



# Advocacy Matters

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

## June 2020

It's finally summer and we've had some beautiful weather! Have some fun in the sun and then take a look at what we have to offer!

We have been providing [resources regarding COVID-19](#) and will continue to do so through our website, emails and social media accounts.

Our hashtag this month is **#JuneTunes!** Listen to our [playlist here](#) and [submit some of your own favorite songs!](#) Next month will be **#ILovetheADA** to celebrate the 30th Anniversary of The Americans with Disabilities Act.

The NJSSAN [provided a statement](#) on the [Black Lives Matter movement](#).

Council 1 participated in another speaker's panel at Montclair State University.

We're continuing to promote participation in the 2020 Census, so make sure to fill it out if you have not already.

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

We are continuing our weekly live Brain Games each Thursday at 1pm! [Watch old videos here](#) and join in every week!

We continue to post all across our social media pages! You can find tutorials on [yoga and meditation](#) as well as [healthy recipes](#).

Let's reflect back on the month of May!

## NJSAP Update

**We are still here for you! We continue to post advocacy information, COVID-19 updates, healthy lifestyle tips, instructional videos and ways**

to stay active while social distancing. If you ever need to contact us, please don't hesitate to email [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514.

We are still holding monthly Council meetings virtually! [For information regarding your Council area, please click here.](#)

## NJSAP IS STILL HERE FOR YOU!



[www.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org) / [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) / 732-749-8514  
Facebook/Instagram: @NewJerseySAP Twitter: @NJSAP  
Youtube: [www.arcnj.org/programs/njsap/videos.html](http://www.arcnj.org/programs/njsap/videos.html)

[Click here to download this graphic with clickable links!](#)

## COVID-19 Resources

For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [The Arc of New Jersey's website.](#)

You can download our recent issues of [Positive Pulse for more coronavirus information and ways to stay healthy and entertained.](#)





Download our new guide on face masks for all the guidance you need to stay safe outside! [You can watch our webinar for even more information.](#)

## COVID-19 Mask Guide

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey  
This infographic is made as part of our Healthy Lifestyles Project, funded by The Horizon Foundation for New Jersey  
[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org) / 732-749-8514 / [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org)



Leave the **surgical masks** and **N-95 masks** for **healthcare professionals**.



An **N95 mask** helps protect the wearer from getting the virus from others.



Everyone else should be using **cloth masks** or disposable masks.

A **cloth mask** is worn to help protect others in case the wearer has the virus.



Put On



Take Off



### How to Put on & Remove a Cloth Mask Effectively

1. Place your mask over your mouth and nose.
2. Tie it behind your head or use ear loops and make sure it's snug.
3. Don't touch your mask while wearing it.
4. If you accidentally touch your mask, wash or sanitize your hands.
5. Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
6. Wash your hands immediately after removing your mask.
7. Regularly wash your mask with soap and water in the washing machine. It's fine to launder it with other clothes.

Cloth face masks should be worn in public settings, particularly where social distancing measures are difficult to maintain. This includes places such as in grocery stores, especially in areas of significant community-based transmission.



**Don't use face masks as a substitute for social distancing.**



**Cover your mouth and nose** and make sure there are **no gaps** between the mask and your face.

Transparent face masks are also available to allow for lip-reading.

**Don't put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.**

Don't put masks on children under 2 years of age.



**Sources:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-covers.html>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>

**#ThankstotheADA**



# #JUNETUNES

June's hashtag was **#JuneTunes**. Thank you to everyone who participated!

We asked you to utilize the theme to showing off your favorite songs, whether they remind you of self-advocacy, give you strength, or are your favorite songs to dance to, we wanted to know your favorite **#JuneTunes**.

Here's a selection of song submissions we received! [You can listen to the playlist here](#). Feel free to [keep submitting songs](#) and we'll keep adding them!

MICHAEL JACKSON



Heal the World



Submitted by:  
Shondel



Submitted by:  
Elizabeth



Submitted by:  
Kevin

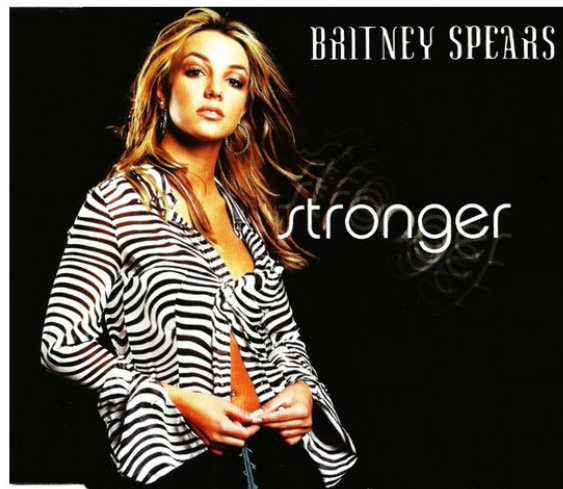


Submitted by:  
Julia

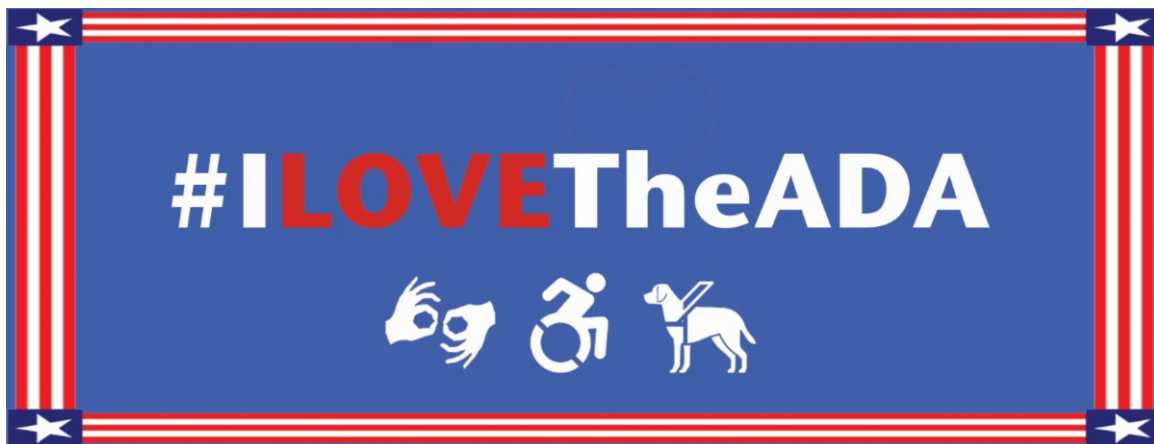




Submitted by:  
Joy



Submitted by:  
Jenn



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.

July's hashtag will be **#ILovetheADA**. This July will be the 30th Anniversary of the Americans with Disabilities Act! [You can read more about the ADA here.](#)

Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram; any or all!). Utilize the theme to create a post showing off why you love the ADA or what it has done for you. This legislation helps to make sure that people with disabilities have the same rights and opportunities as everyone else and that's why **#ILovetheADA!**

Don't forget to use the hashtag **#ILovetheADA** and tag **@NewJerseySAP** (FB and Instagram)/**@NJSAP** (Twitter) and **@TheArcofNJ**.

**Don't have a social media account but still want to be**

# I Love the ADA



heard?

Feel free to use the template to the left and email it to [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) and we'll post for you!

Submitted by: \_\_\_\_\_

## NJSSAN on Black Lives Matter

The New Jersey Statewide Self-Advocacy Network made a statement regarding the Black Lives Matter Movement to join others across the country in expressing outrage over continued violence against the Black community.

You can see quotes from a few of NJSSAN Advisory Board members below and [read the full statement here.](#)

“Stop killing black people.”

Council 5 Self-Advocate, Shondel

“Let’s make a change.”

Council 5 Self-Advocate, Ellen



“We are all hurting and people should just listen to what is being said, let’s be proactive instead of reactive. Let’s all come together as one and respect each other. We can all learn a lot from each other and we can learn from that situation.”

Council 2 Self-Advocate, Renee

## Council 1: MSU Panel



Council 1 members and staff, including Kevin, Liz, Karen, and Carinne, joined Council 1 Advisor Ashley Ritchey at their first virtual panel with Dr. Puig and her students at Montclair State University. Council 1 was excited to participate again to share their experiences and reach a group of folks who will have a major impact on the lives of students with disabilities throughout the state.

## 2020 Census

Every home has received an invitation to participate in the 2020 Census! If you haven't already, you should respond for your home in one of three ways: online, by phone, or by mail. [For more information about the Census, click here.](#)

[You can also view our recorded webinar on the 2020 Census here!](#)

- It's quick and easy! The 2020 Census questionnaire will take about 10 minutes to complete.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

New Jersey's response rate is at 63.6% but we need full participation. Let's spread the word and make sure every New Jerseyan is counted!

[Click here to stay up to date on census response rates.](#)

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## 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: Stay Healthy at Home Webinars**





The New Jersey Self-Advocacy Project team is excited to announce our new 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.

We will be presenting trainings **every Tuesday in June at 2 PM** on a variety of topics related to self-advocacy and healthy living, focusing on what you can do at home due to the current "stay at home" order.

Live viewers will be able to share comments and ask questions during the webinar. [All webinars will be recorded and archived on our website to view after airing.](#)

June's webinars included:

[Ready to Poll:  
What You Need to Know to Cast Your Vote](#)

[There's No Place Like Home:  
Online Resources To Keep You Engaged](#)

[You're Hired!  
Preparing for Post-COVID Employment](#)

[The COVID Masquerade:  
A Guide on Masks & Returning to Society](#)

You can still register for our final webinar of the month!

[6/30/20: Follow Me!  
Guided Activities to Boost Your Health and Happiness](#)

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 July's four webinars!

[7/7/20: ADA from A-Z:  
An Overview of the Americans with Disabilities Act](#)

[7/14/20: Let's Make This Work:](#)

[7/21/20: How May I Assist You?  
Benefits of Assistive Technology](#)

[7/28/20: Best Course of Action:  
Action Alerts & Advocacy Campaigns](#)

## HLP: NJSAP Playlist



Dancing is a very healthy activity! It burns calories, it is entertaining, and it raises endorphin levels to help your body minimize pain and discomfort!

The NJSAP Team wants to help you listen to good music and dance along at home with our playlists. [This month we updated our playlist with new summer songs!](#)





You can also click the link below to submit some song ideas of your own!

[Click here to submit a song!](#)

## HLP: Brain Games



Get your thinking caps on! We presented games live on Facebook for our followers to play each Thursday in May. Each week we live stream a party game on [Facebook](#) for you to play along with us on your phone or computer! A code is provided on the live stream at 1pm and we play through a few rounds of the chosen game of the week.

Watch our previous videos below of Guesspionage and TeeKO to get an idea of all the fun that goes on! [If you're interested in playing these games with your friends and family at home, you can find out more information about them here.](#)

[Be sure to join us at 1 PM every Thursday in June!](#)



[Check out these fun tee shirt designs made in our Tee KO games!](#)





## HLP: Meditation and Yoga

Yoga is great way to improve your body physically and mentally. [Follow along with the videos below to practice yoga poses and meditation.](#)

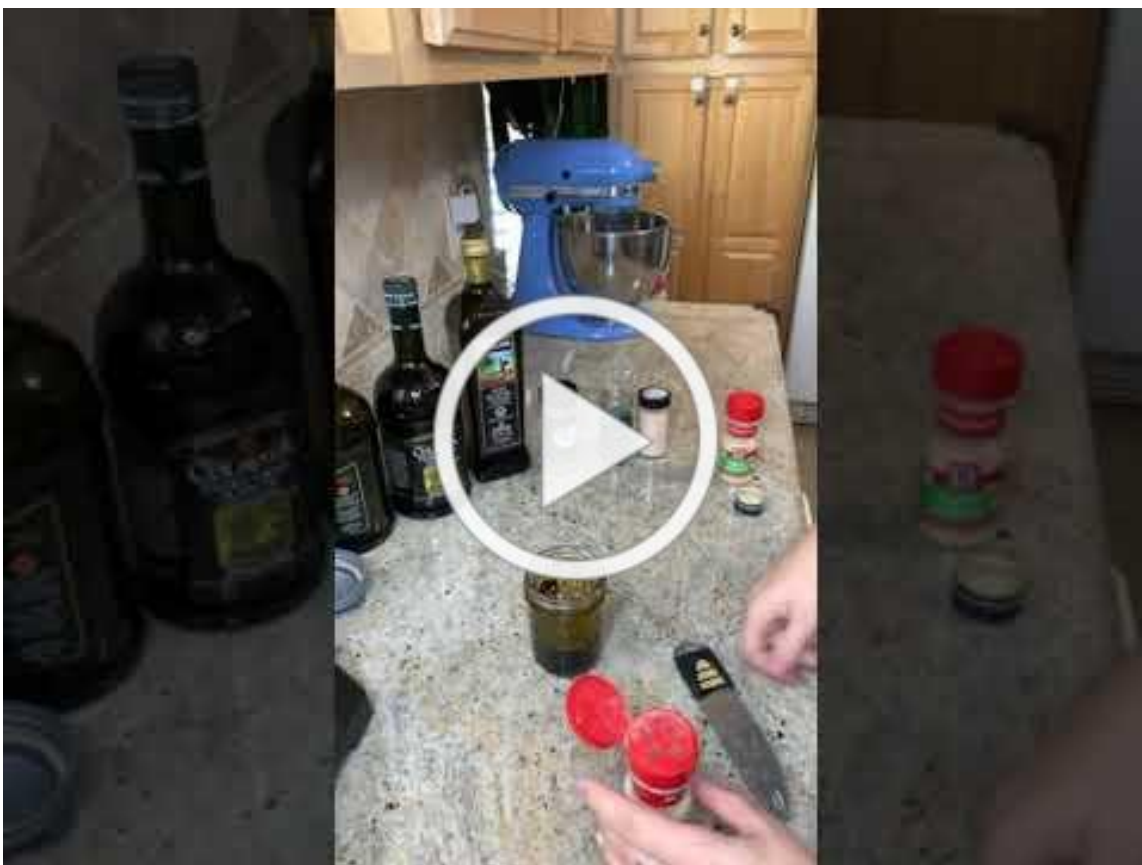
You can do this easily and comfortably in your own home. Soon you'll be feeling super and all your worries will fly away! We add videos on [Facebook](#) and [Instagram](#) every Monday, Wednesday, and Friday for you to practice along!





## HLP: Healthy Recipes

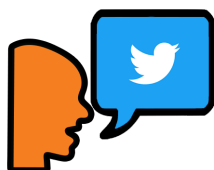
When you're stuck at home more often than usual, it can be tempting to overindulge in unhealthy foods and snacks. Try the tips in our videos on [Facebook](#) and [Instagram](#) to stave off hunger in a healthy way! **[There are recipes for snacks, dips, appetizers, meals and more!](#)**







Stay connected with us!



[Twitter](#)



[Facebook](#)




[Instagram](#)



[Youtube](#)

[www.njselfadvocacyproject.org](http://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