



Advocacy Matters

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

May 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.](#)

Two team building trainings were held this month and we [created a new team building infographic](#).

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

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  <ul style="list-style-type: none"> • 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 

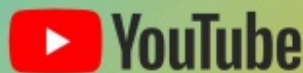
TO DO LIST:

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

REMINDERS + NOTES:

- Participate in an advocacy campaign or Action Alert
- 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

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

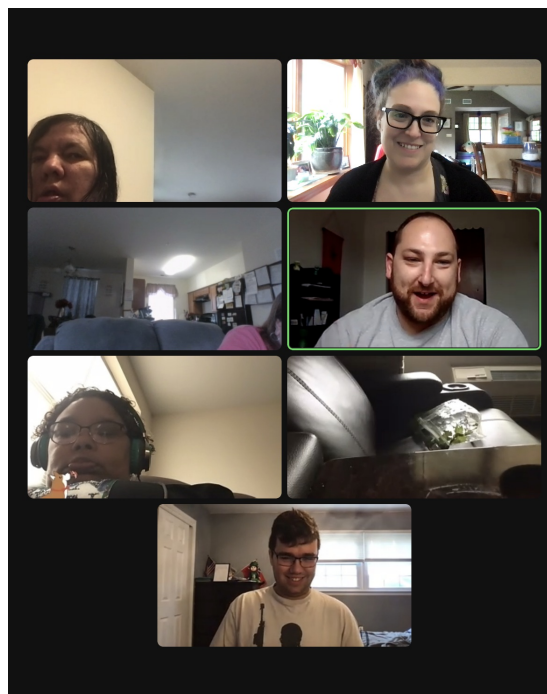
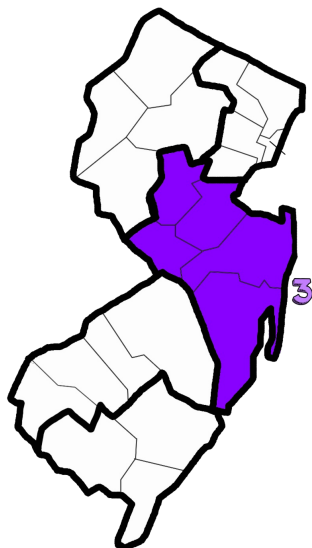
The New Jersey Self-Advocacy Project (NJSAP) is a program of The Arc of New Jersey established in 1983 to challenge individuals with intellectual and developmental disabilities to become involved in events, legislative policies, and issues that affect their lives or lives of others with disabilities.

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

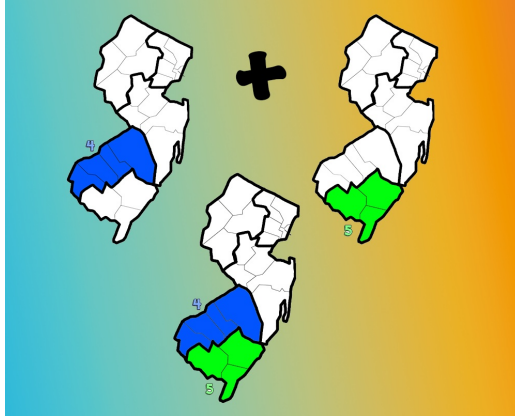
At Council 3 this month, guest speaker Leigh Simpson talked about the Ocean County DHS and the Mayor's Advisory Group and explained what the meetings are and what they do. He also talked about the LGBTQ+ WAE, a support group for people with disabilities that identify as LGBTQ+. Leigh also talked about Tom's River Field of Dreams-a fully inclusive park.



NEW Southern Council

Council 4 consists of Burlington, Camden, Gloucester and Salem Counties. Council 5 consists of Atlantic, Cape May, and Cumberland Counties.

These councils are now combined into one meeting for the southern region of New Jersey. We meet on the second Wednesday of every month,



from 3:00 pm - 4:00 pm. All meetings are currently taking place virtually.

COUNCILS 4 & 5

2022 ZOOM MEETING

NEW JERSEY STATEWIDE
SELF-ADVOCACY NETWORK

JANUARY 12

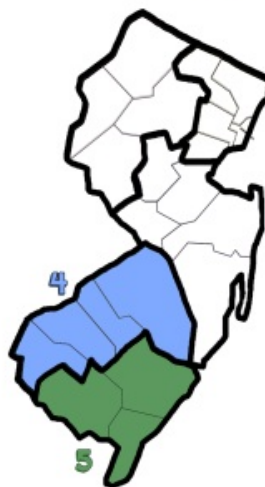
FEBRUARY 9

MARCH 9

APRIL 13

MAY 11

JUNE 08



3:00 - 4:00 PM

JULY

AUGUST 10

SEPTEMBER 14

OCTOBER 12

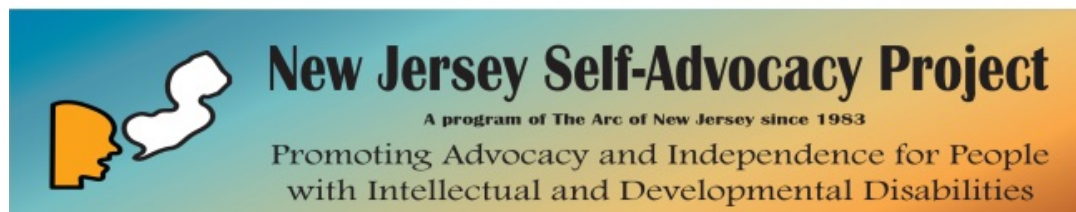
NOVEMBER 9

DECEMBER

FOR MORE INFORMATION, PLEASE CONTACT ONE OF THE ADVISORS BELOW

ASHLEY RITCHEY: (732) 743-8345 / ARITCHEY@ARC NJ.ORG
ERIN SMITHERS: 732-246-2525 X 26 / ESMITHERS@ARC NJ.ORG

•MEETING DATES, TIME, AND LOCATION ARE SUBJECT TO CHANGE•
THE NJSSAN IS SUPPORTED BY THE NEW JERSEY SELF-ADOCACY PROJECT



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](#).

Team Building

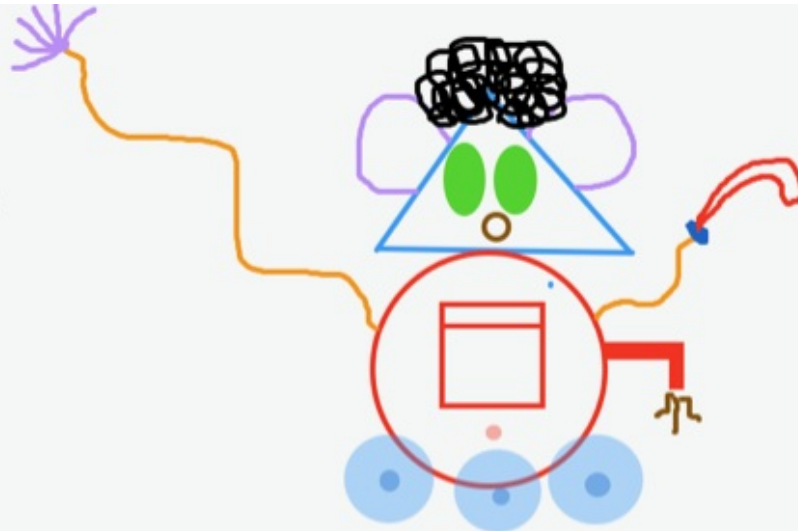
Midland School and Journeys and Discovery (The Arc of Ocean County) each had team building trainings with us this month! Check out the "Robot Team Member" activity they performed with their groups.

In this activity, you split into groups and create a super robot worker that has one positive trait from each member of your group. Each member will then take turns drawing this robot. Next, the group will come up with a problem that this robot could solve in a normal day using all of its new traits.

Have a look at our new Team Building handout below to try this activity and others with your group!

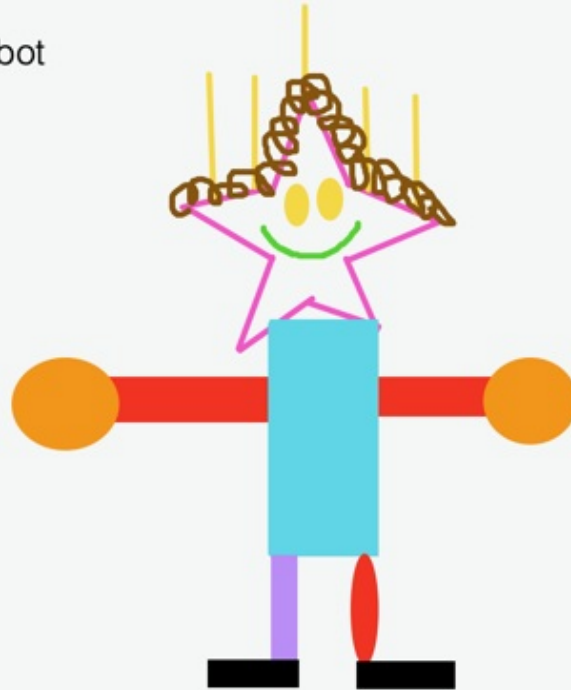
Good Qualities:

- Good Person
- Arms
- How I dress
- Riding my bike
- Strong
- Friendly
- Polite
- Hard Worker
- Telling Jokes
- Good Friend
- Caring
- Helpful
- Good at Math
- Funny
- Good at Computers
- Good Dancer
- Married for 38 Years
- Likes to Sing



Herbie Midland
the Jim Old York School Robot

Strong
Good taste in music
Involved in program
Singer
Dancer
Good gardener
Helpful
Funny
Nice
Makes people smile
Hype Person



TEAM BUILDING

the action or process of causing a group of people to work together effectively as a team, especially by means of activities and events designed to increase motivation and promote cooperation.

DID YOU KNOW?

- 80% of the success of a team is due to team building and cohesive working relationships.
- Only 20% is the actual process of knowing what you have to do!

IMPROVE THESE SKILLS

- Networking
- Bonding
- Socializing
- Team Performance
- Team Spirit
- Collaboration
- Communication
- Creativity

TEAM BUILDING HELPS YOU:

- Get to know each other
- Learn each other's strengths
- Learn how to work well with each other
- Have a little fun!

OTHER ACTIVITIES TO DO TOGETHER

- Start a book club or another hobby club
- Have monthly team meetings or get together
- Provide group mentoring
- Start a sports team
- Meet off site to develop personal relationships
- Organize charity events
- Host activities for team members and their families
- Continue offering more classes and/or trainings



Designed, created, and distributed by New Jersey Self-Advocacy Project,
a program of The Arc of New Jersey
www.njsselfadvocacyproject.org



TEAM BUILDING

Try some of the team building activities explained below! You will want to have at least one person available to lead your team through these activities.



2 TRUTHS AND A LIE

Write down 2 things that are true about you and 1 thing that is realistic but not true. Try to make them things people might not know about you! Now, take turns guessing which is the lie!



TIME LINE

Everyone falls into a line. You are then asked to arrange yourselves in different orders, such as by birth date or height. The catch is that you cannot talk to each other.



BLIND DRAWING

Pair up and sit back to back. One person gets a pen and paper and the other gets a simple image (such as a flower, or house). Without saying what the image is, give instructions to the other person, step by step using basic shapes, so that they draw the image you are looking at.

STRING THEORY

Have one person act as a guide. A long piece of string is placed on the table. All team members must surround the string. Each person, except the guide, is then blindfolded and must arrange the string into different shapes as a team. The guide designates the shapes and makes sure everyone is safe.



STRANDED

You are now locked in a room! The doors and windows don't work. The group must agree on 10 items you all need for survival, ranking them in order of importance. Be specific! Try to come to a consensus in 15 minutes.



ROBOT TEAM MEMBER

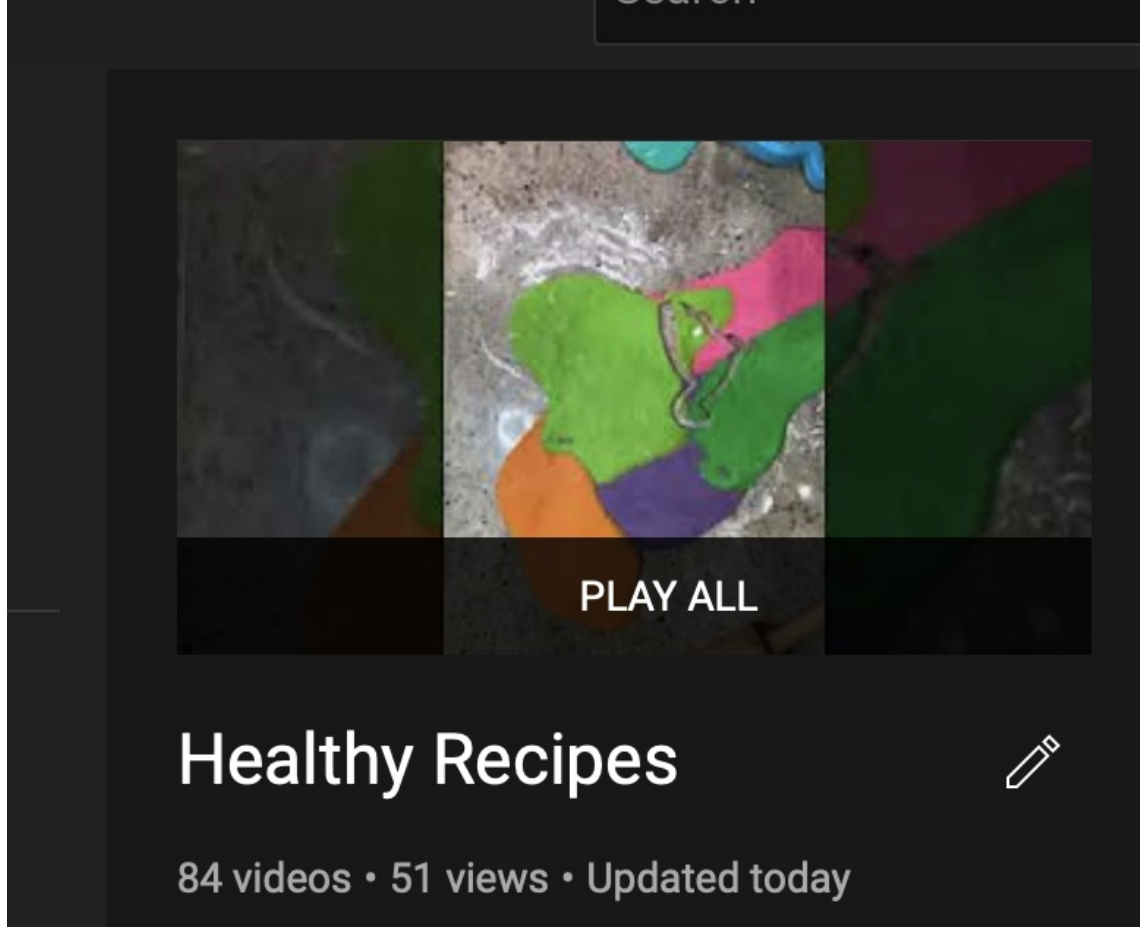
Split into groups and create a super robot worker that has one positive trait from each member of your group. Each member will then take turns drawing this robot. Next, the group will come up with a problem that this robot could solve in a normal day using all of its new traits.



Monthly Hashtags

Our hashtag this month was **#HomeMayde**. Dedicate some time to DIY each May!

Below you can try our healthy recipe playlist, handmade gift guide, and mindful cooking guide.



improving health, improving lives



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!

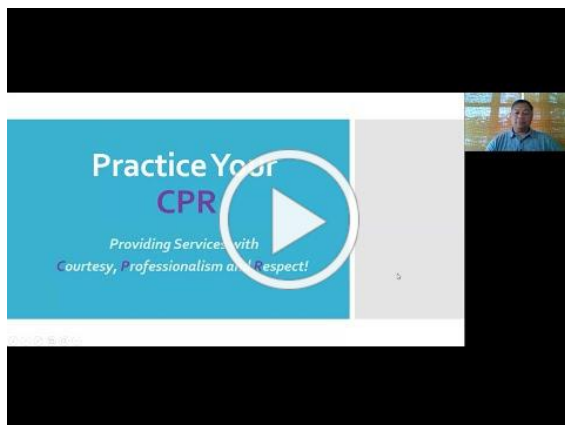
HLP: Stay Healthy at Home Weekly Webinars



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!

[Register now for upcoming webinars!](#)

Healthy Lifestyles Project:

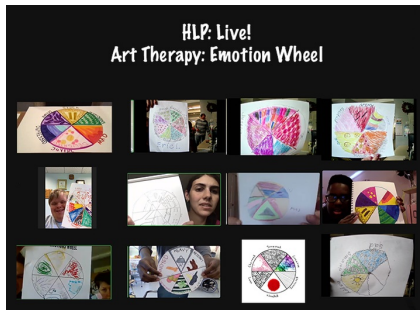
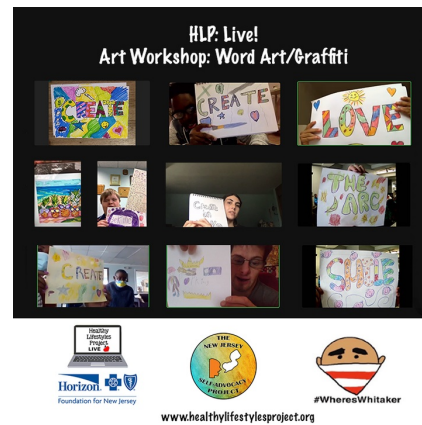
LIVE!

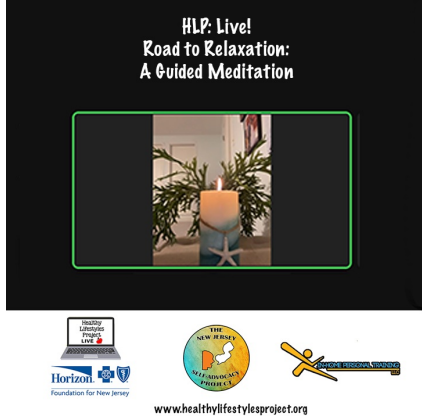


The New Jersey Self-Advocacy Project team continues to host bi-weekly sessions of Healthy Lifestyles Project: LIVE! These are live, interactive events on Zoom to promote healthy living for adults with intellectual and developmental disabilities. They take place every Wednesday at 11 AM and Friday at 1 PM.



Zumba Song Request: Watch me



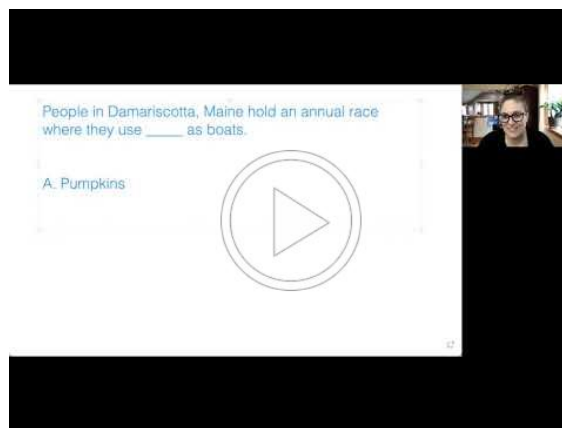


[Register now for next month's events!](#)

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 Bracketeering 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 if you are interested.

HLP: Video Guides

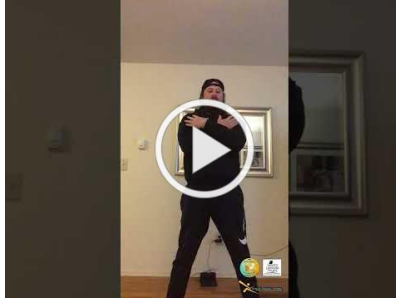
Our Healthy Lifestyles Project: LIVE! events are held twice a week, but if you can't make it to a live session, try watching our health and fitness videos on social media! On Mondays, we post videos from Veronica (**[Vero Pure Green](#)**) and on Wednesdays we post videos from Matt (**[In-Home Personal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



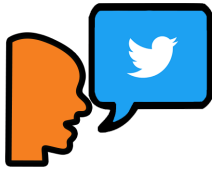
[**Wednesdays with Matt
and Kristen: Playlist**](#)



[**Fridays with Erin:
Playlist**](#)

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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