



Advocacy Matters

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

November 2019

This month we certainly have a lot to be thankful for!

NJSAP team member Michael Pearson presented four trainings as part of the NJACP Conference "Self-Advocacy Track".

The Arc of New Jersey held their 70th Anniversary Dinner and awarded NJSSAN Advisory Board President Evelyn Ramundo the "The Bill Sackter Award".

We sent Thank You cards to Governor Murphy to show our appreciation of DSPs and continued to push for a raise in their wages.

We wished good luck to former NJSAP team member Daniel Pearson at his new job and thanked him for his work with NJSAP and the NJSSAN.

Our Healthy Lifestyles project events this month included events at: Howling Woods Farm, Morris County School of Glass, Raptor Trust, Totes Goats, Circle Bowling, Allaire Community Farm, and Bamboo Brook Education Center.

Let's reflect back on the month of November!

NJACP Conference

The 36th Annual NJACP Conference was held this month at Resorts Hotel & Casino in Atlantic City. NJSAP team member Michael Pearson presented quite a number of workshops as part of the event's "Self-Advocacy Track." Great job, Michael!

The Self-Advocacy Track included four sessions covering four topics.

- **Forming Self-Advocate Groups:** This inclusive training provides a blueprint for starting and maintaining self-advocacy groups. The workshop also focuses on the roles and responsibilities of group members, elected officers, and advisors.
- **Count Me In: Social Inclusion and Self-Advocacy:** This workshop discusses the history of self advocacy, and its direction for the future. This

workshop includes a letter-writing exercise to influence policy change in local and state government.

- **Express Yourself: Building Communication Skills:** This workshop examines the basic communication model, and how we use it in a variety of ways. An emphasis is placed on interpersonal communication, including methods used and potential barriers to an exchange of information.
- **Survival Guide to Healthy Relationships:** This workshop focuses on the different types of relationships that people will experience throughout their lives. It examines the similarities and difference of each relationship, as well as how our behavior and communication style may change for each one.

We hope all the self-advocates who attended learned a lot and had an enjoyable time.





Congrats, Evelyn!

The Arc of New Jersey 70th Anniversary Dinner was held on November 21, 2019. Congratulations to Evelyn Ramundo, now a proud recipient of "The Bill Sackter Award."

Evelyn received this award for her outstanding advocacy work over the last decade. She is President of the Advisory Board of the New Jersey Statewide Self-Advocacy Network, and speaks at our annual Fall Conference and Spring Luncheon. She is also the President of Advocates for Change at The Arc of Somerset. Evelyn advocates on the county and statewide levels and she has testified numerous times at The State House in Trenton for the rights of people with disabilities. Thank for all of your hard work over the years, Evelyn!





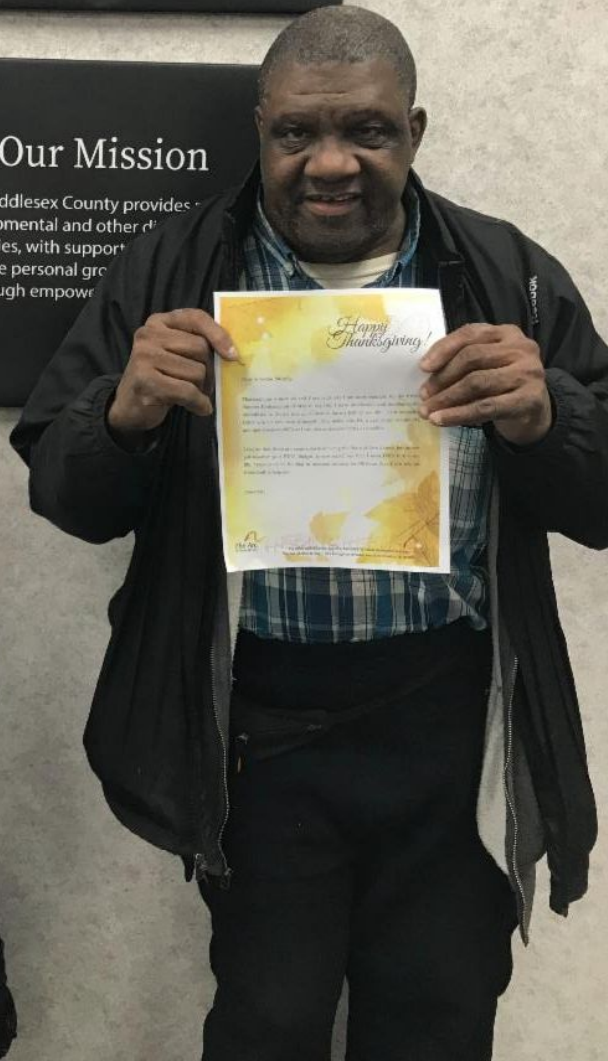
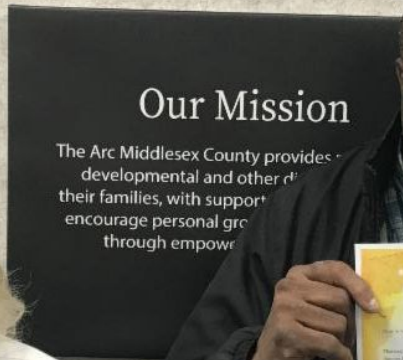
Thanksgiving Cards to DSPs

With Thanksgiving right around the corner, now is the time to tell Governor Murphy how thankful we are for Direct Support Professionals in New Jersey and why there must be salary increases for these staff in the Fiscal Year 2021 Budget.

Governor Murphy and his Administration are already making decisions about funding priorities for next year. If you or a loved one depend on DSPs, or if you are a DSP working hard to support someone with intellectual and developmental disabilities (I/DD), we need your voice. DSPs are NOT just convenient to have. Their support is NOT optional and their importance can NOT be overstated. They are a necessity for people with I/DD and their families and the Governor must hear it!

Thank you Herbert and Renee of the NJSSAN Advisory Board, the 30 people at Council 1, and everyone else who took the time to participate!

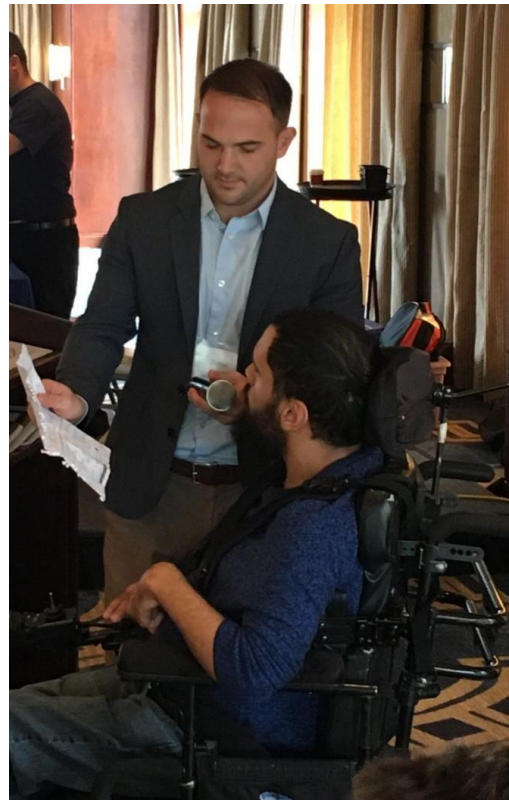
[Click here to send your own!](#)





Thank You, Daniel!

Daniel Pearson, Outreach & Communications Coordinator of the NJSAP Team, has accepted a position at another organization. Let's take a moment to wish Daniel well and reminisce on the amazing work he did as part of NJSAP and as Advisor to Councils 4 & 5!





The Healthy Lifestyles Project (HLP) is a program of **The Arc of New Jersey** and receives funding



improving health, improving lives



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!



HLP: Howling Woods Farm

Self-advocates had the opportunity to learn about wolves and wolfdogs - and even pet a few - at Howling Woods Farm in Jackson. We even got to experience the wolves howling; we understand how the farm got its name!

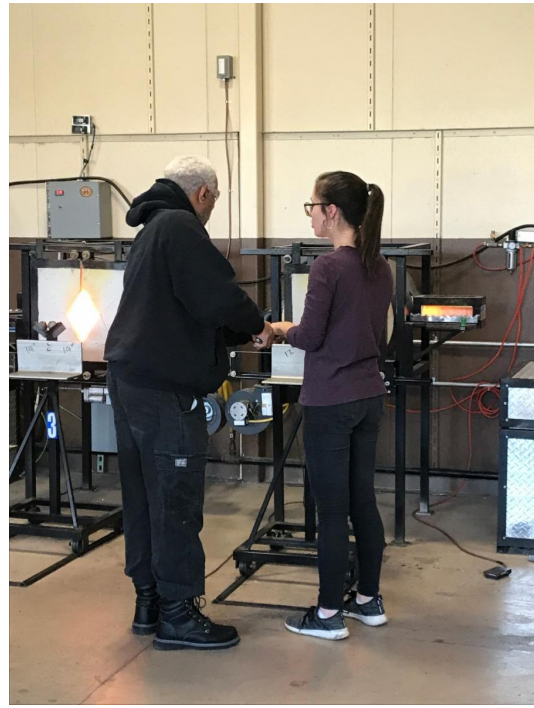






HLP: Glassblowing

We went to Morris County School of Glass to learn how to make beautiful glass objects. The Morris County School of Glass is a public access glass blowing school, studio, and gallery providing access to the art of glassblowing through classes, demonstrations and events. Everyone had the chance to make a glass items during the event to take home.





HLP: Raptor Trust

We went to The Raptor Trust to see some incredible birds. The Raptor Trust is a wild bird rehabilitation center located in the Millington section of Long Hill Township in Morris County, surrounded by the Great Swamp National Wildlife Refuge.





HLP: Goat Yoga

A truly unique HLP experience! At Totes Goats in Ringwood, a yoga instructor guided everyone on basic yoga poses and mediation skills. Meanwhile, four adorable, tiny goats in pajamas supported and encouraged participants as we pet the goats and even let them balance on our backs!

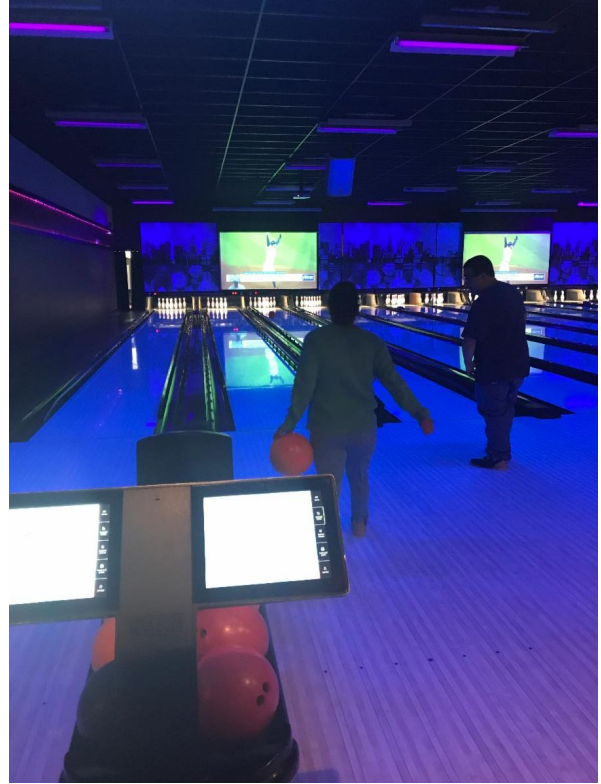






HLP: Circle Bowling

Bowling, arcade games, and energetic laser tag: a triple dose of fun was had at Circle Lanes in Ledgewood.





HLP: Allaire Farms

Our last farm event of the year, at Allaire Community Farm, included a hayride, petting zoo and learning about farm activities.





HLP: Bamboo Brook Education Center

We weathered the cold in our HLP hats and scarves on a hike at Bamboo Brook Outdoor Education Center in Chester Township.





DD Training Resources



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

We welcome your feedback on the 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.](#)

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



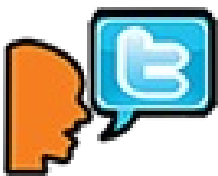
Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

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

New! Consent & Respect
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