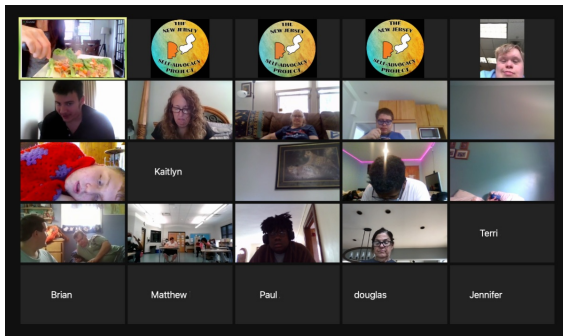
If you've attended one of our webinars, we're very thankful. Please spread the word and register for one of our upcoming topics!

[Register now for upcoming webinars!](#)

# Healthy Lifestyles Project: LIVE



The New Jersey Self-Advocacy Project team continues 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 Wednesdays at 11 AM and Fridays at 1 PM.



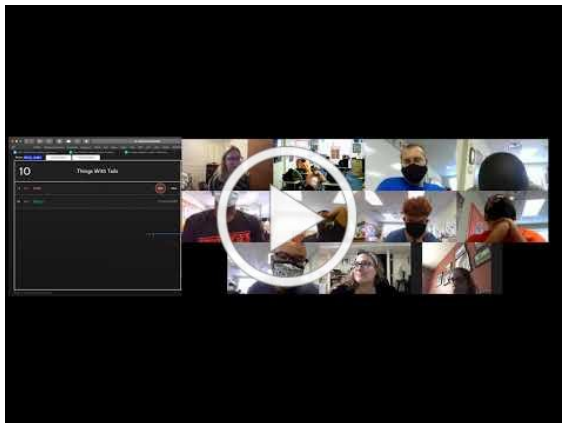


[Register now for next month's events!](#)

## HLP: Brain Games

Get your thinking caps on! The NJSAP team began presenting games live on Facebook, but we've now moved to Zoom!

Watch our previous videos below of [Scattergories](#) and [Gartic Phone](#) 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! Email [NJSAP@Arcnj.org](mailto:NJSAP@Arcnj.org) if you are interested.

## Follow Along

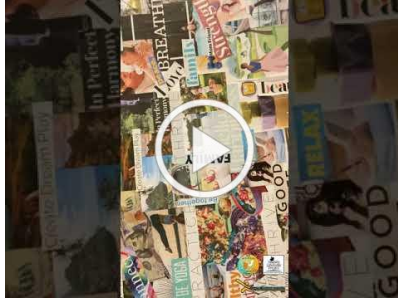
Our Healthy Lifestyles Project: LIVE! events are twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

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!](#)



[\*\*Mondays with Veronica:  
Playlist\*\*](#)



[\*\*Wednesdays with Matt  
and Kristen: Playlist\*\*](#)



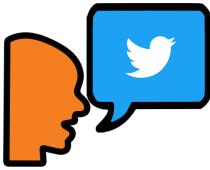
[\*\*Fridays with Erin:  
Playlist\*\*](#)

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\*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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Stay connected with us!



[\*\*Twitter\*\*](#)



[\*\*Facebook\*\*](#)



[\*\*Instagram\*\*](#)



[\*\*Youtube\*\*](#)

[\*\*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**