



Advocacy Matters

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

May 2020

It's finally warming up outside, and we hope you've gotten a chance to enjoy the nice weather. But when you're back inside, hopefully you've taken a look at what we have to offer!

We have been providing [resources regarding COVID-19](#) and will continue to do so through our website, emails and social media accounts.

Our hashtag this month is **#JuneTunes!** Listen to our [playlist here](#) and [submit some of your own favorite songs!](#)

We're continuing to promote participation in the 2020 Census, so make sure to fill it out if you have not already.

We are continuing our Stay Healthy at Home webinar series! [Register for our weekly webinars each Tuesday in June and watch the recorded versions of our past webinars here.](#)

We are continuing our weekly live Brain Games each Thursday at 1pm! [Watch old videos here](#) and join in every week!

We continue to post all across our social media pages! You can find tutorials on [yoga and meditation](#) as well as [healthy recipes](#).

Let's reflect back on the month of May!

NJSAP Update

We are still here for you! We continue to post advocacy information, COVID-19 updates, healthy lifestyle tips, instructional videos and ways to stay active while social distancing. If you ever need to contact us, please don't hesitate to email NJSAP@ArcNJ.org or call 732-749-8514.

We are still holding monthly Council meetings virtually! [For information regarding your Council area, please click here.](#)

NJSAP IS STILL HERE FOR YOU!



www.njsselfadvocacyproject.org / NJSAP@ArcNJ.org / 732-749-8514
Facebook/Instagram: @NewJerseySAP Twitter: @NJSAP
Youtube: www.arcnj.org/programs/njsap/videos.html

Click here to download this graphic with clickable links!

COVID-19 Resources



For resources on preventing, coping with, and understanding the coronavirus (COVID-19), please visit The Arc of New Jersey's website.

You can download our recent issues of [Positive Pulse for more coronavirus information and ways to stay healthy and entertained](#).

#JuneTunes

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.

June's hashtag will be **#JuneTunes**.

Join us in making a post on your social media platform of choice (Facebook, Twitter, Instagram; any or all!). Utilize the theme to create a post showing off your favorite songs! Link to a song or playlist on [Youtube](#) or [Spotify](#) that reminds you of self-advocacy or show off your favorite songs to sing along or dance to! We'll collect all of your submissions into a special playlist on our Youtube page for everyone to enjoy. [You can also fill out the survey here.](#)

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



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 and we'll post for you!

Submitted by: _____

May's hashtag was **#YesIMay**. Thank you to everyone who participated!

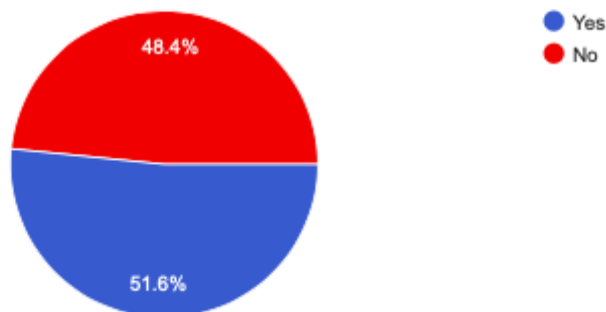
We asked you to utilize the theme to advocate for yourself and make your own choices to show your independence, work against negativity and nay-sayers who say "No, you can't" and replying **#YesIMay**!

A great example of this is the incredible responses we received regarding our survey request for "Feedback Regarding Billy Cray's Law". On May 4, 2020, a new version of "Billy Cray's Law" was introduced. If passed as written into law, this would require group homes and supervised apartments to install electronic monitoring devices (cameras using video but NOT audio) in common areas and, with residents' or their representative's consent, in private rooms. [You can read the full text here.](#)

We have received **62 responses** about this topic! We asked if you would like to speak out and **51.6% replied #YesIMay speak out!** Thanks for letting us know how you feel. We will be sure to update you with any new information as it comes in as well as any future campaigns regarding this topic.

Would you be interested in speaking out about your opinion on Billy Cray's Law through pledges, letters, phone calls and/or emails to legislators?

62 responses



2020 Census

Every home has received an invitation to participate in the 2020 Census! If you haven't already, you should respond for your home in one of three ways: online, by phone, or by mail. [For more information about the Census, click here.](#)

[You can also view our recorded webinar on the 2020 Census here!](#)

- It's quick and easy! The 2020 Census questionnaire will take about 10 minutes to complete.
- It's safe, secure, and confidential. Your information and privacy are protected.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads and other public services.
- Results from the 2020 Census will be used to determine the number of seats each state has in Congress and your political representation at all levels of government.

New Jersey's response rate is at 62.1% but we need full participation. Let's spread the word and make sure every New Jerseyans is counted!

[Click here to stay up to date on census response rates.](#)



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 Webinars



The New Jersey Self-Advocacy Project team is excited to announce our new 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.

We will be presenting trainings **every Tuesday in June at 2 PM** on a variety of topics related to self-advocacy and healthy living, focusing on what you can do at home due to the current "stay at home" order.

Live viewers will be able to share comments and ask questions during the webinar. [All webinars will be recorded and archived on our website to view after airing.](#)

May's webinars included:

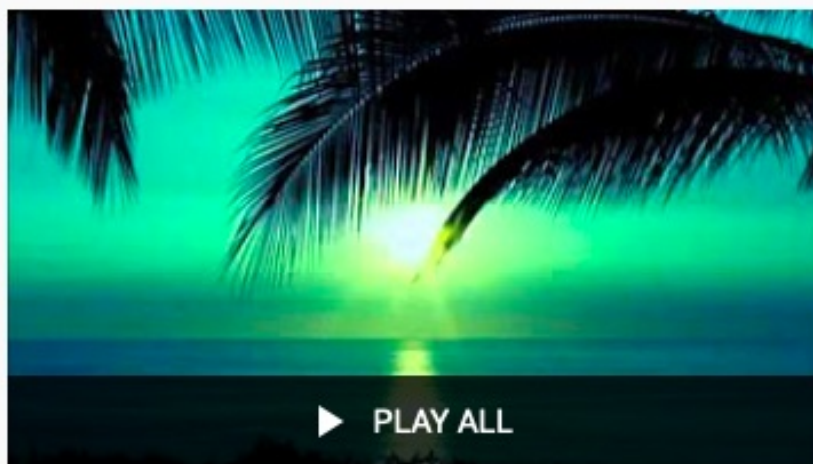
- [Census 2020: Be Counted!](#)
- [Working Hard or Hardly Working: Maintaining Your Well-Being and Productivity While Working From Home](#)
- [Step by Step: Small Changes That Can Lead You To a Healthier Life](#)
- [Let's Stick Together: Navigating the Web of Online Communications for Staff and Self-Advocates](#)

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 June's five webinars!

- [Ready to Poll: What You Need to Know to Cast Your Vote](#)
- [There's No Place Like Home: Online Resources To Keep You Engaged](#)
- [You're Hired! Preparing for Post-COVID Employment](#)
- [The COVID Masquerade: A Guide on Masks & Returning to Society](#)
- [Follow Me! Guided Activities to Boost Your Health and Happiness](#)

HLP: NJSAP Playlist



Spring Dance Party Playlist- Stay Home, Stay Safe!

21 videos • 28 views • Last updated on May 8, 2020

Public ▼

Dancing is a very healthy activity! It burns calories, it is entertaining, and it raises endorphin levels to help your body minimize pain and discomfort!

The NJSAP Team wants to help you listen to good music and dance along at home with our playlists. [This month we added a playlist all about spring!](#)

You can also click the link below to submit some song ideas of your own for next month! Or you can tag us on Twitter, Facebook or Instagram with a song and the hashtag #JuneTunes!

[Click here to submit a song!](#)

HLP: Brain Games



Get your thinking caps on! We presented games live on Facebook for our followers to play each Thursday in May. Each week we live stream a party game on [Facebook](#) and [Youtube](#) for you to play along with us on your phone or computer! A code is provided on the live stream at 1pm and we play through a few rounds of the chosen game of the week.

Watch our previous videos below of Drawful and Bracketeering to get an idea of all the fun that goes on! [**If you're interested in playing these games with your friends and family at home, you can find out more information about them here.**](#)

[**Be sure to join us at 1 PM every Thursday in June!**](#)

what is it?



HLP: Meditation and Yoga

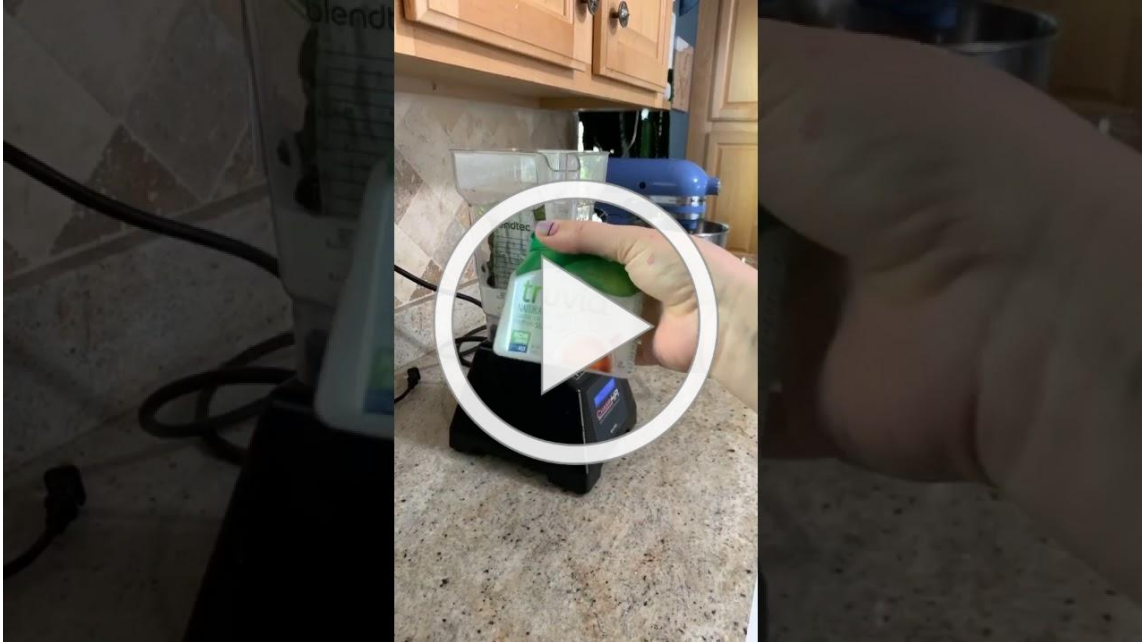
Yoga is great way to improve your body physically and mentally. [Follow along with the videos below to practice yoga poses and meditation.](#)

You can do this easily and comfortably in your own home. Soon you'll be feeling super and all your worries will fly away! We add videos on [Facebook](#) and [Instagram](#) every Monday, Wednesday, and Friday for you to practice along!

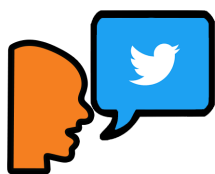


HLP: Healthy Snacking

When you're stuck at home more often than usual, it can be tempting to overindulge in unhealthy foods and snacks. Try the tips in our videos on [Facebook](#) and [Instagram](#) to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



Stay connected with us!



[Twitter](#)



[Facebook](#)



[Instagram](#)



[Youtube](#)

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**