

Advocacy Matters

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

February 2018

It's the end of February and spring is fast approaching (as is our [Spring Luncheon!](#)) This month's activities were focused on organization and leadership within self-advocacy groups in the New Jersey Statewide Self-Advocacy Network and beyond.

The newly formed Positive Living & Choice-Making Group set up their goals for moving forward as a successful self-advocacy group.

Council 3 held elections at their meeting this month.

Council 2 had a musical guest at their meeting this month.

The NJSSAN Advisory Board welcomed some new faces and took a group photo.

Let's reflect back on this month!

Positive Living & Choice-Making Group

The newly formed self-advocacy group Neighbor's (Mercer), the Positive Living & Choice-Making Group, made a few checklists at their meeting this month. They focused on discussing why the group formed and discussing concrete goals for the group to reach in the future. Their goals included building self confidence in choice-making, learning positive coping skills, exploring their own skills and talents, improving communication skills, learning their rights and the rights of others, and staying informed on current events; a great example of points for any self-advocacy group to focus on!

Why are we here?

- Set an example
- Support
- Share thoughts and opinions
- Pride
- Network
- Learn Skills
- Common Interests
- Self-Advocacy
- Share experience
- Community
- Share knowledge
- Resources
- Advocacy
- Build Relationships
- Empowerment

What makes us happy?

- Family
- Listening
- Food
- Movies
- Music
- Computer
- Social Media
- Happiness of loved ones
- Hobbies
- Friends
- History
- Elf
- Texting
- Summer
- Travel
- Phone

GOALS

- Build Self Confidence in
Choice Making
 - New Choices
 - Go out in community
 - Make friends
 - Independent Decisions
 - More things w/o parents
- Learn Positive Coping Skill
 - Comfort in new situations

- Explore Your Skills, Talents
 - Poker
 - Sewing
 - History
 - Networking
 - Housekeeping
 - Handy
 - Tech
 - Support
 - Good Sport
 - Good Friend
 - Giving Directions
 - Trivia

- Improve Communication Skills
 - Speaking
 - Research
 - Listening
 - Groups
 - Networking
 - Confidence
 - Emotion
 - Technology
 - Texting/Email
 - Pen Pal
 - Vocabulary
- Learn Your Rights and Others Rights
 - Accessibility
 - Self-Expression
 - Self-Advocacy
 - Constitution
 - I have a dream
 - Independence
 - Nobody should tell you what you can't do
 - Free Speech
 - 1st Amendment
 - Voting
- Stay informed about current events

Council 3: Elections

Elections were held at the Council 3 meeting this month for Chair, Vice-Chair, Treasurer, Secretary and Sergeant-at-Arms. Let's welcome our new Council 3 officers!



(left to right) Sean Stevens, Brian O'Malley, AJ Williams, Kathleen Muoio, Anita Clavering

Council 2 : Music Therapy

This month's Council 2 meeting included a special musical guest, Ellen deHavilland. Ellen utilized colored fabrics, percussion instruments, and her voice to evoke an array of emotions in the group.



NJSSAN Advisory Board

Since individual council elections are underway, some new faces are showing up at the NJSSAN Advisory Board. Those present this month posed for a group photo at The Arc of Middlesex after their meeting.



(left to right, back row) Herbert Glover, Evelyn Ramundo, Mark Bloom, Brian O'Malley, Sean Stevens
(front row) Renee Pierce, Colleen Watkins, and Ellen Moskowitz.

Interested in an HLP workshop at your location? Hit REPLY and let us know!

Healthy Lifestyles Project

improving health, improving lives

The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. Contact us to set up a time and date at your location! The New Jersey Self-Advocacy Project Team will provide free workshops on the following topics:

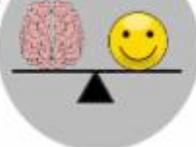
Illness Prevention



Proper Hygiene



Stress Management



Yoga and Meditation



Aromatherapy



Healthy Relationships



Self-Confidence Training



Eating Healthy



Getting in Shape



Connect With Us!

Phone & Fax: (732) 749-8514

Email: NJSAP@ArcNJ.com

www.Facebook.com/NewJerseySAP

www.Twitter.com/NJSAP

www.NJSelfAdvocacyProject.org


The Arc
of New Jersey

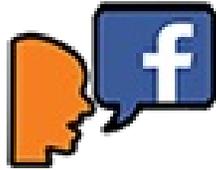

Horizon 
Foundation for New Jersey

Spring into Action!



Registration is now open for our Spring Self-Advocacy Luncheon on April 7, 2018. [Click here to register online](#) or by mail!

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