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!
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!**

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**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.

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,
COVID-19 Resources

For more information on the vaccine, please visit The Arc of New Jersey’s website.
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
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.
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
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!**
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

*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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