



# Advocacy Matters

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

## February 2020

This February has been unseasonably warm; we must be heating things up with all of our activity!

This month's hashtag was #Advocate4Love. Thank you to everyone who participated! Join us in using next month's hashtag, #OurTimetoShine!

We've continued our support for increasing DSP wages with another letter writing campaign.

Our Census trainings have begun to great success. Let us know if you are interested in learning more about the 2020 Census!

For our Healthy Lifestyles Project, we held another incredible cooking class at Classic Thyme.

Let's reflect back on the month of February!

## #OurTimeToShine

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.

March's hashtag will be **#OurTimetoShine** to coincide with our theme for Developmental Disabilities Awareness Month.

Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram, any and all!). Utilize the theme to create a post that shines light on your past accomplishments, highlights your current achievements, and sparkles with your future ambitions! Whatever you decide to share, just make sure to show that it's **#Our Time to Shine!**

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

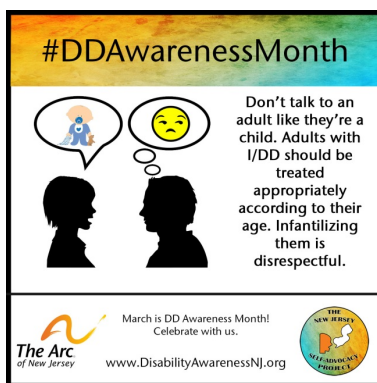
You can also share our DD Awareness facts and infographics found below or by clicking [here](#).



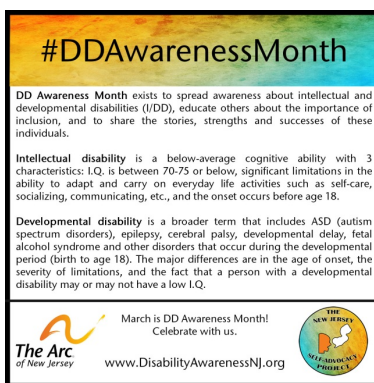
**Don't have a social media account but still want to be heard?**

**Feel free to use the template to the left and email it to [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) and we'll post for you!**

Submitted by: \_\_\_\_\_  
www.DisabilityAwarenessNJ.org



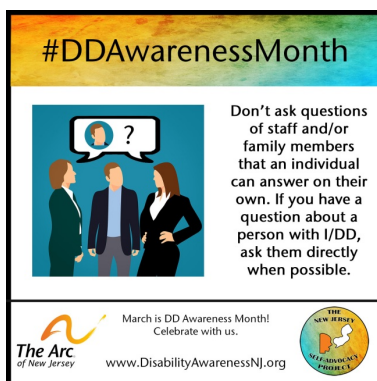
### Tip #1: Speaking to Adults



### Tip #2: Definitions



### Tip #3: Never Use the "R" Word



### Tip #4: Speak Directly



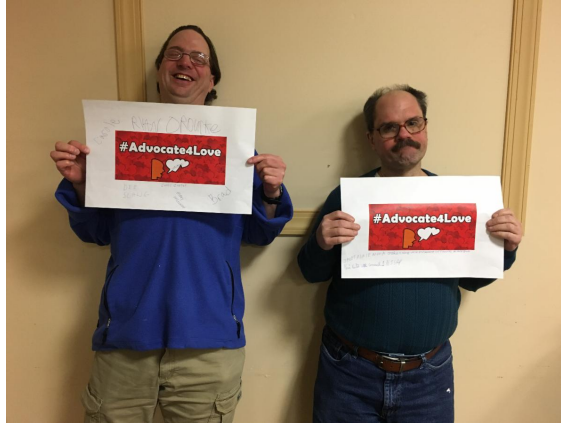
### Tip #5: One Size Doesn't Fit All



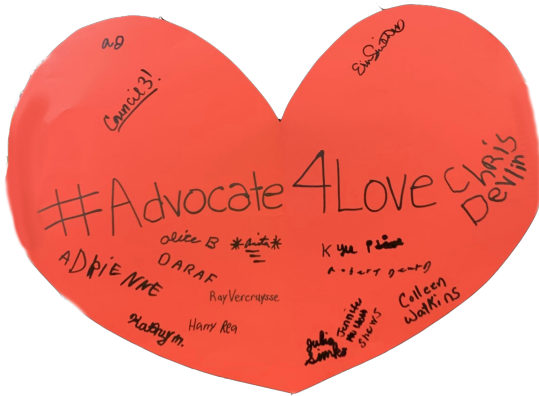
### Working with Adults with I/DD

February's hashtag was **#Advocate4Love**. Lots of love to each of the NJSSAN Councils for participating!





Council 1



Council 3's Heart Sign



Council 3



Council 4

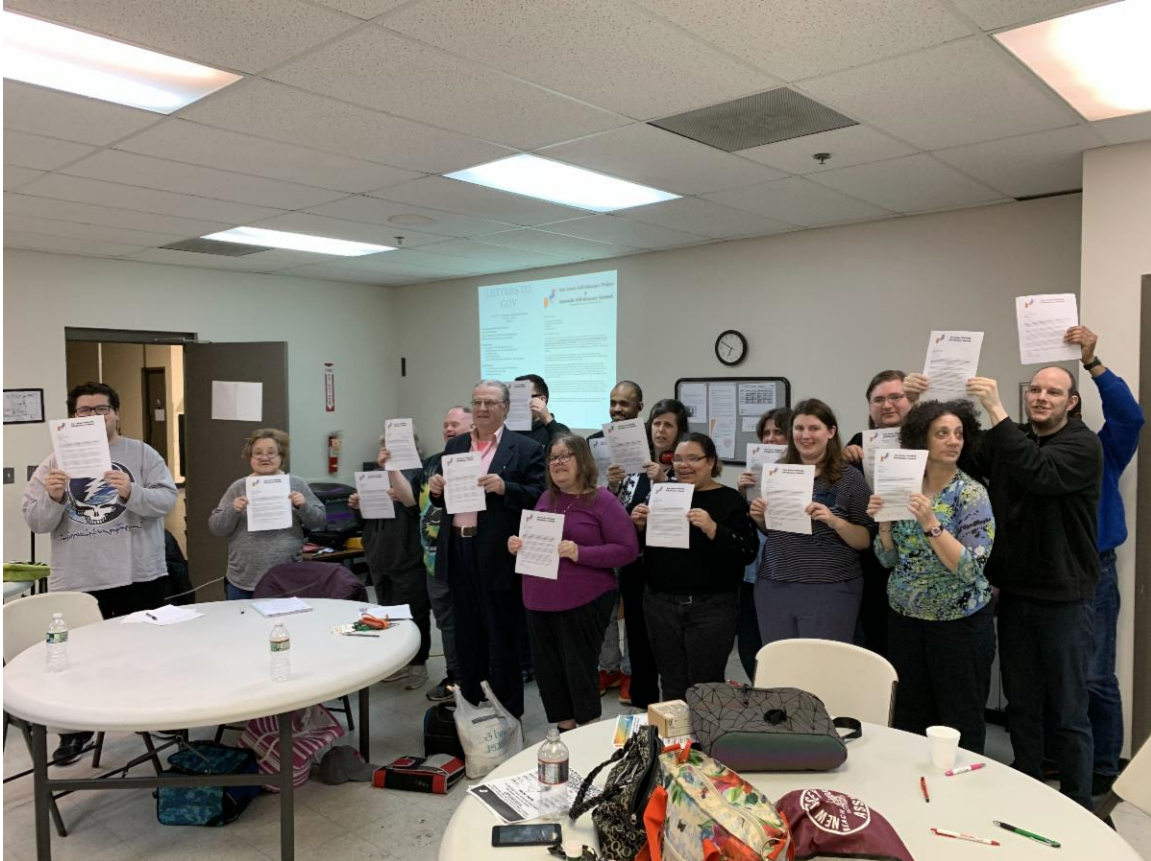


Council 5

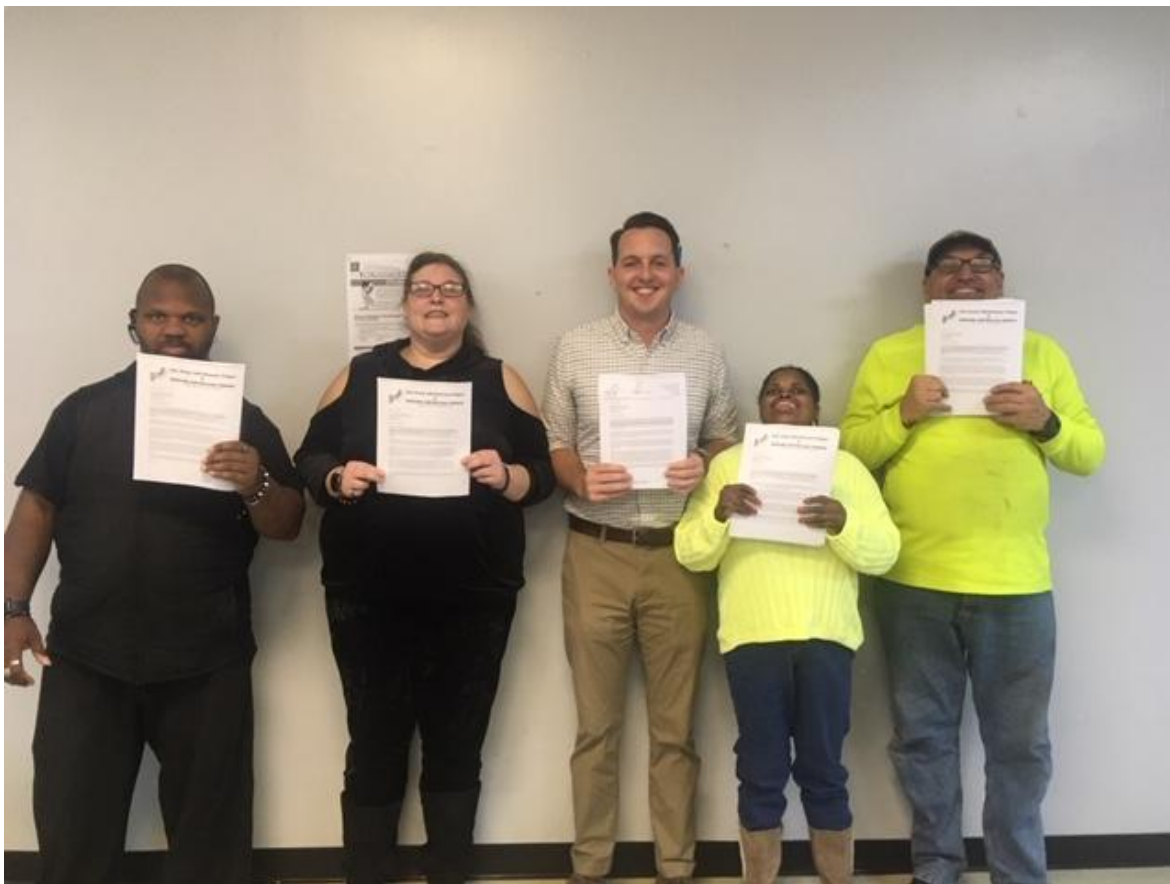
## DSP Letter Campaign

Thanks to all the groups and individuals who sent letters to the Governor urging him to make DSP wages a funding priority in his budget agenda. We are very happy to report that the Governor's proposed budget, which he announced on February 25th, includes \$42 million to address DSP wages. This money includes state funding and funding from the federal government that New Jersey receives through Medicaid. More details soon!





Council 3 of the NJSSAN



The Arc of Monmouth Monmouth County's WOC featuring NJSAP team member Michael Pearson Jr.





Journeys and Discoveries at  
The Arc of Ocean County

## Census Training



The Census, opening in March, will have a great effect on New Jersey's government and funding! Can we count on you to fill it out?

Our new training explains what the census is, why it is important, and how to participate.

Contact us at [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call (732) 749-8514 to schedule this free



training at your location.

Advocates at The Arc of Warren County participated in a 2020 Census training this month and they have some great giveaways from The Arc of The United States to show for it! We hope that you'll all fill out the Census when it is sent out!





# Health at the Special Olympics

Free physical exams, oral screenings, cleanings, and restorative care, as needed, will be provided to Special Olympics New Jersey athletes on March 28th in Wildwood! Click the buttons below for registration information.

**MedFest**

**Special Smiles**



## HEALTH AT SPRING GAMES

Free physical exams, oral screenings, cleanings, and restorative care, as needed, will be provided to Special Olympics New Jersey athletes.

### MEDFEST:

Saturday, March 28, 2020  
10:00 a.m. – 2:00 p.m.  
Wildwoods Convention Center  
4501 Boardwalk  
Wildwood, NJ 08260



### SPECIAL SMILES:

Saturday, March 28, 2020  
10:00 a.m. – 6:00 p.m.  
Wildwoods Convention Center  
4501 Boardwalk  
Wildwood, NJ 08260



MEDFEST

Click or scan the QR codes  
to complete the online  
registration forms:



SPECIAL SMILES

Questions? Please contact Amelia Hamilton, Healthy Communities Manager at:  
ARH@SONJ.org or call (609) 896-8000 x 247.



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## NJ Future of Work Task Force

Technology will continue to change the way we work, the skills we need, and the types of jobs available - the New Jersey State Future of Work Task Force needs to **hear from you** to understand your hopes and concerns about the impact of technology on the future of work in the Garden State.

Share your thoughts via a brief online survey and help shape New Jersey State policy on how to best address the workforce and workplace challenges of



tomorrow.

[Click here to participate!](#)



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!**

## **HLP: Cooking Class**

We returned to the kitchen for another cooking class at Classic Thyme Cooking School in Westfield! The class included a hands-on demonstration as well the opportunity to eat the freshly Italian cooked meal including garlic knots and cavatelli pasta with meatballs. Delicious!





Making tomato sauce!







**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

**NEW!** 2020 Census  
**NEW!** Consent & Respect  
Proper Portion Sizes  
Dangers of Sugar  
Quick Healthy Snacks  
Stress Relief  
Yoga & Meditation  
Indoor Exercise & Adaptive Fitness



**Download our flyer  
here.**



# Developmental Disabilities Awareness Month Outreach

**Developmental Disabilities Awareness Month**



To celebrate National Developmental Disabilities Awareness Month, The Arc of New Jersey and New Jersey Statewide Self-Advocacy Network invite you to visit our information table at

Goldfinch Square in the State House on Thursday, March 19, 2020. Self-advocates will be on hand to share resources and answer questions about current issues affecting the lives of people with I/DD and their families. Legislators from Districts across the state will be stopping by throughout the day.

RSVP is required to attend. Please confirm attendance and schedule a time slot by emailing [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org). \*\*A valid photo ID is required to attend.

Questions? Please contact Frankie Bayak at [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org).

[Download our flyer here.](#)

## Register Now for the Spring Luncheon!



Registration is now open for this year's spring luncheon!

Saturday, April 18th, 2020 at the Imperia in Somerset.

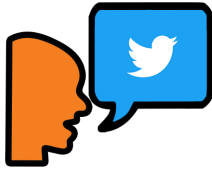
The registration deadline is March 18, 2020, so register today!

[Registration is open!](#)

[Award Nominations are Open!](#)



For more photos from our events and information about upcoming events,  
check us out on social media!



[Twitter](#)



[Facebook](#)



[Instagram](#)



[Youtube](#)

[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