



Advocacy Matters

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

April 2021

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 activities for this month.

We held a training at NuView Academy on team building.

Our hashtag this month was **#SpringSafety**.

We are continuing our Stay Healthy at Home webinar series! [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.](#)

We are continuing our interactive Zoom series, [Healthy Lifestyles Project: Live!](#) You can check out our past events below and [register for upcoming sessions here.](#)

We are continuing our weekly live Brain Games each Thursday at 1 PM! [Watch old videos here](#) and [join in 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 held our 15th Annual NJSSAN Spring Luncheon to great success! Thank you for joining.

**We have a lot to say, so make sure to click
"View entire message" if it appears at the bottom of this
newsletter.**

Virtual Luncheon

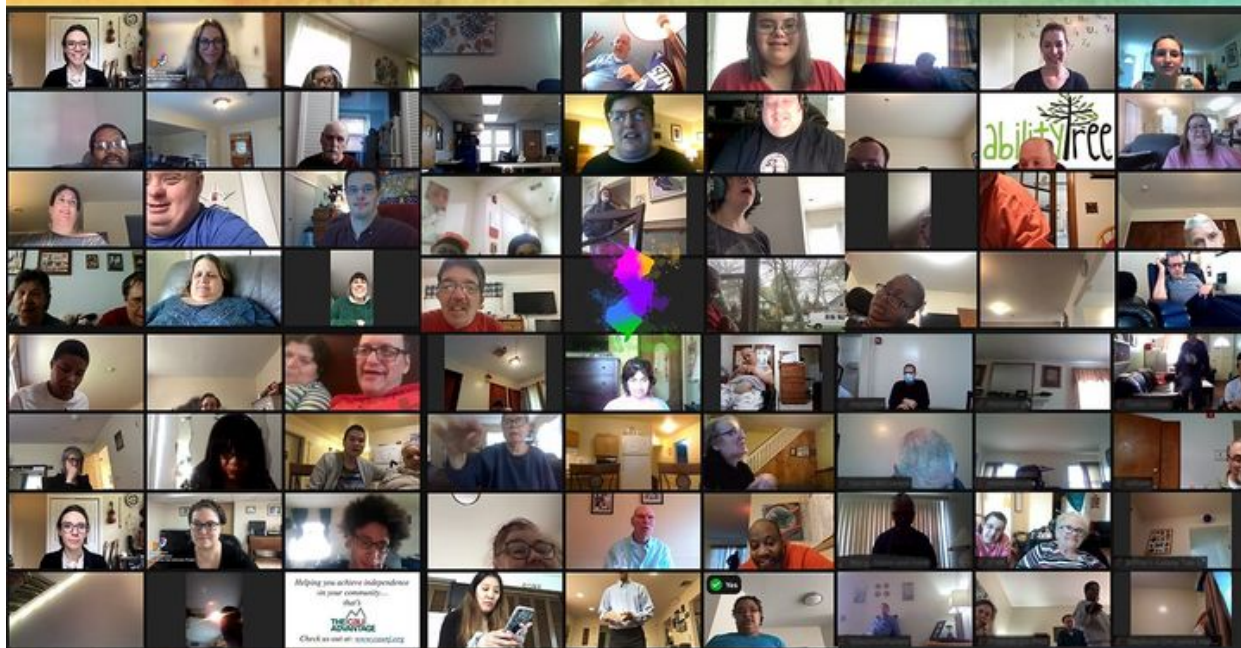
Thank you for making the 15th Annual NJSSAN Spring Luncheon AMAZING! We are so thankful that so many people took part in our very first virtual luncheon and helped make it a unique, entertaining, and meaningful event.

[Click here on the image below to view photos from the event!](#)

A BIG thank you to:

- **Tom Baffuto, Executive Director of The Arc of NJ & Senate President Sweeney for your opening speeches**
- **NJSSAN Chair members for their Council Updates and Board President Evelyn Ramundo for leading the event**
- **To all of the award winners who took the time to join us and graciously accept their awards**
- **Look Who's Dancing, LLC for leading an amazing dance class**
- **Our incredible sponsors who helped make this event happen**
- **Every one of our 199 attendees who made this event a joy to run!**

15th Annual NJSSAN “Spring Into Action” Awards Luncheon








Thank you for joining us!

Virtual Programming

every day of the week!

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none">•Check social media feed for Veronica's new nutrition video 	<ul style="list-style-type: none">•Watch the new Stay Healthy at Home webinar at 2pm 	<ul style="list-style-type: none">•Interactive Zoom event for HLP:Live at 11am  <ul style="list-style-type: none">•Check social media feed for IHT's new workout video	<ul style="list-style-type: none">•Play this week's Brain Game on Zoom at 1pm 	<ul style="list-style-type: none">•Check social media feed for Erin's new recipe!•HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm 

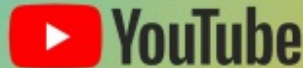
TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert

REMINDERS + NOTES:

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to **SPEAK UP!**





Find out more at www.njsselfadvocacyproject.org

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/NJSAP)

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.
- [Do you or someone you support have a lack of internet capable devices? No internet connection? Fill out our Tech Needs survey and let us know.](#)
- 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.](#)



The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals with intellectual and developmental disabilities (I/DD) 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.

COVID-19 Resources































For more information on the vaccine, [please visit The Arc of New Jersey's website.](#)

For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [click here.](#)

Look below for a new guide by the CDC on safety precautions for vaccinated and unvaccinated individuals.

Choosing Safer Activities

Unvaccinated People		Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed

Take prevention measures

Fully vaccinated people: wear a mask
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

NuView Team Building

The students at NuView Academy participated in a team building training! They played Two Truths and a Lie, discussed their interests and positive qualities, and talked about what to bring to survive on a deserted island. These fun exercises helped to bring everyone closer!

1. I have been working with The Arc of NJ for 10 years
2. I don't have any pets
3. I have one son



1. I like to draw
2. I like to paint
3. I like anime

1. I like video games
2. I like to drink juice
3. I love McDonalds

1. I wear a size 12
2. I like Cinnamon Toast Crunch
3. I like cats

1. I've spent 2,000 hours reading
2. I've spent 2,000 hours watching anime
3. I've spent less than 2,000 hours watching Youtube this year

Erin Smithers

video games
caring
sports
friendly
helpful
hilarious
art
anime
funny
energetic
making jokes
honest
stubborn
make music

Survival List

1. food
2. juicy juice
3. clothes
4. fire
5. Jester
6. X-Box
7. antenna
8. blanket
9. Coffee
10. survival knife/gun

Monthly Hashtags



This month's hashtag was **#SpringSafety**.

You can rewatch our [safety related webinars this month](#) on topics such as internet safety, stopping sexual violence, and creating safe spaces.

Our Positive Pulse newsletter also covered this topic!



You may also want to read the following article "[Preventing Online Sexual Victimization of People with Developmental Disabilities](#)" By Barbara Coppens, Advocate Assistant with Disability Rights New Jersey, and Leigh Ann Davis, Director of Criminal Justice Initiatives at The Arc of the U.S.. [It includes some tips from our webinar on Internet Safety.](#)

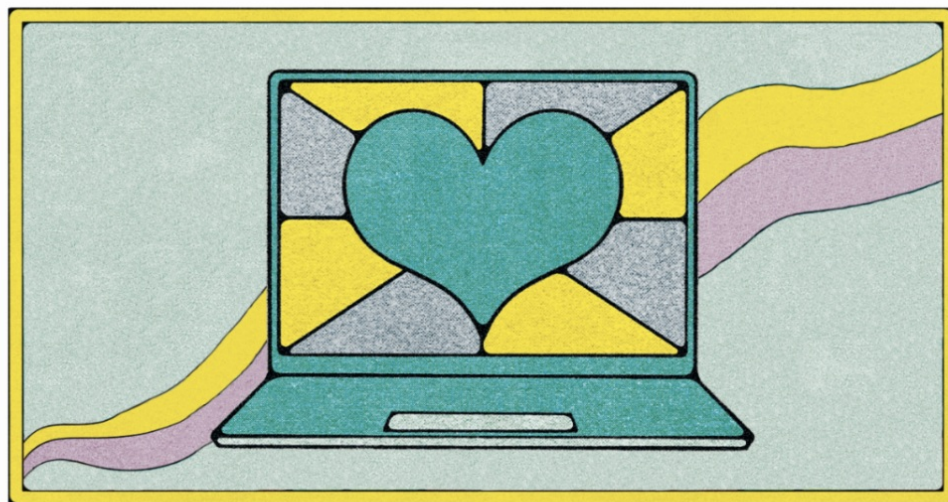
Preventing Online Sexual Victimization of People with Developmental Disabilities



National Sexual Violence Resource Center

Follow

Apr 29 · 5 min read



By Barbara Coppins, Advocate Assistant with Disability Rights New Jersey, and Leigh Ann Davis, Director of Criminal Justice Initiatives at The Arc of the U.S.



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.



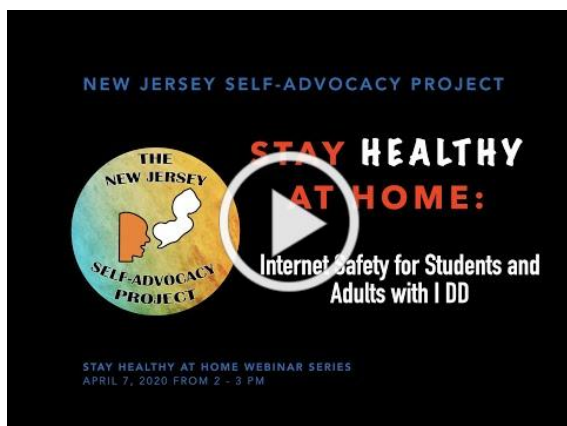
Let's give a big THANK YOU to The Horizon Foundation for New Jersey for making this possible!

HLP: Stay Healthy at Home Weekly Webinars

The New Jersey Self-Advocacy Project team is excited to continue our *Stay*



Healthy at Home webinar series! We find it important to keep nurturing our connections with you and branching out in ways that help us all continue to grow. They take place every **Tuesday** at **2 PM**.



If you've attended one of our webinars, we're very thankful. Please spread the word and register for one of our upcoming topics!

[**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 Wednesdays at 11 AM and Fridays at 1 PM.



Kale Pesto

Kale is one of the most nutrient-dense foods out there!

- Kale can help lower inflammation, lower bad cholesterol, good source of beta-carotene & potassium, which may help to lower the risk of heart disease.

INGREDIENTS

- 1 bunch kale (Lacinato or curly), stems removed (85 grams without stems)
- 3/4 cup raw walnuts (84 grams)
- 2 tablespoons lemon juice (31 grams)
- 3 cloves garlic (6 grams)
- 3/4 teaspoon fine sea salt (4 grams)
- 3/4 cup extra-virgin olive oil (88 grams)
- water, as needed to blend

INSTRUCTIONS

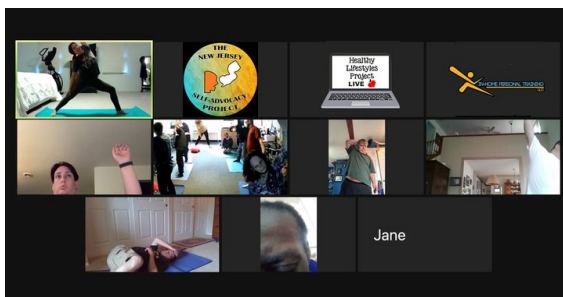
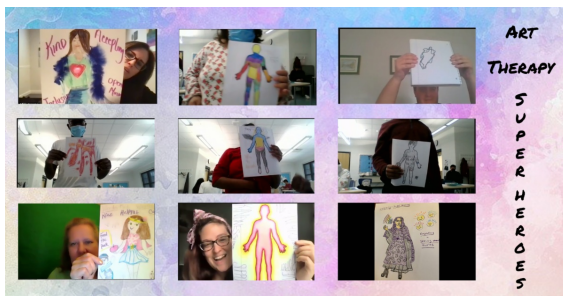
- In a large food processor, combine the kale leaves, walnuts, lemon juice, garlic, salt, olive oil, and 1/4 cup of water. Blend until smooth.
- Taste the pesto and adjust the flavor and texture to your liking. For a smoother pesto, add up to 1/4 cup more water; you can use this pesto on pasta, pizza, and more.

PASTA ASSEMBLY

- Bring a pot of salted water to a boil and prepare the noodles according to the package directions. Once the pasta is done cooking, drain it and set aside.
- Add in the cooked noodles and prepared pesto sauce and toss until heated through. Serve warm.

<https://www.veropuregreen.com/post/kale-pesto>

www.healthylifestylesproject.org

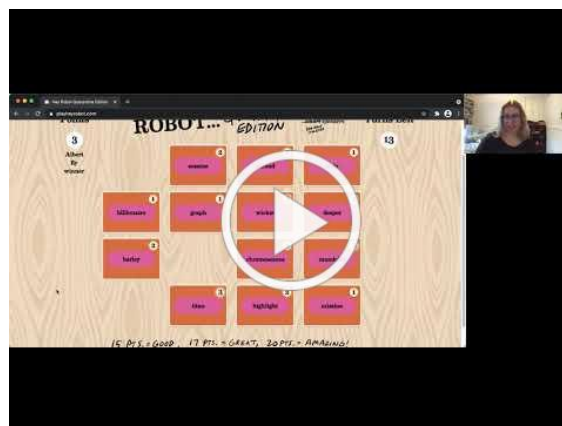


[Register now for next month's events!](#)

HLP: Brain Games

Get your thinking caps on! In May 2020, the NJSAP team began presenting games live on Facebook. We've now moved to Zoom!

Watch our previous videos below of Jeopardy and Hey Robot 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.](#)



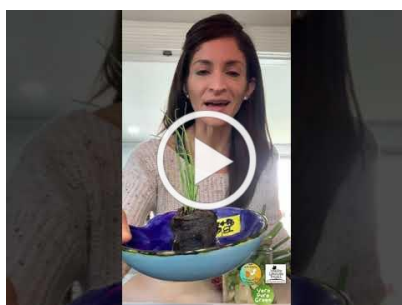
We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

Follow Along

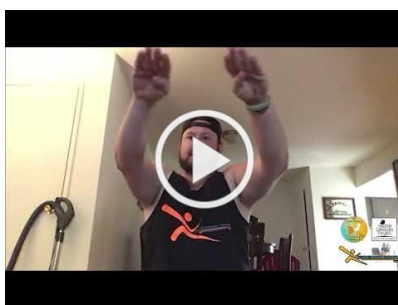
Our Healthy Lifestyles Project: LIVE! events are twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every Monday and Wednesday for you to practice along!

Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:
Playlist](#)



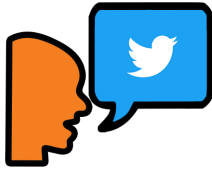
[Wednesdays with Matt:
Playlist](#)



[Fridays with Erin:
Playlist](#)

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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