



The Arc Weighs in Virtually on Legislation, Budget

Although legislative meetings in June were held virtually, The Arc of New Jersey continued to advocate with lawmakers on pending legislation that will impact people with intellectual and developmental disabilities, their families and Chapters of The Arc. Last month, our organization provided oral testimony, via Zoom, before the Senate and Assembly Transportation Committees, the Assembly Human Services Committee and the Senate Budget Committee.



Executive Director Tom Baffuto was among the invited guests who provided an update to members of the Assembly Human Services Committee about the impact of COVID-19 on people with intellectual and developmental disabilities. To continue reading, [click here](#).

Pictured above (top row, second from left), Sharon Levine, Director of Governmental Affairs, testifies virtually before the Assembly Transportation Committee on June 8th.

Mainstreaming Director Celebrates 30 Years

If you have an issue or question about medical care relating to people with intellectual and developmental disabilities, there's no better resource, or advocate. She has helped countless families in her role as the Mainstreaming Medical Care Director and as she marks 30 years with the organization, we wanted to take a moment to spotlight the work of Beverly Roberts and the role she has played in so many lives over the past three decades.

Why did you choose to make The Arc your home for the past 30 years?

"Very simply, The Arc of New Jersey is the perfect fit for me! Helping families and advocating for systemic improvements in health care for individuals with I/DD has been very personally fulfilling. Furthermore, the other staff at The Arc of New Jersey are the best. The tone at any organization is set by the person who leads that organization. Our long-time Executive Director, Tom Baffuto, (who has been with The Arc of New Jersey for 35 years!) has set the correct tone of expecting hard work and excellence from the staff. It is important to me to be at a workplace where people are helpful and kind to one another, and, for me, The Arc of New Jersey is that place." To read more about Bev's tenure at The Arc of NJ, [click here](#) to read the full interview.



Council on Developmental Disabilities Seeks Input on 5-Year Plan

Mask Guide Provides Important Safety Tips

The New Jersey Council on Developmental Disabilities
Advocate. Collaborate. Educate. njcdd.org

The NJCDD is developing its Five-Year State Plan for 2022-2026. We want to hear from YOU - individuals with I/DD, families, caregivers and other stakeholders about what is working; what needs to change; and, how it could be changed for individuals with I/DD and their families.

TAKE A SURVEY online or print it and mail it to us at 30 West State St., 4th Fl., P.O. Box 700, Trenton, NJ 08625-0700
<https://www.newjerseycouncilonidd.org/survey>

SEND US A LETTER 30 West State St., 4th Fl., P.O. Box 700, Trenton, NJ 08625-0700
Sussex, Warren, Morris, Bergen, Hudson, Passaic, Essex
June 26 at 12 noon
<https://5-year-north.eventbrite.com>

CALL US 609-292-3325 Somerset, Union, Hunterdon, Middlesex, Mercer, Monmouth, Ocean
July 1 at 7:00pm
<https://5-year-central.eventbrite.com>

SEND US A TEXT OR EMAIL njcdd@njcdd.org Atlantic, Burlington, Camden, Cape May, Cumberland, Salem, Gloucester
July 9 at 7:00pm
<https://5-year-south.eventbrite.com>

POST TO SOCIAL MEDIA All Counties in Spanish
July 13 at 12 noon
<https://5-year-spanish.eventbrite.com>

#njcddlistens Each 90-minute session will have a limited number of individual testimonials. Additional written testimony will be accepted. Please register in advance in order to receive the virtual event link.

HOW CAN YOU PROVIDE INPUT? PUBLIC INPUT PERIOD ENDS JULY 31.

YOU HAVE QUESTIONS? WE HAVE ANSWERS. GO TO NJCDD.ORG

The New Jersey Council on Developmental Disabilities develops a State Plan every five years that outlines the Council's goals and activities, and you can help shape this plan by providing feedback on what is working for people with developmental disabilities, what needs to change, and, how it could be changed. The Council is seeking input from Individuals with I/DD, families, caregivers, service providers and other stakeholders through July 31, 2020. If you're interested in making your voice heard, you can participate in an upcoming virtual public hearing, take an online survey, write or call the NJCDD or reach out via social media. To learn more, access the survey, and/or register for a hearing, [click here](#).

Covid-19 Mask Guide
Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey. This infographic is made a part of our Healthy Lifestyles Project, funded by The Horizon Foundation for New Jersey. www.njsaparc.org / 732-749-8314 / info@njsaparc.org

Everyone else should be using cloth masks or disposable masks.

Leave the surgical masks and N95 masks for healthcare professionals.

A cloth mask is worn to help protect others in case the wearer has the virus.

An N95 mask helps protect the wearer from getting the virus from others.

Cloth face masks should be worn in public settings, particularly where social distancing measures are difficult to maintain. This includes places such as in grocery stores, especially in areas of significant community-based transmission.

Don't use face masks as a substitute for social distancing.

Don't put masks on children under 2 years of age.

How to Put on & Remove a Cloth Mask Effectively

1. Place your mask over your mouth and nose.
2. Tie it behind your head or use ear loops and make sure it's snug.
3. Don't touch your mask while wearing it.
4. If you accidentally touch your mask, wash or sanitize your hands.
5. Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
6. Wash your hands immediately after removing your mask.
7. Regularly wash your mask with soap and water in the washing machine. It's fine to launder it with other clothes.

Cover your mouth and nose and make sure there are no gaps between the mask and your face.

Transparent face masks are also available to allow for lip reading.

Don't put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.

Sources:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-covering.html>
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>

To help individuals with intellectual and developmental disabilities understand the need for masks and how to appropriately wear them during the COVID-19 health crisis, the New Jersey Self-Advocacy Project developed an easy to understand infographic. This infographic was made as part of the Healthy Lifestyles Project which is generously funded by The Horizon Foundation for New Jersey. To download a copy of the infographic above, click [here](#).

Planning for Adult Life is Offering Virtual MAPs Classes for the Summer

The Planning for Adult Life Program is pleased to offer virtual Making Action Plans classes for high school students in special education. These "live" online classes will begin the week of June 29 and run through August 3. Each class will last 50 minutes and include:

- 5-minute ice-breaker activity
- 5-minute review of the prior lesson
- 25-minute skill-building (presentation of skill, discussion, and student practice)
- 10-minute game playing/interactive activity
- 5-minute feedback and assignment of generalization activity outside of the session.

Sessions Include 2 student small group classes per week over 6 weeks. This will total 12 group classes. Topics covered through the course of the summer will include: making decisions, problem solving, how to set priorities, managing disappointment and failure, dealing with uncomfortable situations, asking for help, helping others, etc.

Registration is ongoing. Click [here](#) to register.

Advocacy Needed: Tell Congress #WeAreEssential

The critical needs of people with disabilities, their families, and the direct support professional (DSP) workforce must be included in the next coronavirus relief bill. Take Action Now by [clicking here](#).



News You Can Use!

1. The Arc of NJ continues to post news and resources to our [COVID-19 Updates & Information page](#).
2. [DD Training Resources](#) is an online database, funded by a grant from The NJ Council on Developmental Disabilities and run by The Arc of New Jersey's Family Institute. It provides a wide range of information about trainings and support resources for individuals with I/DD and their families throughout the State of New Jersey.
3. On June 26, 2020, the U.S. Department of Labor, Wage & Hour Division (WHD) issued Field Assistance Bulletin No. 2020-4 (FAB), advising that eligible employees may take paid and/or extended leave under the federal Families First Coronavirus Relief Act (FFCRA) if their child's summer camp or other enrichment program is closed due to preemptive COVID-19 precautions. [Click here](#) for more information.
4. If you don't make enough income to have to file taxes, you may miss out on the federal STIMULUS check, also known as the Economic Impact Payment. [Click here for more information](#).
5. The State of New Jersey has announced a deal with the largest union of state workers to avert mass layoffs by instituting furloughs and pausing a planned 2% wage increase. As part of the deal, workers will be required to take up to 12 furlough days, including 10 before the end of July. We are passing this information along to you because with a percentage of state workers furloughed throughout the month, you may encounter delays when trying to contact various state departments. To read more, [click here](#).
6. The Arc US recently published new, free resources on the importance of voting, how to vote, and what to do if your voting rights are violated. These materials are available in both English and Spanish, and be accessed [here](#).



COVID-19 and Information from the NJ Department of Banking and Insurance (DOBI)

There have been reports in the national news about individuals hospitalized for COVID-19 who have received **huge** medical bills. There have also been reports about patients who were billed for long-term health problems *after* recovering from the coronavirus. The New Jersey Department of Banking and Insurance (DOBI) has disseminated a helpful page of frequently asked questions (FAQs) on COVID-19 and Health Insurance in New Jersey. The FAQs cover the following groups:

- the state's individual, small and large group markets;
- the State Health Benefits and School Employee Health Benefit Plans;
- NJ FamilyCare populations (which includes NJ Medicaid beneficiaries); and
- those eligible for the Charity Care program.

To continue reading, [click here](#).

Upcoming Webinars!

We've added additional webinars to help individuals with I/DD and their families during this difficult time. Register today and be sure to check out our [calendar](#) for other upcoming events.



Webinar: An Overview of the Americans with Disabilities Act (ADA): What it Means for Your Loved One

Tuesday, July 21 at 6 pm

The Americans with Disabilities Act (ADA) of 1990 prohibits discrimination against people with disabilities

in several areas, including employment, transportation, public accommodations, communications and access to state and local government programs and services. This webinar will provide an overview the ADA, how it relates to everyday life and what to do if you feel you or your loved ones right are being violated under the ADA.

[Register here!](#)

Healthy at Home - a webinar series hosted by The New Jersey Self-Advocacy Project - takes place every Tuesday at 2 pm.

The series covers a variety of topics related to self-advocacy and healthy living, and what you can do at home due to the current "stay at home" order. Live viewers can share comments and ask questions. To learn more, and to register for an upcoming webinar, [click here](#).

A Message from The Arc of New Jersey

Thank You

Thank you to all our generous donors who, over the past few weeks, have made donations to support us. These critical funds will help us in our efforts to assist individuals with I/DD and their families, as well as our local county chapters, through the COVID19 crisis. To put your donation to work for individuals with I/DD and their families, [click here](#). If you have

questions or need assistance, our staff is here to help. [Click here](#) to access information about our Programs.

Use Your Amazon App to Support The Arc of New Jersey

If you are an AmazonSmile customer, you can now support The Arc of New Jersey, Inc. in the Amazon shopping app on your Android device! Simply follow these instructions to turn on AmazonSmile and start generating donations.

1. If you have the latest version of the Amazon Shopping App, open the App on your Android device.
2. View Settings and select AmazonSmile.
3. Follow the in-App instructions to complete the process.

If you do not have the latest version of the Amazon shopping App, update your App. Click [here](#) for instructions.



Need help or more information? Want to become active in our advocacy network?

- **Visit our website** to access lots of great information that can help you navigate service systems, find resources and keep you informed as to the important issues facing children and adults with intellectual and developmental disabilities and their families.
- **Join our advocacy network** to add your voice to the thousands who are working hard to promote and protect the quality of life of people with intellectual and developmental disabilities.

Visit our website

Join an Advocacy Network

The Arc of New Jersey | 732.246.2525 | info@arcnj.org | www.arcnj.org

STAY CONNECTED

DONATE NOW!

