



# Advocacy Matters

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

## April 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.

[We held our NJSSAN Spring Awards Luncheon on Saturday, April 9, 2022.](#)

Our hashtag this month was [#AdvocatesforChange](#).

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"> <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>

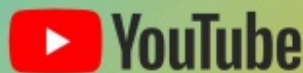
### TO DO LIST:

- Sign up for NJSAP's email list
- Request a virtual group training
- Make a social media post using this month's hashtag

### REMINDERS + NOTES:

- 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.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org)

Facebook: [@NewJerseySAP](https://www.facebook.com/NewJerseySAP) / Instagram: [@NewJerseySAP](https://www.instagram.com/NewJerseySAP) / Twitter: [@NJSAP](https://twitter.com/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.
- 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.](#)

Calendars for 2022 are up! [Visit your council page](#) to download them.

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 -- NJSSAN POSITION STATEMENTS  
www.njselfadvocacyproject.org -- 732-749-8514

## **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.](#)

## **Spring Luncheon**

Each year, the New Jersey Self-Advocacy Project and the New Jersey Statewide Self-Advocacy Network work together to host the annual Spring Into Action Awards Luncheon.

The event is an opportunity for Self-Advocates and Allies to network, learn about current advocacy issues, and celebrate the accomplishments of Self-Advocates over the past year.

We had 190 luncheon attendees this year! You can view information, photos, and video from the event below.

**Watch the video playlist of the event here**

[Ad Journal](#)

[Fundraiser Mug](#)





Thank you for attending the 16th Annual  
NJSSAN "Spring Into Action" Luncheon!



www.njselfadvocacyproject.org

# Opening Remarks

## 16th Annual NJSSAN "Spring Into Action" Luncheon

Evelyn Ramundo,  
President, NJSSAN



Thomas Baffuto  
Executive Director, The Arc of NJ



Kevin Sturges  
President, The Arc of NJ Board of Directors



Ashley Ritchey  
Director, NJ Self-Advocacy Project

# NJSSAN Council Updates

## 16th Annual NJSSAN "Spring Into Action" Luncheon



Kevin Curtis White, Chair of Council 1  
Renee Pierce, Chair of Council 2  
Jennifer Muldoon, Vice Chair for Council 3  
Pam King, Member of Council 4  
Ellen Moskowitz, Vice Chair of Council 5



# Award Winners

## 16th Annual NJSSAN "Spring Into Action" Luncheon!

Jane Miller Memorial  
Leadership Award: Julia Simko

Key Contributor Award:  
Adam Fiedler



Prime Player Award:  
Carteret Career Center  
The Arc of Middlesex

"Healthy Lifestyles Project"  
Hero Award:  
Kim Traina-Nolan



## # Monthly Hashtags

Our hashtag this month was **#AdvocatesforChange**. Spring signals the change from the colder, darker months we spend inside to warmer, brighter weather with nature blooming! It is a perfect time to work towards positive change.

Change can be big or small!

Check out our advocacy tutorials videos and newsletters about saving the planet for ways to bring about the changes you'd like to see in the world. Or make small changes in your daily life to live a little bit healthier.






Healthy Lifestyles Project  
improving health, improving lives

**Positive Pulse**  
Your monthly dose of advice on healthy living

**April 2022**

**Saving the Planet:  
Part 1  
Earth Day**



This is Part 1 of *Saving the Planet!* We'll be discussing a special day that happens on April 22 every year: Earth Day!


- Earth Day was started in 1970 and has a rich history leading up to the present day.
- There are many activities you can participate in to celebrate on Earth Day each year and beyond.
- Sometimes we take actions in our efforts to help the

Healthy Lifestyles Project  
improving health, improving lives

**Positive Pulse**  
Your monthly dose of advice on healthy living

**April 2022**

**Saving the Planet:  
Part 2  
Superheroes**



This is Part 2 of *Saving the Planet!* We'll be discussing a special day that happens on April 28 every year: National Superhero Day!

- "Power Posing" like a super hero is an easy way to feel stronger and more confident in your everyday life.
- Wearing costumes and participating in "cosplay" can also increase positive feelings about yourself through self-expression.
- More and more disability representation is making its way to

NEW JERSEY SELF-ADVOCACY PROJECT



**STAY HEALTHY AT HOME:**  
STEP BY STEP: SMALL CHANGES THAT WILL LEAD YOU TO A HEALTHIER LIFE

STAY HEALTHY AT HOME WEBINAR SERIES  
WEEK 7: MAY 19TH, 2020 FROM 2 - 3 PM



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!

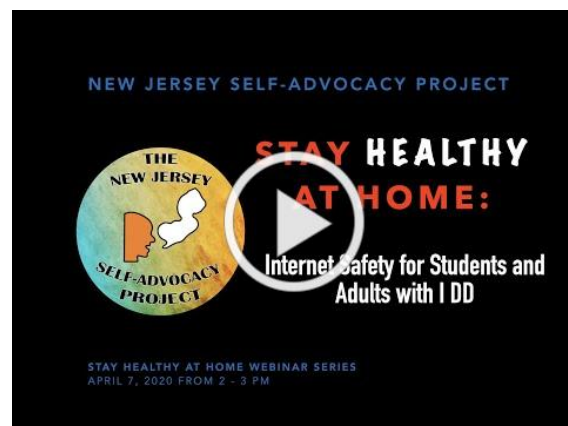
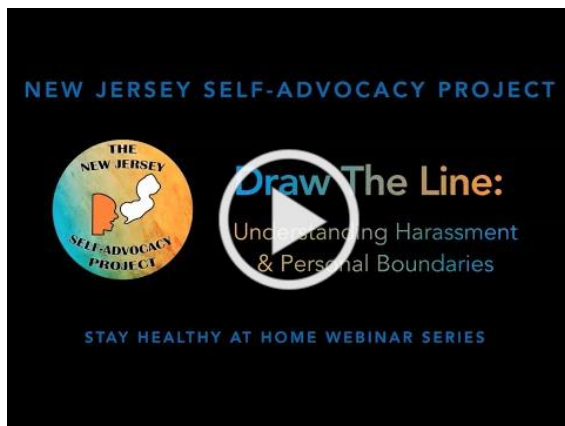
## HLP: Stay Healthy at Home Weekly Webinars



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**.

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 we're very thankful. Please spread the word and register for one of our upcoming sessions!

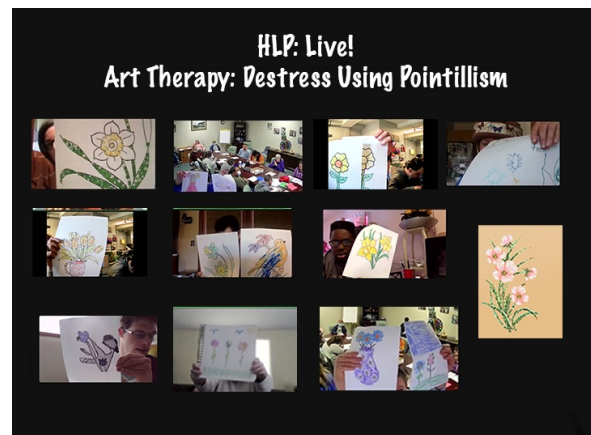
# Healthy Lifestyles Project: LIVE!



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.



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




**The Art in Therapy**

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





## HLP:Live! Art Workshop: Sea Creatures







www.healthylifestylesproject.org

## HLP:Live! The Right Fit: Find Your Exercise with Adaptive Fitness







www.healthylifestylesproject.org

## HLP: Live! Healthy Mindset Talk

What makes your mind, body, and heart happy?







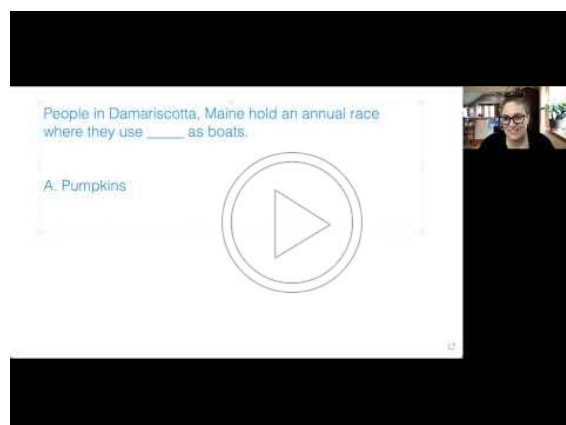
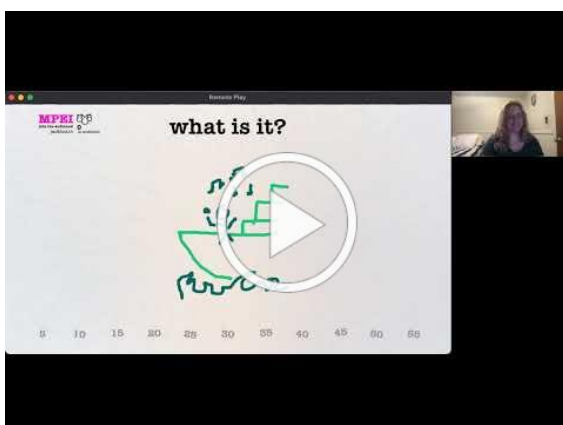
www.healthylifestylesproject.org

**[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 Drawful and Fibbage 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

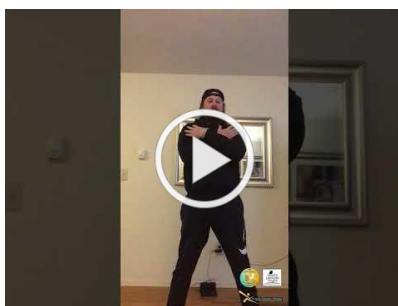
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica ([Vero Pure Green](#)) and on Wednesdays we post videos from Matt ([In-Home Personal Training](#)),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



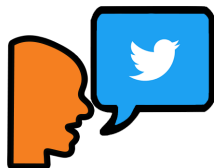
[Fridays with Erin: Playlist](#)

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\*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.

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[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**