



Advocacy Matters

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

July 2021

Let's look back at the advocacy activities that took place this month!

In need of virtual programming? Inquire about our virtual [trainings](#), [webinars](#), and [events](#)!

Take a look at our [New Jersey Statewide Self-Advocacy Network](#) Council activities for this month.

The NJ Department of Human Services put together [a video to celebrate Disability Pride](#) from the varied disability community.

Each July we celebrate the anniversary of The Americans with Disabilities Act! We've been sharing resources, news articles, photos, and social media posts all month to celebrate The ADA's 31st anniversary.

Our hashtag this month was [#ThanksToTheADA](#).

Looking for resources on [Technology and Internet Safety](#)? [Check out our new page!](#)

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

We are continuing our interactive Zoom series, [Healthy Lifestyles Project: Live!](#) You can check out our past events below and [register for upcoming sessions here.](#)

We are continuing our weekly live Brain Games each Thursday at 1 PM! [Watch old videos here](#) and [join in every week on Zoom.](#)

We continue to post all across our social media pages! You can find new videos every [Monday](#), [Wednesday](#) and [Friday](#) about Health, Fitness and Nutrition!

**We have a lot to say, so make sure to click
"View entire message" if it appears at the bottom of this
newsletter.**

Virtual Programming

every day of the week!

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none">• Check social media feed for Veronica's new nutrition video	<ul style="list-style-type: none">• Watch the new Stay Healthy at Home webinar at 2pm	<ul style="list-style-type: none">• Interactive Zoom event for HLP: Live at 11am	<ul style="list-style-type: none">• Play this week's Brain Game on Zoom at 1pm	<ul style="list-style-type: none">• Check social media feed for Erin's new recipe!
<ul style="list-style-type: none">• Sign up for NJSAP's email list• Request a virtual group training• Make a social media post using this month's hashtag	<ul style="list-style-type: none">• Participate in an advocacy campaign or Action Alert	<ul style="list-style-type: none">• Check social media feed for IHT's new workout video	<ul style="list-style-type: none">• Mark my calendar with all upcoming activities• Reminder: Each NJSSAN Council meets every month• Remember: Self-Advocacy means to SPEAK UP!	

Find out more at www.njselfadvocacyproject.org

Facebook: [@NewJerseySAP](#) / Instagram: [@NewJerseySAP](#) / Twitter: [@NJSAP](#)

Click the image above to download the planner, complete with live links to all of our programming! Email NJSAP@ArcNJ.org if you have any questions.

- Struggling with technology? [Maybe one of our tech tutorials can help.](#) You can also [contact us](#) to set up a virtual training.
- [Do you or someone you support have a lack of internet capable devices? No internet connection? Fill out our Tech Needs survey and let us know.](#)
- Looking for a training for your group? Check out our Training Portal for topics [We hosted 201 trainings this year for 5,606 self-advocates!](#)

NJSAP & NJSSAN Update

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



The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals with intellectual and developmental disabilities (IDD) throughout the state. The NJSSAN is used as a means of supporting positive change on both a personal and social level. It consists of 5 Councils based on geographic location within the state.

COVID-19 Resources



For more information on the vaccine, [please visit The Arc of New Jersey's website.](#)

For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [click here.](#)

Look below for updates from Governor Murphy about changes in guidelines for NJ. [Find out more here.](#)

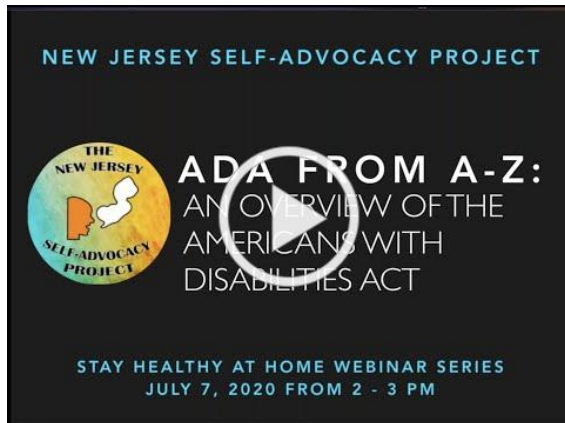
Disability Pride Month

July is Disability Pride Month! The NJ Department of Human Services put together the video below to celebrate Disability Pride from the varied disability community.



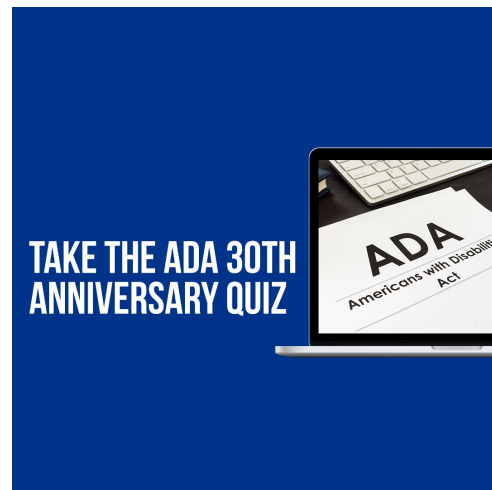
The Americans with Disabilities Act

July 26th is The Americans with Disabilities Act's 31st Anniversary! We've been sharing content all about The ADA all month, including sharing our ADA related webinars and Zoom trainings, ADA Trivia, news, photos of past events and more! Here's a taste of some of the ADA related content that has been all over our social media feed this month.



The ADA National Network provides technical assistance, training, and public awareness about the ADA. On this page, we describe how activities of the ADA National Network have resulted in greater access for people with disabilities.

[Read more
adata.org](https://adata.org)



How much do you know about The ADA? Take this quiz and find out!

[Read more
secure.everyaction.com](https://secure.everyaction.com)



ADA Awareness at Point Pleasant Boardwalk
in 2018



ADA Awareness at Point Pleasant Boardwalk
in 2019

Monthly Hashtags

Our hashtag this month was [#ThanksToTheADA](#). We received so many amazing submissions! [You can read them all on our website](#) and see why advocates all over the state are thankful for The ADA.

 <p>Angelique</p>	 <p>Carol</p>	 <p>Cory</p>	 <p>Dereke</p>	 <p>Dawn</p>
 <p>Doug</p>	 <p>Gail</p>	 <p>Jason</p>	 <p>Clint</p>	 <p>Melissa</p>
 <p>Nancy</p>	 <p>Sharon</p>	 <p>Teresa</p>	 <p>Tiffany</p>	 <p>Dawn Center for Independent Living</p>
 <p>Julia</p>	 <p>Bill</p>	 <p>Janet</p>	 <p>Kalahan</p>	 <p>Herbert</p>
 <p>Jean</p>	 <p>Maria</p>	 <p>Patricia</p>	 <p>Renee</p>	 <p>Robert</p>
 <p>Seth</p>	 <p>William</p>			

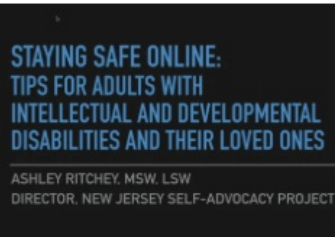
Technology & Internet Safety

The Internet has dramatically changed the way we interact with the world and has provided many people with a way to stay connected. However, the internet can also put people at risk for cyberbullying, exposure to inappropriate material, online predators and the possibility of revealing too much personal information. Take a look at the [resources on our website](#) about internet safety, online communications, and how to best support individuals with

intellectual and developmental disabilities on the internet.



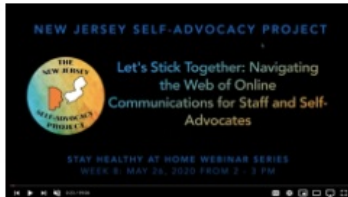
WEBINAR: Internet Safety for Students and Adults with IDD



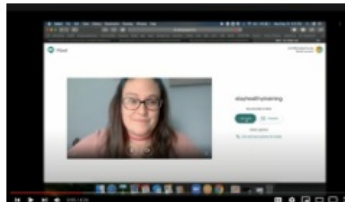
WEBINAR: Internet Safety Tips for Adults with IDD and Their Loved Ones



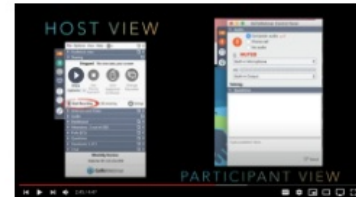
WEBINAR: Online Resources to Keep You Engaged



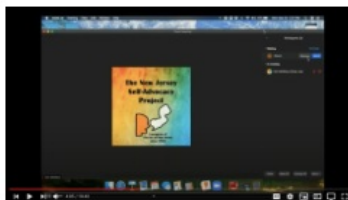
WEBINAR: Online Communications



VIDEO TUTORIAL: How to Use Google Meet



VIDEO TUTORIAL: How to Use GoToWebinar



VIDEO TUTORIAL: How to Use Zoom



VIDEO: Online Dating Safety



INFOGRAPHIC: Video Meeting Etiquette



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!

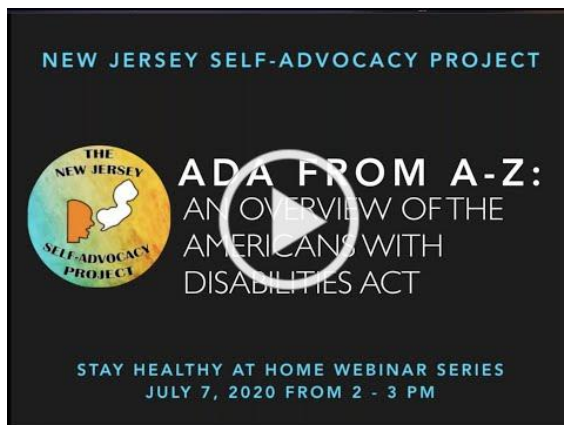
HLP: Stay Healthy at Home Weekly Webinars



The New Jersey Self-Advocacy Project team is excited to continue our *Stay Healthy at Home* webinar series! They take place every **Tuesday** at **2 PM**.

SUMMER HITS!

We'll be playing replays of some of our favorite past webinars all of July and August. Don't worry, we'll be back in the fall with a new and improved webinar series featuring brand-new topics and new accessibility features!



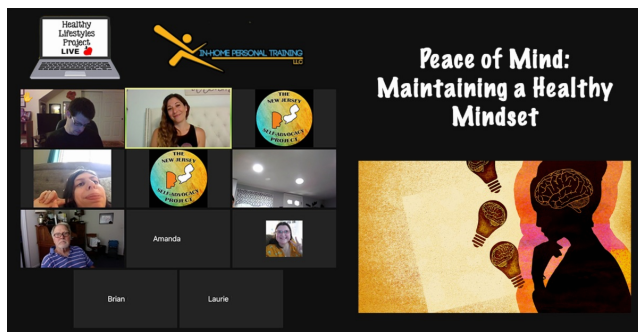
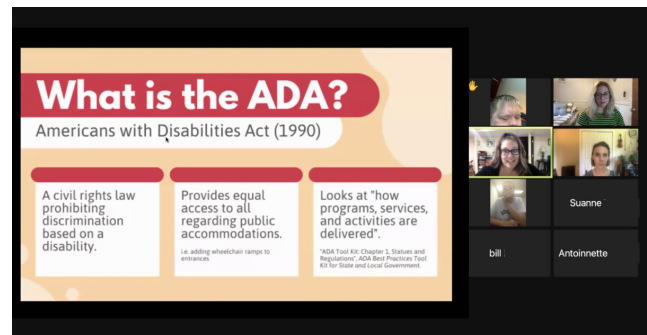
If you've attended one of our webinars, we're very thankful. Please spread the word and register for one of our upcoming sessions!

[Register now for upcoming webinars!](#)

Healthy Lifestyles Project: LIVE!



The New Jersey Self-Advocacy Project team continues to host bi-weekly sessions of Healthy Lifestyles Project: LIVE! These are live, interactive events on Zoom to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11 AM and Friday at 1 PM.

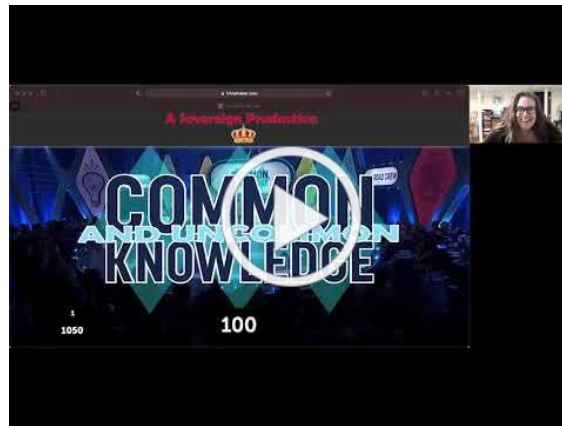
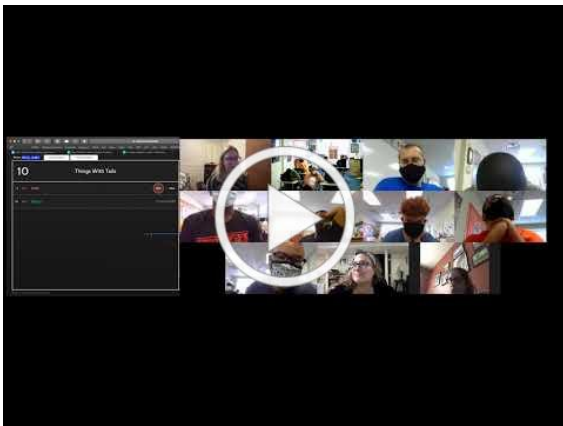


[Register now for next month's events!](#)

HLP: Brain Games

Get your thinking caps on! The NJSAP team began presenting games live on Facebook, but we've now moved to Zoom!

Watch our previous videos below of [Scattergories](#) and [Gartic Phone](#) to get an idea of all the fun that goes on! Be sure to join us at 1 PM every Thursday! [Click here to learn more.](#)



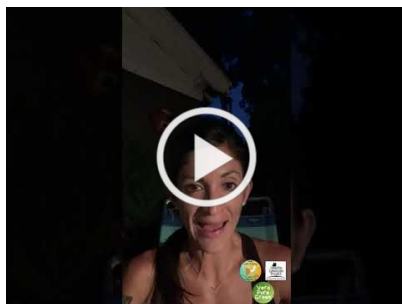
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

Follow Along

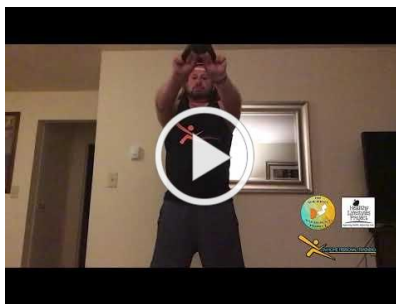
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every Monday and Wednesday for you to practice along!

Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:
Playlist](#)



[Wednesdays with Matt
and Kristen: Playlist](#)

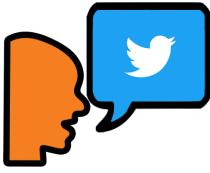


[Fridays with Erin:
Playlist](#)

*You are encouraged to share this information with others who may also be interested. However, if you are

forwarding this email, please delete the "unsubscribe" link at the bottom of this page. If you do not remove the "unsubscribe" option and a person who receives your forwarded email clicks "unsubscribe," it would result in ***your name*** being removed from our distribution list.

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