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!
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

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/3jkf7qA

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!
Year In Review: Snapshot
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.

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.
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
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

Our hashtag this month was #HealthyHolidays.

Our Positive Pulse newsletter discussed ways to stay healthy mentally and physically
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

Empowering Legislative Advocates Through Video

Brain Health and Nutrition

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!**

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**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.

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

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

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