



Advocacy Matters

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

July 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 **#ThankstotheADA!** Next month will be **#SummerSafety** to discuss ways we are staying safe and healthy this summer.

NJSSAN Advisory Board President, Evelyn Ramundo, [spoke with the Huff Post for an article](#) about job security for people with disabilities during the COVID-19 pandemic.

Council 2 had their first Zoom-based self-advocacy meeting.

We're continuing to promote participation in the 2020 Census for Census Push Week, 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 and watch the recorded versions of our past webinars here.](#)

[We are starting a new interactive series, Healthy Lifestyles Project: Live!](#)

We are continuing our weekly live Brain Games each Thursday at 1 PM! [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 July!

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 or call 732-749-8514.

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

We've also added a new [Resources hub](#) to our website to help you find the resources we offer quickly as well as other helpful websites, infographics, and videos from other agencies. We'll continue to update this page so check back often!

NJSAP IS STILL HERE FOR YOU!



www.njsselfadvocacyproject.org / NJSAP@ArcNJ.org / 732-749-8514
Facebook/Instagram: @NewJerseySAP Twitter: @NJSAP
Youtube: www.arcnj.org/programs/njsap/videos.html

Click here to download this graphic with clickable links!

Here are some kind words about our offerings that others had to share:

- "The New Jersey Self-Advocacy Project's [Brain Games](#) has helped me stay busy and participate more. I am still able to fulfill my responsibilities as

Secretary of [Council 3](#) by attending virtual meetings, taking minutes, and recording the proceedings so I can stay involved.” - Anita C.

- "NJSAP's [Stay Healthy at Home](#) webinars have been helpful to me because they are informative, timely, and I love to learn. The webinar on the ADA and the webinar on voting were particularly helpful because I don't know much about the ADA, and I was trying to figure out how the whole vote-by-mail thing worked. I often share information and resources from NJSAP on my social media accounts with friends and family who also really appreciate the information. You are helping more people than you think outside the NJSAP community. Keep up the great work!" - Julia S.
- “The team at the New Jersey Self-Advocacy Project has been a pillar of support for the DDD community well before COVID-19 began affecting services. However, since services including congregate day programs have been drastically altered following the inception of the pandemic, NJSAP has continued to provide essential, quality content via [social media](#) and online platforms. Ashley Ritchey, Director of NJSAP, has graciously provided weekly, live trainings to self-advocates at SCARC, Inc. as part of a newly implemented program called “Day Hab Goes Digital”. Her [training topics](#) have included aromatherapy, outdoor safety, advocating for yourself, and the ADA. In addition to this content, Ashley’s team continues to deliver informational and interactive videos on their [social media accounts](#) to promote physical, mental, and emotional wellbeing. This content has allowed SCARC participants to remain connected and informed throughout the duration of social distancing. SCARC, Inc. is tremendously grateful for the important work that the New Jersey Self Advocacy Project does.” – Brooke U.
- “I like being a part of the self- advocacy group and all of the activities hosted by the [NJ Self-Advocacy Project](#).” - Jenn M.
- "I want everybody to know that being the President of the [NJ Statewide Self-Advocacy Network](#) Advisory Board has shown me great pleasure. I am proud of each and every Board member as well the Advocates, too.” - Evelyn R.

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](#).

[The CDC created a website to address COVID-19 related questions & concerns for DSPs, which you can find here.](#)

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.](#)

We'll be having another webinar for COVID-19 updates in September, so stay tuned!

Job Security & COVID-19

Advisory Board President Evelyn Ramundo spoke to the Huff Post in an article about how workers with disabilities are disproportionately experiencing job loss during the coronavirus pandemic. Evelyn and others spoke how their struggles with not being able to work, lack of funds, and increasing boredom. "I want to go back to work and make money and not be around the house as much."

Great job, Evelyn! We hope you and many others are able to safely return to work very soon. Read the full article by clicking below.





Before the coronavirus pandemic, Evelyn Ramundo was a secretary at a group home in New Jersey that is run by a nonprofit focused on housing and employment opportunities for people with disabilities. Ramundo said she loved her job, where she's...

[Read more](https://www.huffpost.com)
www.huffpost.com

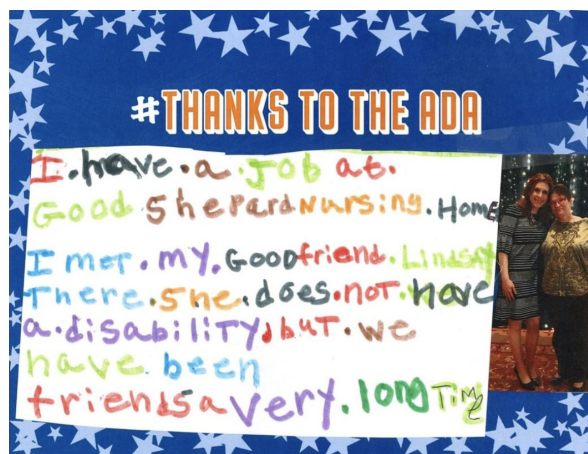
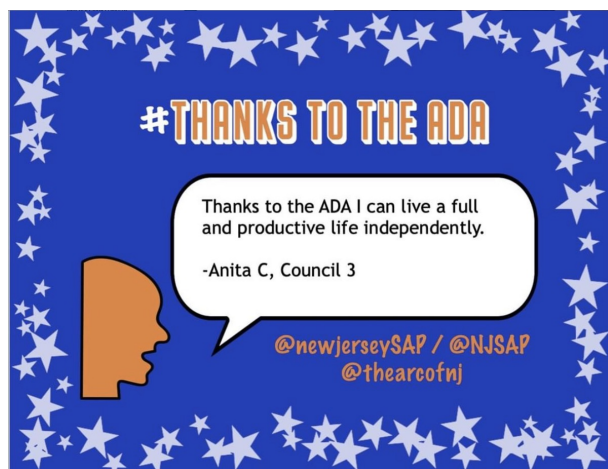
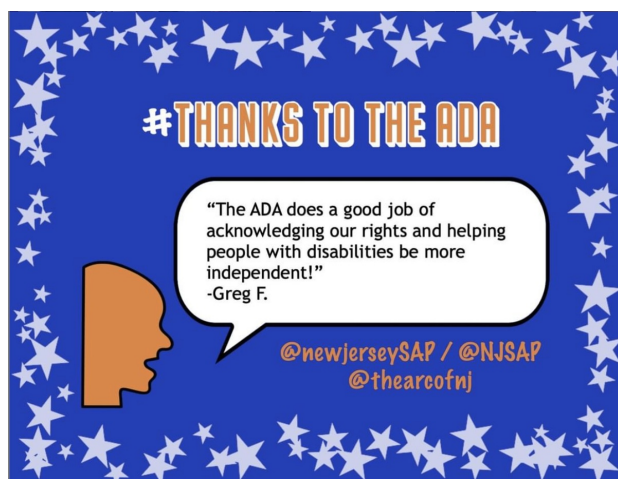
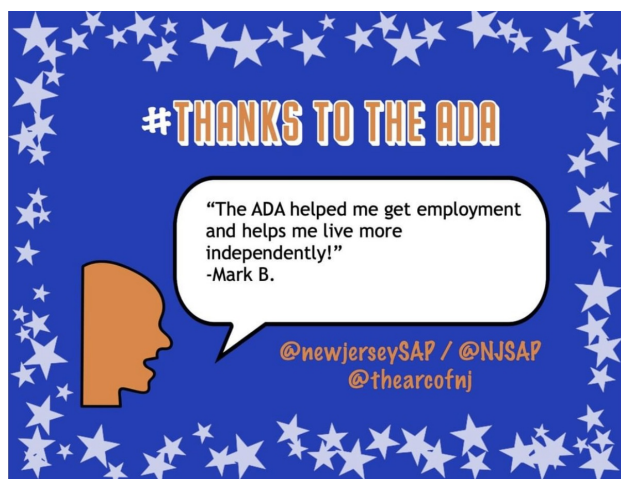
#ThankstotheADA

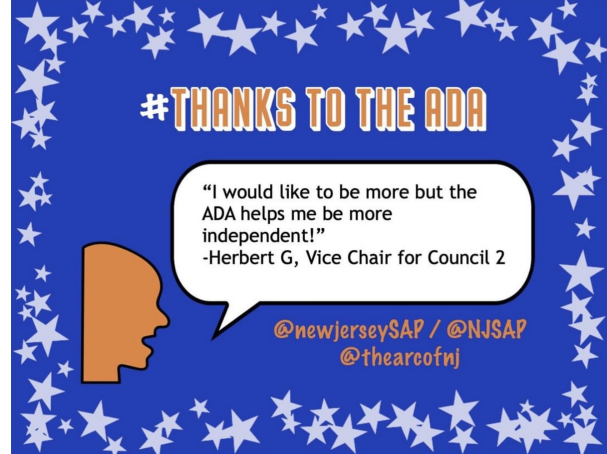
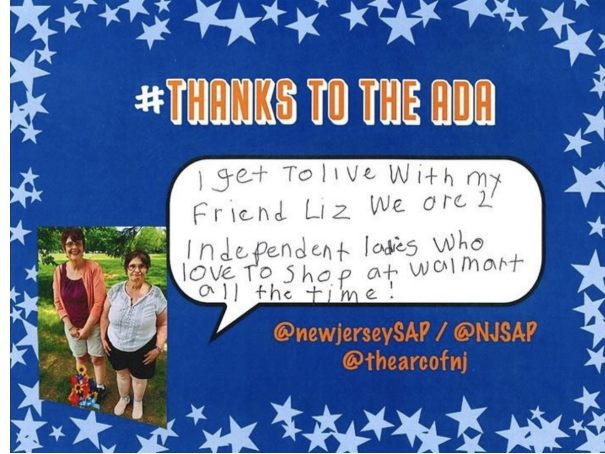


July's hashtag was **#ThankstotheADA**. Thank you to everyone who participated!

We asked you to celebrate the Americans with Disabilities Act's 30th Anniversary by letting us know what the ADA has done for you.

Here's a selection of submissions we received!





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.

August's hashtag will be **#SummerSafety**.

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 how you have been staying safe and healthy this summer. Talk about your sunscreen routine, how you stay cool and hydrated, and the face masks you wear to protect against COVID-19. Let's all practice **#SummerSafety**!

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



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

Feel free to use the template to the left and email it to NJSAP@ArcNJ.org and we'll post for you!

Submitted by: _____

NJ Register Ready

On the topic is safety, here is some information about [NJ Register Ready](#) from [New Jersey Office of Emergency Management](#).

“Register Ready – New Jersey’s Special Needs Registry for Disasters” allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. If you register, you will be notified by local officials when an evacuation has been ordered, which may save your life.

Brochure (English)

Brochure (Spanish)

Council 2: Zoom Meeting

The screenshot shows a Zoom meeting window. On the left, a document titled "C2 agenda July 2020.i" is displayed. The document content is as follows:

Council 2 of the Statewide Self Advocacy Network
Tuesday, 7/23/20
Agenda

Welcome and Introductions-Renee
Code of Conduct-Herbert
Treasury Report and Collection of Dues-Greg
Review minutes from last meeting-Jean

Old Business-

- A. Review goals for 2020
- B. Webinars every Tuesday
- C. Brain Games on Thursdays at 1pm
- D. NEW LUNCHEON DATE: April 17th, 2021
- E. NEW CONFERENCE DATE: Sept 25, 2021

New Business

- F. Guest: Paul Aronsohn, Ombudsman
- G. #ThanksToTheADA quotes
- H. Vote to extend Officer Positions
- I. NJ Budget Hearings
- J. Technology Needs Assessment
- K. NJSAP's new Resource page
- L. We are off for August, Enjoy your summer!

Chair Report-Renee
Field Report- Erin
Open Discussion
Announcements from members/Advisors/Birthdays
Adjourn the Meeting- Audrey

Next meeting- September 24, 2020—Look for emails for location details

An Alliance for Change to Support the Rights of People with Intellectual and Developmental Disabilities

On the right side of the Zoom window, a grid of participants is visible. The top row shows two participants: a man in a pink cap and a woman with glasses. The second row shows a woman with glasses and a man with a beard. The third row shows a man with glasses and a woman with glasses. Below these are several icons representing participants who are muted or have their video turned off, including a green icon with a white telephone handset.

The NJSSAN Network has been running strong despite being unable to hold in-person meetings. Moving on from conference calls, Council 2 held their very first video based meeting this month! Thank you to everyone from Council 2 who participated. It was great to see your faces!

Census Push Week

THERE'S STILL TIME TO MAKE A DIFFERENCE. FILL IT OUT NOW!



STRENGTH IN NUMBERS



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.

It's Census Push Week! From July 27 - August 2, there will be Census activities across New Jersey as organizers and volunteers work to ensure that their communities PUSH for a greater 2020 Census response rate before Census takers begin to visit households that haven't responded yet.

New Jersey's response rate is at 64.6% but we need full participation. Let's spread the word and make sure every New Jerseyans is counted!

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

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



improving health, improving lives



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 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.](#)

July's webinars included:

[ADA from A-Z:](#)

[An Overview of the Americans with Disabilities Act](#)

[Let's Make This Work: Employment & Accommodations Under the ADA](#)

[How May I Assist You? Benefits of Assistive Technology](#)

[Best Course of Action: Action Alerts & Advocacy Campaigns](#)

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 August's four webinars!

[8/4/20: Fitness that Fits You: Adaptive Exercises to Stay in Shape](#)

[8/11/20: REPLAY: Healthy Stress Management & Outdoor Safety Tips](#)

[8/18/20: Let Me Introduce Myself: All About NJSAP & NJSSAN](#)

[8/25/20: REPLAY: Healthy Communication & Staying Connected](#)

HLP: 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.

We will be holding events on Zoom every Wednesday at 11 AM on a variety of topics relating to healthy living, and some events will feature guest speakers who will lend their expertise. The final event of the month will utilize supplies that we will send directly to your location, FREE OF CHARGE.

Live viewers will be able to share comments, ask questions, and participate in real time. All webinars will be recorded and archived to view after airing.

Register now for our upcoming events!

8/5/2020: Road to Relaxation: A Guided Mediation

**8/12/20: Number One With a Bullet:
A Journey in Journaling**

**8/19/20: Fitness that Fits You:
Adaptive Exercises to Stay in Shape II**

**8/26/20: Let Me Paint You a Picture:
Paint & Sip Live**

***The 8/26/20 Paint and Sip event has a limit, it may be at capacity when you see this message.**

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 songs about rights, responsibilities and inclusion!**](#)



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

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

HLP: Brain Games

Join the NJSAP Team for LIVE games to test your knowledge and creativity -- and to HAVE FUN.

You can't be bored when you have board games!

[***https://www.facebook.com/NewJerseySAP/live/***](https://www.facebook.com/NewJerseySAP/live/)

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 Quiplash and Scattergories 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!](#)



An interesting thing on Robocop's
job performance review: "Needs
to work on _____"

PEOPLE SKILLS

OR

RUST



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

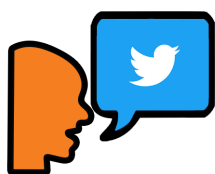
When you're stuck at home more often than usual, it can be tempting to overindulge in unhealthy foods and snacks. Try the tips in our videos on [Facebook](#) and [Instagram](#) to stave off hunger in a healthy way! **There are recipes for snacks, dips, appetizers, meals and more!**





*You are encouraged to share this information with others who may also be interested. However, if you are forwarding this email, please delete the "unsubscribe" link at the bottom of this page. If you do not remove the "unsubscribe" option and a person who receives your forwarded email clicks "unsubscribe," it would result in ***your name*** being removed from our distribution list.

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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

