



# Advocacy Matters

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

## October 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.

Thank you for attending the FREE virtual 37th Annual NJSSAN Fall Conference on October 9, 2021!

Make sure you are registered and ready for the upcoming election on November 2nd!

[Take part in The Arc Us's current Action Alert! Share Your Story: Why Home and Community-Based Care Matters!](#)

The wonderful folks at SCARC showed off their knowledge with some Brain Games.

Our hashtag this month was **#HealthyHalloween**.

Looking for resources on [Technology and Internet Safety](#)? [Check out our new page!](#)

We've moved to Zoom Webinars! We will have one brand new webinar each month as well as continuing replays of past content. [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!

**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></ul> <ul style="list-style-type: none"><li>•HLP:Live! It's Fitness Friday with IHT on Zoom at 1pm</li></ul>

**TO DO LIST:**

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag
- Participate in an advocacy campaign or Action Alert

**REMINDERS + NOTES:**

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to **SPEAK UP!**

**THE NEW JERSEY SELF-ADVOCACY PROJECT**

**YouTube**

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 (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.

## 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.](#)

Look below for updates from Governor Murphy about changes in guidelines for NJ. [Find out more here.](#)

## Fall Conference

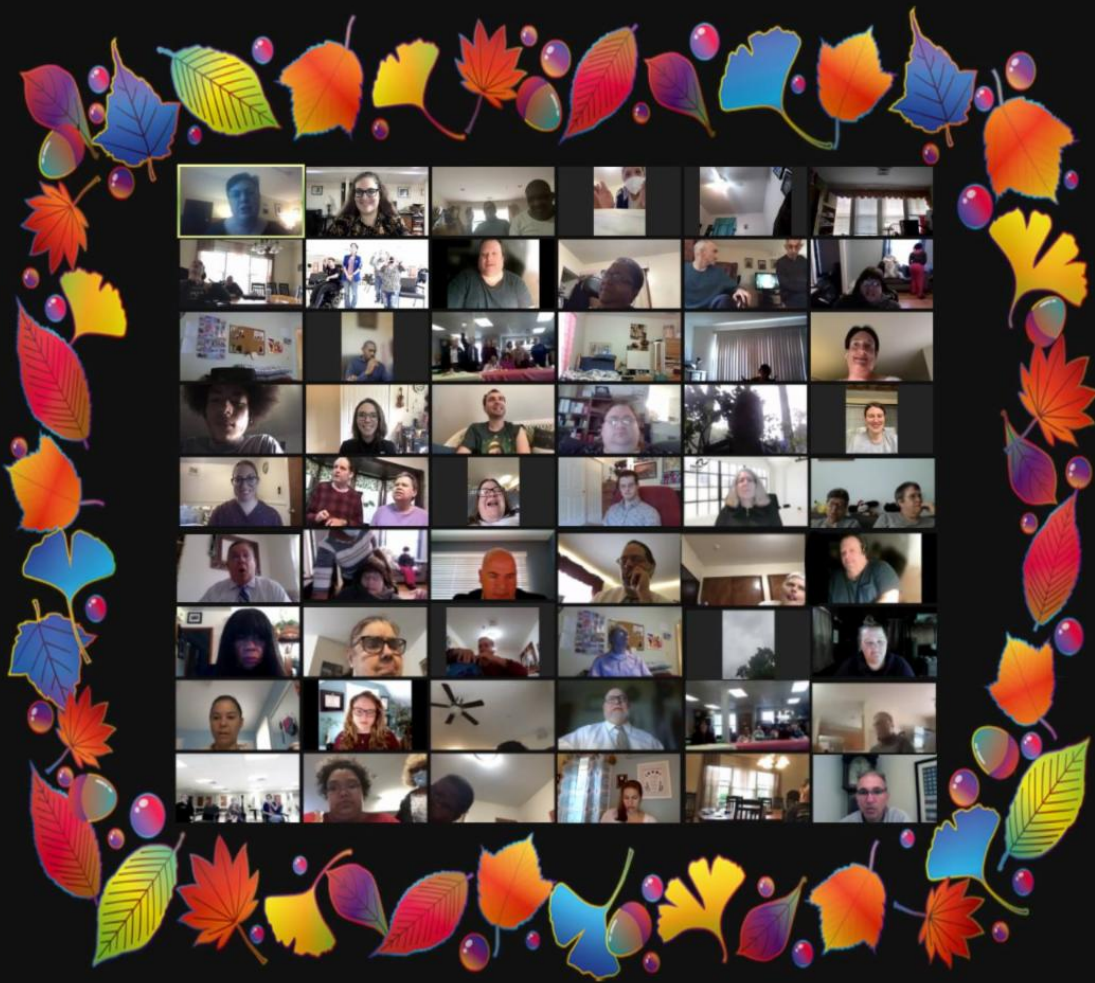
**The 37th Annual  
NJ Statewide Self-Advocacy Network  
Fall Conference**

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**SELF-ADVOCACY MEANS  
THE WORLD TO ME**



# The 37th Annual NJ Statewide Self-Advocacy Network Fall Conference



Thanks for making the 37th Annual Fall Conference a Success! We couldn't have done it without our incredible sponsors, presenters, speakers, and attendees!

We truly hope you enjoyed yourself and would love your feedback on how to make this an even better event next year!

## Conference Feedback Survey!



The NJSSAN Advisory Board raised \$334.95 through the t-shirt fundraiser! Thank you for your support!

We'd love to see your t-shirts if you bought one! Snap a pic and send it to [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org)!



# Action Alert

We have an opportunity right now to make a HUGE investment in home and community-based services (HCBS) funded through Medicaid by passing the Better Care Better Jobs Act.

Help make this happen by sharing what home and community-based services mean to YOU and YOUR FAMILY or why you need these services NOW!

[By answering a few short questions, you can share your story with The Arc and directly with your Members of Congress.](#)

People with disabilities rely on home and community-based services funded through Medicaid to live independently in their communities. HCBS support people with disabilities by paying for things like employment supports, getting around the community, dressing and bathing, taking medication, and much more! But due to a decades-long lack of investments in the system, Medicaid doesn't have the funding to support everyone. This means people are stuck on waiting lists, direct care workers are underpaid due to stagnant wages, and too often unpaid family caregivers are filling in the gaps in service.

**For more ways to take action, click here**

## Voting

Election Day is fast approaching! Check out our helpful guide full of resources on how to register to vote, the voting process, voting rights and more!

Read it here: [conta.cc/3tCnHSs](https://conta.cc/3tCnHSs)

The Arc of NJ also has more information on voting on their [Get Out the Vote page](#).



Election Day is Tuesday, November 2, 2021, The 2021 Get Out the Vote Guide is available now!

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

# SCARC - Snippets

The folks at SCARC showed off their incredible brain power while playing another surprisingly competitive game of Snippets! They had to find as many words as possible with the letters "TIN", "ONT" and "AIR" in them. Some amazingly long words in there, up to 18 letters long!

## Brain Games: Snippets

TIN	ONT	AIR
Tinfoil	Montana	Hairbrush
Tinman (Wizard of Oz)	Contaminated	Hair
Tinsel	Ontario	Airplane
Painting	Noncontemporary	Air
Eating	Onto	Pair
Dating	controversial	Fair
Accommodating	contamination	Millionaire
Continue	Front door	Multimillionaire
Bulletin Board	Container	DairyMaid
Tinkle	Discontinued	Air guitar
Martin	Control	Questionnaire
Skating	Don't	Extraordinaire
Discontinue	beachfront	Repairman
Batting	oceanfront	Repair
Casting	orthodontist	Staircase
Chatting	Font	Stairwell
Toasting	Continuously	Hairstyle
Punting	Contradictory	Solitaire
Tinkerbell	Contraindication	Multibillionaire
Tiny	uncontrollably	Billionaires
Voting	month	Fairground
	Nontransmissible	Aircraft
	Frontier	Air Supply

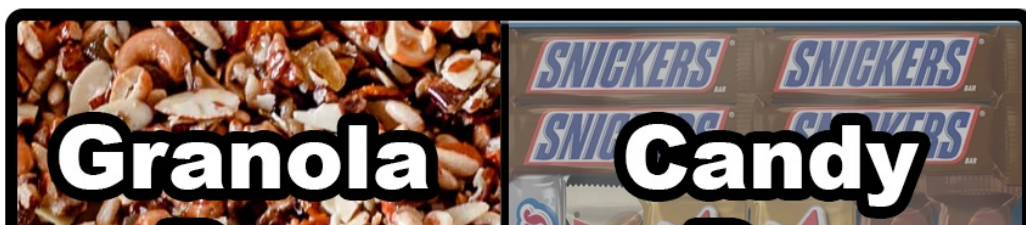
## # Monthly Hashtags

Our hashtag this month was #HealthyHalloween!

We've been sharing tips to stay healthy during the spooky season! Check out some of them below!

## "Eat This NOT That" Sweet Edition

Try these substitutions to satisfy  
your sweet tooth!







**Bar**



**Bar**



**Chia  
Pudding**



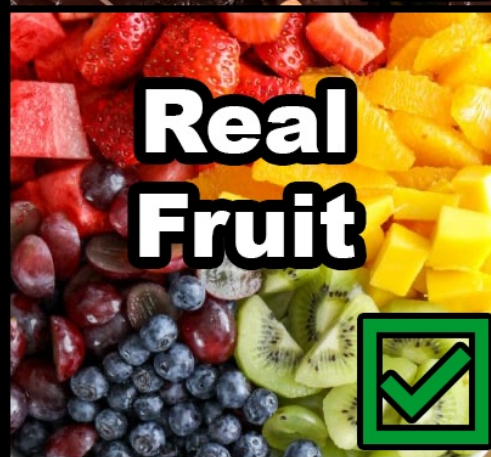
**Chocolate  
Pudding**



**Almond  
Dark  
Chocolate**



**Milk  
Chocolate**



**Real  
Fruit**



**Candy**



**Fruit  
Popsicle**



**Ice  
Cream**







**www.healthylifestylesproject.org**

## Pedestrian Safety/Trick or Treating

- If out after dark, fasten reflective tape to your costumes and bags.
- You can also use glow sticks to stay visible.
- **Stay home if you are sick.**
- Trick-or-treat with people you live with.
- Remain 6 feet apart from people not in your household.
- Wear a face mask covering BOTH your mouth and nose (even under/over your Halloween mask).



## Technology & Internet Safety

The Internet has dramatically changed the way we interact with the world and has provided many people with a way to stay connected. However, the internet can also put people at risk for cyberbullying, exposure to inappropriate material, online predators and the possibility of revealing too much personal information. Take a look at the [resources on our website](#) about internet safety, online communications, and how to best support individuals with intellectual and developmental disabilities on the internet.



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: Stay Healthy at Home



# Weekly 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**.

We're moving to Zoom Webinars! Starting September 14th, we will have one brand new webinar each month and well as continuing replays of past content.



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

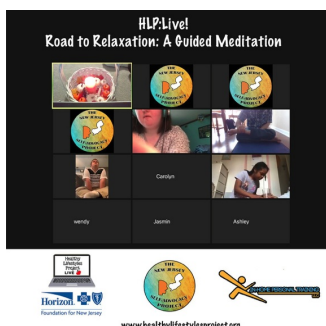
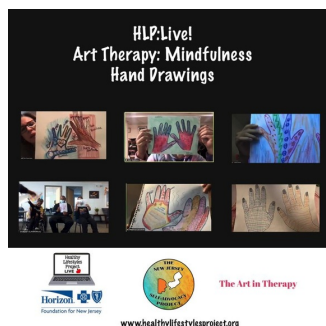
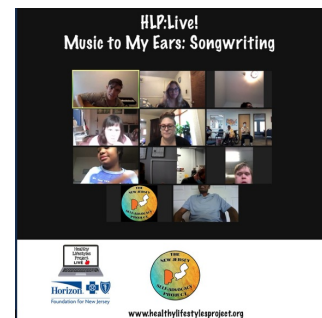
[Register now for upcoming webinars!](#)

## 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 every Wednesday at 11 AM and Friday at 1 PM.



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

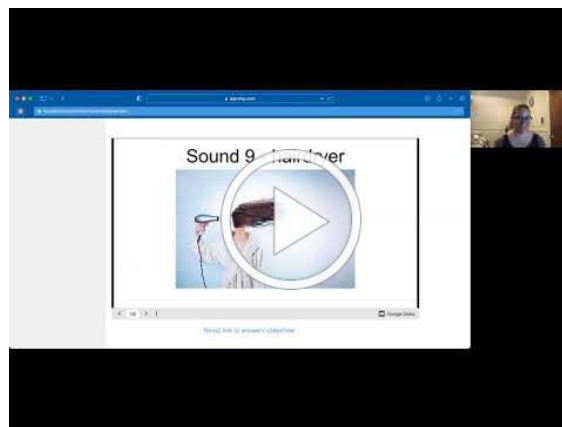
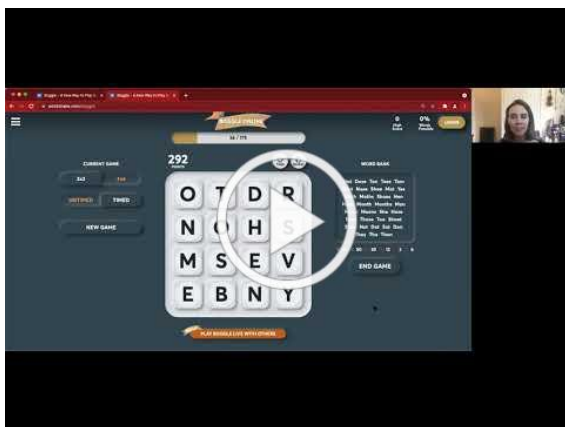
## HLP: Brain Games

Get your thinking caps on! The NJSAP team presents games to play on Zoom!

Watch our previous videos below of Boggle and What's That Sound 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.

## HLP: Video Guides

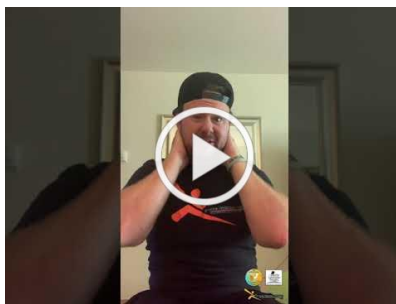
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Fridays we post videos from Matt ([In-Home Personal Training](#)).

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  
and Kristen: Playlist](#)



[Fridays with Erin:  
Playlist](#)

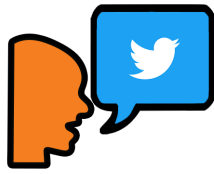
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[www.njselfadvocacyproject.org](http://www.njselfadvocacyproject.org)



# 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