



Advocacy Matters

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

December 2018

For this issue of Advocacy Matters, we'd like to do a little something different. For the first time ever, we'd like to 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 2018:

SELF-ADVOCACY MEETINGS & COMMUNITY BASED EVENTS:

398

DIRECT SERVICES / LIVES TOUCHED:

6,389

INFORMATION & REFERRAL SERVICES:

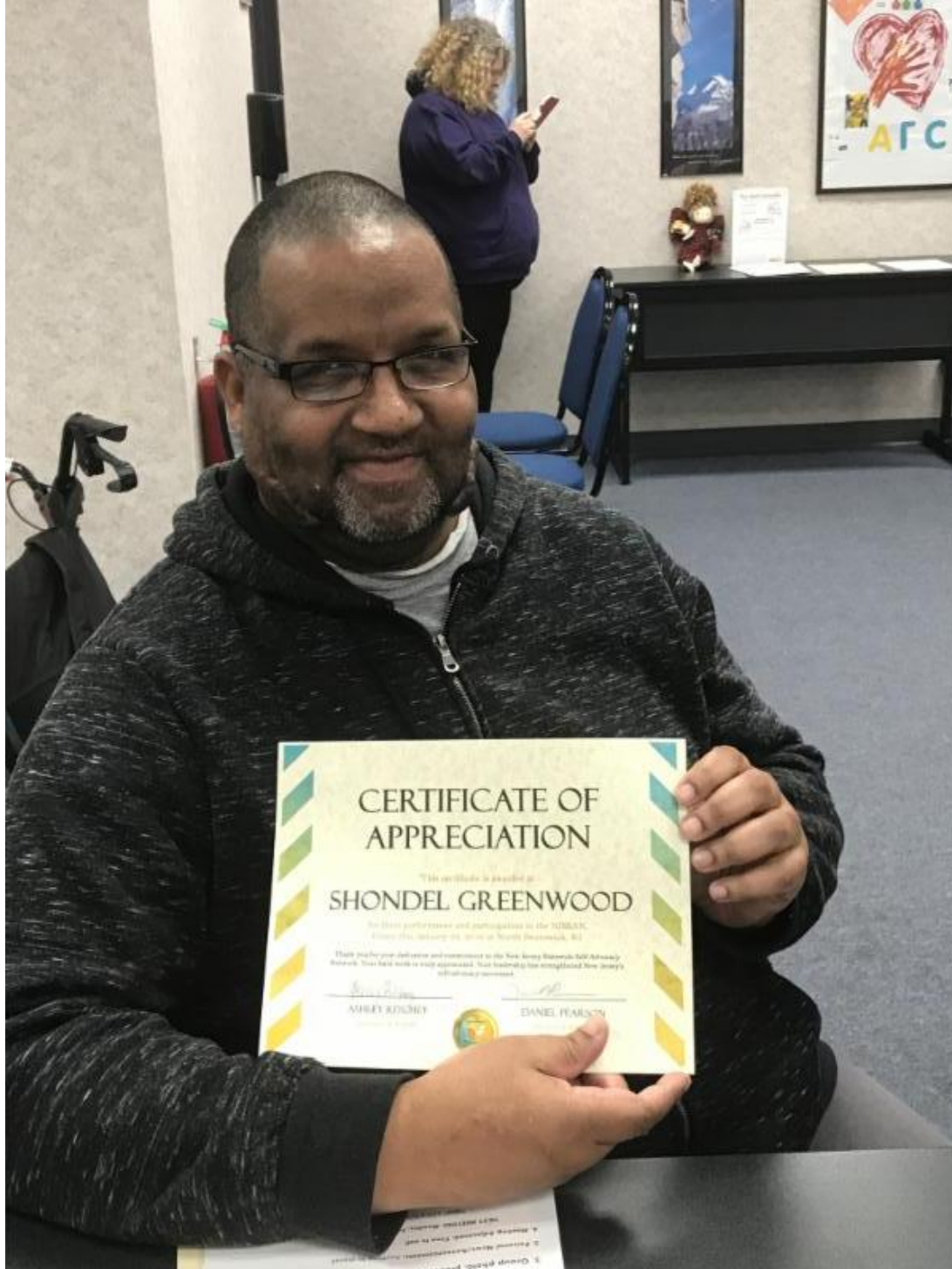
13,841

Month	Self-Advocacy Meetings & Community Based Events	Direct Services/ Lives Touched:	Information & Referral Services
January	42	629	1,175
February	57	542	1,087
March	38	244	1,289
April	33	1,106	1,467
May	35	367	1,557
June	27	231	1,428
July	23	454	1,328
August	31	544	1,485
September	47	1,104	1,555
October	32	561	752
November	33	607	718

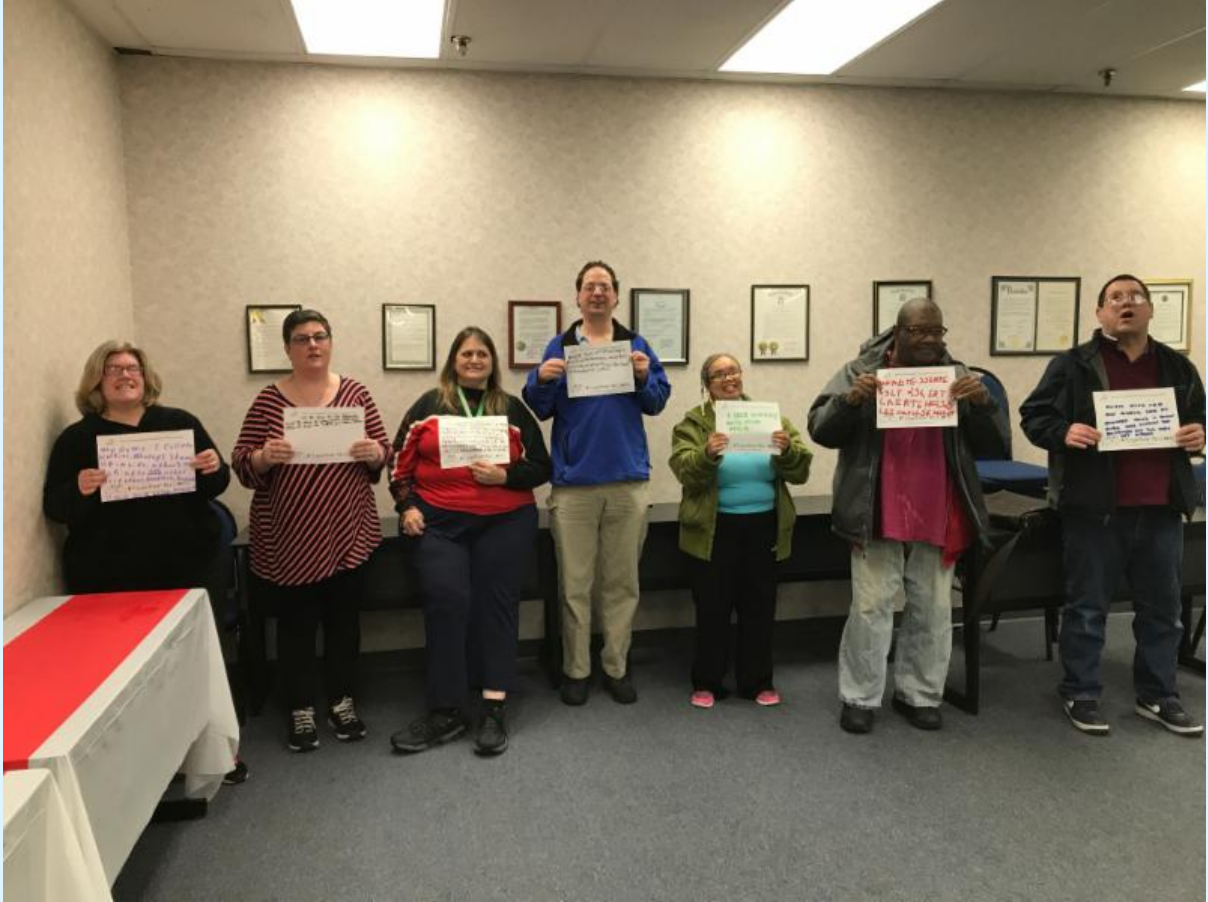
Let's continue on by reviewing highlights from this past year!



NJSSAN Advisory Board



We began the year by giving out "Certificates of Appreciation" to each of the hard-working members of the Advisory Board.



In March, the Advisory Board members participated in The Arc of New Jersey's social media campaign for Developmental Disabilities Awareness Month. Each member wrote about the 2018 theme, #TogetherNoLimits.



Returning and newly elected Advisory Board members participated in the pinning

ceremony at our 13th Annual *Spring Into Action* Luncheon. This year we welcomed Shawn Stevens, Michael McRae, and Robert Jones to the fold!



Newly elected President of the Advisory Board, Evelyn Ramundo, gave a rousing speech on behalf of the NJSSAN at both the Spring Luncheon and the Fall Conference.



This summer, the Advisory Board participated in ADAPT's social media campaign to #StopTheShock and demand that the electric shock devices used at the Judge Rotenberg Center in Massachusetts be made illegal. According to their fall [agenda](#), the FDA has stated its intention to issue final regulations regarding this matter by the end of 2019.

Thank you

all for
leading the
way!



ADVISORY
BOARD

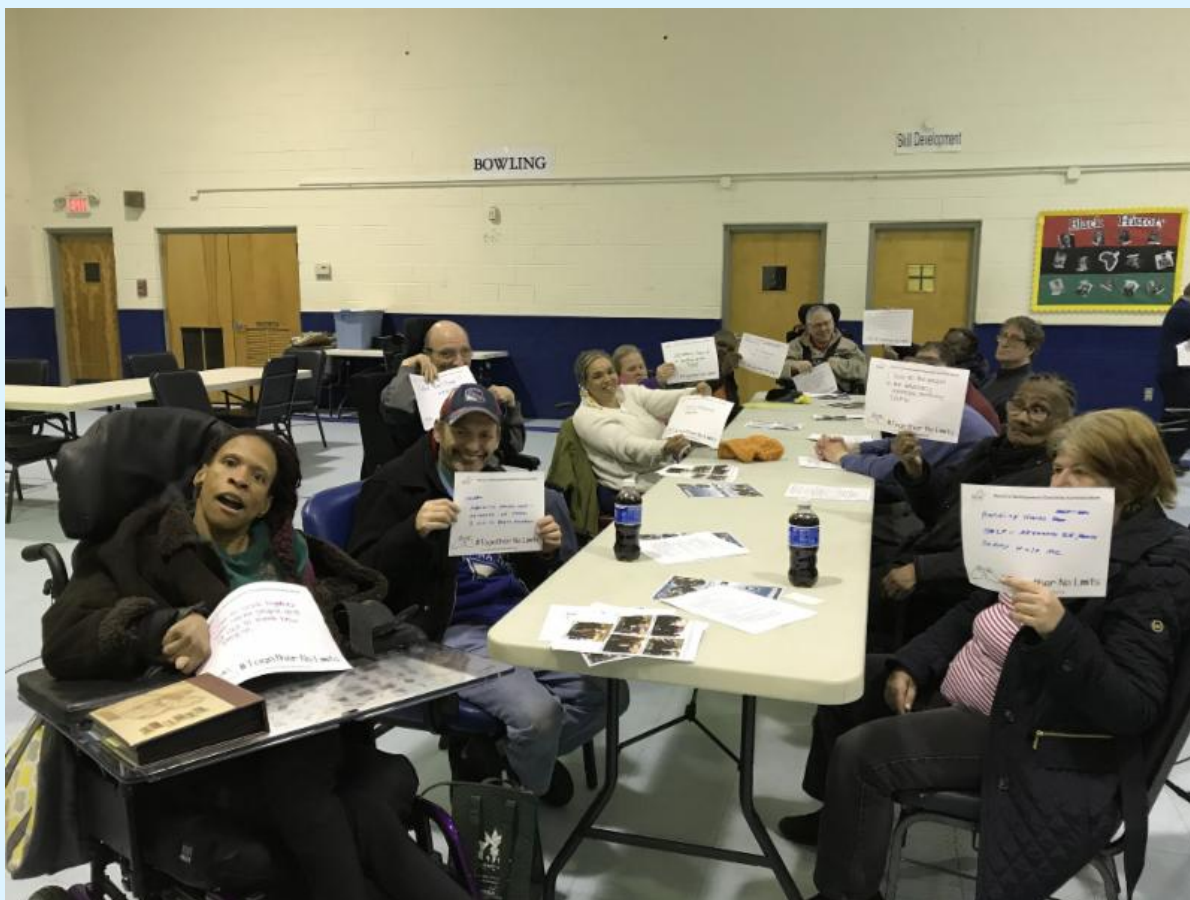


Council Activities



COUNCIL 1: In April and November, advocates representing Council 1 of the New Jersey Statewide Self-Advocacy Network participated in a self-advocacy speakers panel at Montclair State University. Advocates and Direct Support Professionals spoke to a graduate class of special education students about topics such as employment, residential supports, and techniques for teaching young students about self-advocacy.

Their presence every year provides a valuable source of knowledge for students learning about self-advocacy and issues relevant to people with I/DD.



COUNCIL 2: For Developmental Disabilities Awareness Month in March, our social media campaign revolved around the theme, "Together We Have No Limits". Members of the Council 2 enthusiastically participated by sharing their thoughts, as seen above.

Examples include:

"I like to work together with other people and I'd like to meet new people."

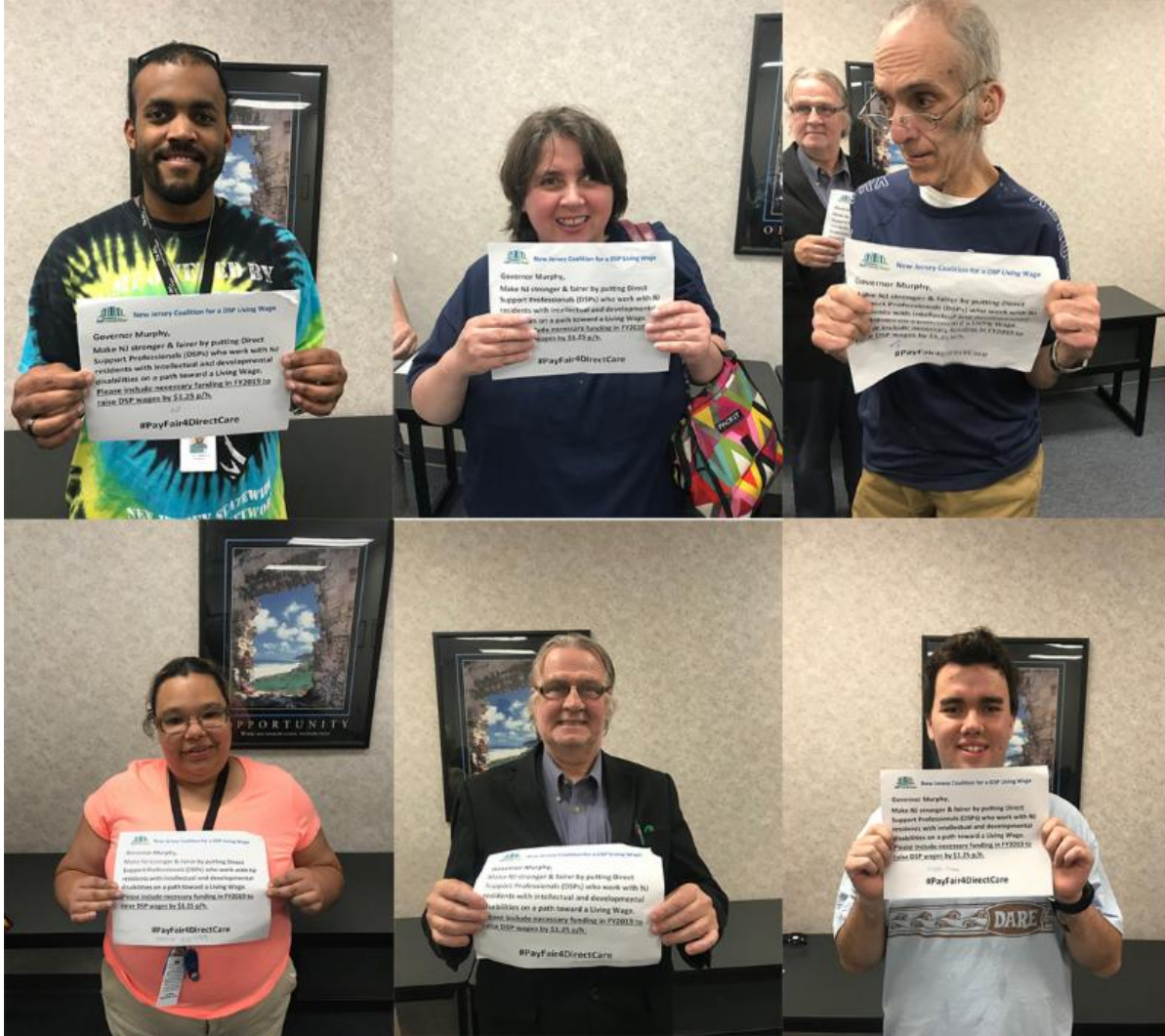
"I love all the people in my advocacy meetings and my DSPs!"

"I like everybody here, and I'm a good person. I'll do my best for anybody."

"Self-advocacy means to me: speaking up for myself."

"Explore new things - and go more places!"

These messages, directly from self-advocates, help bring awareness to developmental disabilities during the month of March and beyond.



Council 3: Members of Council 3 participated in the Coalition for a DSP Living Wage's picture campaign to tell Governor Murphy to #PayFair4DirectCare and increase wages in the FY 2019 Budget for our critically-important Direct Support Professionals.

The campaign was a success, as the final FY19 Budget signed by Governor Murphy included \$20 million in increased funding for Direct Support Professionals. There is still more progress to be made, and I'm sure the NJSSAN will continue their support of DSPs!



Council 4: Council 4 held two Bowl-A-Thons this year, a highly popular and successful night out. Thank you, Laurel Lanes in Maple Shade Township, for hosting these events and supporting Council 4!

Each Council runs fundraisers to get together, socialize and raise money for their individual budgets. Organizing and running these events help the advocates of each Council unite as a close-knit group and the money raised allows for other Council led events to occur throughout the year.



Council 5: Nkechi Ugoji of NJDHS presented to 51 self-advocates at a Council 5 meeting in September. Nkechi's presentation mapped out the fee-for-service transition for self-advocates, staff, and family members.

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 include starting a self-advocacy group, governmental affairs, anti-bullying, voting, healthy relationships and [much more!](#)





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. A grand total of 41 HLP events were held in our Sept. 2017- Aug. 2018 grant cycle, reaching a total of 916 people!

Our fifth year of Healthy Lifestyle Project events will begin again on January 1, 2019 and run through December 31, 2019! [Stay tuned for event details!](#)




The Arc
of New Jersey




**Healthy
Lifestyles
Project**
empowering health, inspiring lives

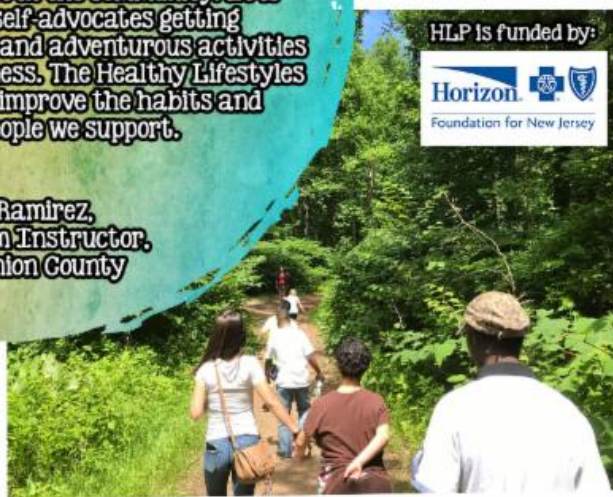
**To the
New Jersey Self-Advocacy Project:**

Thank you for including the individuals from The Arc of Union County in the Healthy Lifestyles Project. I clearly see the benefits of all the events and educational workshops that we have been participating in. I see the individuals having fun and interacting comfortably with people out in the community. It is amazing to watch the self-advocates getting comfortable with trying new and adventurous activities that promote health and fitness. The Healthy Lifestyles Project has helped me to improve the habits and lifestyles of the people we support.

**- Veronica Ramirez,
Fitness Program Instructor,
The Arc of Union County**




**THE
NEW JERSEY
SELF-ADVOCACY
PROJECT**



HLP is funded by:

Horizon 
Foundation for New Jersey





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. Our annual ADA Awareness Event at Point Pleasant Boardwalk was held on July 13th to much success!



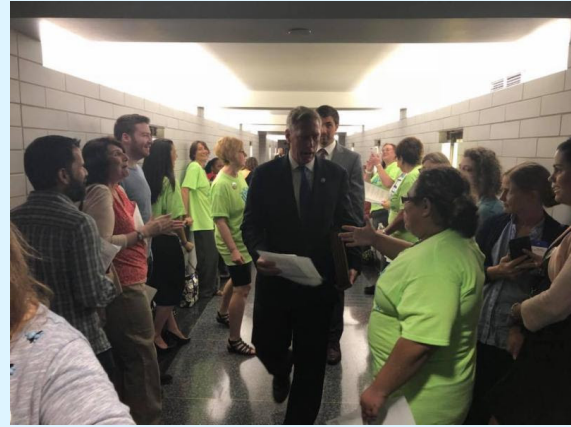


Advocacy at The State House

There were many opportunities for advocacy at the State House in Trenton this year! For Developmental Disabilities Awareness Month, advocates met the new Department of Human Services Commissioner Carole Johnson, who presented a proclamation from Governor Phil Murphy and Lt. Governor Sheila Oliver. In addition, Assemblywoman Mila Jasey presented Self-Advocates with a Ceremonial Resolution recognizing DD Awareness Month and celebrating their advocacy at the State Capital.

An Advocacy Day took place on June 21st to ensure that increased wages for DSPs remained in the final budget for FY 2019 and advocates attended various budget meetings throughout the year in support of this cause.





Fall Conference

More than 320 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 Senate President Stephen M. Sweeney, the Group Achievement Award was presented to all of the members of The Arc AEROS, the Advisor of the Year Award was presented to Paul Krings, Advisor of The Arc AEROS group, and the Jane Miller Memorial Leadership Award presented to Arthur King, Vice Chair of Council 1 of the NJSSAN.

Don't forget to [send in your nomination forms and registration forms for this year's luncheon!](#)





Register for the Spring Luncheon!



**The 14th Annual New
Jersey Statewide Self-
Advocacy Network Awards
Luncheon will take place
on
Saturday,
April 13th, 2019**

at The Imperia in Somerset

Registration is now open!

Call for Submissions

The Total Inclusion Project website will be an outlet for displaying creative works by people with intellectual and developmental disabilities. Send us your work and we may



feature it on the Total Inclusion Project website and in future editions of Advocacy Matters!

Contact us at NJSAP@ArcNJ.org or call 732-749-8514 for more information.

2019 Council Calendars

New Jersey Statewide Self-Advocacy Network

2019 Council Meeting Calendars

NJSAP@ArcNJ.org / 732-749-8514

January						
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December						
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29	30	31				

www.NJSelfAdvocacyProject.org

2019

Council 1 Meeting

651 Willow Grove St.,
Hackensack, 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

219 Blackhorse Ln., North
Brunswick, NJ 08902
(732) 246-2525 x 37
MPearson@ArcNJ.org

Council 4 Meeting

1001 Van Buren Rd.,
Voorhees, NJ 08043
(732) 246-2525 x 20
DPearson@ArcNJ.org

Council 5 Meeting

1175 Dehirsch Ave.,
Woodbine, NJ 08270
(732) 246-2525 x 20
DPearson@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

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



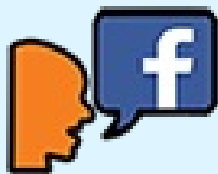
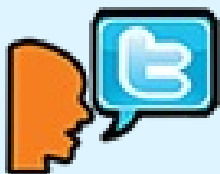
A big
THANK YOU
from the NJSAP Team!

We look forward to seeing you in 2019!



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.njselfadvocacyproject.org