



Advocacy Matters

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

April 2020

We're back to wrap up this month, and we hope you've made it through in good health.

We have been providing [resources regarding COVID-19](#) and will continue to do so through our website, emails, and social media accounts.

We're continuing to promote participation in the 2020 Census, so make sure to fill it out if you have not already.

[We debuted our Stay Healthy at Home webinar series this month!](#)
[Register for our weekly webinars each Tuesday in May and watch the recorded versions of our past webinars here.](#)

We continue to post all across our [social media pages](#) photos and [videos](#) on yoga, meditation, healthy snacking, and recipes to pamper yourself at home.

Let's reflect back on the month of April!

NJSAP Update

Due to the COVID-19 outbreak, we are not currently hosting in-person events or trainings. But that doesn't mean we can't stay connected! We are holding regional Council meetings by phone. We are constantly updating our social media pages, including [Twitter](#), [Facebook](#), [Instagram](#), and [Youtube](#).

We continue to post advocacy information, COVID-19 updates, healthy lifestyle tips, instructional videos and ways to stay active while social distancing.

We are still here for you! If you ever need to contact us, please don't hesitate to email NJSAP@ArcNJ.org or call 732-749-8514.

We are still holding monthly Council meetings by phone! **[For information regarding your Council area, please click here.](#)**

COVID-19 Resources



For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [The Arc of New Jersey's website](#).

You can download our recent issues of [Positive Pulse for more coronavirus information and ways to stay healthy and entertained](#).

[Please click here for our recent update regarding support for people with I/DD in hospitals.](#)

#YesIMay

The NJSAP Team would like to continue our social media journey by implementing monthly hashtags centered on self-advocacy and topics important to people with I/DD.

May's hashtag will be **#YesIMay**.

Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram; any or all!). Utilize the theme to create a post that shows what you're capable of! Advocate for yourself and make your own choices to show your independence. Work against negativity and nay-sayers who say "No, you can't" and reply **#YesIMay**!

Don't forget to use the hashtag **#YesIMay** and tag **@NewJerseySAP** (FB and Instagram)/**@NJSAP** (Twitter) and **@TheArcofNJ**.

Yes I May



Don't have a social media account but still want to be heard?

Feel free to use the template to the left and email it to NJSAP@ArcNJ.org and we'll post for you!

Submitted by: _____

March's hashtag was **#SpringIntoAction**. Thank you to everyone who participated!

Check out Council 1 Chair, Kevin White, preparing to **#SpringIntoAction** in his role as an essential worker at ShopRite. Great job demonstrating the wearing of proper Personal Protective Equipment, Kevin. Stay safe and healthy!



Additionally, The Arc of the United States' put out multiple calls for action and you answered!

- **#FixtheGlitch:** This campaign successfully helped millions of people with disabilities who rely on SSI to receive their coronavirus stimulus money. Due to the tremendous advocacy led by The Arc of the United States and other national disability groups, the Department of Treasury announced on April 15th that SSI recipients will receive automatic COVID-19 stimulus payments just as they normally receive their SSI payments.
- **#WeAreEssential:** Congress has passed several bills to respond to the coronavirus pandemic – but they have not addressed the needs of people with disabilities, their families, and the direct support professional workforce. We must ask Members of Congress to pass a bill NOW that addresses the specific and critical needs of people with disabilities, including: funding for a Medicaid grant program, personal protective equipment (PPE) for DSPs, paid leave for caregivers, and economic impact payments for all people with disabilities.
 - You can still participate by [phone](#) or [email](#)!
 - [Share YOUR story with The Arc and send a personalized message to your Members of Congress by answering 3 short questions!](#)

2020 Census

Every home has received an invitation to participate in the 2020 Census! If you

haven't already, you should respond for your home in one of three ways: online, by phone, or by mail. [For more information about the Census, click here.](#)

[You can also register for our upcoming webinar on the 2020 census here!](#)

- It's quick and easy! The 2020 Census questionnaire will take about 10 minutes to complete.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

New Jersey's response rate is at 55.9% but we need full participation. Let's spread the word and make sure every New Jerseyan is counted!

[Click here to stay up to date on census response rates.](#)



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 Webinars



The New Jersey Self-Advocacy Project team is excited to announce our new webinar series! We find it important to keep nurturing our connections with you and branching out in ways that help us all continue to grow.

We will be presenting trainings **every Tuesday in May at 2 PM** on a variety of topics related to self-advocacy and healthy living, focusing on what you can do at home due to the current "stay at home" order.

Live viewers will be able to share comments and ask questions during the webinar. [All webinars will be recorded and archived on our website to view after airing.](#)

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

HLP: NJSAP Playlist



Dancing is a very healthy activity! It burns calories, is entertaining, and raises endorphin levels to help your body minimize pain and discomfort!

The NJSAP Team wants to help you listen to good music and dance along at home with our [Dance Party Playlist.](#)

You can also click the link below to submit some song ideas of your own for next month!

[Click here to submit a song!](#)

HLP: Brain Games



A Facebook Live graphic for the NJSAP Team. At the top, a row of Scrabble tiles spells out 'FACEBOOK' with point values: F (4), A (1), C (3), E (1), B (3), O (1), O (1), K (5). Below the tiles is a red circle followed by the word 'LIVE' in large, bold, black letters. The background is a textured, light brown surface. Below this, a yellow and orange gradient box contains the text: 'Join the NJSAP Team for LIVE games to test your knowledge and creativity -- and to HAVE FUN.' Below that, another yellow and orange gradient box contains the text: 'You can't be bored when you have board games!' and the URL 'https://www.facebook.com/NewJerseySAP/live/'.

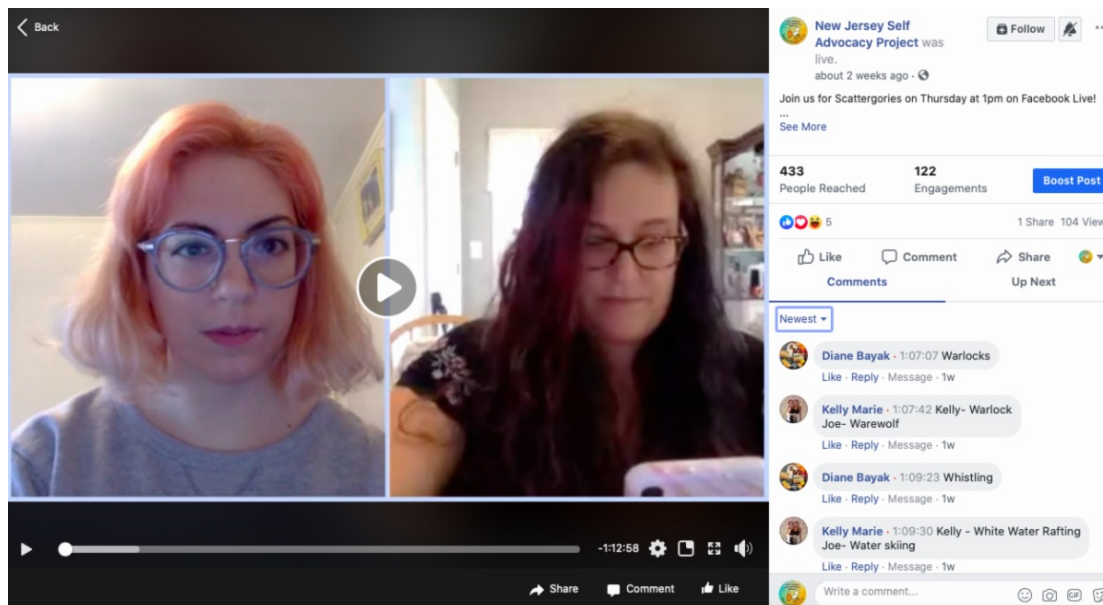
Join the NJSAP Team for LIVE games to test your knowledge and creativity -- and to HAVE FUN.

You can't be bored when you have board games!

<https://www.facebook.com/NewJerseySAP/live/>

Get your thinking caps on! We presented games live on Facebook for our followers to play each Thursday in April. Watch our previous videos below of Scattergories and Fibbage to get an idea of what goes on.

Be sure to join is at 1 PM every Thursday in May!



A screenshot of a Facebook Live video player and post. The video player shows two women on a video call. The woman on the left has short blonde hair and glasses, and the woman on the right has long dark hair and glasses. The video player has a play button in the center and a progress bar at the bottom. The Facebook post is from 'New Jersey Self Advocacy Project' and is titled 'New Jersey Self Advocacy Project was live, about 2 weeks ago'. The post includes a description: 'Join us for Scattergories on Thursday at 1pm on Facebook Live!'. It shows 433 People Reached and 122 Engagements. The post has 5 reactions (likes, love, wow, haha, sad) and 1 share. The comments section shows several comments from users like Diane Bayak, Kelly Marie, and Kelly Marie, with timestamps and replies.

New Jersey Self Advocacy Project was live, about 2 weeks ago

Join us for Scattergories on Thursday at 1pm on Facebook Live!

433 People Reached 122 Engagements

5 reactions (Like, Love, Wow, Haha, Sad) 1 Share 104 Views

Comments

Newest

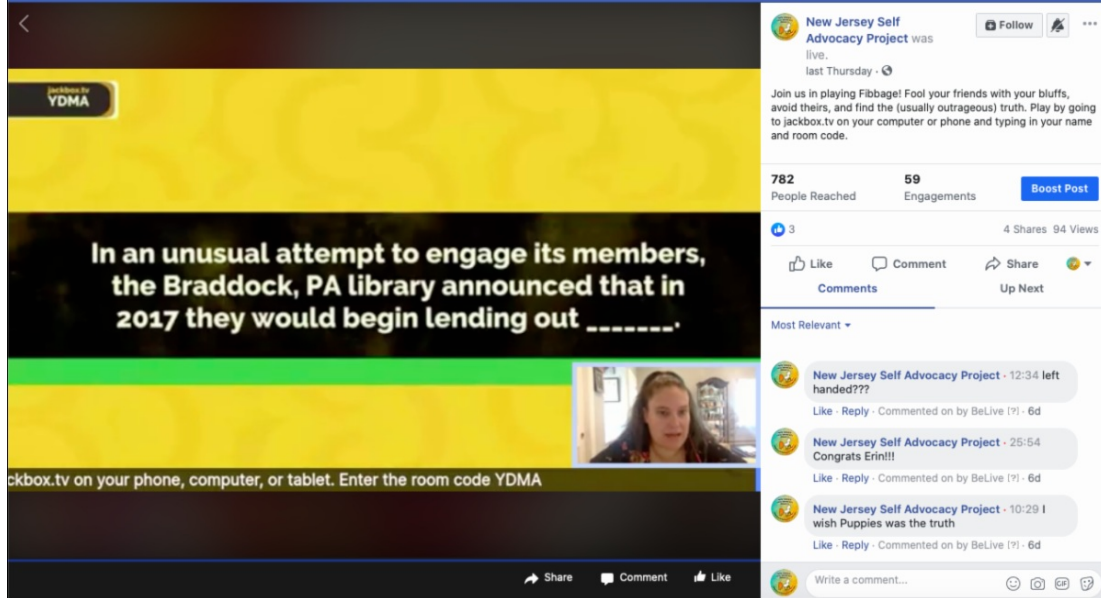
Diane Bayak · 1:07:07 Warlocks
Like · Reply · Message · 1w

Kelly Marie · 1:07:42 Kelly- Warlock Joe- Werewolf
Like · Reply · Message · 1w

Diane Bayak · 1:09:23 Whistling
Like · Reply · Message · 1w

Kelly Marie · 1:09:30 Kelly- White Water Rafting Joe- Water skiing
Like · Reply · Message · 1w

Write a comment...



HLP: Meditation and Yoga

Yoga is great way to improve your body physically and mentally. Follow along with the videos below to practice yoga poses inspired by a variety of animals and listen to a Zen story for maximum relaxation.

You can do this easily and comfortably in your own home. Soon you'll be feeling super and all your worries will fly away! We add videos every Monday, Wednesday, and Friday for you to practice along!





HLP: Healthy Snacking

When you're stuck at home more often than usual, it can be tempting to overindulge in unhealthy foods and snacks. Try the tips in the videos below to stave off hunger in a healthy way! There are even more on our social media pages.





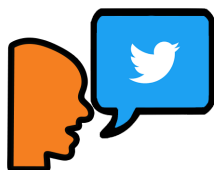
HLP: Pamper Yourself at Home

Self-care is extremely important while we are all staying at home. It is important to keep practicing good personal hygiene, and doing a little something extra for yourself can make you feel ever better. Follow the videos below and others posted on our social media to make moisturizing skin masks, hair masks, and lip scrubs.





Stay connected with us!



[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