

# Advocacy Matters

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

## July 2022

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 and the current NJSSAN Priorities.

Save the date for the 38th Annual NJSSAN Fall Conference on Saturday, October 1, 2022.

Our hashtag this month was [#ADA32](#) and [#DisabilityPrideMonth](#).

We host one brand new webinar each month and present replays of past content [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here](#).

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

Brain Games is held each Thursday at 1 PM! [Watch archived videos here](#) and [join in LIVE 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"> <li>•Check social media feed for <a href="#">Veronica's new nutrition video</a></li> </ul>  	<ul style="list-style-type: none"> <li>•Watch the new <a href="#">Stay Healthy at Home webinar at 2pm</a></li> </ul> 	<ul style="list-style-type: none"> <li>•Interactive Zoom event for <a href="#">HLP:Live at 11am</a></li> </ul>  <ul style="list-style-type: none"> <li>•Check social media feed for <a href="#">IHT's new workout video</a></li> </ul> 	<ul style="list-style-type: none"> <li>•Play this week's <a href="#">Brain Game on Zoom at 1pm</a></li> </ul> 	<ul style="list-style-type: none"> <li>•Check social media feed for <a href="#">Erin's new recipe!</a></li> </ul>  <ul style="list-style-type: none"> <li>•HLP:Live!It's <a href="#">Fitness Friday with IHT on Zoom at 1pm</a></li> </ul> 
<p style="text-align: center;"><b>TO DO LIST:</b></p> <ul style="list-style-type: none"> <li>•Sign up for <a href="#">NJSAP's email list</a></li> <li>•Request a <a href="#">virtual group training</a></li> <li>•Make a social media post using this month's <a href="#">hashtag</a></li> </ul>		<p style="text-align: center;"><b>REMINDEES + NOTES:</b></p> <ul style="list-style-type: none"> <li>•Participate in an <a href="#">advocacy campaign or Action Alert</a></li> <li>•Mark my calendar with all upcoming activities</li> <li>•Reminder: Each <a href="#">NJSSAN Council</a> meets every month</li> <li>•Remember: <a href="#">Self-Advocacy means to SPEAK UP!</a></li> </ul>		





Find out more at [www.njselfadvocacyproject.org](http://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](mailto: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.
- 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.](#)**

[Visit your council page](#) to download calendars for 2022.

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of people 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.

[You can read the current NJSSAN Priorities here.](#)

## **NJ Statewide Self-Advocacy Network Position Statements**

The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

We work together with these individuals to form The New Jersey Statewide Self-Advocacy Network (NJSSAN), which is used as means of supporting positive change on both a personal and social level. The NJSSAN consists of five Councils based on geographic location within the state.

1. [Home & Community-Based Services \(HCBS\)](#)
2. [Housing for People with IDD](#)
3. [Transportation](#)
4. [Supported Decision Making and Alternatives to Guardianship](#)
5. [Raising Awareness of IDD Issues](#)

NJSAP@ArcNJ.org -- NJSSAN POSITION STATEMENTS  
www.njselfadvocacyproject.org -- 732-749-8514

# Save the Date: Fall Conference

Save the date for the 38th Annual NJSSAN Fall Conference on Saturday, October 1, 2022.

Registration will be available next month!

**Let us know what you'd like to see at the conference  
by taking our survey!**

Join us for the 38th Annual  
New Jersey Statewide Self-Advocacy Network  
Fall Conference

Save  
the  
Date

Oct. 01, 2022



The 38th Annual  
NJSSAN Fall Conference  
will take place on  
Saturday, Oct. 1, 2022.

The conference will be a free,  
virtual event on Zoom.

*We'd love to  
have your input!*

Fill out our survey or contact us:  
NJSAP@ArcNJ.org  
732. 749. 8514  
[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)

## 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.](#)

## # Monthly Hashtags



Our hashtags this month were  
**#ADA32** and  
**#DisabilityPrideMonth.**

You can view the Disability Pride  
Month Proclamation to the right.

July 26, 2022 was also the 32nd  
Anniversary of The Americans  
with Disabilities Act.



We celebrated by suggesting activities to spread awareness of The Americans with Disabilities Act. You can still participate!

For Week 1: Share the NJSAP's [ADA factsheet](#) with 3 people to raise awareness about The Americans with Disabilities Act!

Week 2: Sign up for [The Northeast ADA.org mailing list](#) to stay up to date on ADA news.

Week 3: [Sign NJSSAN & NJSAP's digital R-word pledge](#).

Week 4: Participate by reaching out to your legislators about a disability topic that is important to you. For example, you can use [this template](#) to participate in one of [The Arc of the US's Action Alerts](#). Reach out to your Senator or Assembly member by phone, email or Twitter and ask them to support [The SSI Savings Penalty Elimination Act](#).

You can also view our [#ThanksToTheADA](#) social media templates and play [ADA trivia](#) on our website





The Americans with  
Disabilities Act

QUIZ

ADA Anniversary and Disability Pride Month Please join the New Jersey Self-Advocacy Project (NJSAP) team, along with members from the regional Councils of the Statewide Self-Advocacy Network, in celebrating Disability Pride Month and the 32nd...

[Read more](#)

[www.arcnj.org](http://www.arcnj.org)



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!**

**We are now on our 8th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!**

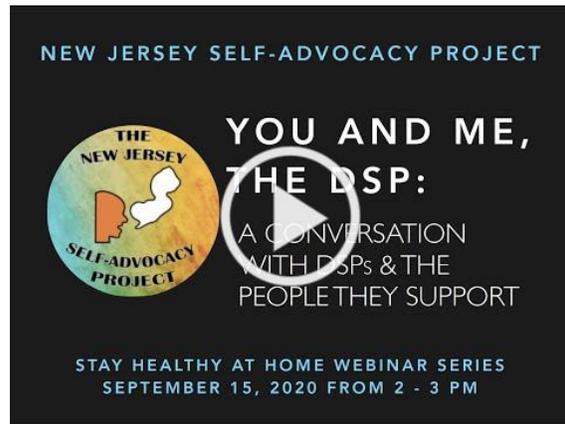
## **HLP: Stay Healthy at Home Weekly Webinars**

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.**



Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

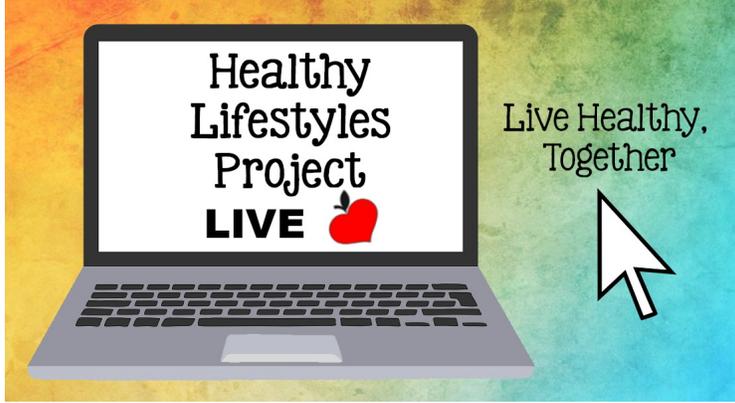
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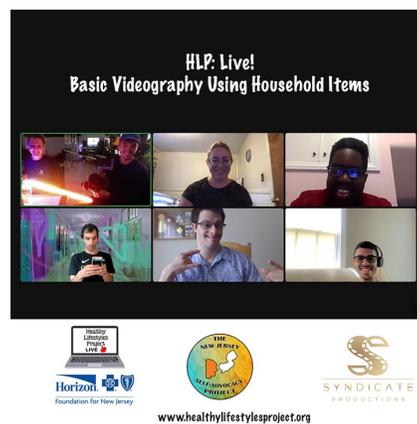
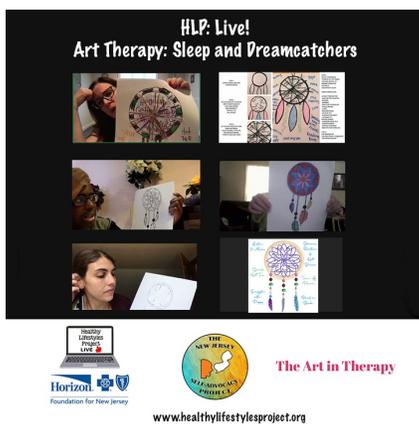
If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

[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.

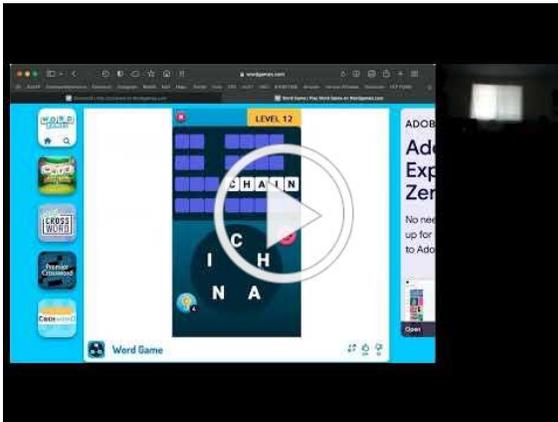


**[Register now for next month's events!](#)**

# HLP: Brain Games

Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Wordscapes and Hey Robot 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](mailto:NJSAP@Arcnj.org) if you are interested.

## HLP: Video Guides

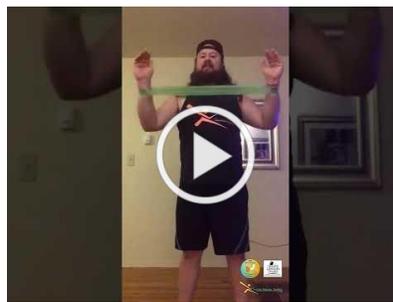
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Wednesdays we post videos from Matt ([In-Home Personal Training](#)),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

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

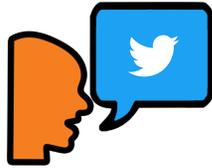
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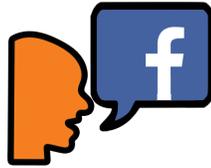
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[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)



# 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