



Advocacy Matters

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

November 2020

There's a lot to be thankful for this month with the NJSAP team!

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.

Make sure to get a flu shot and continue following guidelines outlined in our [resources regarding COVID-19](#).

Our hashtag this month was **#YouCanDIY!** Next month will be **#WinterWorkouts**, dedicated to keeping in shape during the colder months!

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 Facebook.](#)

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" at the bottom of this newsletter.**

Virtual Programming? We've got you covered!

Due to the recent rise of COVID-19 positive cases, the Department of Human Services' Division of Developmental Disabilities has made the decision to close all Division-funded in-person congregate day service facilities from November 25, 2020 through at least January 19, 2021.

If this affects you or the people you serve, you may be looking for more virtual programming, and the NJSAP Team has you covered! Email NJSAP@ArcNJ.org if you have any questions about our virtual programming.

- [We offer virtual trainings on a variety of topics including Self-Advocacy, Legislative Advocacy, Employment, Technology, Communication/Relationships, Healthy Living & Guided Activities. Trainings are free and utilize Zoom or Google Meet. Fill out our form to schedule a training!](#)
- [Our Stay Healthy at Home webinar series takes place every Tuesday at 2 PM on a variety of topics relating to self-advocacy and healthy living, focusing on what you can do at home. We feature a variety of guest presenters in addition to the NJSAP team.](#)
- [We also have Healthy Lifestyles Project LIVE on Zoom! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities. We will be holding events on Zoom every Wednesday at 11 AM and Fridays at 1 PM on a variety of topics relating to healthy living!](#)
- Struggling with technology? [Maybe one of our tech tutorials can help.](#) You can also contact us to set up a group training.
- [Do you have a lack of internet capable devices? No internet connection? Fill out our Tech Needs survey and let us know.](#)

Police Interaction with People with I/DD

Effective Communication Skills are important, no matter who you are or what you do. The Arc of New Jersey, with help from people with disabilities, created two video clips with tips to help Law Enforcement and other first responders interact safely and effectively with people with intellectual and developmental disabilities.

The first video provides a brief introduction about intellectual and developmental disabilities and presents a potential scenario with law enforcement officers, a person with I/DD, and their family. The second video provides tips on how law enforcement officers and family can act to encourage positive interactions.

Share these videos with a law enforcement officer in your life!



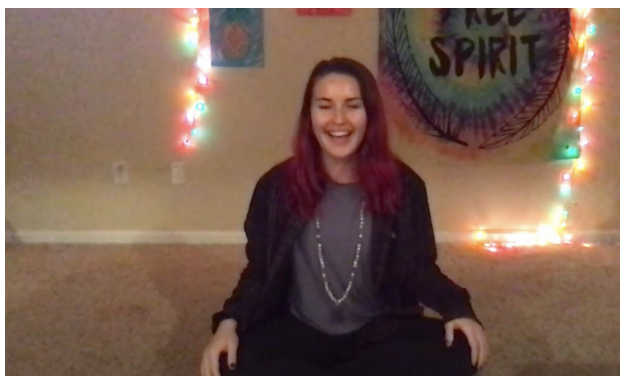
NJSAP & NJSSAN Update



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 (I/DD) throughout the state. The NJSSAN is used as means of supporting positive change on both a personal and social level. It consists of five Councils based on geographic location within the state.

The regional Councils meet on a monthly basis. Meetings are open and free to all people with I/DD. The NJ Self-Advocacy Project team collaborates with Council leadership to create an agenda based on what self-advocates wish to discuss. The NJSSAN Council meetings are a chance for advocates to voice their perspective, learn about issues impacting their lives and the lives of other people with I/DD, socialize, and develop strong advocacy skills.



Additionally, Kelly Mulvaney has left the NJSAP Team to move on to other opportunities! Thank you for advising Councils 4 and 5, providing amazing yoga and meditation videos each week, and overall being an amazing part of the NJSAP Team! Let's take a moment to thank Kelly and wish her well in the future!

Flu & COVID-19 Resources



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

INFORMATION ON THE FLU DURING THE COVID-19 PANDEMIC: With the approaching flu season -- and concerns about a resurgence of COVID-19 in New Jersey -- you may be interested in this link from the CDC website, which includes up-to-date information on both the flu and the COVID-

19 pandemic: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm#Flu-and-COVID-19>

It is also helpful to know about the similarities and some differences between the flu and COVID-19. See this link from the CDC, which explains the signs and symptoms of the fluvs. COVID-19: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Monthly Hashtags



October's hashtag was **#YouCanDIY**. Thank you to everyone who participated!

Check out our webinar "Handmade Tale: A DIY Gift Making Guide" to learn how to make 3 different DIY projects: a paint swirl vase, mermaid themed bath bombs, and pressed flower frames! If you try any DIY projects in the future, send some photos our way; we'd love to share them!



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

Feel free to email NJSAP@ArcNJ.org and we'll post for you!

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.

December's hashtag will be **#WinterWorkouts**. It's important to stay fit and healthy even

when the weather gets colder and we indulge on holidays goodies.

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 about how you're staying fit as winter approaches!

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



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!

SCARC: Paint & Sip

SCARC took part in a "Paint and Sip" class on Zoom with Uptown Art! Thank you for instructing all these talented artists. Your paintings are so great they are giving us chills!



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! We



find it important to keep nurturing our connections with you and branching out in ways that help us all continue to grow. They take place every Tuesday at 2pm.

November's webinars included:

- [11/3/20: Best Practice or Best Friend? The Value of Professional Boundaries](#)
- [11/10/20: What Comes Next? 2020 Election Results & What They Mean](#)
- [11/17/20: Handmade Tale: DIY Gift Making Guide](#)
- [11/24/20: Can I Help You? Mental Health First Aid](#)

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

[Register now for December's webinars!](#)

Healthy Lifestyles Project: LIVE



The New Jersey Self-Advocacy Project team is excited to introduce Healthy Lifestyles Project LIVE, our new interactive series of Zoom events! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11AM and Friday at 1PM.

- Click the links below to view pictures from the event! November's events included:

- [The Right Fit: Adaptive Fitness](#) (Multiple Sessions!)
- [11/4/20: Living on the Smile Side of Life with Laughter for the Health of It!](#)
- [11/11/20: Music to My Ears: A Collaborative Song-Writing Session](#)

- [11/13/20: Work it Out: Virtual Pilates Class](#)
- [11/18/20: Eat This, Not That: Thanksgiving Edition](#)
- [11/25/20: Breathing Space: Supporting Healthy Advocacy](#)
(Still time to register!)

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

HLP: Brain Games

Get your thinking caps on! In May 2020, the NJSAP team began presenting games live on Facebook. Each week, we continue to live stream a party game on [Facebook](#) for you to play along with us on your phone or computer! We begin the live stream at 1 PM and we play through a few rounds of the chosen game of the week.

Watch our previous videos below of Word Slam and Blather 'Round to get an idea of all the fun that goes on!

[Be sure to join us at 1 PM every Thursday!](#)



Follow Along

Our Healthy Lifestyles Project: LIVE! events are 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!

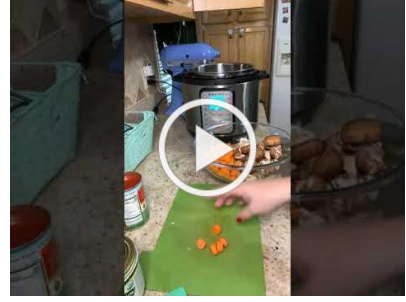
Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:
Playlist](#)



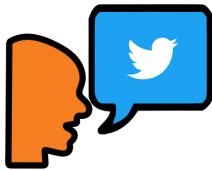
[Wednesdays with Matt:
Playlist](#)



[Fridays with Erin:
Playlist](#)

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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