



# 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

## The Self-Advocate Fall 2023

*[A Newsletter Produced by the New Jersey Self-Advocacy Project Team](#)*



**SATURDAY,  
October 14th, 2023**  
The 39th Annual  
NJSSAN Fall Conference

Included in this issue of *The Self-Advocate*:

Registration for the Fall Conference  
T-Shirt Fundraiser  
Conference Schedule  
Recent & Upcoming Events  
2023 Council Calendars

## REGISTRATION

*Open Your Heart To*



*Self-Advocacy*

**The 39th Annual NJSSAN Fall Conference  
October 14, 2023**

Click here to register for FREE and  
attend online on Zoom!

Sponsorship Opportunities are also  
available on our website.

# Click here to purchase a ticket for an in-person "Watch Party" hosted select Chapters of The Arc.

Each year, the New Jersey Self-Advocacy Project (NJSAP) and the New Jersey Statewide Self-Advocacy Network (NJSSAN) work together to host the annual Fall Conference.

The event is an opportunity for Disability Advocates to network, learn about current advocacy issues, and attend professional development workshops. We will be hosting the Fall Conference *virtually*!

The theme of our 2023 conference is "Open Your Heart To Self-Advocacy". Members of the NJSSAN discuss how to be an open-minded and compassionate advocate and ally in their **Keynote Speech**. Topics include challenging views and stereotypes of people with intellectual and developmental disabilities, the importance of acceptance of all types of people and new view points of view, and spreading education and awareness of disability issues.

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**Watch Parties** will be held at the following counties, hosted by local Chapters of The Arc. These are open to all who register and will provide a space to watch the event on Zoom while enjoying refreshments and networking with other self-advocates. Prices will vary by location.

#### **Atlantic County**

Romanelli's Garden Café  
279 South New York Road Galloway, NJ 08205

#### **Bergen County**

17 Wallace Street, Elmwood Park, NJ 07407

#### **Ocean County**

393 Mantoloking Road, Brick NJ 08723

#### **Somerset County**

Jill Court Day Program

3 Jill Court, Building 15,  
Hillsborough, NJ 08844

**Sussex County**  
Hampton Community Center  
4 Camre Drive, Newton, NJ 07860

## T-SHIRT FUNDRAISER

The Advisory Board of the NJSSAN Network is holding a t-shirt fundraiser through Bonfire.com!

[If you'd like to purchase a shirt to commemorate the event and support the NJSSAN, click here! All funds raised directly benefit the NJSSAN, New Jersey's largest self-advocacy organization.](#)

Shirts are \$25 each and will be shipped directly to you! The Premium Unisex Tee is a standard fit crewneck t-shirt. Typically made with a 60/40 blend of cotton and poly that is combed and ringspun, it is a lightweight tee with a super soft feel. It comes in sizes XS-4XL.

***PLEASE NOTE: Shirts are are only available for purchase online.***



[Click here to purchase a t-shirt](#)

## CONFERENCE SCHEDULE

The event will take place from 9:30 AM – 12:30 PM and includes\*:

**9:00 AM – 9:30 AM:**  
Waiting Room & Ad Journal

**9:30 AM – 10:00 AM:**  
Opening Remarks

**10:00 AM – 11:15 AM:**  
Keynote Session Presented by the NJSSAN Board

11:15 AM – 11:45 AM:  
Exhibitor Hall

11:45 AM – 12:00 PM:  
Closing Remarks

12:00 PM – 12:30 PM:  
Dance Party

\*Schedule times are tentative and may change as we get closer to the event.

## RECENT & UPCOMING 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. Watch our recorded webinars online including topics such as [Getting and Giving Consent: For People with Disabilities](#)



### Healthy Lifestyles Project: LIVE!

Our [Healthy Lifestyle Project:LIVE](#) events continue 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 sessions with Mr. Malik.



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

### Brain Games

During [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 Jeopardy!



View our weekly schedule of events below and download the graphic with clickable links to each offering!

### 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> <p><b>Vero Pure Green</b></p>	<ul style="list-style-type: none"> <li>-Watch the new Stay Healthy at Home webinar at 2pm</li> <li>-Watch Joanna's new music therapy video</li> </ul> <p><b>HEALTHY LIFESTYLES PROJECT LIVE</b></p>	<ul style="list-style-type: none"> <li>-Interactive Zoom event for HLP: Live at 11am</li> <li>-Check social media feed for IHT's new workout video</li> </ul> <p><b>Healthy Lifestyles Project LIVE</b></p>	<ul style="list-style-type: none"> <li>-Play this week's Brain Game on Zoom at 1pm</li> <li>-Watch Malik's new art workshop training video</li> </ul>	<ul style="list-style-type: none"> <li>-Check social media feed for Erin's new recipe video</li> <li>-HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm</li> </ul>
<p><b>TO DO LIST:</b></p> <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 and tag @NJSAP / @NewJerseySAP</li> </ul>		<p><b>REMINDERS + NOTES:</b></p> <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 SPEAK UP!</li> </ul>		

**YouTube**

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

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP

Thank you to [The Horizon Foundation for New Jersey](http://The Horizon Foundation for New Jersey), for providing the grant that funds Healthy Lifestyles Project events!



*The Horizon Foundation for New Jersey*

# NJSSAN COUNCIL CALENDAR

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

[You can view more NJSSAN Council Information here.](#)

## 2023

-JANUARY-	-FEBRUARY-	-MARCH-
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-APRIL-	-MAY-	-JUNE-
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-JULY-	-AUGUST-	-SEPTEMBER-
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-OCTOBER-	-NOVEMBER-	-DECEMBER-
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### NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK

#### COUNCIL 1

3rd Thursday of each month\*, 5:30-6:45pm  
Hunterdon, Morris, Sussex & Warren  
Advisor: Frankie Bayak  
Fbayak@ArcNJ.org/732-749-8514

#### COUNCIL 2

4th Thursday of each month\*, 4-5:30pm  
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

#### COUNCILS 4 & 5

3rd Wednesday of each month\*, 3-4pm  
Burlington, Camden, Gloucester, Salem Atlantic, Cape May, & Cumberland Counties  
Contact: Erin or Frankie as seen above

#### NJSSAN ADVISORY BOARD

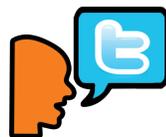
Last Monday, every other month\*  
Only Open to Advisory Board Members

\* Check the calendar image for exact dates

For more information, contact: Frankie Bayak  
NJSAP@ArcNJ.org / 732-749-8514  
www.njselfadvocacyproject.org

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

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



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