



Advocacy Matters

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

October 2020

It's all treats and no tricks here this month with the NJSAP Team!

Take a look at our [New Jersey Statewide Self-Advocacy Network](#) Council activities for this month.

If you do not have internet access, Comcast's [Internet Essentials](#) high speed internet adoption program has **expanded eligibility to include people with disabilities**.

Make sure to get a flu shot and continue following guidelines outlined in our [resources regarding COVID-19](#).

Our hashtag this month is **#NDEAM!** Next month will be **#YouCanDIY**, spotlighting some accessible "do it yourself" projects.

We held a Zoom training for KACH of The Arc of Monmouth County.

The presidential election is November 3, so be sure to [know how to fill out your Mail In Ballot](#).

SCARC participated in two Paint and Sip events with us this month.

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've started our new interactive 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 Facebook.](#)

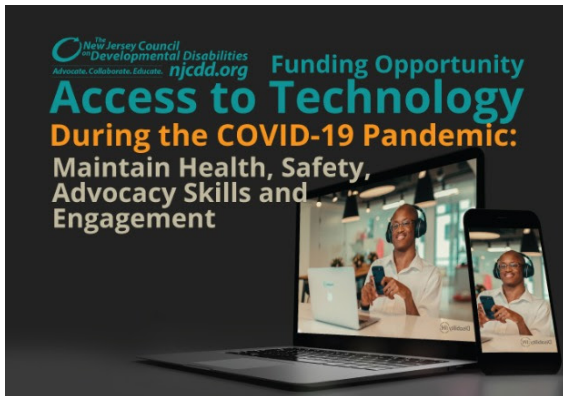
We continue to post all across our social media pages! You can find tutorials on [yoga and meditation](#) as well as [healthy recipes](#).

We have a lot to say, so make sure to click "View entire message" at the bottom of this newsletter. Let's reflect back on the month of October!

Technology & Internet Access

Comcast's [Internet Essentials](#) high speed internet adoption program has **expanded eligibility to include people with disabilities**. This year, as the pandemic worsened the digital divide, Internet Essentials increased service speeds and offered 60 days of free service for new customers. Additionally, Comcast opened up its nationwide network of 1.5 million public Xfinity WiFi hotspots.

[Learn more about Internet Essentials here](#)



The New Jersey Council on Developmental Disabilities (NJCDD) will be processing requests for electronic devices for adults (21 and older) with intellectual and or developmental disabilities (I/DD) enrolled with the NJ Division of Developmental Disabilities Community Care Program or Supports Program.

NJCDD modified an existing contract with The Arc of New Jersey in response to the continued COVID-19 Pandemic to assist in this effort. Reimbursement requests are limited to electronic devices, as specified in this notice, to support the needs of adults (21 and over) and allow them to connect with activities in the following areas: Advocacy Engagement, Health and Wellness, Education and Socialization Activities.

[Get more information and apply here](#)

NJSSAN Update



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

Click each Council to see more about their activities.

[Council 1](#)

[Council 2](#)



[Council 3](#)



[Council 4](#)

[Council 5](#)

Flu & COVID-19 Resources



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

INFORMATION ON THE FLU DURING THE COVID-19 PANDEMIC

With the approaching flu season -- and concerns about a resurgence of COVID-19 in New Jersey -- you may be interested in this link from the CDC website, which includes up-to-date information on both the flu and the COVID-19 pandemic: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm#Flu-and-COVID-19>

It is also helpful to know about the similarities and some differences between the flu and COVID-19. See this link from the CDC, which explains the signs and symptoms of the fluvs. COVID-19: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

Monthly Hashtags

#NDEAM

National Disability Employment Awareness Month



October's hashtag was **#NDEAM**. Thank you to everyone who participated!

[The U.S. Department of Labor created a list of ways to celebrate, one for each day of the month!](#)

[How much do you know about disability employment? Test your knowledge with this quiz by Easter Seals.](#)

If you want to learn more, be sure to check out our [recorded webinars](#) from this month for more information about employment for people with disabilities.

[Click here for some NDEAM stories collected by The Arc of New Jersey](#)



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

Feel free to email NJSAP@ArcNJ.org and we'll post for you!

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.

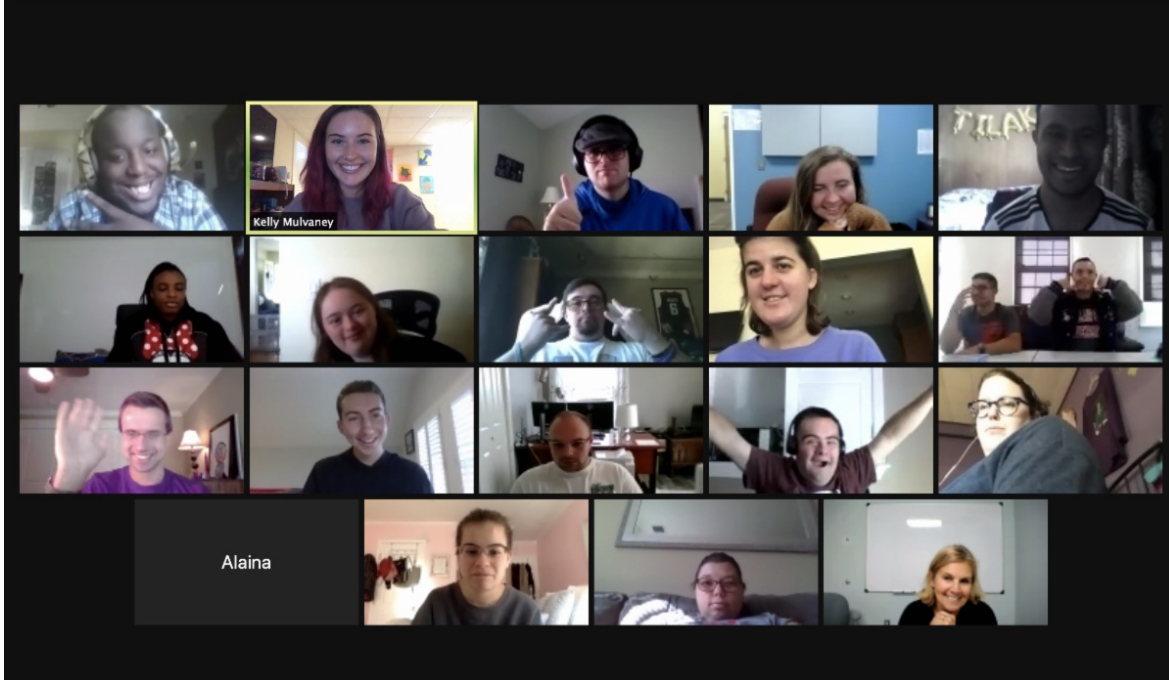
November's hashtag will be **#YouCanDIY**. "DIY" stands for "Do It Yourself", and is used for creating something yourself rather than paying someone else to do it. This is usually used for home improvement or crafts. We will be sharing some DIY tutorials and guides throughout the month.

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 about something you've made, what you'd like to make, or just something you're proud to have done on your own. Whatever you post, express your creativity and independence and know that **#YouCanDIY**!

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

Healthy Communication

We held a Zoom training for KACH of The Arc of Monmouth County on healthy communication and respectful behavior at home and in the community. Thanks for listening and learning, everyone!



Voting

The 2020 presidential election is coming up soon, November 3, 2020! Make sure that your vote is counted! All registered voters in NJ have received a Vote By Mail Ballot that you can use to cast your vote if you do not wish to vote in person. Watch the video below for more information on filling out your mail in ballot.



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!

SCARC: Paint and Sip

We held a Paint and Sip on Zoom with the folks at SCARC for a cute and festive fall painting! Thank you to everyone for following along and making some incredibly beautiful and creative works.



SCARC also took part in a Paint and Sip on Zoom with Uptown Art! Thank you Kristen, for instructing all these talented artists.

HLP: Stay Healthy at Home 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 2pm.

October's webinars included:

[**The Booth Where It Happens:
Voting in the Upcoming Election**](#)

[**Workplace Accommodations for
Intellectual Disabilities**](#)

[**Model Employee Perfect Your
Personal & Professional Look**](#)

[**The Picture Perfect Filter: Using Facebook & LinkedIn to Find
Work**](#) (Still time to register!)

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 November's webinars!**](#)

Healthy Lifestyles Project: LIVE



The New Jersey Self-Advocacy Project team is excited to introduce Healthy Lifestyles Project LIVE, our new interactive series of Zoom events! These are live, interactive events to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11AM and Friday at 1PM.

- Click the links below to view pictures from the event! October's events included:

[**The Right Fit: Adaptive Fitness**](#)
(Multiple Sessions!)

[**Hanging with the Horses:
Virtual Barnyard Adventure**](#)

[**Deliciously Nutritious:
Identifying Healthy Food**](#)

[Food For Thought:
Nutrition Guide and Kale Salad Recipe](#)

[Where the Wild Things Are: Cape May County Zoo Tour](#)
(Still time to register!)

[Strike a Pose: Virtual Yoga Class](#)
(Still time to register!)

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

HLP: Brain Games

Get your thinking caps on! In May 2020, the NJSAP team began presenting games live on Facebook. Each week, we continue to 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 1 PM and we play through a few rounds of the chosen game of the week.

Watch our previous videos below of Drawful 2 and Taboo to get an idea of all the fun that goes on!

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

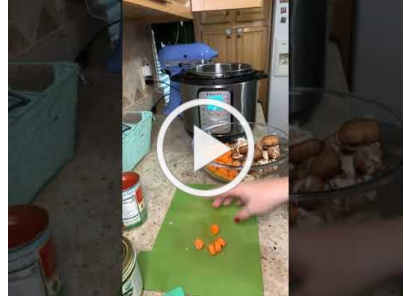
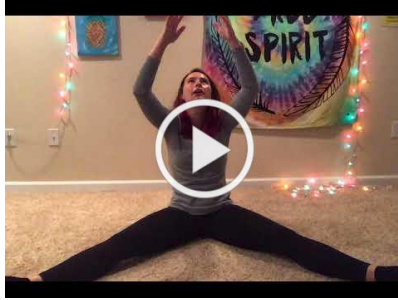


Follow Along

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

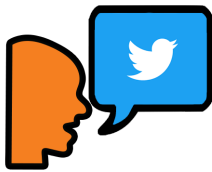
You can do this easily and comfortably in your own home. Soon you'll be feeling super and all your worries will fly away! We add videos on [Facebook](#) and [Instagram](#) every Monday, Wednesday, and Friday for you to practice along!

Eating properly is a big part of keeping your body healthy! 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!](#)



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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