Let’s look back at the advocacy activities that took place this month!

In need of virtual programming? Inquire about our virtual trainings, webinars, and events!

Take a look at our New Jersey Statewide Self-Advocacy Network Council pages and the current NJSSAN Priorities.

We host one brand new webinar each month and present replays of past content. Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.

We continue to host our interactive Zoom series Healthy Lifestyles Project: Live! You can check out our past events below and register for upcoming sessions here.

Our weekly Brain Games session is held each Thursday at 1 PM. Watch archived videos here and join in LIVE every week on Zoom.

We continue to post all across our social media pages! You can find new videos every Monday, Wednesday and Friday about Health, Fitness and Nutrition!

We have a lot to say, so make sure to click "View entire message" if it appears at the bottom of this newsletter. If you have been forwarded this message, you can subscribe here.

Virtual Programming every day of the week!
Click the image above to download the planner, complete with live links to all of our programming! Email NJSAP@ArcNJ.org if you have any questions.

- Struggling with technology? **Maybe one of our tech tutorials can help.** You can also **contact us** to set up a virtual training.
- Looking for a training for your group? Check out our Training Portal for topics! **We hosted 201 trainings this year for 5,606 self-advocates!**

**NJSAP & NJSSAN Update**

We are holding monthly NJSSAN Council meetings **virtually!**

**For information regarding your Council area, please click here.**

Visit your council page to download calendars for 2023.
Leigh V. Simpson from Toms River Mayor’s Advisory Committee on Developmental Disabilities came out to talk to Council 3

Leigh Simpson, Chair of the Toms River Mayor’s Advisory Committee on Developmental Disabilities, spoke to Council 3 on May 9th, 2023 about ways self-advocates can get involved in their group. The Committee helps advocate for individuals with developmental disabilities. Leigh also invited Council members to the Field of Dreams Vendors and Food Truck Festival scheduled for next month. Field of Dreams is a recreational facility designed to serve individuals of all ages and abilities.

Paul S. Aronsohn, Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families, talked to Council 1

Paul Aronsohn came to speak with Council 1 about issues important to self-advocates living in Hunterdon, Morris, Sussex & Warren Counties. They listed housing, direct care staff and training, and transportation as the biggest problems. He responded to each topic raised and let advocates know to keep an eye out for his office’s upcoming annual report.

Nicole Warren, LSW, MEd, Program Development Specialist for The Boggs Center on Developmental Disabilities, Came to Council 2
Nicole Warren and Ling Ma, also from The Boggs Center, spoke to Council 2 about the Support Coordinator Competency Needs Survey. Members of Council 2 were able to talk about their experiences with their Support Coordinators in an effort to improve relations between Support Coordinators and the people they serve.

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of people with intellectual and developmental disabilities (IDD) throughout the state. The NJSSAN is used as a means of supporting positive change on both a personal and social level. It consists of 5 Councils based on geographic location within the state.

You can read the current NJSSAN Priorities here.

Mental Health Awareness Month

May is Mental Health Awareness Month. This is the time to raise awareness for individuals with mental or behavioral health concerns, provide support, gain more knowledge, and to advocate for individuals experiencing mental health issues.

Resources Available

Coping Skills

Counting

- Counting Backwards: Count backwards from 10 to 0.
- Counting Random Sequence of Numbers: Count from random numbers you aren't used to like from 357 to 203.
- Counting Specific Items: This is also a method of grounding. For example, count how many chairs are in the basement or count how many times someone on the TV says the word ‘no’.

Grounding

- 54321 Techniques: Purposely take in the details of your surroundings using each of your senses. What are 5 things you can see? What are 4 things you can hear? What are 3 things you can feel? What are 3 things you can smell? What is 3 things you can taste?
- Categories: Choose 3 categories and name as many items as you can in each category. Some examples are 3 categories and 30 items in each category to come up with as many items as possible.
- Alphabet: Pick a category and name an item for each letter of the alphabet.
Trainings

Take a look at the delicious Oatmeal Cream Pies that we made with SCARC. The recipe can be found below if you’d like to give it a try!

**Oatmeal Cream Pie**

*Prep Time: 20 Minutes  Cook Time: 15 Minutes  Total Time: 45 Minutes*

**Ingredients:**
- 1 Cup Butter, softened
- 1 Cup Light Brown Sugar, packed
- 1/2 Cup Granulated Sugar
- 1 Egg
- 1 tsp Vanilla Extract
- 2 1/2 cups All Purpose Flour
- 1 tsp Baking Soda
- 1 tsp Ground Cinnamon

**Filling:**
- 1/4 tsp Baking Powder
- 1/2 tsp Salt
- 1 1/2 tsp Ground Nutmeg
- 1 1/2 tsp Butter
- 2 Cups Powdered Sugar, sifted
- 1 tsp Milk
- 1 tsp Vanilla Extract
- Pinch of salt

**Cooking Instructions:**
- Preheat oven to 350° F and line baking sheet with parchment paper.
- Add the butter, brown sugar, and granulated sugar in a large bowl. Mix together for 3 minutes.
- Add in the egg, vanilla, and cinnamon. Mix until combined.
- In a separate bowl, combine the flour, baking soda, and nutmeg. Mix together.
- Fold the dry ingredients into the wet ingredients. Mix until just combined.
- Drop by tablespoon onto cookie dough into round balls. Place on baking sheet, baking for 12 minutes.
- Allow to cool for 4 minutes. Roll in sugar on a large bowl. Mix until the butter is fully whipped and fluffy.
- Add in the sifted powdered sugar and beat until dissolved.
- Add the milk, vanilla extract, and salt. Mix together, adding more milk until the desired consistency is achieved.
- Once the cookies have cooled completely, place or spread the frosting across half of the cookies. Top with another cookie and enjoy!

---

**Partners In Policymaking**

New Jersey Partners in Policymaking is now accepting applications for the 2023-2024 program! This is a leadership development and advocacy education program for adults with developmental disabilities (over age 21) and family members of young children and transition-age youth available through a collaboration between the New Jersey Council on Developmental Disabilities, The Boggs Center, and Disability Rights New Jersey.

**New Jersey Partners in Policymaking**

**Now Accepting Applications for 2023-2024**

Apply by June 30, 2023

---

**Peer to Peer Networking Sessions**

Peer to Peer Networking Sessions are open to adults with intellectual and developmental disabilities who are self-directing some or all of their services.

They are hosted by the Division of Developmental Disabilities (DDD) and facilitated by staff with the Office of Education on Self-Directed Services in
Peer Networking Sessions are an opportunity for adults with I/DD to share their experiences and connect with peers who are also self-directing: What is going well? What questions do you have? What advice would you share with someone who is new to self-direction?

Advanced registration is required. [Register Here]

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 programming possible!

We are now on our 9th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

Trailblazers Walking Club
Speak Your Mind

In our Speak Your Mind series, we feature short clips of real self-advocates from our network speaking about a variety of topics relating to self-advocacy. Take a look at these shorts clips of advocacy in action and be sure to share on your favorite social media platforms!

*NEW*

Ray Talks About Stimming

Kevin Staying Active in SA
The New Jersey Self-Advocacy Project team is excited to continue our Stay Healthy at Home webinar series! They take place every Tuesday at 2 PM.

Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click here for details.

*NEW*

Financial Literacy: Learn, Earn, and Save!

Financial Management & Budgeting for Self-Advocates
Sexuality and Healthy Relationships for Self-Advocates Taught by Self-Advocates and National Experts

Sexual Harassment and Boundaries

If you’ve attended one of our *Stay Healthy at Home* webinar sessions, we’re very thankful. Please spread the word and register for one of our upcoming sessions!

**Register now for upcoming webinars!**

Healthy Lifestyles Project: LIVE!
The New Jersey Self-Advocacy Project team continues to host bi-weekly sessions of Healthy Lifestyles Project: LIVE! These are live, interactive events on Zoom to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11 AM and Friday at 1 PM.

Register now for next month's events!

**HLP: Brain Games**

Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Snippets and Pictionary to get an idea of all the fun that goes on! Be sure to join us at 1 PM every Thursday! Click here to learn more.

Scattergories

Jeopardy!
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

HLP: Video Guides

Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can’t make it to a live session, try watching our videos on social media!

- On Mondays, we post health and nutrition videos from Veronica Ramirez (Vero Pure Green)
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio (In-Home Personal Training)
- On Thursdays, we post art-making videos by Malik Whitaker.
- On Fridays, we post recipe videos/tips from Erin Smithers (NJSAP).

You can follow along easily and comfortably in your own home. We add videos on Facebook, Twitter, Instagram, and Youtube every weekday for you to follow along!

Mondays with Veronica: Playlist

Tuesdays with Joanna: Playlist

Wednesdays with Matt: Playlist

Thursdays with Malik: Playlist

Fridays with Erin: Playlist

*You are encouraged to share this information with others who may also be interested. However, if you are forwarding this email, please delete the “unsubscribe” link at the bottom of this page. If you do not remove the “unsubscribe” option and a person who receives your forwarded email clicks “unsubscribe,” it would result in your name being removed from our distribution list.*