



# Advocacy Matters

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

## September 2019

September has been quite the busy month!

Council 3 of the New Jersey Statewide Self-Advocacy Network held their annual Bowl-A-Thon Fundraiser.

The NJSSAN Advisory Board reviewed their by-laws with a presentation by Michael Pearson, Jr.

We had the chance to attend the ATAC Summit on Assistive Technology.

Another Pathways to Justice event was held in Monmouth County with an Expert Panel led by NJSAP Director, Ashley Ritchey.

Our HLP events continue including: Fairy Trail Walk, Cape May County Zoo, Equine Therapy at SPUR, Native Ways at the New Jersey Sea Grant Consortium, Hawkwatch Trail Walk, and iFly indoor skydiving.

Our Fall Conference will take place this Saturday, September 28th, so we look forward to seeing everyone there! Stay tuned next month for photos from the event.

Let's reflect back on the month of September!

## C3 Bowling Fundraiser

Council 3 of the New Jersey Statewide Self-Advocacy Network held their annual Bowl-A-Thon Fundraiser at AMF Strathmore Lanes in Aberdeen. Everyone had a chance to bowl and socialize while raising money for the Council 3 budget. Thank you to everyone who came out and to Strathmore Lanes for having us!









## NJSSAN Advisory Board

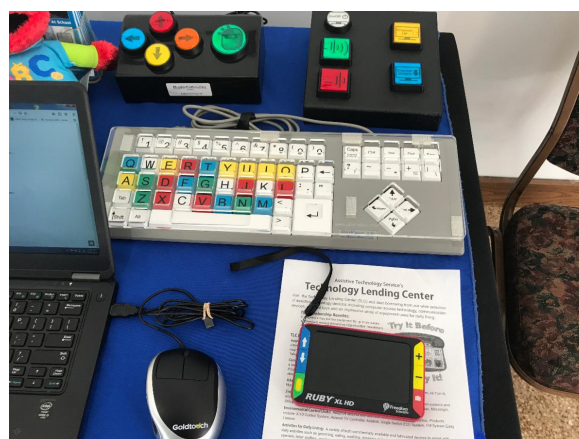
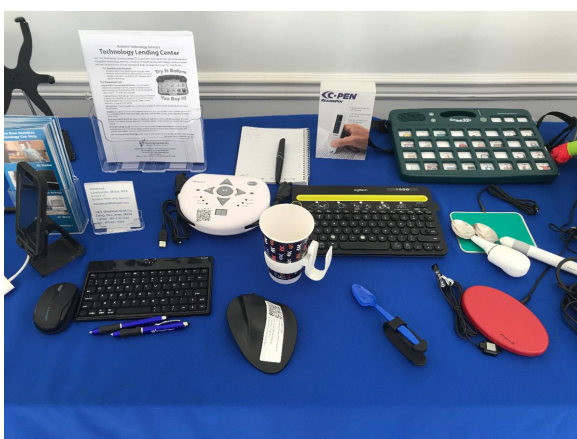
Our New Jersey Statewide Self-Advocacy Network Advisory Board meeting this month included an excellent presentation by Michael Pearson, Jr., Training and Technical Assistance Coordinator of the New Jersey Self-Advocacy Project team. Michael took the time to review the Advisory Board's by-laws, provided case examples of how the by-laws work, and explained how they can be amended.





# ATAC Summit

The Richard West Assistive Technology Advocacy Center (ATAC) of DRNJ is a comprehensive statewide program of technology related assistance designed to increase access to assistive technology for people with disabilities of all ages. The summit was attended by over 190 consumers and professionals for a day of learning and sharing about all areas of Assistive Technology. We had a chance to attend and learn more about the amazing advances being made in Assistive Technology and how it can be made available to people with I/DD in New Jersey.



## Pathways to Justice

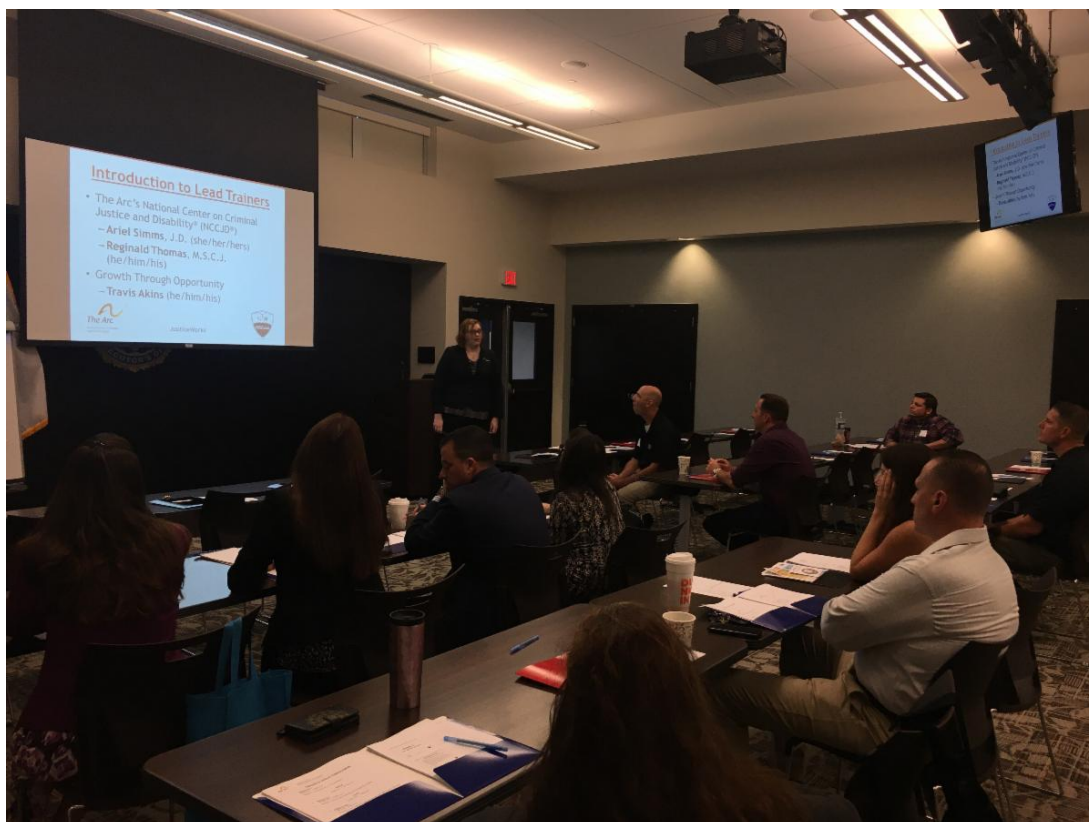
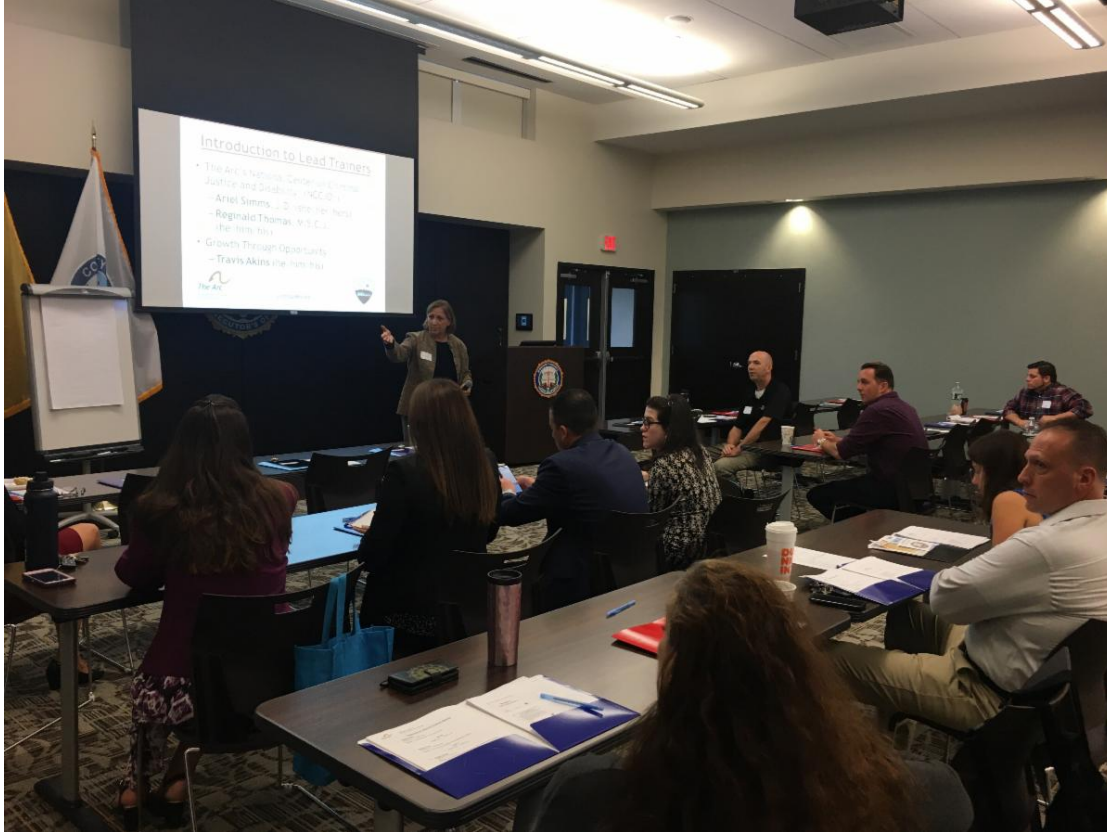
Ashley Ritchey, Director of the New Jersey Self-Advocacy Project team, led the expert panel discussion at the Pathways to Justice summit this month. Thank you to The Arc of The United States for coordinating the event and The Monmouth



County Prosecutor's Office for hosting the event! We are looking forward to the start of the Growth Through Opportunity cadet program launch coming soon in Monmouth County!







## Internet Essentials

The Internet is arguably the most important technological innovation in history. Comcast offers Internet Essentials to more than eight million low-income people, offering low-cost, high-speed Internet at home so that all qualified low-income households can be ready for anything.

Click below to find out more and see if you qualify!





Internet Essentials from Comcast has connected millions of low-income Americans to low-cost, high-speed Internet at home, giving everyone the opportunity to succeed.

[Read more  
corporate.comcast.com](https://corporate.comcast.com)



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: Fairy Trail

One of our hikes this month took us to the whimsical South Mountain Fairy Trail in Millburn. Intricate little fairy houses, made mostly of natural materials, line a



mile-long stretch of trail in the South Mountain Reservation park.

Therese Ojibway, a special education teacher, started building and placing the fairy houses along the trail in 2011 to offer unexpected surprises for outdoor explorers.





# HLP: Cape May Zoo

The Cape May County Park & Zoo in Cape May Court House provides free year-round admission to a collection of more than 550 animals representing 250 species in 85 acres of exhibits. With 200 different species of mammals, birds, amphibians and reptiles and approximately 500 animals, self-advocates had the opportunity to learn a lot about wildlife!







## HLP: Equine Therapy

Working in conjunction with the Monmouth County Park System, Special People United to Ride (SPUR) is a non-profit organization that provides individuals with disabilities the opportunity to achieve personal goals through therapeutic horsemanship. Advocates learned about horses and were able to groom and lead them with guidance from the amazing and friendly staff at SPUR!











## HLP: Native Ways

Advocates went fishing with a seine net and learned about the native people who camped on "Sandy Poynt" during pre-colonial times during their trip to New Jersey Sea Grant Consortium. We learned a lot about survival skills and nature at this unique event.

















## HLP: Hawkwatch Trail

The next trail walk this month took place at Hawkwatch Trail in Rockaway. This pleasant walk included an excellent view at the overlook at Wildcat Ridge. Our exercise and persistence up the trail made for quite a beautiful and rewarding scene!











## HLP: iFLY

iFly makes the dream of flight a reality with indoor skydiving in a safe and fun environment. Regardless of physical or cognitive challenges, everyone should be given the opportunity to spread their wings. Check out the video below to see the flying in action!







## Fall Conference

Thank you to everyone who registered for our 36th Annual Fall Conference! Stay tuned next



month for photos and memories from the event!



## 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](mailto: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



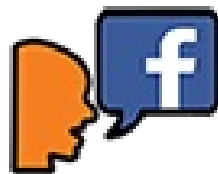
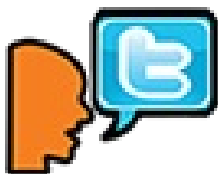
Voting  
Boosting Your Self-Confidence  
The Americans with Disabilities Act  
Employment & Pre-Employment Skills  
Healthy Communication  
Respectful Behavior  
Anger Management

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