

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



Stay
HEALTHY
at Home

NEW JERSEY SELF-ADVOCACY PROJECT



BEST COURSE OF ACTION: ACTION ALERTS & ADVOCACY CAMPAIGNS

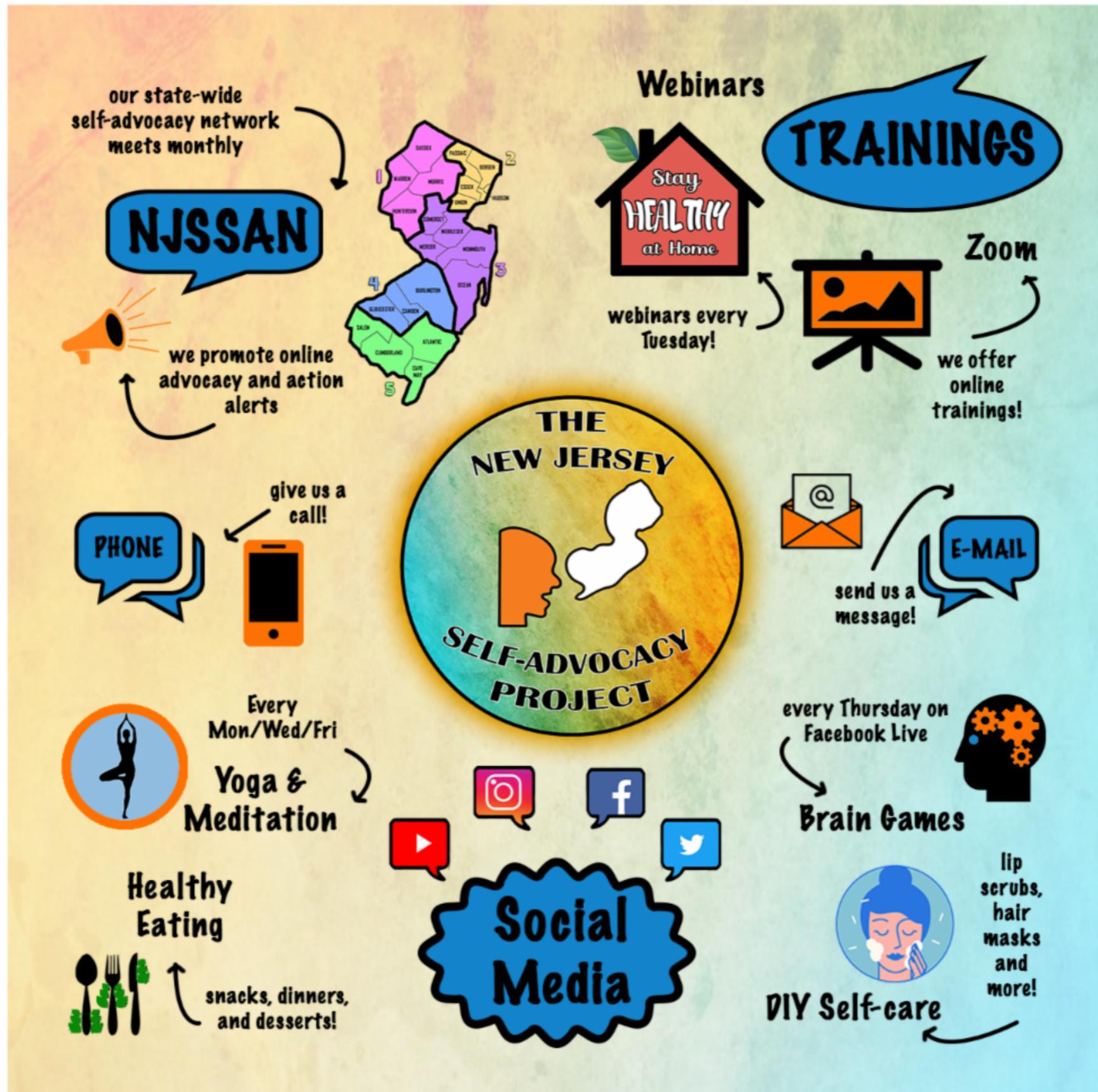
STAY HEALTHY AT HOME WEBINAR SERIES
JULY 28, 2020 FROM 2 - 3 PM

INTRODUCTION

- ▶ Ashley Ritchey, MSW, LSW and Director of the [**New Jersey Self-Advocacy Project \(NJSAP\)**](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



NJSAP IS STILL HERE FOR YOU!



Healthy Lifestyles Project

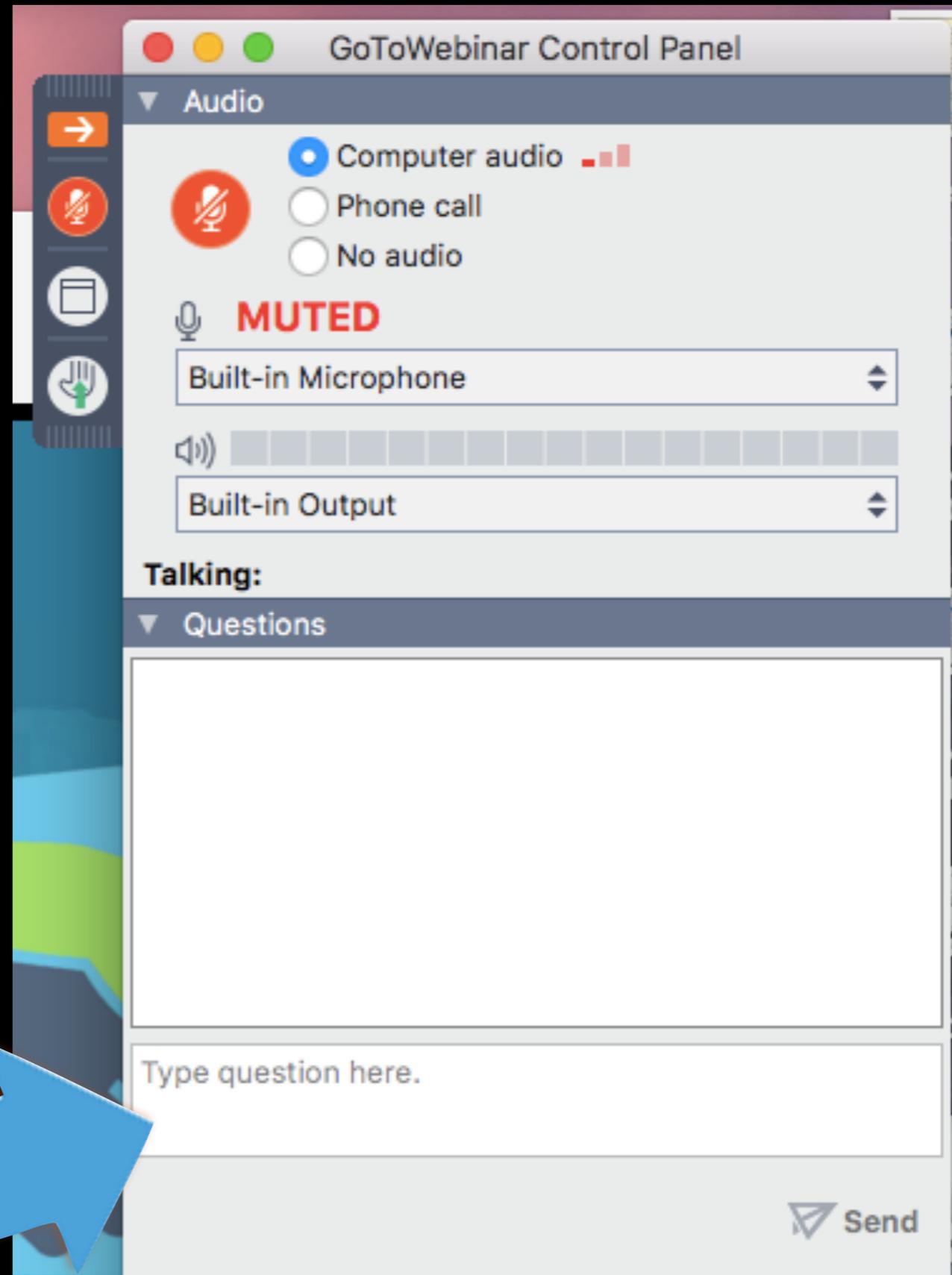
improving health, improving lives

The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:



www.HealthyLifestylesProject.org for more information and resources

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
**QUESTIONS
BOX**



TODAY, WE WILL DISCUSS:

- **Advocacy in action!**
- How to participate in online advocacy campaigns and respond to **Action Alerts**





**ACTION
ALERT**

WE NEED YOUR VOICE

WHAT IS ADVOCACY?



SPEAKING UP

WORKING FOR
POSITIVE CHANGES

CAN BE DONE ON
OUR OWN BEHALF
OR ON BEHALF OF
ANOTHER PERSON
OR GROUP

1 MINUTE POLL

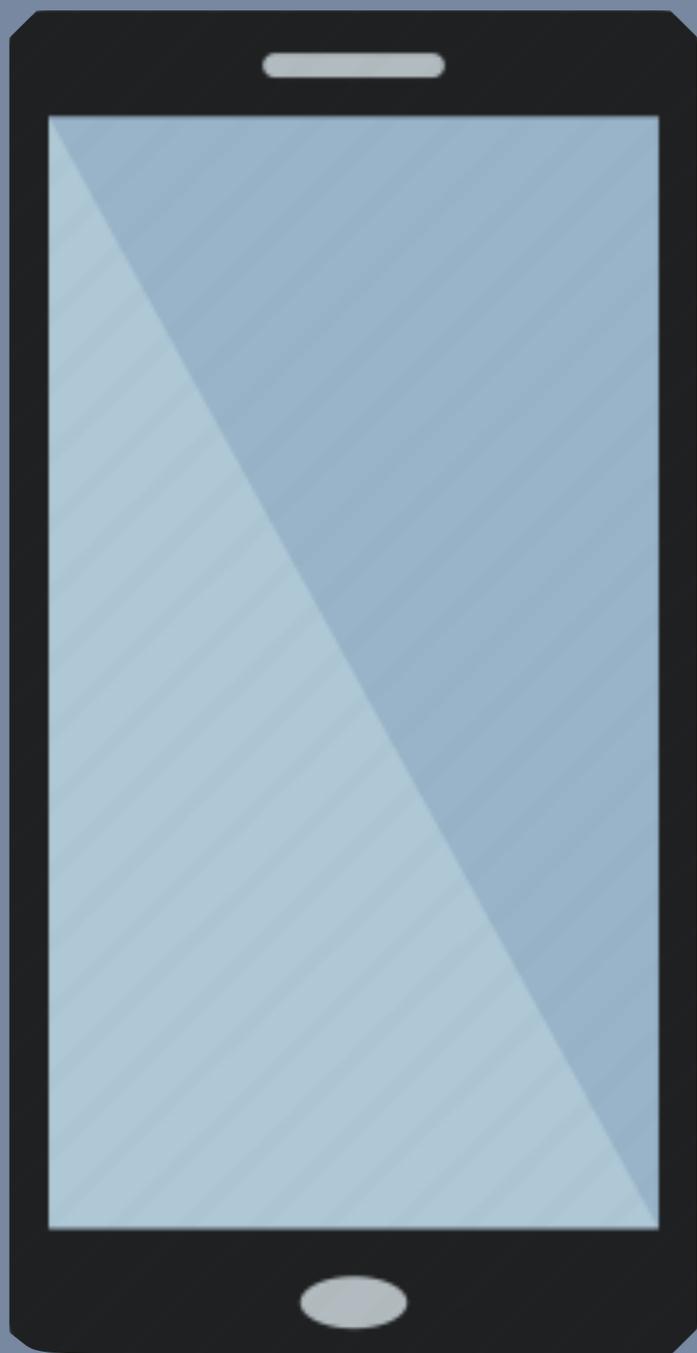
Have you participated in an online advocacy campaign?

Yes.

No.

I'm not sure.

WAYS TO ADVOCATE



GET INVOLVED

- **Seek out organizations that align with your interests and personal beliefs**
 - **Sign up for email lists**
 - **Follow on social media**
 - **Participate in the Action Alerts, advocacy campaigns, and (when it's safe to do so) in-person events**
 - **Share, like, and spread information from *reputable* advocacy organizations**
- 

KNOW YOUR LEGISLATORS



News from around the state

WWW.NJLEG.STATE.NJ.US

Executive Branch | Judicial Branch | Downloads | Welcome to the State House | Información en Español

- [home](#)
- [site map](#)
- [what's new](#)
- [faq](#)
- [links](#)
- [help](#)
- [contact us](#)

GENERAL INFO
Our Legislature
Legislative Process
Historical Info
Public Info Assistance
State House Tours

MEMBERS
Find your Legislator
Legislative Leadership
Legislative Roster
Seating Charts

DISTRICTS
Districts by Number
District Map
Municipalities Index

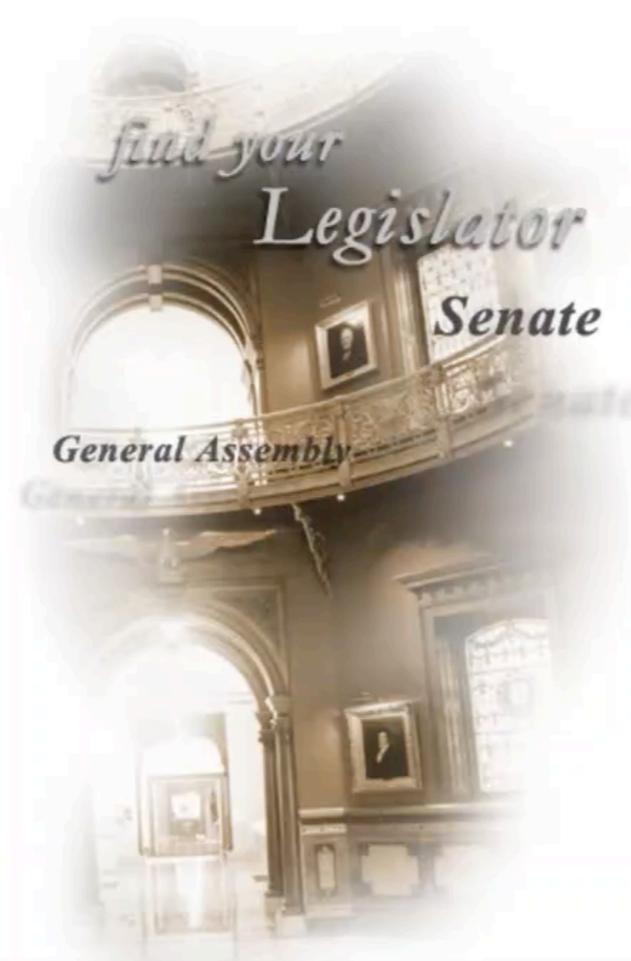
BILLS
Bills 2020-2021
Prior Sessions

COMMITTEES
Senate Committees
- Committee Aides
Assembly Committees
-Committee Aides
Joint Committees
Committee Groups
Legislative
Commissions
Senate Nominations

LAWS and CONSTITUTION
Statutes
Chapter Laws
Constitution

RULES
Senate
General Assembly

ETHICS
Conflicts of Interest
Law
Code Of Ethics
Financial Disclosure
Termination or Assumption of



members

- Search Legislative Members by:**
- Alphabetical List of Members
- Municipality
- Legislative District
- Interactive Map of Legislative Districts
- Electronic Correspondence

NATIONAL



REGISTRATION WEEK

REGISTER TO VOTE TODAY.



ACTION ALERT

For Immediate Action
TIME SENSITIVE

Advocating for children and adults with I/DD and their families

Help Make Sure Congress Knows Why #WeAreEssential

The Arc is fighting every day to make sure the critical needs of people with disabilities, their families, and the direct support professional (DSP) workforce are included in the next coronavirus relief bill - and we need your help!

The U.S. House of Representatives has passed legislation that includes many of our top asks - and now the Senate must act! From home and community-based services to minimize the risk of people with disabilities being forced into institutions, paid leave for all caregivers, personal protective equipment for the vital DSP workforce, and stimulus payments for all - our essential needs must be included!

SHARE MY STORY

Share your story with us and send a personalized message to your Members of Congress by answering 3 short questions!

Thank you for continuing to fight with us and for reminding your legislators that they must recognize the value of the lives of people with disabilities!

<https://p2a.co/czISFM5?p2asource=email>



The Arc of New Jersey via auth.ccsend.com
to me ▾

Tue, Jun 23, 7:30 AM ☆ ↩️ ⋮



ACTION ALERT

For Immediate Action
TIME SENSITIVE

Advocating for children and adults with I/DD and their families

Protect Medicaid!

Medicaid provides health care to 1 in 5 Americans and supports millions of people with disabilities to live independently. With the coronavirus pandemic, Medicaid is more important now than ever - but state Medicaid programs are at an even greater risk. Oklahoma is asking the federal government for permission to put limits on their state's Medicaid program. This would make it harder for people to get

coverage and easier for people who are already on Medicaid to get kicked off. Other states are also interested in similar proposals. You can learn more [here](#).



Tell the federal government: No cuts to Medicaid in Oklahoma or anywhere!

Tell the federal government: No cuts to Medicaid in Oklahoma or anywhere!

We have until June 26 to submit comments to stop this proposal.

The government must read all of these comments before they make a decision. Tell them why Medicaid is essential. Tell them to end the attack on Medicaid. Your personal story is important!

- If you or someone you know receives Medicaid, share some information about why Medicaid is important to you.
- How does Medicaid help you to manage your health conditions and live independently?
- If you need access to transportation to get to your medical appointments, tell the federal government not to limit access to non-emergency medical transportation.

**CLICK HERE
to Take Action!**





The Arc of the United States <info@thearc.org>

to me ▾

Mon, Jul 13, 3:54 PM (19 hours ago)



[The Arc's Public Policy](#) | [Action Center](#) | [Donate](#)



It's Time for the Senate to Act!

#WeAreEssential:

Tell Congress to Include the Disability Community in COVID-19 Relief Bills

TAKE ACTION NOW

Search mail

Help, Settings, App icons, The Arc logo, and a globe icon.

Navigation icons: back, forward, refresh, archive, trash, mute, flag, etc.

2 of 2 < >

Ashley, tell your Senators to pass COVID-19 Bill! > Inbox x

Print, Share icons

The Arc of the United States <info@thearc.org> to me

9:29 AM (6 hours ago) Star, Reply, More icons

[Action Center](#) | [Donate](#)



Tell Your Senators: Include Support for People With Disabilities in COVID-19 Bill!

TAKE ACTION NOW

The next few weeks are critical as Congress negotiates the next coronavirus relief bill—people with disabilities, their families, and the workforce that supports them can't be left behind!

The U.S. House of Representatives passed legislation in May that includes many of our top asks. Now the Senate must act.

#WeAreEssential: Tell the Senate to Include the Disability Community in COVID-19 Relief Bills!

People with disabilities and those who support them can't be left behind!

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.

The U.S. House of Representatives has passed legislation that includes many of our top asks – and now the Senate must act! You can read The Arc's statement on the latest bill [here](#).

Your Senators need to hear from you so that these and other important provisions remain in the bill that ultimately passes Congress:



Send an email to your officials with one click!

Ms. * ▼

Ashley Ritchey *

985 Livingston Ave *

08902 * ▼ city and state not required

aritchey@arcnj.org *

 **Send Email**

08902



city and state not required

aritchey@arcnj.org



Send Email

Sending to:

[\(minimize\)](#)



Sen. Cory Booker
D-NJ



Sen. Robert Menendez
D-NJ

I am a member of The Arc and your constituent. I urge you to include people with disabilities, their family caregivers, and the direct support professional (DSP) workforce in coronavirus relief legislation. The service system that supports people with disabilities to live in the community, the organizations that provide those supports, and the workforce that delivers them are at extreme

Regards,

Ashley Ritchey

985 Livingston Ave

YES! Keep me updated on how to take advocacy action with The Arc and/or affiliated chapters.

YES! I agree to receive calls or text messages to this number from The Arc and/or our affiliated chapters. You may reply STOP to quit at any time.

WHO?

I am a member of The Arc and a ***constituent.***

THE ASK:

I urge you to include people with disabilities, their family caregivers, and the direct support professional (DSP) workforce in coronavirus relief legislation.

WHY?

The service system that supports people with disabilities to live in the community, the organizations that provide those supports, and the workforce that delivers them are at extreme risk, as are people with disabilities and their family members.

More must be invested into the home and community-based system so that people with disabilities can be **safe and stay in their homes and communities.** People with disabilities will be disproportionately impacted by this pandemic and face possible institutionalization, which would violate their rights and further risk their health.

MORE ABOUT "THE ASK":

Relief legislation *must* include:

- **Dedicated funding for Medicaid home and community-based services (HCBS).**

These funds are necessary to serve people with disabilities in their homes and communities and will provide better wages and support for the DSP workforce. Access to HCBS will limit the risk of people with disabilities being put in institutions.

- **Personal protective equipment (PPE) for direct support professionals.**

This is urgently needed to protect the health and safety of this critical workforce. DSPs must be designated as essential workers so that they can get access to the PPE and medical supplies they need.

- **Paid leave for all caregivers.**

As more people with disabilities lose their usual sources of care, family caregivers are scrambling and need access to paid leave and sick days to help their loved ones. All family caregivers should be included in the emergency paid leave provisions.

- **Economic impact payments for all people with disabilities.**

Stimulus payments must be available to everyone, including adults with disabilities who are claimed as dependents.

SPREADING THE WORD

●●● Please tell lawmakers to Support DSPs in the FY 2021 Budget > Inbox x



The Arc of New Jersey via auth.ccsend.com
to me ▾

12:13 PM (3 hours ago)



ACTION ALERT

For Immediate Action
TIME SENSITIVE

Advocating for children and adults with I/DD and their families ↓



Below is a message from the [Coalition for a DSP Living Wage](#). The Arc of New Jersey encourages you to participate in this action alert distributed by the Coalition for a DSP Living Wage.



Coalition for a
DSP Living Wage

*Valuing Workers Who Support
People with Developmental Disabilities*

July 15, 2020

Dear Coalition for a DSP Living Wage:

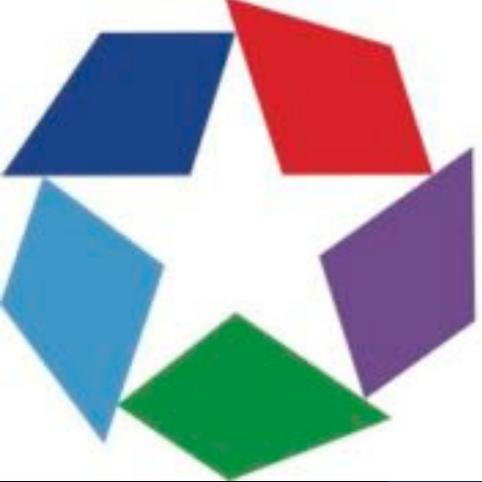
Now, more than ever, we need **your voice** to tell Governor Murphy and legislative leaders that funding for wages for Direct Support Professionals (DSPs) must be included in FY2021. While we understand the state is facing significant financial challenges due to the public health crisis, DSPs and the individuals they support cannot be casualties of the budget shortfall. People's lives are on the line.

COVID-19 has magnified the need for DSPs and how this underpaid, essential group of workers deserve the appropriate protection and compensation to perform their high-risk, demanding work. To that end, the final FY2021 budget must include Gov. Murphy's proposed \$21 million of **new** state funding (plus \$21 million federal Medicaid match) to raise **DSP** wages.

We are asking Coalition advocates (parents, family members, self-advocates, providers, DSPs, disability organizations, etc.) to email or call elected officials below and briefly explain why it's critical to YOU that the final FY2021 budget includes funding for **DSP** wages.

Here is a [budget one-pager](#) that provides an overview of the FY2021 Coalition for a DSP Living Wage funding ASK. Please use this messaging in your call/email, but personalize your message as much as possible.

- [Email Governor Murphy](#) or call him at (609) 292-600.



NEW JERSEY CITIZEN ACTION

PROTEST TO POLICY

INCLUSIONARY ZONING ROUNDTABLE

Join NJ Citizen Action, Fair Share Housing Center, & Salvation and Social Justice in conversation with experts and community leaders!

**Wednesday,
July 29
@ 6PM**

SHOW YOUR SUPPORT for affordable housing legislation in Newark, Jersey City, and Hoboken

featuring Mayor of Newark Ras J. Baraka



REGISTER HERE!

https://us02web.zoom.us/webinar/register/WN_GK_GDC8eRH6MMXW6QmhnsWK_GDC8eRH6MMXW6Qmhnsw



Register via Zoom: <https://bit.ly/2P1LaJu>

PRE-COVID ANNUAL ADVOCACY EVENTS

Developmental Disabilities Awareness Month



OUR TIME TO SHINE

July is ADA Awareness Month

Please join the New Jersey Self-Advocacy Project (NJSAP) team, along with members from the regional Councils of the Statewide Self-Advocacy Network, at the Point Pleasant Beach Boardwalk on **FRIDAY, JULY 13, 2018** to celebrate ADA Awareness Month!

WHEN: 10AM - 2PM on JULY 13, 2018

***RAIN DATE* JULY 20, 2018**

**WHERE: Point Pleasant Beach Boardwalk
between Arnold Ave. and Central Ave.**



RAISING AWARENESS ABOUT THE ADA



JULY 2019

DEVELOPMENTAL DISABILITIES AWARENESS MONTH - MARCH 2019



MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH



MARCH 2019

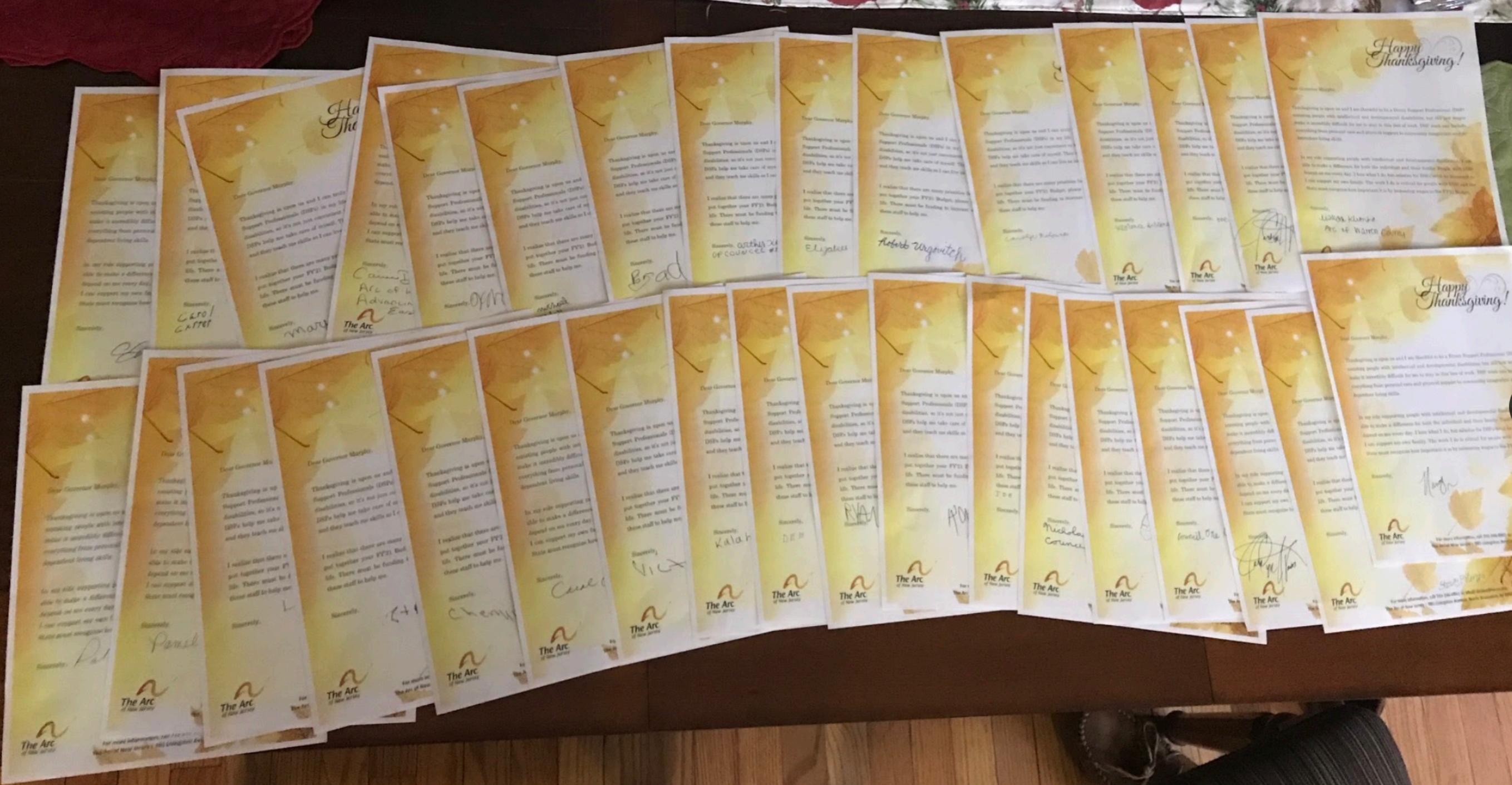


SPEAK UP!

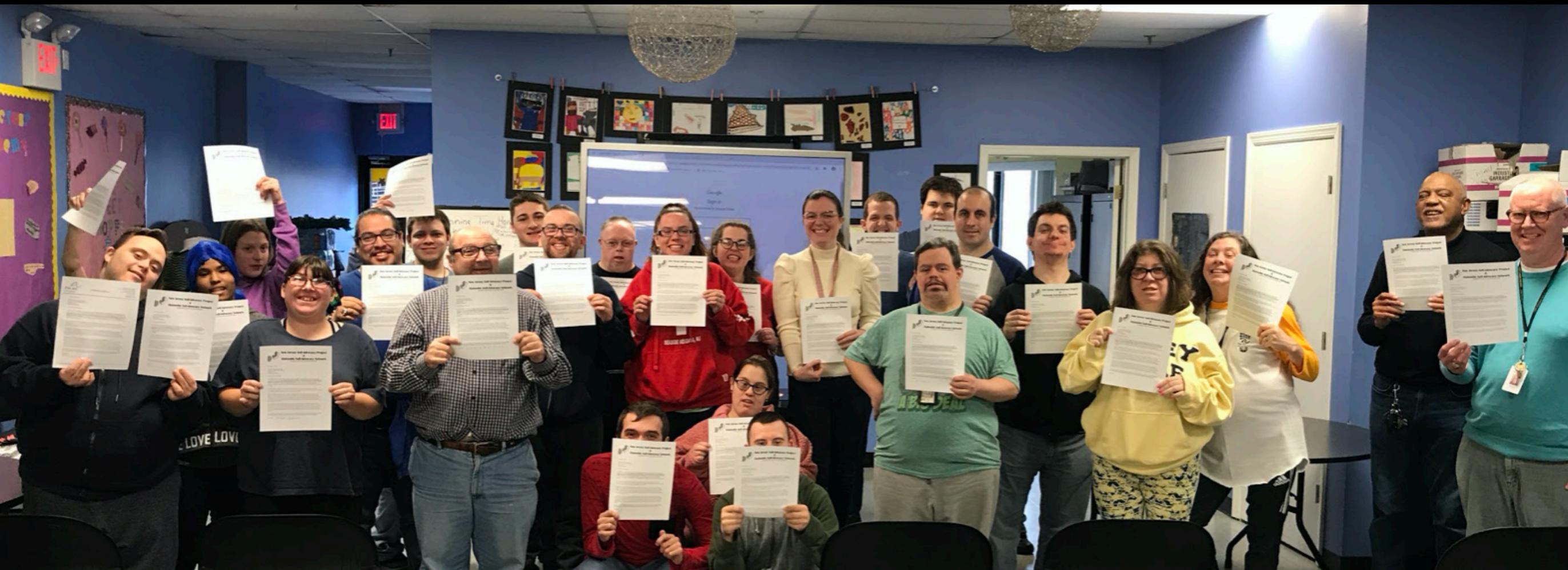
ASSEMBLY BUDGET COMMITTEE HEARING - MARCH 2019



LETTERS TO GOV. MURPHY- NOVEMBER 2019



POWER IN NUMBERS!



SENATE SELECT COMMITTEE HEARING- JANUARY 2020



PREPARE & PRACTICE TALKING POINTS



SENATE BUDGET COMMITTEE HEARING- MARCH 2020



**"INJUSTICE ANYWHERE IS A THREAT
TO JUSTICE EVERYWHERE."**
Martin Luther King, Jr.



Questions?

Comments?



NJSAP CONTACT INFORMATION

- ▶ Sign up to speak up! [Click here](#) to join our email list.
- ▶ Phone & Fax: 732-743-8345
- ▶  twitter.com/NJSAP or @NJSAP
- ▶  Facebook: [https://www.facebook.com/
NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
- ▶  Instagram: [https://www.instagram.com/
NewJerseySAP](https://www.instagram.com/NewJerseySAP)
- ▶ NJSAP Website: [http://
www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

RESOURCES FROM WEBINAR RECORDED ON JULY 28, 2020

New Jersey Self-Advocacy Project: <http://njselfadvocacyproject.org>

“Ready to Poll: What You Need to Know to Cast Your Vote”: <https://www.youtube.com/watch?v=7vBqkT0EAt0&feature=youtu.be>

New Jersey Citizen Action: <https://njcitizenaction.org>

The Arc of the US Action Center: [https://p2a.co/IRPDZ5C?](https://p2a.co/IRPDZ5C?utm_source=p2a&utm_medium=email&utm_campaign=capitol-insider)

[utm_source=p2a&utm_medium=email&utm_campaign=capitol-insider](https://p2a.co/IRPDZ5C?utm_source=p2a&utm_medium=email&utm_campaign=capitol-insider)

Policy and Advocacy: <https://thearc.org/policy-advocacy/>

New Jersey Division of Elections: <https://www.state.nj.us/state/elections/voter-registration.shtml>

Coalition for a DSP Living Wage: <http://www.njdspcoalition.org>

New Jersey Legislature: <https://www.njleg.state.nj.us/members/legsearch.asp>

Search by municipality: <https://www.njleg.state.nj.us/districts/municipalities.asp>

Search by name of representative: <https://www.njleg.state.nj.us/members/abcroster.asp>

Search by Legislative District: <https://www.njleg.state.nj.us/districts/districtnumbers.asp>

Interactive map of Legislative Districts: <https://www.njleg.state.nj.us/districts/njmap210.html>

Electronic correspondence: <https://www.njleg.state.nj.us/SelectMun.asp>

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/WEBINARS.HTML](https://www.arcnj.org/programs/njsap/webinars.html)