

The Self-Advocate

Spring 2025

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



**FRIDAY,
April 4th, 2025**

The 19th Annual NJ Statewide Self-Advocacy Network Spring Luncheon

Included in this issue of The Self-Advocate:
Registration for the Spring Luncheon
NJSSAN Fundraiser
Event Schedule
Award Nomination Forms
2025 Council Calendars
Recent & Upcoming Events

REGISTRATION

[Registration is FREE.](#)

[If you would like to make a donation, you can do so here.](#)

Each year, the New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network work together to host the annual [Spring Into Action Awards Luncheon](#). The event is an opportunity for Self-Advocates and Allies to network, learn about current advocacy issues, and celebrate the accomplishments of Self-Advocates over the past year. We will be hosting the Spring Into Action Luncheon *virtually*!

[Click here to register
online](#)

[Donate here \(optional\)](#)

FUNDRAISER



The luncheon will also feature a fundraising item: t-shirts! The proceeds will support the work of people with intellectual and developmental disabilities in our network across the state of New Jersey.

Fundraiser shirts will be offered through [Bonfire.com](https://www.bonfire.com) in XS – 4X for \$25 each.

Your shirts will be mailed directly to you; please do not send them to our office to distribute.

We appreciate your support!

LUNCHEON SCHEDULE

Signing on before 10:00 AM will put you in the virtual Waiting Room until the event begins.

Schedule: 10 AM - 12 PM

- **9:30 AM: Waiting Room**
- **10:00 AM: Opening Remarks**
- **10:30 AM: NJSSAN Council Updates**
- **10:45 AM: Awards Ceremony**
- **11:15 AM: Exhibitor Hall**
- **11:55 AM: Closing Remarks**

AWARDS

Awards given during the event include:

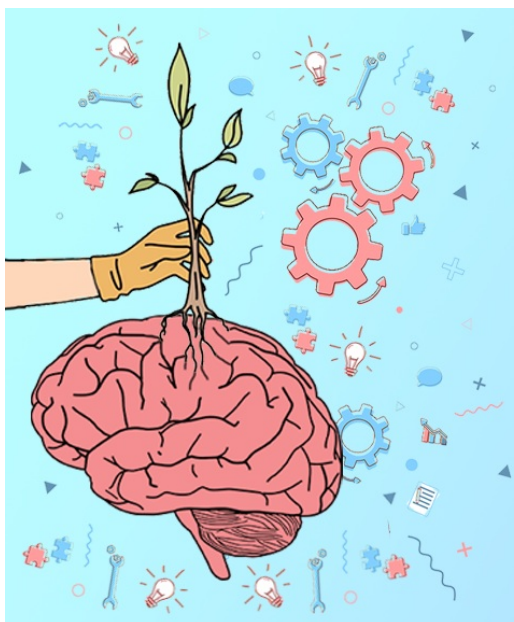
- Jane Miller Memorial Leadership Award
- Key Contributor Award
- Prime Player Award
- "Healthy Lifestyles Project" Hero Award
- Unmatched Dedication Award

**Award Nomination Deadline:
Monday, March 14, 2025**



**Nominate
someone
here**

DD Awareness Month Contest



**PLAN FOR
TOMORROW,
ACT TODAY!
MARCH 2025
DEVELOPMENTAL
DISABILITIES
AWARENESS MONTH**

From February 1st - February 28th participants are invited to submit a short 3-5 minute video that incorporates the theme of this year's campaign. The videos will be placed on NJSAP's social media platforms (YouTube, Facebook, Instagram, Bluesky, and Twitter/X). Everyone is then invited to share their video and gather likes during the month of March. The top 3 posts with the highest amount of 'likes' on March 28th will be selected as the winners of this campaign. Winners will

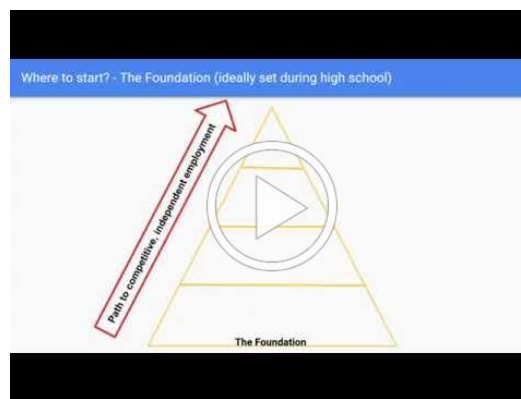
be announced and celebrated publicly at our Spring Luncheon on April 4th, 2025.

[Enter Here](#)

RECENT PHOTOS & VIRTUAL 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. We feature helpful topics such as an "Introduction to Employment Services and Supports" by Adam Kubler, a staff person at the New Jersey Council on Developmental Disabilities, a board member of NJAPSE and a member of DDAN.



[Healthy Lifestyles Project: LIVE!](#)

Our [Healthy Lifestyle Project](#) events continue this year 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 virtual karaoke.



www.healthylifestylesproject.org

Thank you to [The Horizon Foundation for New Jersey](#), for funding these events!

[Brain Games](#)

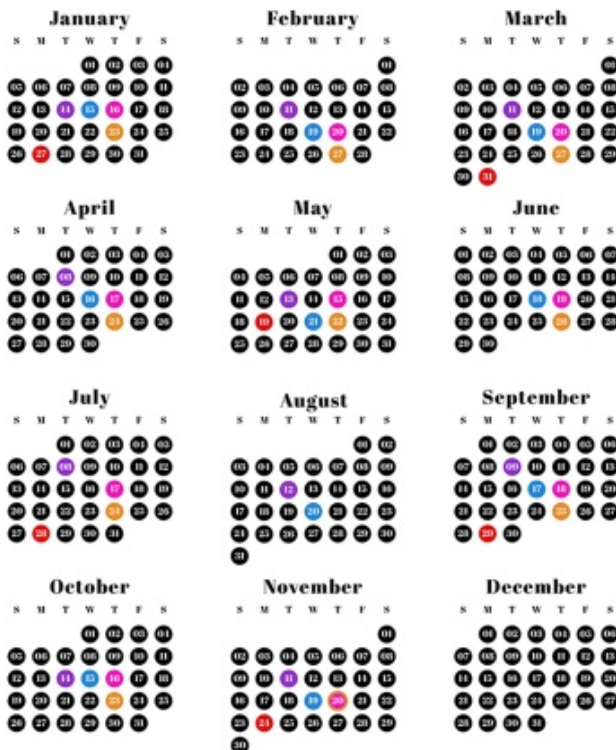
We host live, interactive board games with the NJSAP Team for you to test your creativity and

knowledge and to have fun! Join us on Zoom every Thursday at 1PM for fun games like "Wheel of Fortune".



NJSSAN COUNCIL CALENDAR

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



2025

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: Blanca Najera
 BNajera@ArcNJ.org

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*, 3-4pm
 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



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

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

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



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

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