



Advocacy Matters

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

September 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.

[Register for the 38th Annual NJSSAN Fall Conference on Saturday, October 1, 2022!](#)

We celebrated DSP Recognition Week September 11-17.

The folks at SCARC participated in National Disability Voter Registration Week and gained some cool swag from The Arc US.

The Arc of Ocean participated in a team building training.

Our hashtag this month was **#BePrepared**.

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">• 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">• Check social media feed for IHT's new workout video	<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">• HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm 


TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert



REMINDERS + NOTES:

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to **SPEAK UP!**

 **YouTube**

Find out more at www.njselfadvocacyproject.org

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/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.
- 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 a 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

Register Now: Fall Conference



[Registration is FREE](#) with **[options to donate.](#)**

Each year, the New Jersey Self-Advocacy Project (NJSAP) and the New Jersey Statewide Self-Advocacy Network (NJSSAN) work together to host the annual Fall Conference.

The event is an opportunity for Disability Advocates to network, learn about current advocacy issues, and attend professional development workshops. This year, we will host the Fall Conference virtually!

The theme of our 2022 conference is "Sharing Our Skills". The NJSSAN wants to take this opportunity to highlight the skills and experience of its current members. For the first time, NJSSAN Board members will serve as the event's Keynote Speakers. Advocates will discuss the current priorities impacting the Network and also how topics like supported decision making, mental healthcare access, and staffing issues impact the daily lives of people with IDD statewide.

[If you'd like to purchase a tote bag to commemorate the event and support the NJSSAN, click here!](#) All funds raised directly benefit the NJSSAN, New Jersey's

largest self-advocacy organization. Bags are \$22 each and will be shipped directly to you!



DSP Recognition Week

September 11-17 was Direct Support Professional Recognition Week! We highlighted posts created by various Chapters of The Arc in New Jersey to celebrate. Check out the incredible posts by The Arc of Monmouth County, The Arc of Ocean County, and The Arc of Atlantic County recognizing the great work of some of their DSPs!

DSP HIGHLIGHT!

Each week we watch as Anthony gently and patiently teaches each of the Traveling Cart helpers, helping them with their math, encouraging them to engage with their customers and patiently waiting for them to make change, etc. he represents the core principals of The Arc.

-Lisa Tidemann, HR Coordinator



DSP HIGHLIGHT!

Tyson has assisted with coverage for his co-workers in a pinch. The residents enjoy his humor and look forward to seeing him! - Vira Farris, Manager, East Main CH



DSP HIGHLIGHT!

- Outstanding Work Performance!
- Positive attitude every day!
- Keeps all clients engaged and very attentive to all their needs!



DSP HIGHLIGHT!

Carmen has a very strong work ethic, never leaving a shift without completing her assigned tasks. Carmen has endeavored herself to all of the residents, by ensuring the assist them with their personal care needs while helping them maintain their dignity. She will often point out things to management that will help the residents to organize themselves, or make things more accessible for them.

Carmen listens well and encourages them to talk about their feelings and concerns. She truly has their best interests at heart, and maintains an upbeat positive attitude, even when faced with negativity. She is definitely an asset to Wayzide's Group care program!

-Dag O'Leary, Assistant Director, Residential Services



DSP HIGHLIGHT!

Penny is hardworking, reliable, and passionate when it comes down to her job duties in supporting her individuals. Penny will go above and beyond to make sure every individual is being properly groomed, showered and dressed for the day. There's never a dull moment when it comes to Penny! She has never called out, and has always been on time. I am honored to nominate Penny! A job well done! -Monique Ponce, Assistant Director



DSP HIGHLIGHT!

Tawny has shown great progress since starting in EAC. Even when things are rough here she gives great solutions to make the day better! -Lexus Archer, Estimation Achievement Center Manager



DSP HIGHLIGHT!

Miles epitomizes many of The Arc's core values as demonstrated through his kindness, patience, caring and over all natural rapport with our served individuals. He successfully employs his outstanding behavior management skills when dealing with our more challenging population! -Mary Louise Anderson, Assistant Director



DSP HIGHLIGHT!

Gregg is our "go to" guy. He is always volunteering to take on tasks, even if they are not assigned to him. He has taken on the role of financial assistant of the house, giving out bargains whenever possible. The individuals trust him and will confide in him, he will assist in fixing any problem. He is extremely flexible with his schedule and often will display willingly another group or another outside group home, without complaining to assist whenever he is needed. He has a very positive attitude even in challenging situations. He is definitely an asset to Wayzide Club! -Justin Schwenker, Residential Manager



DSP HIGHLIGHT!

Quandash demonstrates her flexibility and cooperation by volunteering to take additional job tasks when there is staff shortage or when the manager is out. She is a very dependable employee who works well without any supervision or instructions! -Kellisha Carr, Center Manager





“Natasha fits the role of a DSP perfectly! She is a beam of light that shines in the Anchor Group Home. She always has a smile on her face and is full of positivity. Natasha takes initiative and fosters a person centered approach in all she does. She truly loves what she does and it shows!”



Natasha Davis,
Anchor
Group Home



“As an employee, Amanda has not only shown incredible professional growth but the personal development we have seen has been equally outstanding. Amanda is reliable, dedicated, and funnier than most people realize. Promoting independence is one thing that Amanda holds as the most important aspect of her job. Because of this, she was the ideal staff member to implement the Circles Program for the participants. When given this opportunity, it was no surprise that Amanda ran with it!”



Amanda Conklin,
Tuckerton Adult
Training Center



“Bill Davis is our “go-to-guy!” There is no limit to the things you may catch Bill doing on any given day of the week. From providing transportation and maintaining the fleet, to covering direct care in the day programs and stepping up to work in the group homes during COVID, Bill really has a can-do attitude. The contributions Bill has made and the impression he leaves on the individuals we serve is unmatched.”



Bill Davis,
Journeys and Discovery



“Choose a job you love and you will never have to work a day in your life.” Making dreams come true and finding people jobs they love is what this unbelievable team does on the daily. Employment Supports may be small but they sure are fierce. The way they advocate for and mentor the individuals supported is truly a sight to see. They have mastered the art of flexibility while working from the road and other public locations on many days. If you ever want to learn about the many jobs that exist, they are the team to talk to.”



Ally Smith,
Employment Supports



“Anthony is a trifecta of support when it comes to the world of DSPs. He is compassionate, ambitious and determined to provide the most optimum quality of life to the individuals he serves at Duquesne 2. Anthony has the ability to analyze and inspire. He provides coaching to his fellow staff and leads by example. He navigates through crisis with the ease of a butterfly all the while ensuring the safety of the individuals. He is looked upon as an asset by the guardians and community partners alike.”



Anthony Morano,
Duquesne 2 Group Home



“Devon is newer to the agency but has jumped right in with both feet. Her genuine kindness, advocacy, and calming energy have allowed deep and meaningful connections to grow with her residents. Her openness and honesty have allowed her to grow in her role and make her a valued colleague. Her love for each resident makes Silvertown a home!”



Devon Jones,
Silvertown Group Home



“Amy consistently advocates for her individuals to ensure they are receiving the best care possible. Amy truly cares about improving the lives of others. She is an asset to the company”



Amy King,
Laurel Oaks 1 Supervised Apartments



“Professional, empathetic, innovative, resilient and dedicated are all words that immediately come to mind when thinking about Deb. Deb has seen the Journeys and Discovery programs through multiple moves and growing pains, and never once has she lost sight of the mission of the agency. Deb continuously evolves her skills to meet and exceed expectations set on her. From establishing community partnerships, to testing her skills at delivering virtual programming during the COVID-19 pandemic, Deb has proven to be a true asset.”



Deb Daly,
Journeys and Discovery

Thank You

Michele Rose
Community Integration Facilitator

*"This is my calling.
I feel like I found my place
in the world working as a
Direct Support
Professional."*



The Arc is Hiring!

Join our team and make a difference:
thearcatlantic.org/careers



Thank You

Gabrielle Spaulding
Residential Manager

*"Everyone should work
in this field at least
once in their life.

It will better you as a
human being and teach
you what really matters."*



The Arc is Hiring!

Join our team and make a difference:
thearcatlantic.org/careers



Thank You

Brenda Patterson
Supportive Living Coordinator

*"I really love the ever
changing world of
Supportive Living.*

*I never know what the
day will bring!"*



The Arc is Hiring!

Join our team and make a difference:
thearcatlantic.org/careers



Thank You

Brianna Jones
Residential Assistant

*"I love this job and
spending time with
the individuals I
support!"*



The Arc is Hiring!

Join our team and make a difference:
thearcatlantic.org/careers



SCARC Voter Registration

During National Disability Voter Registration week, we met with self-advocates at SCARC, Inc. to discuss voting and the voter registration process and distribute some nifty swag from The Arc of the United States.

Make sure you are [registered to vote by clicking here.](#)

[If you aren't already, you can even register online now!](#)

NATIONAL VOTER REGISTRATION DAY ★



L - R: Melissa, Victor (seated), Andrew, Spencer (seated), Richard.

Team Buildi

The Arc of Ocean participated in a team building training and created Pinky the Robot together by collaborating on its personality and design.

You can check out our [Team Building infographic](#), our team building [webinar](#), or [schedule a training with your group here](#).

I like people
I like music
I like arts and crafts
I like to be kind
I am a good speller
I like to sing
Good worker
Truthful
Happy
Friendly
Honest
Good Friend
Good Care taker
Loyal
Feisty
Quiet
Funny

PINKY



Monthly Hashtags

#BePrepared



Our hashtag this month was **#BePrepared**.

You can find ways to prepare for natural disasters and other emergencies by viewing the resources below.

What is an Emergency to YOU?

- Emergencies can happen at any time
- Natural
- Purposeful
- Technical
- Health Related
- Others



Healthy Lifestyles  Project
improving health, improving lives



September 2017

Welcome to the first issue of our new HLP Newsletter!

Each month we will choose a theme centered around maintaining and improving health, discussing three topics related to that theme. In honor of September being National Preparedness month, our first theme is:



Emergency Preparedness

Cold Weather Guide: Be Prepared

Created by the New Jersey Self-Advocacy Project,
a program of The Arc of New Jersey

NJSAP@ArcNJ.org / 732.749.8514 /
www.njsselfadvocacyproject.org

Items to Keep in Your House in Winter



- Non-perishable foods
- Water
- Flashlight
- Batteries
- First-Aid Kit
- Rock Salt
- Shovel



Prevent Slips and Falls



- Wear Proper Footwear
- Take Smaller Steps
- Use Salt or Kitty Litter on Sidewalks
- Look Before You Step
- Use Your Arms for Balance (Walk Like a Penguin!)

Layering Clothes For Cold Weather

1. Base Layer: Long sleeves/pants made of wool or synthetics (long johns, Under Armour)

2. Thermal Layer: Warm, breathable shirts are best (flannel shirts, sweaters)

3. Shell Layer: Waterproof and wind resistant jacket with a hood.

4. Accessories: Hat, earmuffs, gloves, boots.



The goal is to stay warm and dry!



Items to Keep in Your Car in Winter

- Ice Scraper • Flares/Reflector • Blanket • Water
- Extra Gloves/Hats • First Aid Kit • Rock Salt or Cat Litter • Basic Tool Kit • Phone Charger
- Jumper Cables • Chain/Rope • Non-Perishable Snacks

Driving Tips For Bad Weather

- Clean your car off COMPLETELY
- Leave earlier, drive slowly
- Increase stopping distance
- Be careful on bridges and overpasses
- Never slam your brakes



Always Check The Weather Forecast!



improving health, improving lives

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.

NEW



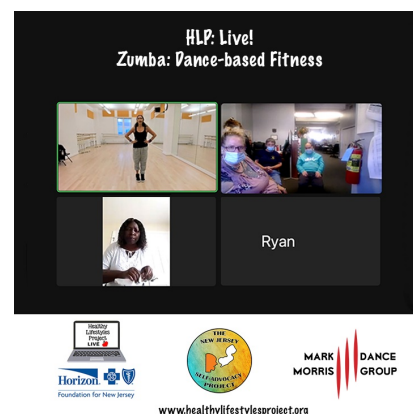
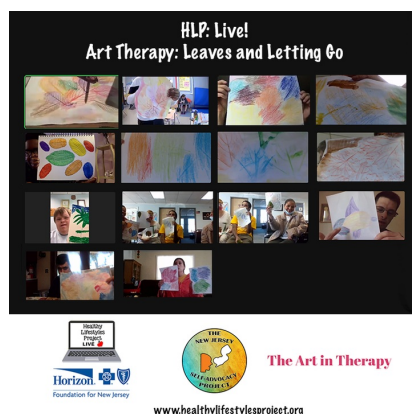
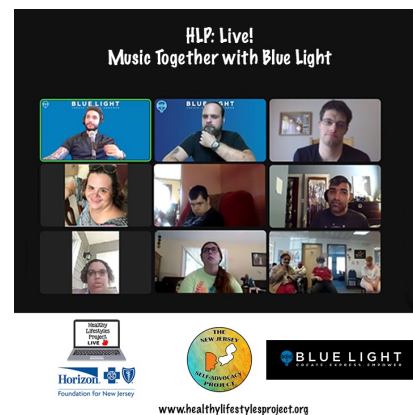
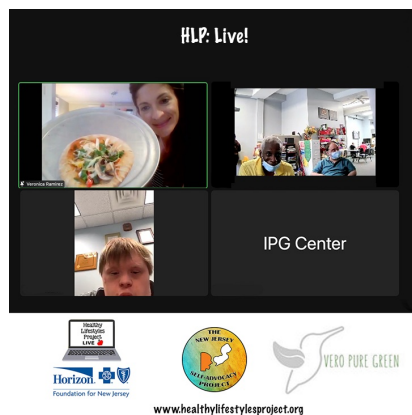
If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

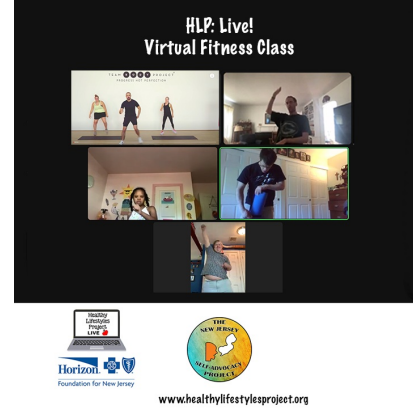
[Register now for upcoming webinars!](#)

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.



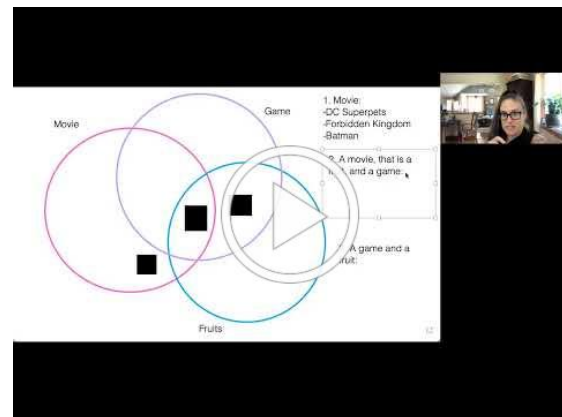
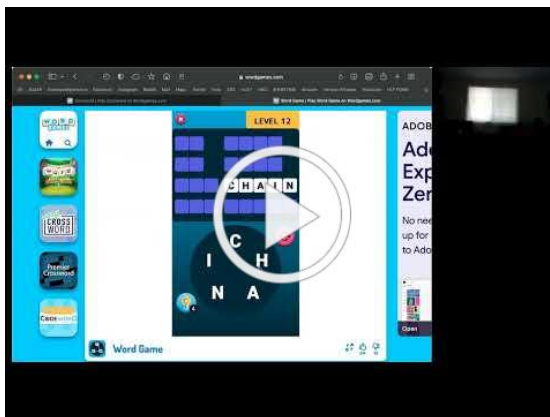


[Register now for next month's events!](#)

HLP: Brain Games

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

Watch our previous videos below of Scattergories and Boggle 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.

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](#)

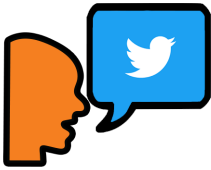


[Wednesdays with Matt
and Kristen: Playlist](#)



[Fridays with Erin:
Playlist](#)

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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

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

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