



# Advocacy Matters

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

## December 2022

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 and the current NJSSAN Priorities. Let's welcome Erin Smithers as the new Director of NJSAP.

Council 1 held a very successful fundraiser at Jersey Mike's Subs!

On December 5th, NJ Statewide Self-Advocacy Network members were invited to train students on what students with IDD need from their educators.

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

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](#).






Brain Games 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!

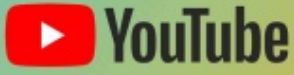
We have a lot to say, so make sure to click **"View entire message"** if it appears at the bottom of this newsletter. [If you have been forwarded this message, you can subscribe here.](#)

## Virtual Programming every day of the week!

## MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Check social media feed for Veronica's new nutrition video</li> </ul> 	<ul style="list-style-type: none"> <li>• Watch the new Stay Healthy at Home webinar at 2pm</li> </ul> 	<ul style="list-style-type: none"> <li>• Interactive Zoom event for HLP: Live at 11am</li> </ul>  <ul style="list-style-type: none"> <li>• Check social media feed for IHT's new workout video</li> </ul>	<ul style="list-style-type: none"> <li>• Play this week's Brain Game on Zoom at 1pm</li> </ul> 	<ul style="list-style-type: none"> <li>• Check social media feed for Erin's new recipe!</li> <li>• HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm</li> </ul> 
<b>TO DO LIST:</b> <ul style="list-style-type: none"> <li>• Sign up for NJSAP's email list</li> <li>• Request a virtual group training</li> <li>• Make a social media post using this month's hashtag</li> </ul>		<b>REMINDERS + NOTES:</b> <ul style="list-style-type: none"> <li>• Participate in an advocacy campaign or Action Alert</li> <li>• Mark my calendar with all upcoming activities</li> <li>• Reminder: Each NJSSAN Council meets every month</li> <li>• Remember: Self-Advocacy means to <b>SPEAK UP!</b></li> </ul>		





Find out more at [www.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org)

Facebook: [@NewJerseySAP](#) / Instagram: [@NewJerseySAP](#) / Twitter: [@NJSAP](#)

Click the image above to download the planner, complete with live links to all of our programming! Email [NJSAP@ArcNJ.org](mailto: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

The New Year is bringing some significant changes to the NJSAP team. Our current Director, Ashley Ritchey, will leave her position and move on to a new role with the New Jersey Division of Developmental Disabilities. You can find the previously sent farewell message here: <https://conta.cc/3jkl7qA>

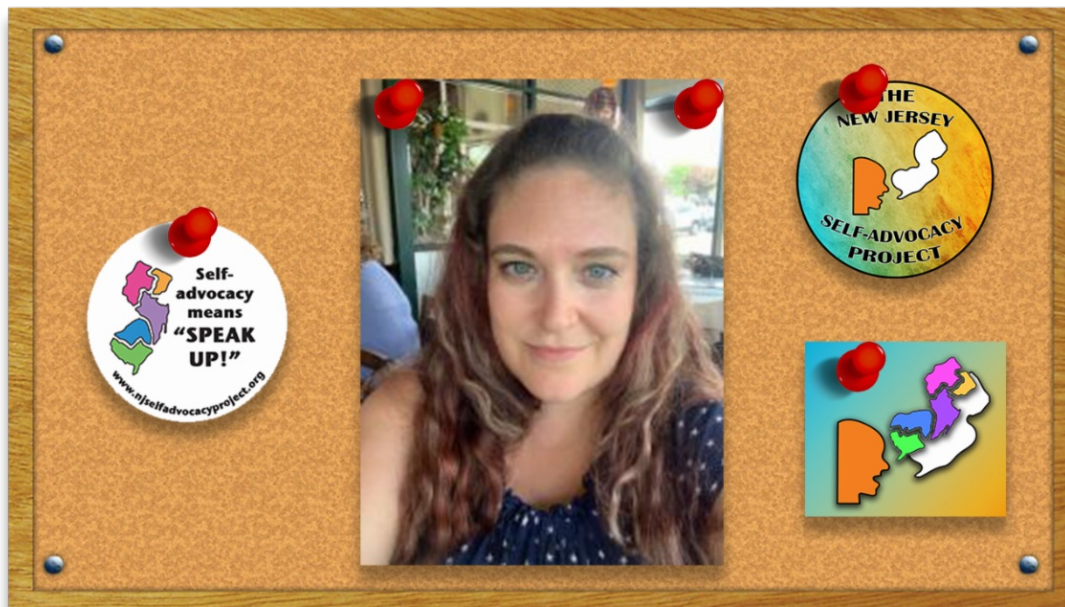
Erin Smithers will take up the mantle as Director of NJSAP! Let's congratulate her and welcome her into her new position. Erin has done amazing work for The Project for many years in her role as coordinator and later Assistant Director, so it is certainly in capable hands!

The NJSAP team has some amazing new ideas in store that we are excited to share with you in the new year, so stayed tuned! In the meantime you can see some wonderful statistics below for the past year. Thank you so much for participating!



**CONGRATS**

**• ERIN •**



**Year In Review: Snapshot**

**Luncheon attendees: 190**  
**Conference attendees: 141**

**Information & Referrals: 2,140**

**New Group Members: 86**  
**Self-Advocacy Group Meetings: 51**

**DSPs and Group Advisors: 395**  
**Self-Advocates in Trainings: 7576**  
**Trainings/Workshops to Self-Advocates: 110**

**YouTube: 38.3K views, 282 likes,**

**Social media Posts: 482**  
**Webinar Attendees: 404**  
**HLP LIVE Attendees: 1352**  
**21,091: Total Virtual Event Viewers**

**New Social Media Followers: 466**



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

Frankie Bayak will be the new advisor for Council 1 and co-advisor for Councils 4 & 5.

**[Visit your council page](#)** to download calendars for 2023.

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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.](#)**



## NJ Statewide Self-Advocacy Network Position Statements

The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

We work together with these individuals to form The New Jersey Statewide Self-Advocacy Network (NJSSAN), which is used as means of supporting positive change on both a personal and social level. The NJSSAN consists of five Councils based on geographic location within the state.

1. [Home & Community-Based Services \(HCBS\)](#)
2. [Housing for People with IDD](#)
3. [Transportation](#)
4. [Supported Decision Making and Alternatives to Guardianship](#)
5. [Raising Awareness of IDD Issues](#)

NJSAP@ArcNJ.org -- NJSSAN POSITION STATEMENTS -- www.njselfadvocacyproject.org -- 732-749-8514

## Council 1 Fundraiser

Council 1 held a fundraiser at Jersey Mike's Subs! They raised \$1,506.69! Thank you to all who participated and a big thank you to Jersey Mike's Subs in Hackettstown for hosting the event and donating 25% of their profits for the two days it was held.



## Self-Advocates Speak with Professor Puig's Class



## 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



Julia  
Self-Advocate



Victor  
Self-Advocate



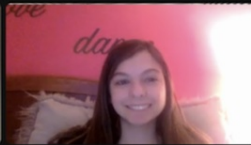
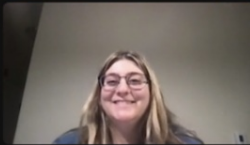
Kevin  
Self-Advocate



Ashley  
NJSAP, Director



Erin  
NJSAP, Asst. Director



### Professor Victoria Puig's Class at Montclair State University

Dec. 05, 2022

Three self-advocates from the NJSSAN met with Professor Puig's class at Montclair State University on December 5th. Her graduate students are training to be teachers or work in education; with an emphasis on SE classrooms. The advocates told stories from their lives about their education experiences and gave the students tips to keep in mind when working with students with IDD.

## Monthly Hashtags

# HEALTHY  
HOLIDAYS

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

[Our Positive Pulse newsletter](#) discussed ways to stay healthy mentally and physically



during the holiday season.




**Positive Pulse**  
Your monthly dose of advice on healthy living

**December 2022**



***Healthy Holidays:***  
**Mental Health**  
**Part 1**



This is Part 1 of Healthy Holidays! We'll be talking about ways that people may struggle with mental health issues during the holidays and how to handle these moments.



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!**

We are now on our 8th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

## Stay Healthy at Home Webinars



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\***

### [Food and Mood: The Gut-Brain Connection](#)



### [Brain Health and Nutrition](#)

### [Empowering Legislative Advocates Through Video](#)



### [Sage Advice: Tips for Self Advocacy Group Advisors](#)





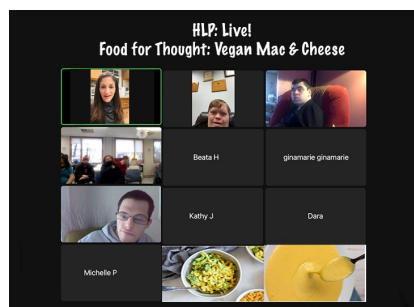
If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

[\*\*Register now for upcoming webinars!\*\*](#)

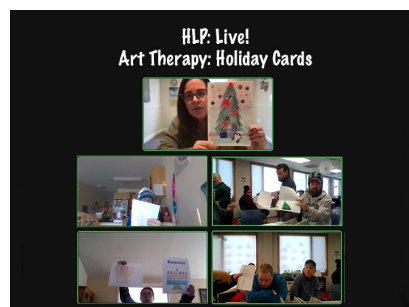
## Healthy Lifestyles Project: LIVE!



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.

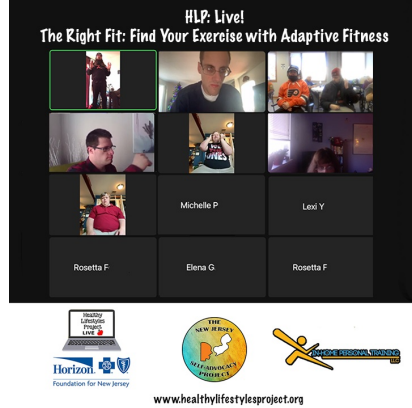


[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)



The Art in Therapy

[www.healthylifestylesproject.org](http://www.healthylifestylesproject.org)



[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.](#)

We have to share our amazing Yahtzee score, including a one-roll Yahtzee, from one of our games!

**NEW GAME** 13 / 13

### The Yahtzee Manifesto

Game over!

Your total score is

295

VIP MEMBERS ROOM

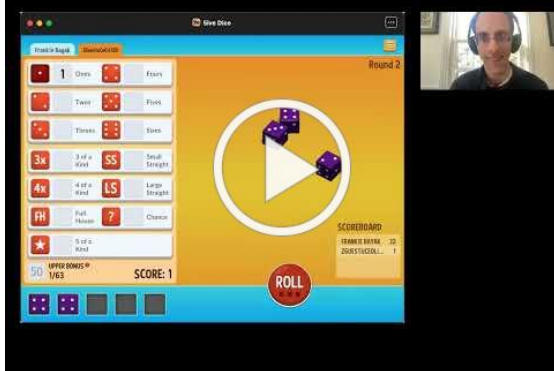
[Menu](#)

UPPER SECTION	SCORE
Aces	2
Twos	8
Threes	12
Fours	12
Fives	10
Sixes	24
Bonus ✓	35
LOWER SECTION	SCORE
3 of a kind	19
4 of a kind	13
Full House	25
Small Straight	30
Large Straight	40
Yahtzee	50
Chance	15

Yahtzee

Taboo





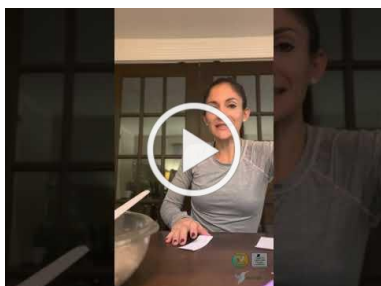
We can also schedule Brain Games with your group! Email [NJSAP@Arcnj.org](mailto:NJSAP@Arcnj.org) if you are interested.

## 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 Dori Stern. Next month our videos will be created 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 from Erin Smithers ([NJSAP](#)).

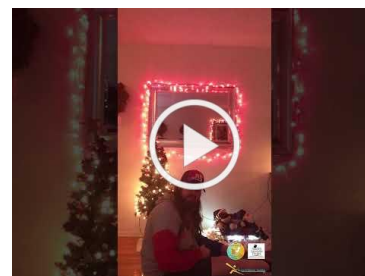
You can follow along easily and comfortably in your own home. We add videos on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#) every weekday for you to follow along!



[Mondays with Veronica: Playlist](#)



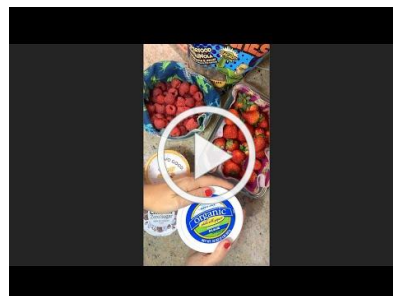
[Tuesdays with Dori: Playlist](#)



[Wednesdays with Matt: Playlist](#)



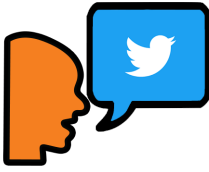
[Thursdays with Malik: Playlist](#)



[Fridays with Erin: Playlist](#)

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[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

New Jersey Self-Advocacy Project | 985 Livingston Avenue, North Brunswick, NJ 08902

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