



Advocacy Matters

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

November 2022

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 the current NJSSAN Priorities.

Council 1 is holding a fundraiser at Jersey Mike's Subs! [Download the flyer here.](#)

On November 10th, NJ Statewide Self-Advocacy Network members were invited to train students on what adults with IDD need from their healthcare team.

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

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.](#)







Brain Games 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!

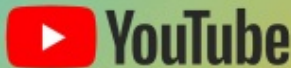
**We have a lot to say, so make sure to click
"View entire message" if it appears at the bottom of this
newsletter.**

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





Find out more at www.njselfadvocacyproject.org

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/NJSAP)

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.

The New Jersey Statewide Self-Advocacy 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.](#)

NJ Statewide Self-Advocacy Network Position Statements

The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

We work together with these individuals to form The New Jersey Statewide Self-Advocacy Network (NJSSAN), which is used as means of supporting positive change on both a personal and social level. The NJSSAN consists of five Councils based on geographic location within the state.

1. [Home & Community-Based Services \(HCBS\)](#)
2. [Housing for People with IDD](#)
3. [Transportation](#)
4. [Supported Decision Making and Alternatives to Guardianship](#)
5. [Raising Awareness of IDD Issues](#)

NJSAP@ArcNJ.org

NJSSAN POSITION STATEMENTS
www.njselfadvocacyproject.org

732-749-8514

Council 1 Fundraiser

Council 1 is holding a fundraiser at Jersey Mike's Subs! To participate **[simply place an online order or visit the Hackettstown location](#)** on December 5th or December 6th and 25% of your total bill will be donated. The flyer with links can be downloaded below.

Council 1 Fundraiser



Funds raised will go directly to
Council 1 of the NJ Statewide
Self-Advocacy Network.



To participate:

Simply place an online order or visit the Hackettstown location on
the dates below and 25% of your total bill will be donated!



Council 1 Fundraiser at Jersey Mike's Subs
10 AM - 9 PM

Monday, December 5, 2022 & Tuesday, December 6, 2022

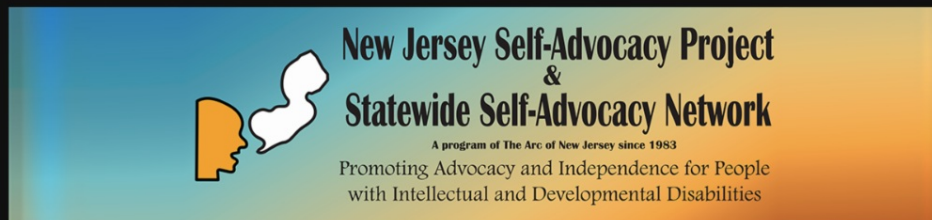
Location: 1885 NJ-57, Hackettstown, NJ 07840



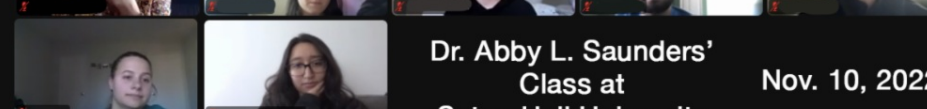
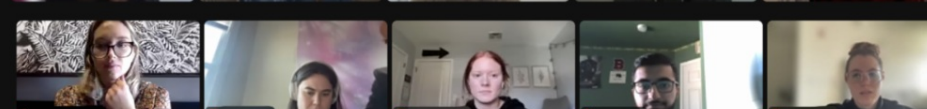
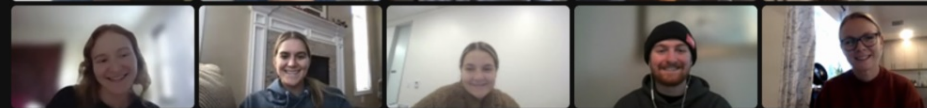
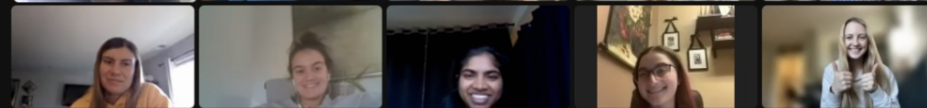
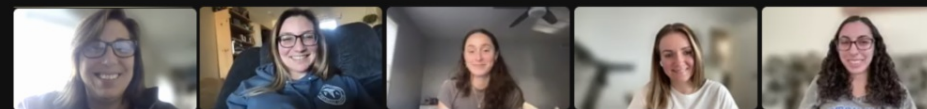
[Click here to learn more about Council 1](https://www.arcnj.org/programs/njsap/njssan-councils/council-1.html)

<https://www.arcnj.org/programs/njsap/njssan-councils/council-1.html>

Self-Advocates Speak with Dr. Saunders Class



Kevin, Self-Advocate Pam, Self-Advocate Renee, Self-Advocate Evelyn, Self-Advocate Ashley, NJSAP Director



Dr. Abby L. Saunders'
Class at
Seton Hall University

Nov. 10, 2022

On November 10th, NJ Statewide Self-Advocacy Network members were invited to train students on what adults with IDD need from their healthcare team. Dr. Abby Saunders, Assistant Professor at Seton Hall University School of Health and Medical Sciences, welcomed the panel to speak with her graduate students training to become Physician Assistants.

Monthly Hashtags



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

Our Positive Pulse newsletters discussed the beauty and science behind the changes in

nature during the autumn season.

November 2022

Fall Foliage:
The Beauty of Autumn
Part 1



This is Part 1 of Fall Foliage! November is still full of beautiful views of the trees changing color, so we'll be talking about how to enjoy the beauty of autumn while it lasts.

November 2022

Fall Foliage:
The Science of Autumn
Part 2



This is Part 2 of Fall Foliage! We'll be talking about nature. What changes happen in the autumn, why do they occur, and we'll give you a few tips for keeping the environment healthy in the fall.

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



improving health, improving lives



Let's give a big THANK YOU to The Horizon Foundation for New Jersey for making this possible!

We are now on our 8th 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



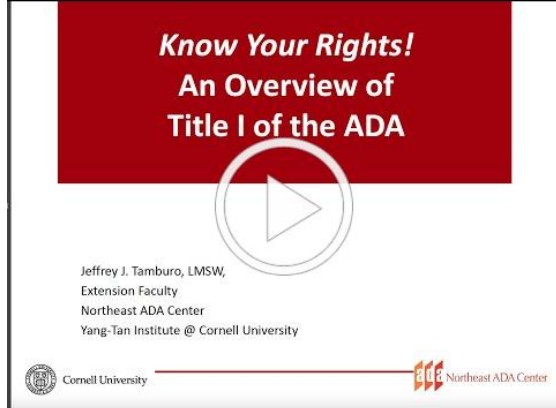
The New Jersey Self-Advocacy Project team is excited to continue our *Stay Healthy at Home* webinar series! They take place every **Tuesday at 2 PM.**

Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

NEW

[Know Your Rights!](#)
[An Overview of Title I of the ADA](#)

[Resolution Solutions & Healthier Habits](#)



[Love Languages: Healthy Relationships & Communication](#)



[Resolution Solutions & Healthier Habits](#)



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!

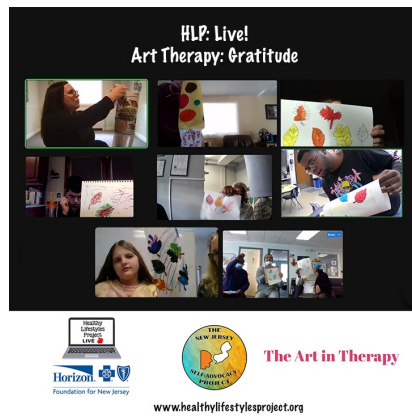
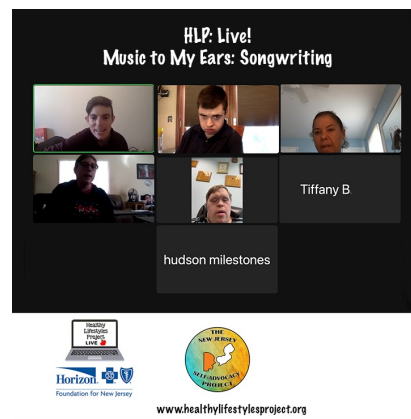
[Register now for upcoming webinars!](#)

Healthy Lifestyles Project: LIVE!



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.

[Listen to the song here!](#)



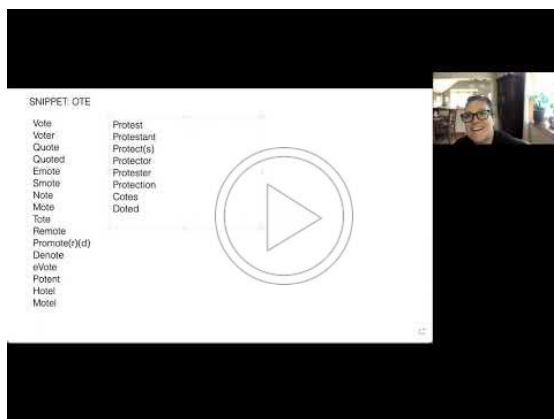
[Register now for next month's events!](#)

HLP: Brain Games

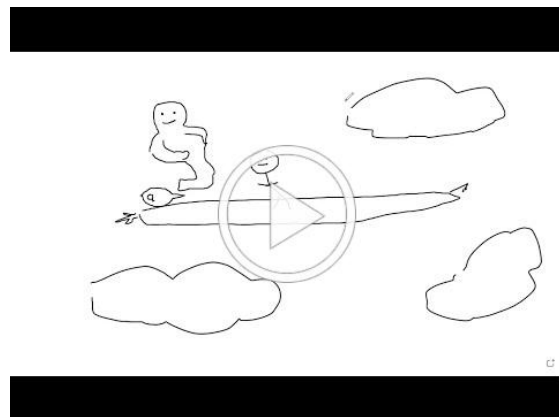
Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Snippets 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.](#)**

[Snippets](#)



[Pictionary](#)



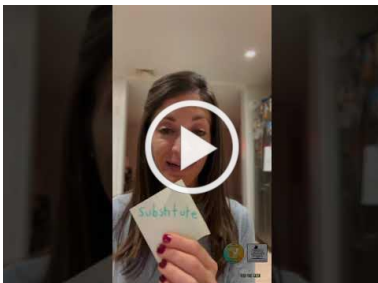
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

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 Dori Stern.
- 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 from Erin Smithers ([NJSAP](#)).

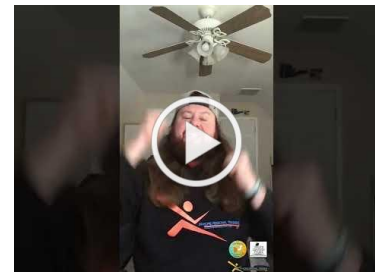
You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every weekday for you to follow along!



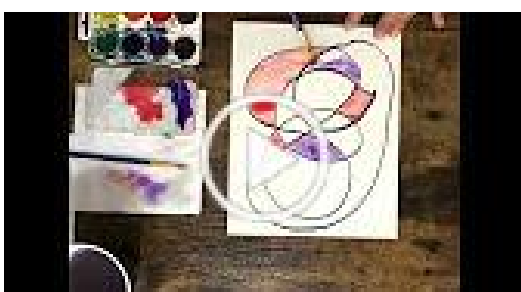
[Mondays with Veronica: Playlist](#)



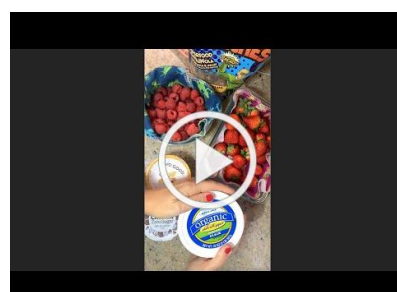
[Tuesdays with Dori: Playlist](#)



[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



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

New Jersey Self-Advocacy Project | 985 Livingston Avenue, North Brunswick, NJ 08902

[Unsubscribe cfortin@arcnj.org](mailto:cfortin@arcnj.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by bynjsap@arcnj.org powered by



Try email marketing for free today!