



Advocacy Matters

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

February 2019

February has been a month of cold days but warm hearts!

Our Healthy Lifestyles Project (HLP) trainings continue with a training on the dangers of sugar.

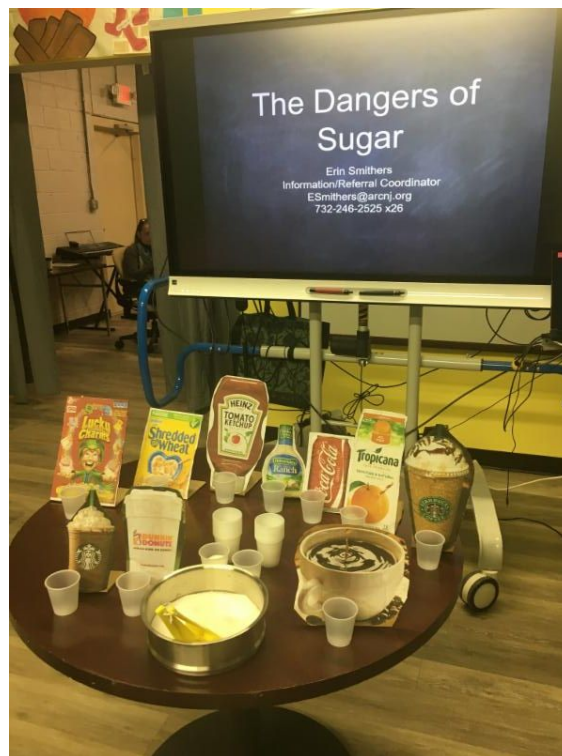
The Arc of New Jersey planned a special Valentine's Day campaign to show our love for Direct Support Professionals and services and many people participated.

It's also time to prepare for Developmental Disabilities Awareness Month.

Let's look back on this past month!

Dangers of Sugar Training

The NJSAP team presented a [**Healthy Lifestyles Project \(HLP\)**](#) training on the dangers of sugar at Abilities Northwest. Advocates learned how much sugar is safe, different types of sugars, alternatives to sugar, and how much sugar is hiding in common foods.



For more information, watch the training video below!

What kind of sugar
is bad for me?



Valentine's Day Campaign

Many people chose to show their love for DSPs and services by participating in The Arc of New Jersey's Valentine's Day Campaign.

Take a look at the pictures below showing a collection of letters from The Arc of Essex County's Arc Angles, NJSSAN's Council 4 and Council 3, and members of the NJSSAN Advisory Board showing their support.

Valentine's Day



Dear Governor Murphy,

Happy Valentine's Day! In this month of **love**, I want you to know how much I **love** Direct Support Professionals (DSPs), the workforce that assists people with intellectual and developmental disabilities (I/DD), and the services delivered through the Division of Developmental Disabilities (DDD). Without DSPs and services, inclusion in the community would not be possible. I know you are working hard on your FY20 Budget and so I ask you to please show your **love** for the (DDD) service delivery system by:

1. increasing wages for DSPs, who work with individuals with I/DD, by \$1.25 an hour and
2. appropriately funding Day Program services for adults with I/DD

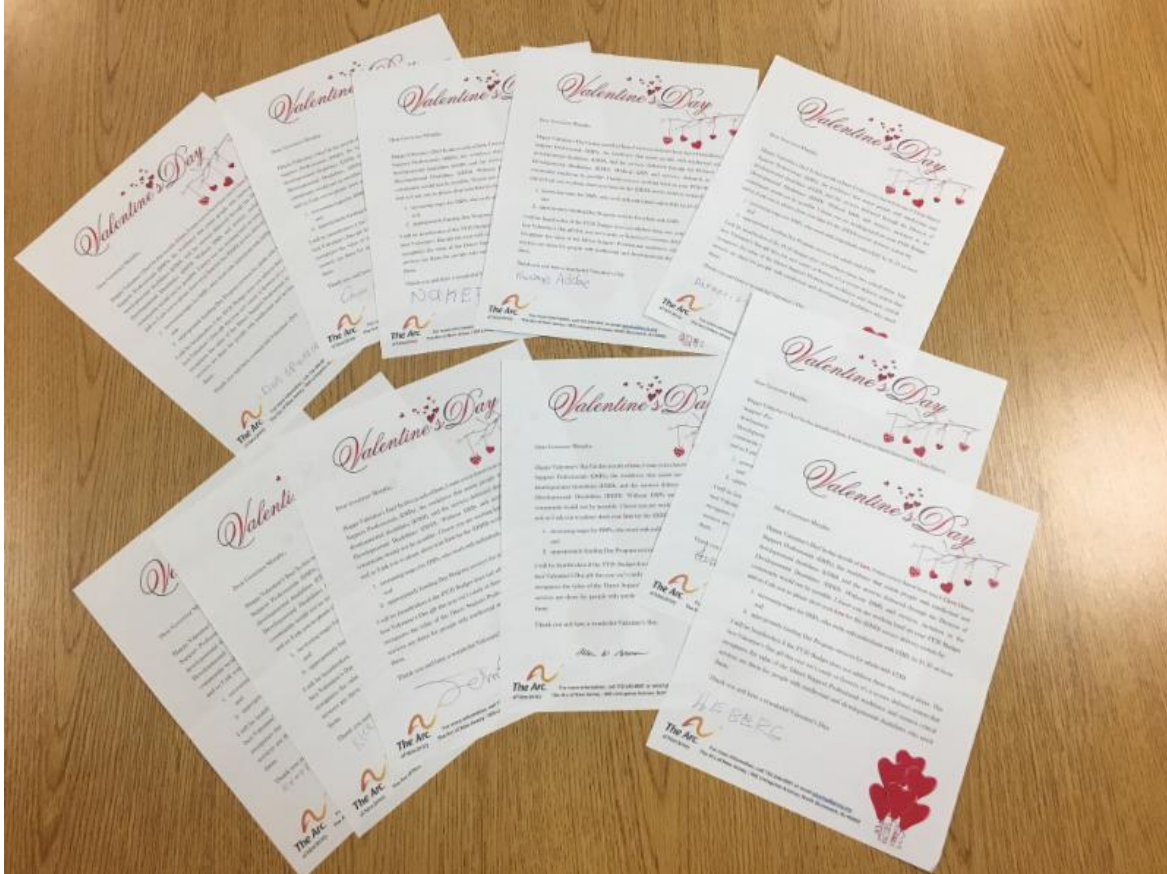
I will be heartbroken if the FY20 Budget does not address these two critical items. The best Valentine's Day gift this year isn't candy or flowers; it's a service delivery system that recognizes the value of the Direct Support Professional workforce and ensures critical services are there for people with intellectual and developmental disabilities who need them.

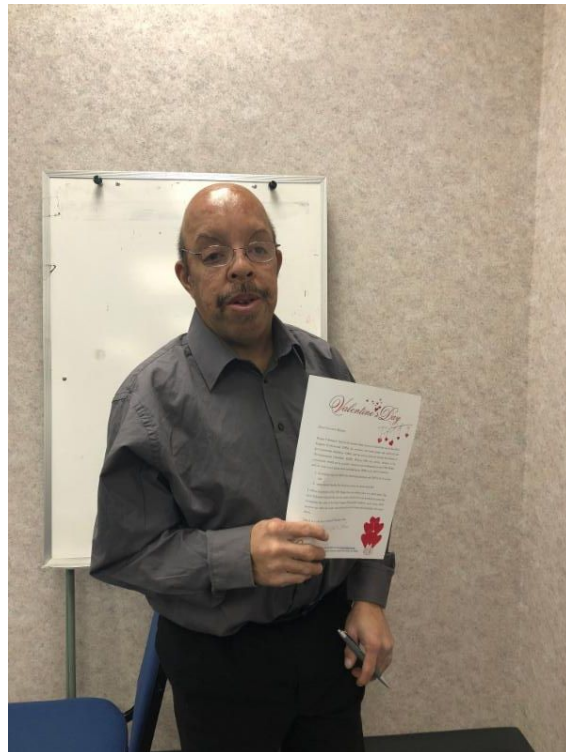
Thank you and have a wonderful Valentine's Day.

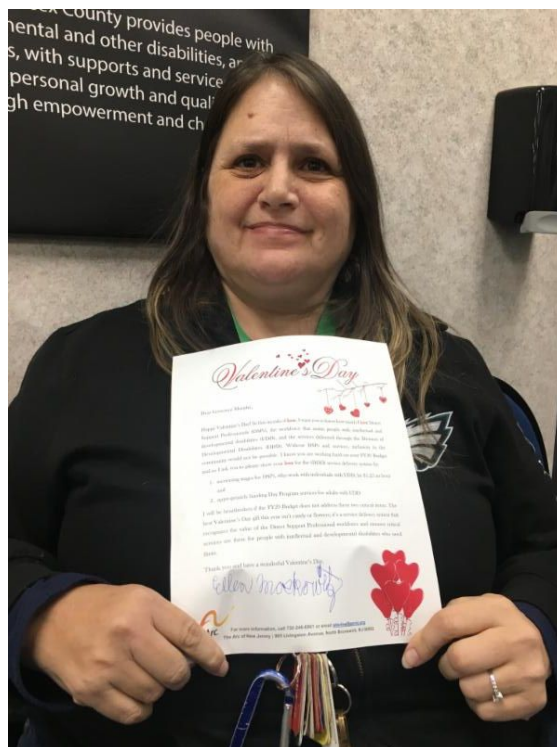
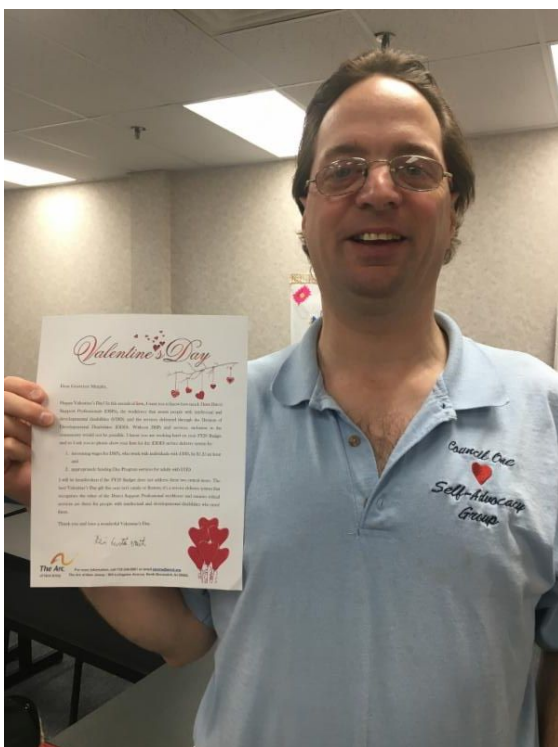
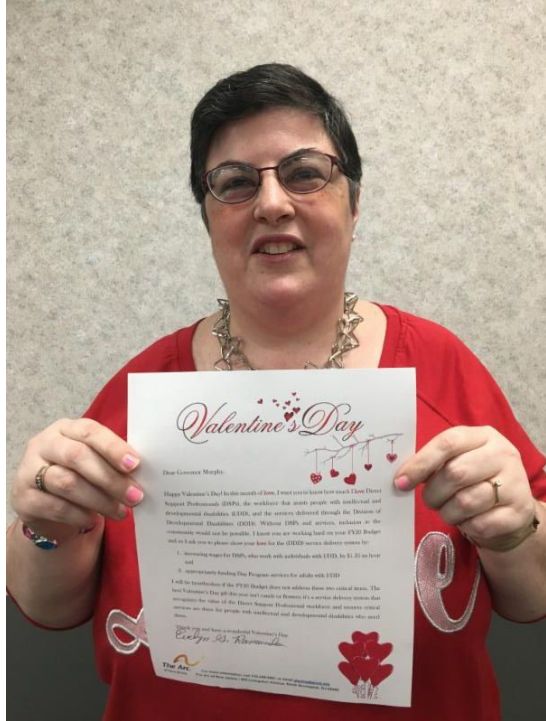


The Arc
of New Jersey

For more information, call 732-246-6861 or email slevine@arcnj.org.
The Arc of New Jersey | 985 Livingston Avenue, North Brunswick, NJ 08902







UPCOMING:
DD Awareness Month



Next month is DD Awareness Month! Each year, The Arc of New Jersey hosts a Developmental Disabilities Awareness Month outreach event at The State House in Trenton. Self advocates share resources and answer questions from Legislators from Districts across the state about current issues affecting the lives of people with I/DD and their families.

You can celebrate with us by [attending the event at the State House](#) or [joining our social media campaign](#), or [making a contribution to NJSAP!](#)

We Can't Do This Alone...

*Will You Lend a
Helping Hand?*



DD Awareness Month is the perfect time to support the New Jersey Self-Advocacy Project, the largest self-advocacy organization in the state. Over the course of the month we will be highlighting the work of the New Jersey Self-Advocacy Project to help you visualize what your donations can do.

Stay tuned each week to discover how you can help us succeed in our mission to engage self-advocates in becoming active members of a more inclusive world!

Call for Submissions



Do you have any art, stories, poems, songs or videos to share? The Total Inclusion Project is a web-based format for displaying creative works by people with intellectual and developmental disabilities. Send us your work and we may feature it on our website and in future editions of Advocacy Matters!

Contact us at NJSAP@ArcNJ.org or call 732-749-8514 for more information.

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

Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness



Save the date for the Spring Luncheon!



The 14th Annual New Jersey
Statewide Self-Advocacy Network
Awards Luncheon will take place
on

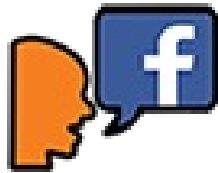
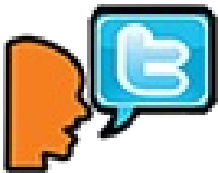
**Saturday,
April 13th, 2019**

at The Imperia in Somerset

**Are you registered? Register before
March 11th to avoid the \$10 late fee!**

**Registration is now
open!**

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**