



Advocacy Matters

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

January 2020

Happy New Year! We've started 2020 off right with amazing trainings, exciting events and more!

The NJSAP Team has joined the world of Instagram and started a new monthly hashtag campaign beginning with #Advocate4Love.

We held trainings on Boosting Self-Confidence as well as Voting.

Advocates were given the opportunity to testify at a hearing centered on transportation issues.

We held 4 Healthy Lifestyles Project events including Laser Tag, Cooking, and Snow Tubing.

Let's reflect back on the month of January!

#Advocate4Love

With our recent foray into the world of [Instagram](#), the NJSAP Team would like to continue our social media journey by implementing monthly hashtags centered on self-advocacy and topics important to people with I/DD.

With Valentine's Day approaching, February is a month of love! We'd like to start off with **#Advocate4Love**. Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram, any and all!). Take a photo with a loved one, spread the importance of love and inclusion for all, tell a story about your significant other, anything that fits the theme. Don't forget to use the hashtag **#Advocate4Love** and tag **@NewJerseySAP** (FB and Instagram)/**@NJSAP** (Twitter) and **@TheArcofNJ**.

This is also a great time to spread awareness of and build support for the Marriage Access for People with Special Abilities Act. Many people with disabilities find it difficult to get married without losing a portion of their SSI benefits. Sign the petition below to support legislation that would remove this barrier to marriage.

[Click here to sign the petition](#)

Boosting Self-Confidence

Take a look at this confident crew! We went to Hudson Milestones for training on Building Your Self-Confidence which included a step-by-step guide to becoming a more self-assured person.





Voter Training

We talked about the importance of voting and had a demonstration with some of the lovely folks at NJID in Toms River. Remember, it's an election year and your voice matters! [For more information on voting, click here.](#)



Transportation Hearing

On January 16, several members of the NJ Statewide Self-Advocacy Network submitted testimony and testified in person at the Senate Select Committee on New Jersey Transit at the State House in Trenton. The Committee received testimony from invited guests on best practices of transit agencies for providing services to persons with disabilities. Thank you to Senate President Sweeney and members of the Select Committee for convening this important hearing and for including NJSSAN in the conversation.





Healthy Lifestyles Project

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!

HLP: Laser Tag

Participants of the Healthy Lifestyles Project strive to create opportunities for movement and exercise in their everyday lives, as well as to try new fitness activities. We hosted two events at Branchburg Sports Complex this month. Self-advocates were invited to play 3 rounds of laser tag and asked to work as a team to complete various missions, all while boosting their heart rate and energizing their minds.







HLP: Cooking Class

This Cooking Class at Classic Thyme Cooking School in Westfield was a tasty treat! The class included a hands-on demonstration as well the opportunity to eat the freshly Italian cooked meal.







HLP: Snow Tubing

Chilly weather doesn't mean we can't have any outdoor fun! Advocates had an amazing time sliding down the slopes at Mountain Creek.





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



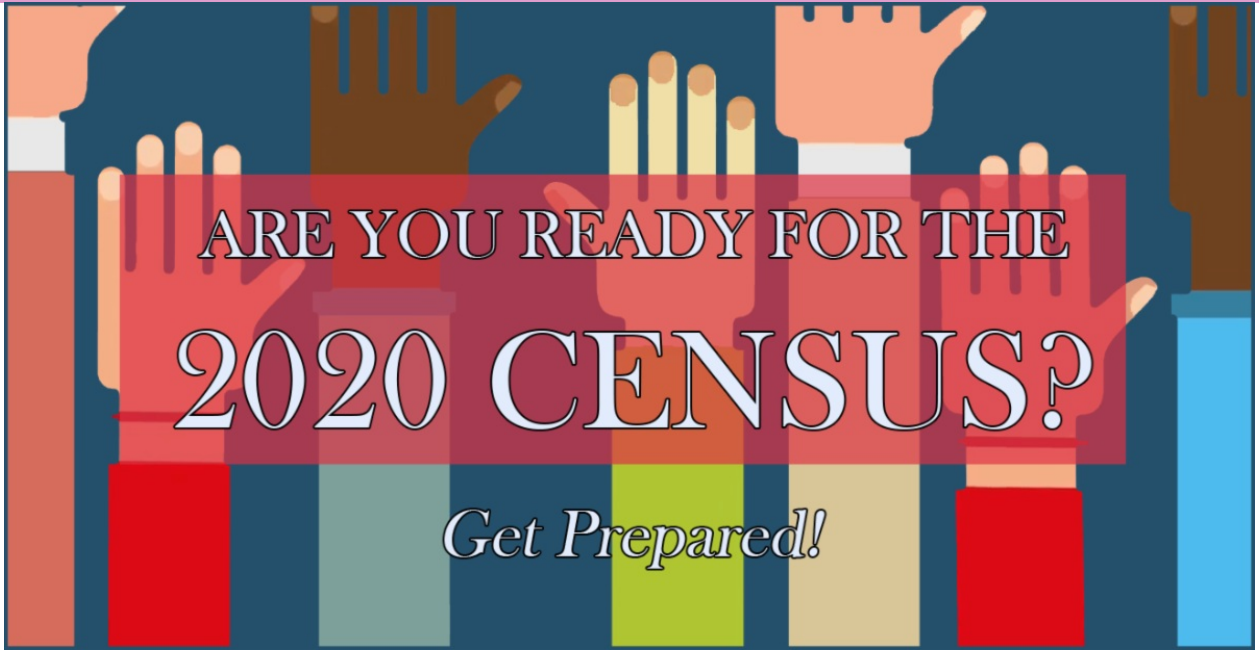
Voting
 Boosting Your Self-Confidence
 The Americans with Disabilities Act
 Employment & Pre-Employment Skills
 Healthy Communication
 Respectful Behavior
 Anger Management

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

NEW! 2020 Census
NEW! Consent & Respect
 Proper Portion Sizes
 Dangers of Sugar
 Quick Healthy Snacks
 Stress Relief
 Yoga & Meditation
 Indoor Exercise & Adaptive Fitness



2020 Census Training



ARE YOU READY FOR THE 2020 CENSUS?

Get Prepared!

The Census, opening in March, will have a great effect on New Jersey's government and funding, so count me in! Can we count on you to take part, too? Our new training explains what the census is, why it is important, and how to participate.

Contact us at NJSAP@ArcNJ.org or call (732) 749-8514 to schedule this free training at your location.

[Download our flyer here.](#)

Developmental Disabilities Awareness Month

Developmental Disabilities Awareness Month



To celebrate National Developmental Disabilities Awareness Month, The Arc of New Jersey and New Jersey Statewide Self-Advocacy Network invite you to visit our information table at

Goldfinch Square in the State House on Thursday, March 19, 2020. Self-advocates will be on hand to share resources and answer questions about current issues affecting the lives of people with I/DD and their families. Legislators from Districts across the state will be stopping by throughout the day.

RSVP is required to attend. Please confirm attendance and schedule a time slot by emailing NJSAP@ArcNJ.org. **A valid photo ID is required to attend.

Questions? Please contact Frankie Bayak at NJSAP@ArcNJ.org.

Download our flyer
here.

Register Now for the Spring Luncheon!



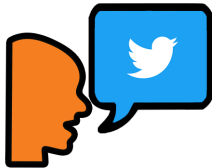
Registration is now open for this year's spring luncheon!

Saturday, April 18th, 2020 at the Imperia in Somerset.

The registration deadline is March 18, 2020, so register today!

Registration is open!

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



[Twitter](#)



[Facebook](#)



[Instagram](#)



[Youtube](#)

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