



# Advocacy Matters

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

## March 2021

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.

Our hashtag this month was [#AdvocacyAnytimeAnywhere](#), to highlight our [DD Awareness Month](#) theme. [We made posts and videos throughout the month, so be sure check out our content!](#)

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 continuing our interactive Zoom 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 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!


[Registration is open for our FREE, VIRTUAL 15th Annual NJSSAN Spring Into Into Action Luncheon!](#)

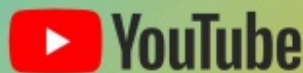
We have a lot to say, so make sure to click  
**"View entire message"** if it appears at the bottom of this  
newsletter.

## 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.
- [Do you or someone you support have a lack of internet capable devices? No internet connection? Fill out our Tech Needs survey and let us know.](#)
- 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



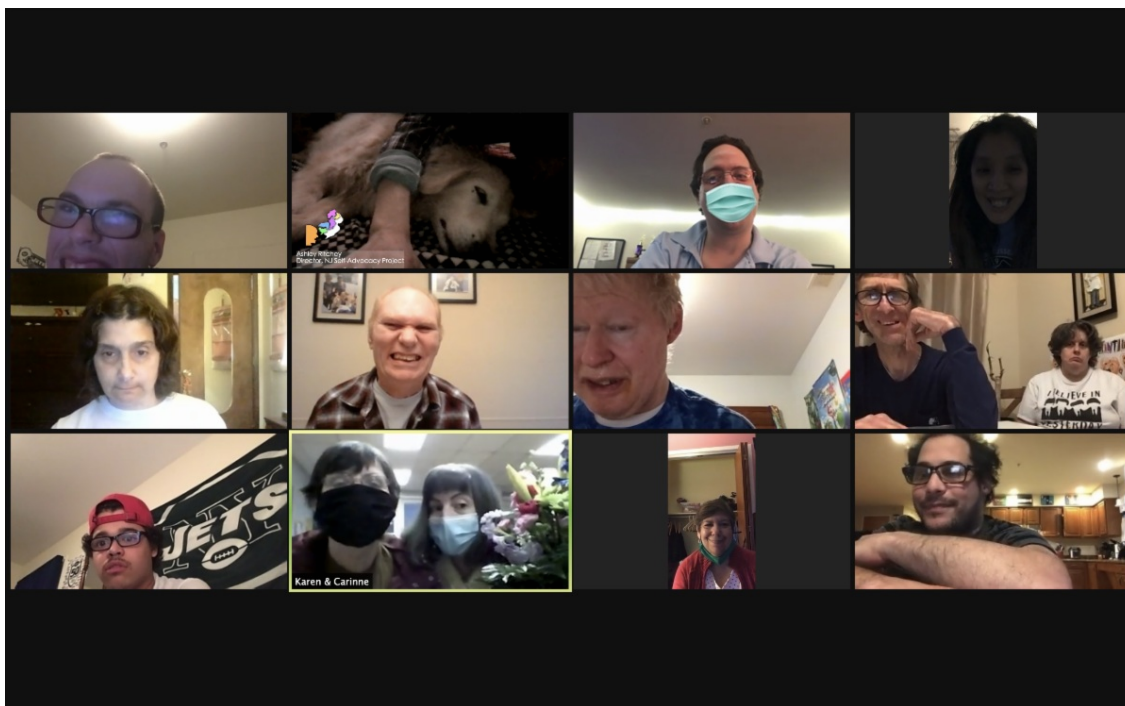
We are holding monthly NJSSAN Council meetings *virtually!*  
**For information regarding your Council area, please click here.**

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals with intellectual and developmental disabilities (I/DD) 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.

Council 1 snapped another great photo at their meeting this month with a requested guest appearance of Ginger the Golden Retriever!



## COVID-19 Resources



For more information on the vaccine, [please visit The Arc of New Jersey's website.](#)

For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit [click here.](#)

Governor Murphy announced that eligibility for the COVID-19 vaccine in New Jersey will expand on April 5 to include more frontline essential workers and high-risk groups, including people age 55 and above and all individuals with intellectual and developmental disabilities over age 16.

[For more information, click here.](#)

## Bill S3301/ Billy Cray's Law

We are reaching out regarding Senate Bill S3301, also known as "Billy Cray's Law". If passed into law, the bill would require agencies who operate group homes to determine whether the residents of the home want the installation of electronic monitoring devices (cameras using video but not audio) in common areas. [You can read the full text here.](#)

The bill was unanimously approved by the Assembly Human Services Committee on December 10th and Assembly Appropriations Committee on March 17th. It was introduced to the Senate on December 18th and a hearing date should be announced soon.

Let us know if you are interested in testifying! You will have the chance to **speak for 3 minutes during the Zoom hearing** or you can choose to **provide written testimony** that is sent to the the Committee.

Reply to this email or reach out to any NJSAP team member to **let us know you are interested! Here are some things to consider.**

- If you live or work in a group home or supervised apartment, how would you feel about cameras being placed there?
- If you already have cameras where you live, how do you feel about them?
- What are your thoughts on privacy and safety with regard to cameras?
- If you are someone's guardian, or if you have a guardian, do you both agree on this issue?

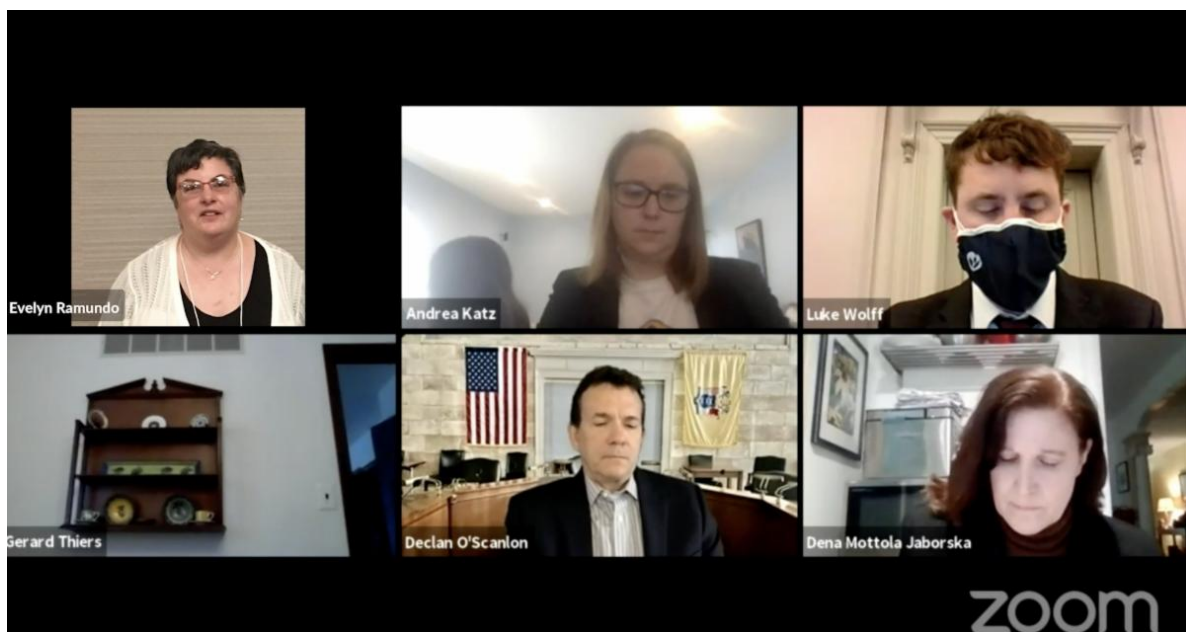
## FY22 State Budget Hearings

NJSSAN members developed testimony in response to the Governor's proposed FY22 budget. Overall, self-advocates were very supportive of the proposed funding increases for the Division, DSP wages, and residential providers. Advocates used personal anecdotes to highlight why this funding should be included in the final budget.

Four NJSSAN members registered to testify "in person" at the following hearings. The NJSAP team supported each person in writing their testimony and talking points.

1. Evelyn from Somerset County: Senate Budget Committee on March 16th
2. Spencer from Passaic County: Assembly Budget Committee on March 22nd
3. Pam from Gloucester and Andrew from Sussex: Senate Budget Committee on March 23rd

The NJSAP Team also worked with other self-advocates to write testimony that has been electronically submitted for consideration.



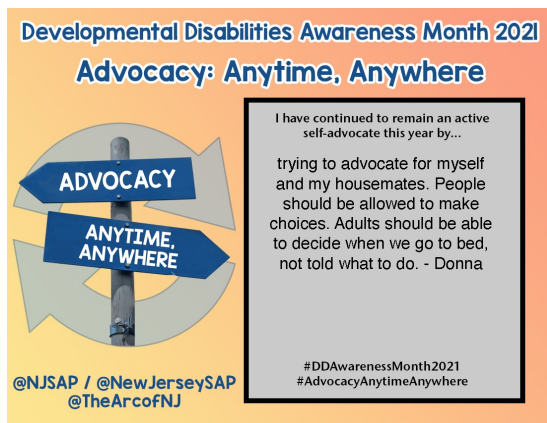




## # Monthly Hashtags



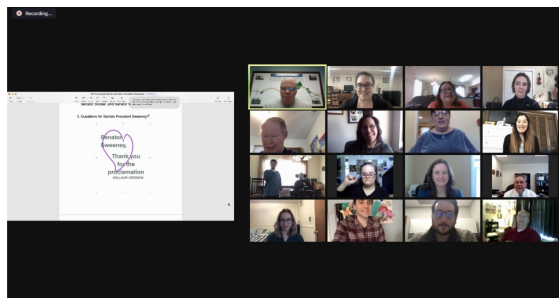
This month's hashtag was **#AdvocacyAnytimeAnywhere**, our 2021 Developmental Disabilities Awareness Month Theme! A number of self-advocates used our template to join us in celebrating DD Awareness Month. [We posted submitted templates on our website!](#) We had 32 submissions, more than one for each day of the month! Be sure to check them all out, but here is a sample of a few excellent submissions:



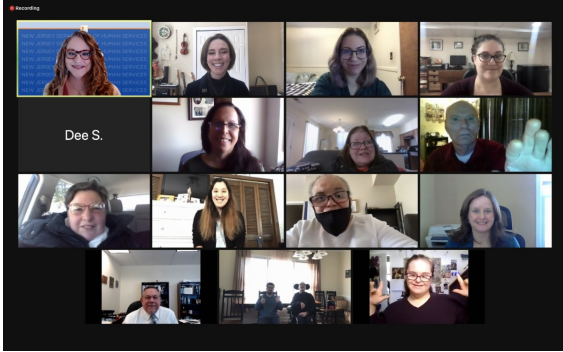
## March is Developmental Disabilities Awareness Month!

To celebrate National Developmental Disabilities Awareness Month, The Arc of New Jersey and New Jersey Statewide Self-Advocacy Network typically run an information table at Goldfinch Square in the State House. This year we held a virtual event on Zoom engage in discussion with Commissioner Adelman and Senate President Sweeney about current issues affecting the lives of people with I/DD and their families.

Thank you to Commissioner Adelman for kicking off Developmental Disabilities Awareness Month with us and presenting the Governor's Proclamation! Thank you so much Senate President Steve Sweeney for delivering the Joint Legislative Resolution.







Each week of March, we highlighted a different way to stay active in self-advocacy. We also posted everyday day advocacy scenarios.

Week 1: Identifying and Reaching out to your Legislators

Week 2: Voting and Online Voter Registration

Week 3: Developing Testimony and the Role of Testimony in the Legislative Process

Week 4: Technology and Online Advocacy

Week 5: Responding to Action Alerts

[Check out all of the great content online!](#)

# #DDAwarenessMonth

**DD Awareness Month** exists to spread awareness about intellectual and developmental disabilities (I/DD), educate others about the importance of inclusion, and to share the stories, strengths and successes of these individuals.

**Intellectual disability** is a below-average cognitive ability with 3 characteristics: I.Q. is between 70-75 or below, significant limitations in the ability to adapt and carry on everyday life activities such as self-care, socializing, communicating, etc., and the onset occurs before age 18.

**Developmental disability** is a broader term that includes ASD (autism spectrum disorders), epilepsy, cerebral palsy, developmental delay, fetal alcohol syndrome and other disorders that occur during the developmental period (birth to age 18). The major differences are in the age of onset, the severity of limitations, and the fact that a person with a developmental disability may or may not have a low I.Q.



March is DD Awareness Month!  
Celebrate with us.

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



In celebration of Developmental Disabilities Awareness Month, we encourage everyone to use social media to educate others and spark discussion about people with developmental disabilities! The theme for 2021 was Advocacy: Anytime, Anywhere. We'd...

[Read more](http://www.arcnj.org)  
[www.arcnj.org](http://www.arcnj.org)



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 & Sip

We held another painting class with the lovely folks at SCARC. This time we made some cute bunnies for spring! Spencer, Nancy, Lynn and Gail shared their beautiful artwork with us.

Don't forget to try this drink recipe next time you pull out your paintbrush!



### ROSEMARY LEMONADE

MAKES 8 SERVINGS (1 CUP EACH)  
CALORIES PER SERVING: 0

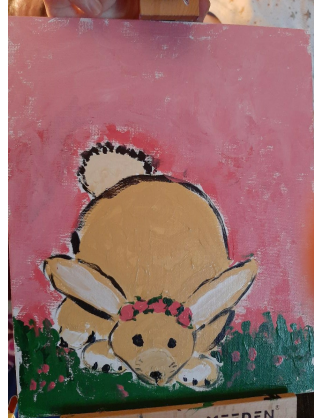
- 2 cups water
- 2 fresh rosemary sprigs
- 1/2 cup sugar
- 1/2 cup honey
- 1 1/4 cups fresh lemon juice
- 6 cups cold water
- Ice cubes
- Additional lemon slices and fresh rosemary sprigs (optional)

1. In a small saucepan, bring 2 cups water to a boil, add rosemary sprigs. Reduce heat, simmer, covered, 10 minutes.
2. Remove and discard rosemary. Stir in sugar and honey until dissolved. Transfer to a pitcher, refrigerate 15 minutes.
3. Add lemon juice, stir in cold water. Serve over ice. If desired, top with additional lemon slices and rosemary sprigs.



<https://www.thearcnj.org/recipes/rosemary-lemonade/>



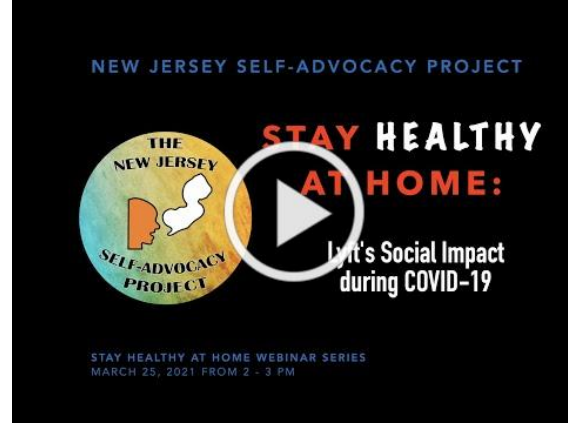
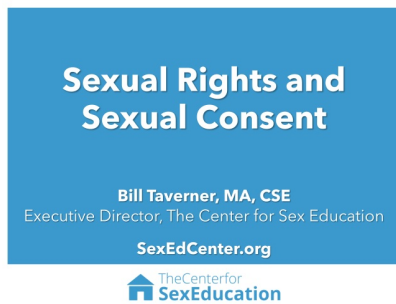


## HLP: Stay Healthy at Home Weekly Webinars



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 **2 PM**.





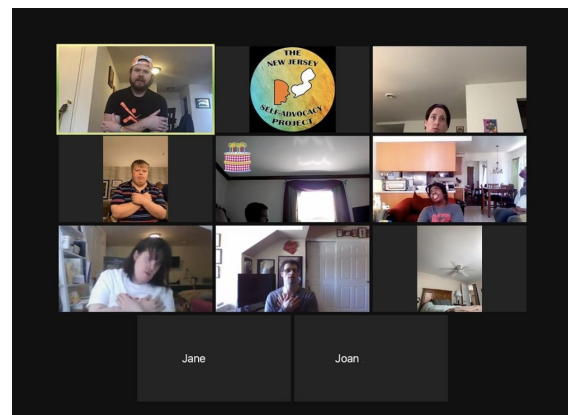
If you've attended one of our webinars, we're very thankful. Please spread the word and register for one of our upcoming topics!

[Register now for upcoming webinars!](#)

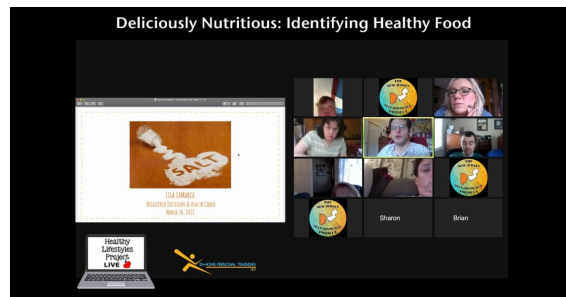
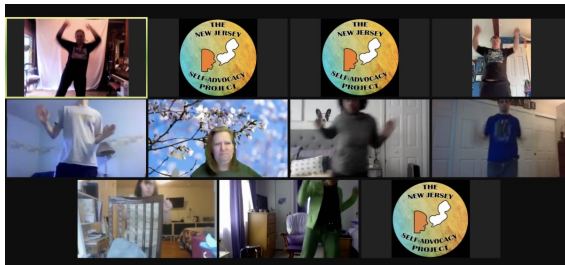
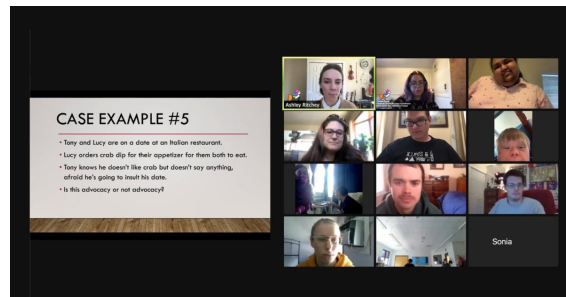
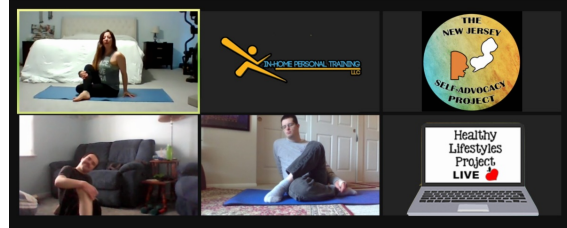
## Healthy Lifestyles Project: LIVE



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 Wednesdays at 11 AM and Fridays at 1 PM.





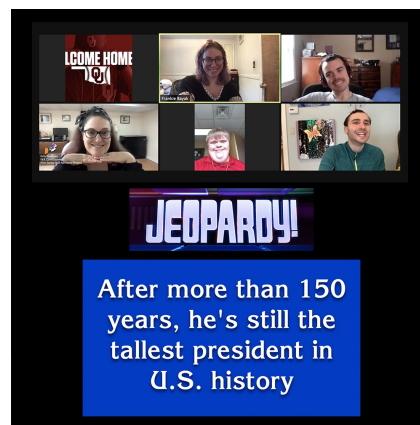


**[Register now for April's events!](#)**

## HLP: Brain Games

Get your thinking caps on! In May 2020, the NJSAP team began presenting games live on Facebook. We've now moved to Zoom!

Watch our previous videos below of Taboo and Jeopardy 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 can also schedule Brain Games with your group! Email [NJSAP@Arcnj.org](mailto:NJSAP@Arcnj.org) if you are

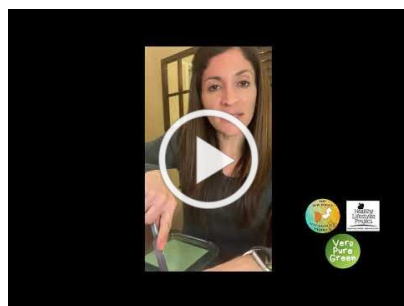
interested.

# Follow Along

Our Healthy Lifestyles Project: LIVE! events are twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

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

Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:](#)  
[Playlist](#)



[Wednesdays with Matt:](#)  
[Playlist](#)



[Fridays with Erin:](#)  
[Playlist](#)

# Virtual Luncheon

The 15th Annual NJSSAN Spring into Action Luncheon, scheduled for Saturday, April 17, 2021, is going virtual!

[Register here!](#)



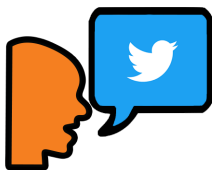


---

\*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.

---

Stay connected with us!



[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

