



Advocacy Matters

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

August 2019

Summer is approaching it's end but our advocacy activity shows no signs of slowing down!

We held our first professional development seminar, "Work With Me Here!" to great success. Thank you to everyone who attended!

Many HLP events took place this month including a trip to Alstede Farms, a Lakewood Blueclaws baseball game, two trail hikes, a trip to Splashplex Water Park, and a glass blowing course at Hot Sand.

[September is our Fall Conference, so don't forget to register!](#) The deadline is September 4th.

[And the following month we will hold our Masker's Barn event, which is also open for registration.](#)

Let's reflect back on the month of August!

Work With Me Here! A Professional Development Seminar



The New Jersey Self-Advocacy Project team hosted a half-day seminar in Warren County on August 15, 2019. The event was open to any Direct Support Professional, support coordinator, job coach, program administrator, or staff member supporting people with intellectual and developmental disabilities. We had more than 30 attendees eager to attend our three workshops.



Three workshops were presented at the event. "Hello, I'm Here." (Workshop A) was presented by Jessica Lax, Self-Advocate, MSW, LSW and Crystal Rogers, Parent Advocate and Political & Community Organizer with NY State Nurses Association. This presentation discussed how effectively interacting with people with disabilities leads to inclusion and acceptance.

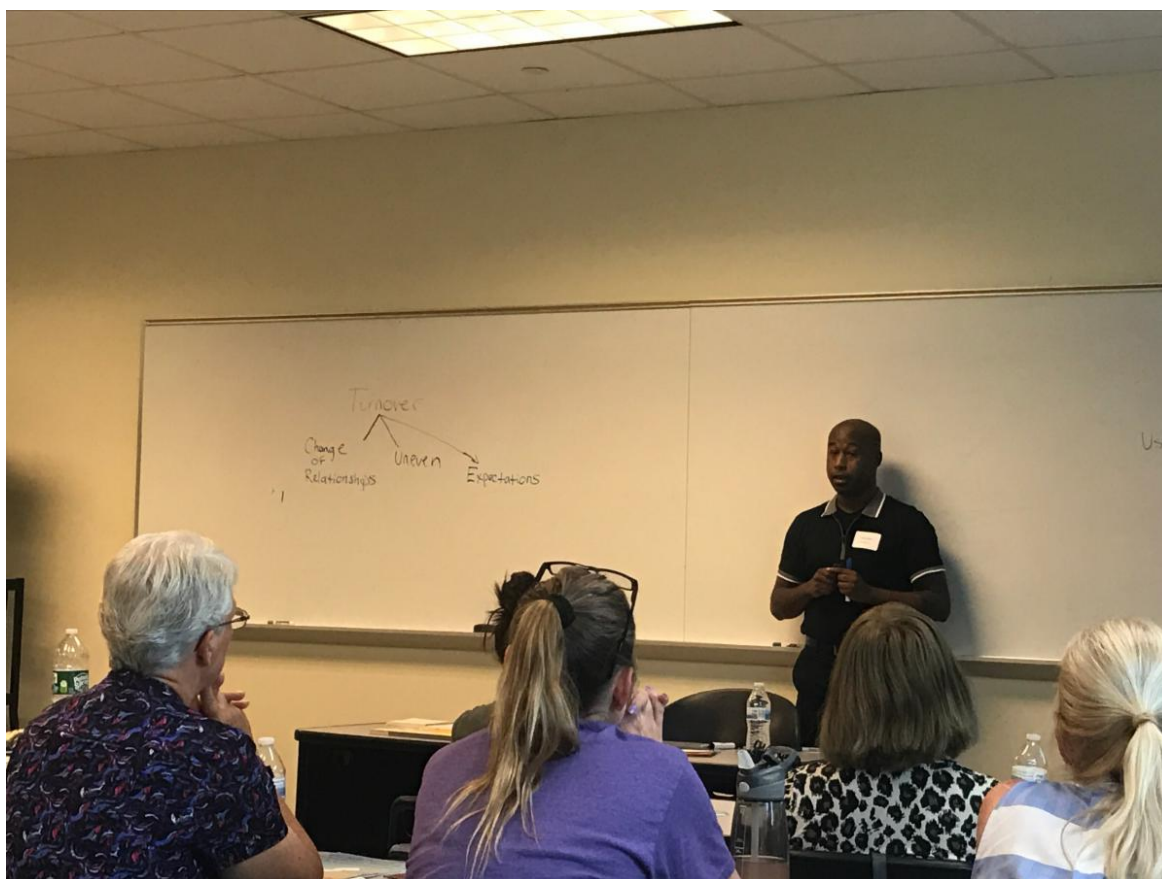


"Decisions, Decisions!" (Workshop B) was presented by Carinne Buzzuto, Training Coordinator & Self-Advocacy Advisor at The Arc of Warren. DSPs learned how to effectively help individuals with I/DD make choices in their lives. How to know what a person wants, without needing them to tell us with words or sentences, was also discussed.





"Best Practice or Best Friend? The Value of Professional Boundaries" (Workshop C) was presented by Wesley Anderson, Director of Training and Consultation Services at The Arc of New Jersey. In this presentation, the difference between what is helpful for the individuals we serve in the short-term and empowering for them in the long-term was discussed, as well as exploring strategies for navigating the gray area.





Thank you to all of our wonderful presenters and all who attended. If you have feedback about the event and would like to help us improve your experience for next year, [please take our post-event survey](#).



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.



HLP: Alstede Farms

Advocates from Abilities and SCARC were welcomed to Alstede Farms for some exciting farm activities. We went on a wagon ride and saw some adorable barnyard animals. We had an educational session on various farming activities and facts. Plus there was the added bonus of picking some delicious peaches along the way!



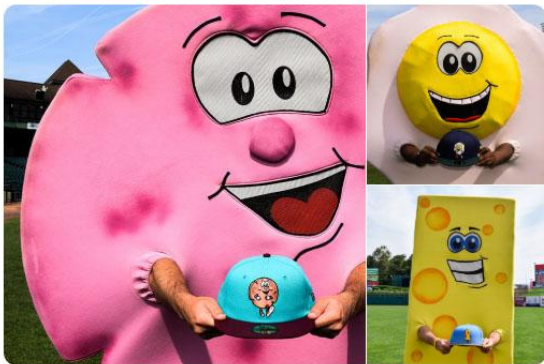


HLP: Lakewood Blueclaws

The Lakewood Blueclaws generously donated tickets to the New Jersey Self-Advocacy Project for one of their baseball games. The game also had post-game fireworks!







HLP: Loantaka Trail

One of our two trail walks this month led us to Loantaka Trail in Morristown. The Loantaka Brook Reservation is a general purpose park comprised of 883 acres with 9.9 miles of trails. This linear greenway through a lush flat terrain park is perfect for biking, jogging and more. There are both paved and unpaved trails through a variety of scenery.





HLP: Splashplex

We made a return trip to Splashplex in East Hanover this summer! Everyone had a chance to soak up some sun, cool off by riding the water slides, and take a leisurely float down the lazy river.



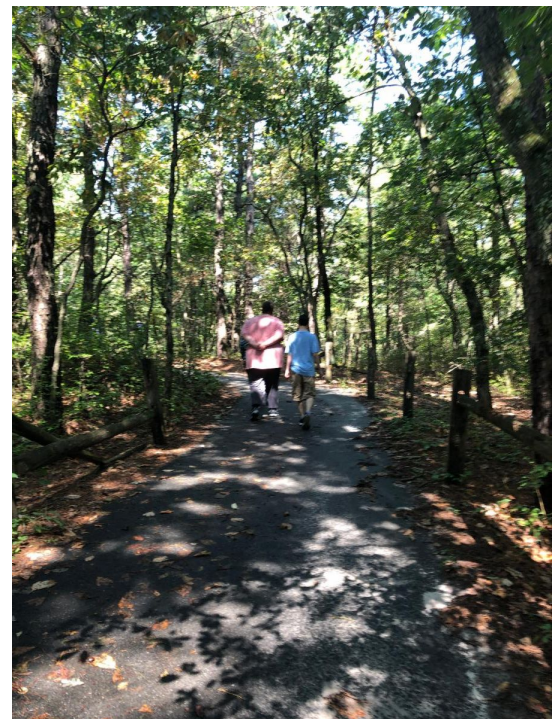




HLP: Blueberry Trail Hike

Our second trail hike was at Blueberry Hill Loop, a 1.8 mile trail located near Gibbsboro. The hike was a lovely chance to see wildlife and get some exercise.





HLP: Hot Sand

Something a little different than usual! Advocates had the chance to visit Hot Sand in Asbury Park to learn the basics of glassblowing. Everyone had a chance to assert their decision making skills by choosing a shape, color, and style for their glass object. All colors of the rainbow were offered as an ornament, bubble, or egg with the choice of swirls or spots. The staff then taught each individual about the process in front of them and let them blow the glass into the proper shape. We can't wait to see how our creations turned out!





Save the Date



October 3rd, 2019
9 Cataract Hollow Road
Berkeley Heights, NJ 07922

The event will consist of a light breakfast, health and fitness activities, a catered lunch with an array of healthy food options, and some amazing giveaways!

[Click here for the full schedule.](#)

RSVP today by emailing Ashley at ARitchey@ArcNJ.org.

Fall Conference



[Registration is now open for this year's fall conference!](#)

Saturday, September 28th,
2019 at the Westin Princeton.

The registration deadline is
September 4th, register today!

DD Training Resources



We welcome your feedback on our DD Training Resources website!

DD Training Resources is a new online database, funded by a grant from The NJ

Council on Developmental Disabilities and run by The Arc of New Jersey's Family Institute. It provides a wide range of information about trainings and support resources for individuals with intellectual and developmental disabilities and their families throughout the State of New Jersey.

[Click here to take our website feedback survey.](#)

Call for Submissions



Do you have any art, stories, poems, songs or videos to share? The Total Inclusion Project is a web-based format for displaying creative works by people with intellectual and developmental disabilities. Send us your work and we may feature it on our website and in future editions of Advocacy Matters!

Contact us at NJSAP@ArcNJ.org or call 732-749-8514 for more information.

Interested in a training or workshop at your location? Hit REPLY and let us know!

A training on our program, NJSAP
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself



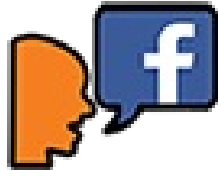
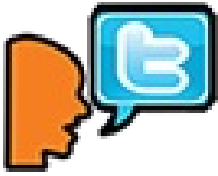
Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

Healthy Relationships
Online Dating
Aromatherapy
First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene

Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness



For more photos from our events and information about upcoming events,
check us out on social media!



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**