

# Advocacy Matters

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

## May 2018

May has been a month for advocacy, information and of course some more HLP events!

The month started off strong with a full weekend at the **Abilities Expo**. Thank you to all those who visited our booth!

The Coalition for a DSP Living Wage continued their campaign at two **Budget Hearings** at the State House in Trenton, with many self-advocates supporting the cause.

Our **Healthy Lifestyles Project** events this month included **Roller Skating** and **Adaptive Yoga** and next month our **Watchung Wednesday** hikes will return!

Let's look back on some photos and videos of these great events.

## Abilities Expo

The first weekend of May began with the Abilities Expo at the New Jersey Convention and Expo Center. More than 5,500 people attended over the course of the weekend and the New Jersey Self-Advocacy Project team was there to greet, chat, educate and assist all who visited The Arc of New Jersey's Booth.



## Budget Hearings

Thank you to all the advocates who came out to support the Coalition for a DSP Living Wage at the State House in Trenton on May 14th and 22nd in front of the Assembly and Senate Budget Committees. The goal is to improve the wages for DSPs starting with \$1.25 p/h wage increase in FY2019. Remember to keep spreading the word, #PayFair4DirectCare!







## HLP: Roller Skating

Let's roll! Advocates were invited to roller skate this May as part of our Healthy Lifestyles Project. Check out videos below from May 2nd at ISC in Mount Laurel and on May 16th at Roller Magic in South Amboy.







## HLP: Adaptive Yoga

Everyone can bring healing and peace to body, mind and spirit with adaptive yoga! Advocates at Abilities Northwest learned many stretches and poses at one of our Healthy Lifestyles Project events.

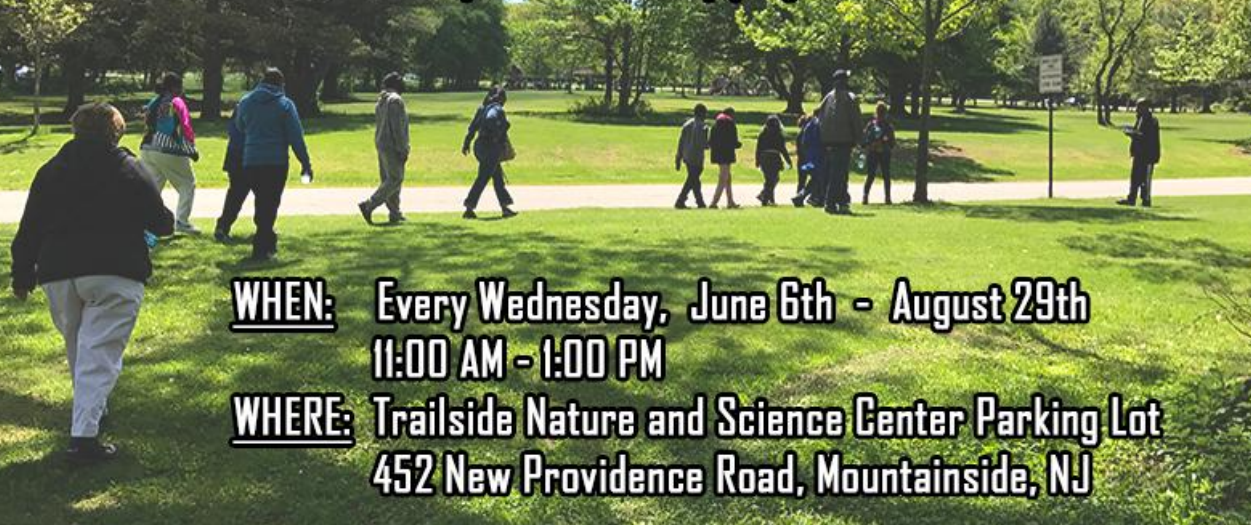




Watchung Wednesdays are  
almost here!

## Watchung Wednesdays

Free group trail walks for adults with developmental disabilities led by the  
New Jersey Self-Advocacy project team!



**WHEN:** Every Wednesday, June 6th - August 29th  
11:00 AM - 1:00 PM

**WHERE:** Trailside Nature and Science Center Parking Lot  
452 New Providence Road, Mountainside, NJ

**Horizon®**



*The Horizon Foundation for New Jersey*

The Healthy Lifestyles Project is made  
possible through a grant funded by  
Horizon Foundation for New Jersey.



# 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

Proper Portion Sizes  
Dangers of Sugar  
Quick Healthy Snacks  
Stress Relief  
Yoga & Meditation  
Indoor Exercise & Adaptive Fitness



## Save the Date!



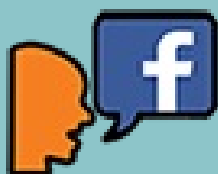
The 35th Annual New Jersey Statewide  
Self-Advocacy Network Fall Conference  
will take place on

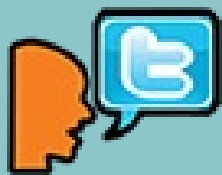
**Saturday, September 29, 2018  
at The Westin Princeton**

Registration information will be  
available soon!

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





# **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**