



Advocacy Matters

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

October 2022

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 and the current NJSSAN Priorities.

[Watch the recording for the 38th Annual NJSSAN Fall Conference.](#)

Our hashtag this month was #NDEAM.

We host one brand new webinar each month and present replays of past content [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.](#)

We continue to host our interactive Zoom series [Healthy Lifestyles Project: Live!](#) You can check out our past events below and [register for upcoming sessions here.](#)









Brain Games is held each Thursday at 1 PM! [Watch archived videos here](#) and [join in LIVE every week on Zoom.](#)

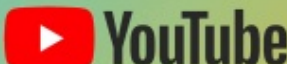
We continue to post all across our social media pages! You can find new videos every [Monday](#), [Wednesday](#) and [Friday](#) about Health, Fitness and Nutrition!

**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"> • Check social media feed for Veronica's new nutrition video 	 <ul style="list-style-type: none"> • Watch the new Stay Healthy at Home webinar at 2pm 	 <ul style="list-style-type: none"> • Interactive Zoom event for HLP: Live at 11am • Check social media feed for IHT's new workout video 	 <ul style="list-style-type: none"> • Play this week's Brain Game on Zoom at 1pm 	 <ul style="list-style-type: none"> • Check social media feed for Erin's new recipe! • HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm
<h3 style="text-align: center;">TO DO LIST:</h3> <ul style="list-style-type: none"> • Sign up for NJSAP's email list • Request a virtual group training • Make a social media post using this month's hashtag 		<ul style="list-style-type: none"> • Participate in an advocacy campaign or Action Alert 	<h3 style="text-align: center;">REMINDERS + NOTES:</h3> <ul style="list-style-type: none"> • Mark my calendar with all upcoming activities • Reminder: Each NJSSAN Council meets every month • Remember: Self-Advocacy means to SPEAK UP! 	


Find out more at www.njselfadvocacyproject.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 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.
- 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.

[Visit your council page](#) to download calendars for 2022.

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of people 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.

[**You can read the current NJSSAN Priorities here.**](#)

NJ Statewide Self-Advocacy Network Position Statements

The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

We work together with these individuals to form The New Jersey Statewide Self-Advocacy Network (NJSSAN), which is used as means of supporting positive change on both a personal and social level. The NJSSAN consists of five Councils based on geographic location within the state.

1. [Home & Community-Based Services \(HCBS\)](#)
2. [Housing for People with IDD](#)
3. [Transportation](#)
4. [Supported Decision Making and Alternatives to Guardianship](#)
5. [Raising Awareness of IDD Issues](#)

NJSAP@ArcNJ.org

NISSAN POSITION STATEMENTS
www.njselfadvocacyproject.org

732-749-8514

Fall Conference



Thanks for making the 38th Annual Fall Conference a success! We had 141 amazing attendees this year.

We couldn't have done it without our incredible sponsors, presenters, speakers, and attendees! We truly hope you enjoyed yourself and would appreciate your feedback on how to make this an even better event next year!

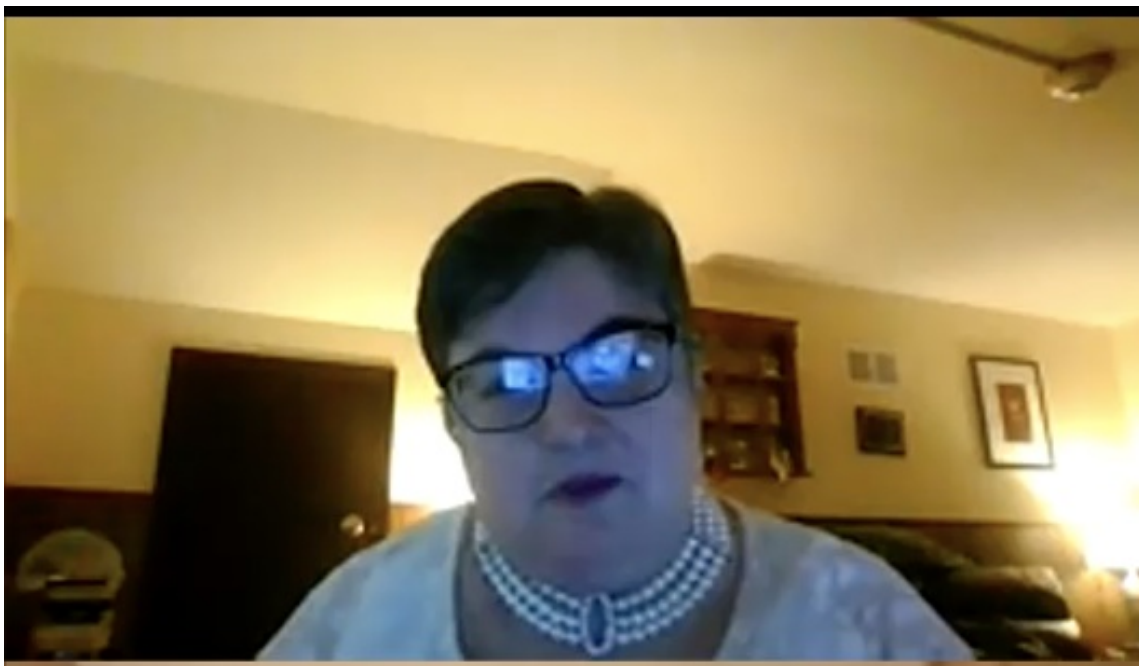
[**You can view recorded video of the event here.**](#)

THANK YOU

For attending The 38th Annual NJSSAN
Fall Conference!



The emcee of the event was none other than NJSSAN Advisory Board President Evelyn Ramundo! Thank you, Evelyn, for leading the way by welcoming everyone, providing an update of NJSSAN activities, and introducing each segment on the event.

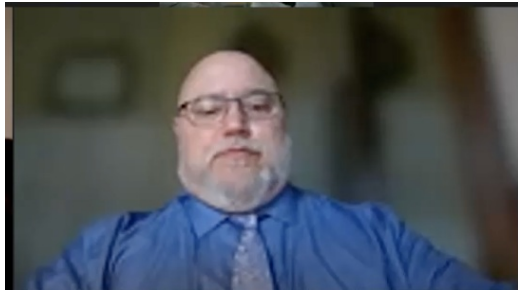


Additional [Opening Remarks](#) were given by:

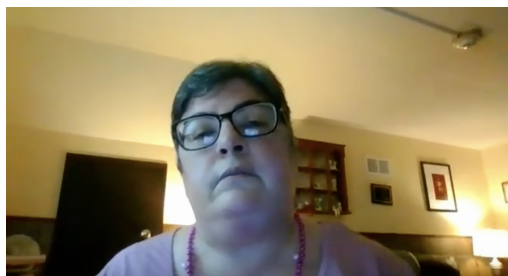
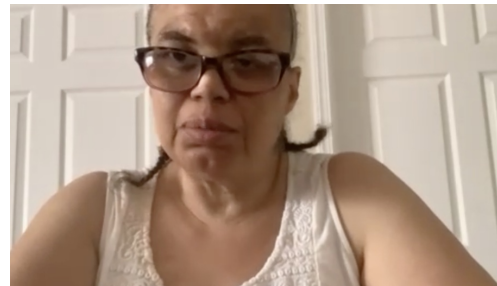
- Thomas Baffuto, Executive Director, The Arc of NJ

- Kevin Sturges, President, The Arc of NJ Board of Directors
- Jonathan Seifried, Assistant Commissioner, DDD
- Ashley Ritchey, Director, NJ Self-Advocacy Project

Thank you for taking the time to speak and supporting this great event!

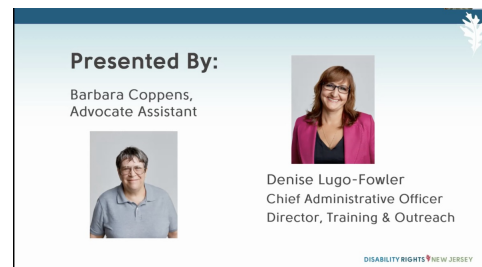
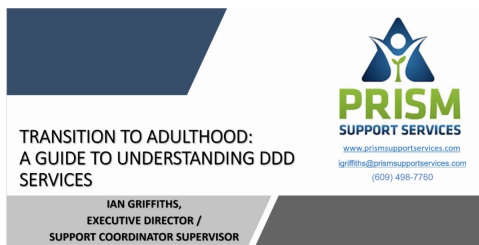


The theme of our 2022 conference was "Sharing Our Skills". The NJSSAN highlighted the skills and experience of its current members. For the first time, NJSSAN members served as the event's Keynote Speakers and discussed the current priorities impacting the Network. Thank you to Kevin, Renee, Evelyn, Pam, Julia, and Ray for sharing your skills!





Our virtual [Exhibitor Hall](#) included presentations by Ian Griffiths of [Prism Support Services](#) as well as Denise Lugo-Fowler and Barbara Coppens of [Disability Rights New Jersey](#). Thank you for discussing your services and responding to questions.



Monthly Hashtags



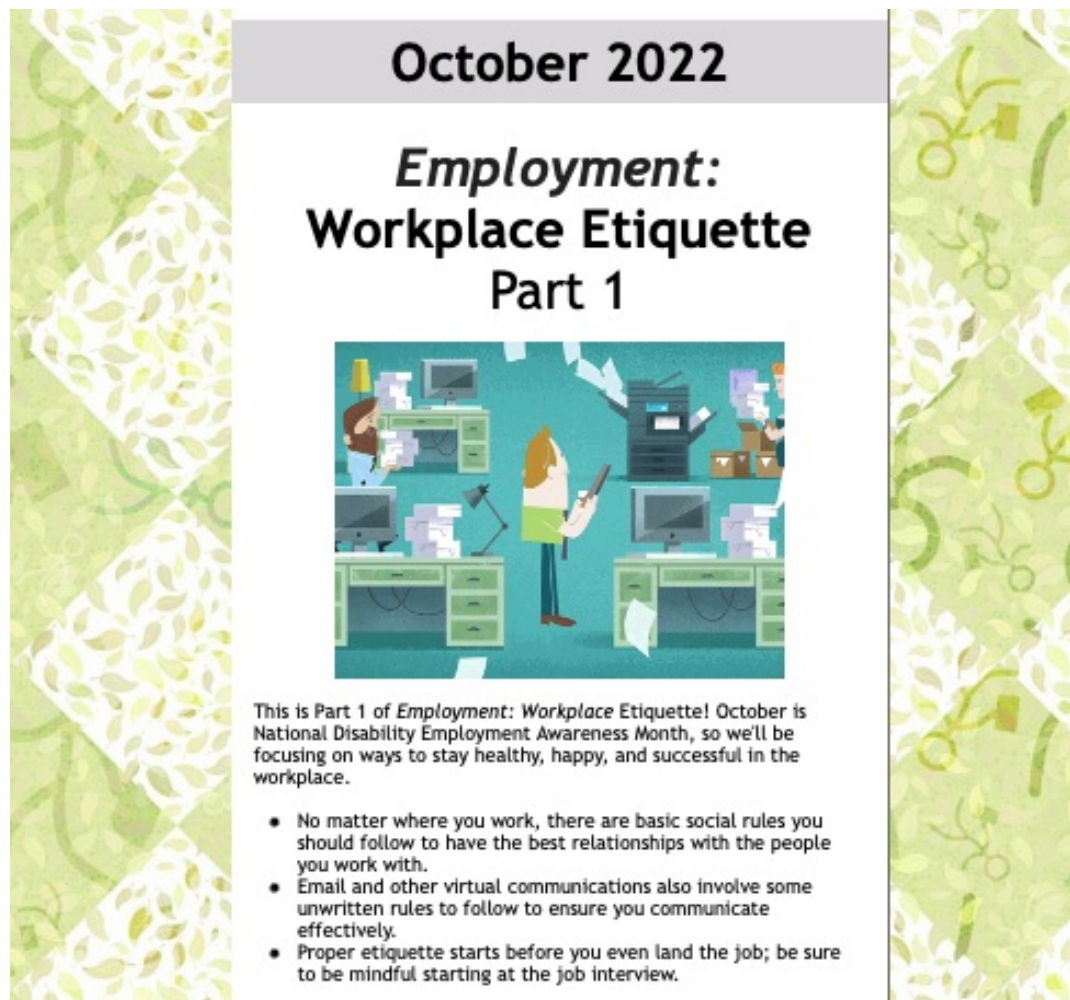
Our hashtag this month was **#NDEAM for National Disability Employment Month.**

Andrea Buccelli, the Director of Training and Consultation Services (TCS) presented a webinar on employment for our Stay Healthy at Home webinar series this month! The webinar was geared toward a wide range of participants including job-seekers,

employment support professionals, family members, and advocates. Andrea provided an inside look on employer perceptions of hiring, the values they hold towards the process, and how to maximize opportunities when job searching.



Our Positive Pulse newsletter was also career centered, discussing workplace etiquette. You can read it by clicking below.





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!

We are now on our 8th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

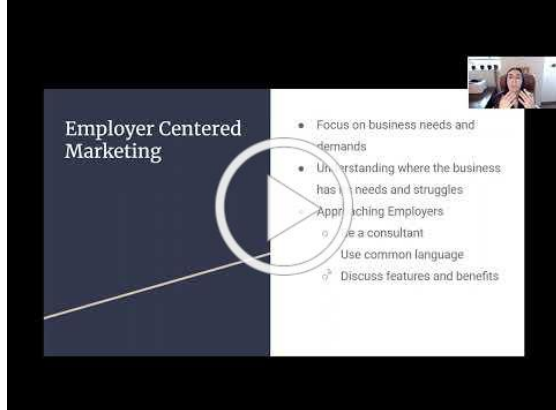
Stay Healthy at Home Webinars



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**.

Beginning in September 2021, we will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

NEW



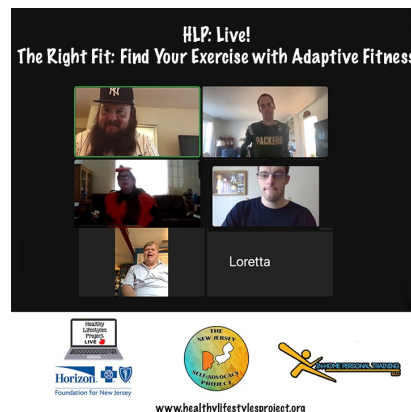
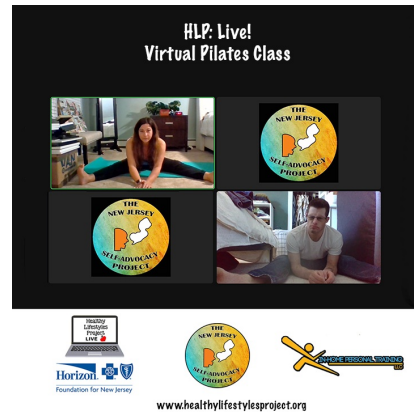
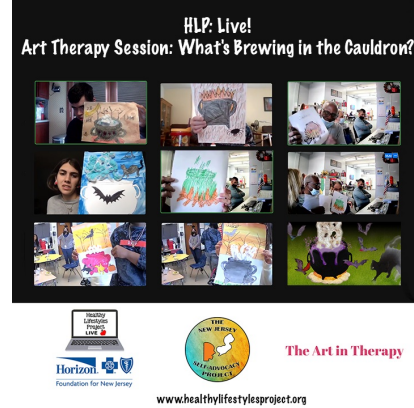
If you've attended one of our *Stay Healthy at Home* webinar sessions, we're very thankful. Please spread the word and register for one of our upcoming sessions!

[**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.

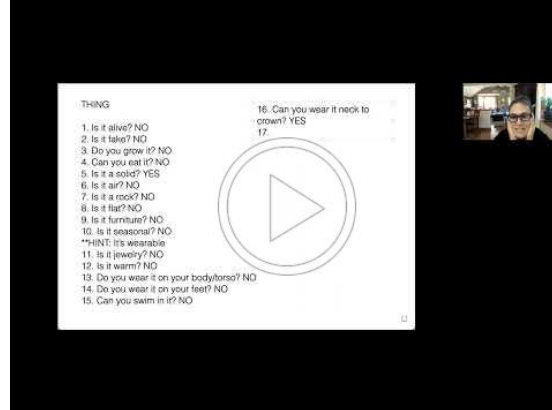
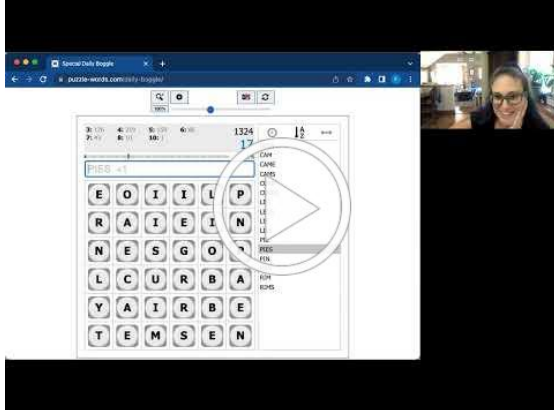


[Register now for next month's events!](#)

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 20 Questions 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.](#)**



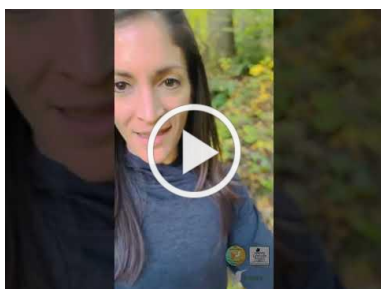
HLP: Video Guides

We can also schedule Brain Games with your group! Email NJSAP@Arcnj.org if you are interested.

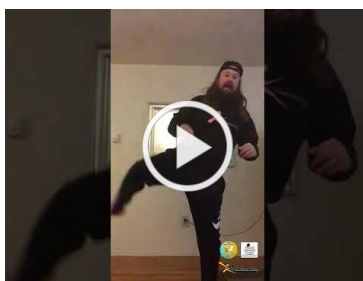
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Wednesdays we post videos from Matt ([In-Home Personal Training](#)),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

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

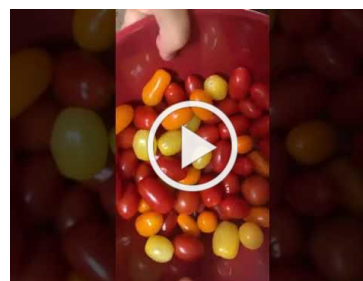
Eating properly is also a big part of keeping your body healthy! Try the tips in our social media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:
Playlist](#)

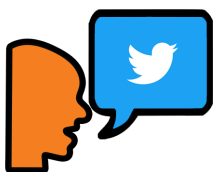


[Wednesdays with Matt
and Kristen: Playlist](#)



[Fridays with Erin:
Playlist](#)

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www.njselfadvocacyproject.org



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

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