



# Advocacy Matters

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

## October 2019

The amount of advocacy activity this month is almost scary!

Council 3 held their annual Halloween bash with contests, prizes, good food and of course amazing costumes.

Somerset County held a Diversity Fair and invited the New Jersey Self-Advocacy Project team to run a booth to celebrate diversity and educate others about people with I/DD and the importance of inclusion.

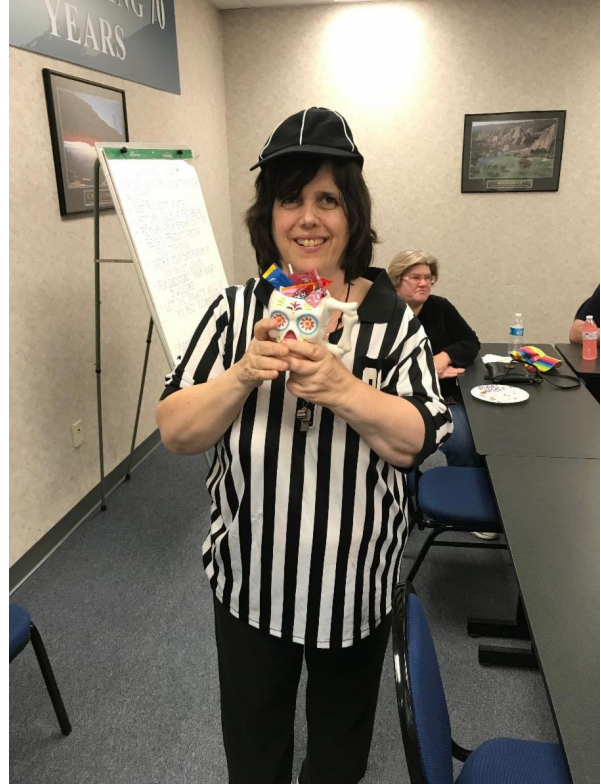
We started the month with our annual Healthy Lifestyles Project event at Masker's Barn. Our other HLP events this month included multiple farm tours, a hike with diverse scenery, and laser tag.

Let's reflect back on the month of October!

## Council 3 Halloween Party

Council 3 of the NJSSAN held a special Halloween bash for their meeting this month, including a Thriller dance contest and costume contest.

Great costumes, everyone! We hope everyone else will get into the Halloween spirit this month!







## Diversity Fair

Somerset County hosted a Diversity Festival at the Administration Building in Somerville. The event was free and open to the public, including exhibits that provided diversity-related materials with information about programs and county services from local agencies and organizations, including The Arc of New Jersey booth.

Let's continue to promote diversity together throughout the state!





The Healthy Lifestyles Project (HLP) is a program of **The Arc of**





# Healthy Lifestyles Project

*improving health, improving lives*



**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.

## Thank You, Horizon!



## Masker's Barn

We returned again to Masker's Barn at the Watchung Reservation for a gathering to promote healthy living. The event included light breakfast, fitness sessions, yoga, and a catered lunch with an array of healthy food options, plus some amazing giveaways!

Check out the videos below to see everyone working hard to stay fit!













## HLP: Terhune Orchards

We went on a farm tour at Terhune Orchards in Princeton. The tour included a discussion about food production, water conservation, and land preservation followed by apple picking and a view of some farm animals. Perfect fall activities!











## HLP: Cattus Island Hike

We went on a trip to Cattus Island Park in Toms River as our hike this month.

Cattus Island is home to pine lands, marshes, and beaches. You can even spot some osprey nests!









## HLP: Duffield's Farm

We also went on a farm tour at Duffield's Farm in Sewell. The day included a surprisingly comfy hayride and pumpkin picking.









## HLP: Ort Farms

Our farm tour at Ort Farms in Long Valley included a hayride, pumpkin picking, petting zoo and delicious apple and apple cider.







## HLP: Laser Tag

We had an awesome time at Branchburg Sports Complex playing laser tag for an hour. What an exciting way to get your heart rate going!





## DD Training Resources

### DD Training Resources

**Training resources for people with intellectual and developmental disabilities and their families**

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



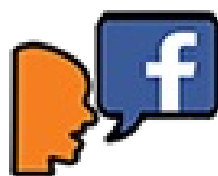
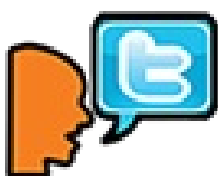
Voting  
Boosting Your Self-Confidence  
The Americans with Disabilities Act  
Employment & Pre-Employment Skills  
Healthy Communication  
Respectful Behavior  
Anger Management

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**