



Advocacy Matters

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

August 2021

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.

[Register now for the FREE virtual 37th Annual NJSSAN Fall Conference on October 9, 2021!](#)

We presented a Team Building training for the wonderful folks at SCARC.

Please take a look at the [request below](#) from Children's Specialized Hospital regarding Living Safely with Disabilities and Special Health Needs.

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

Looking for resources on [Technology and Internet Safety](#)? [Check out our new page!](#)

We're moving to Zoom Webinars! Starting September 14th, we will have one brand new webinar each month and well as continuing replays of past content. [Register for our weekly webinars each Tuesday and watch the recorded versions of our past webinars here.](#)

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

We are continuing our weekly live Brain Games each Thursday at 1 PM! [Watch old videos here](#) and [join in 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
- Participate in an advocacy campaign or Action Alert



REMINDERS + NOTES:

- Mark my calendar with all upcoming activities
- Reminder: Each NJSSAN Council meets every month
- Remember: Self-Advocacy means to **SPEAK UP!**



 **YouTube**

Find out more at 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 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.
- [Do you or someone you support have a lack of internet capable devices? No internet connection? Fill out our Tech Needs survey and let us know.](#)
- 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.](#)



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

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.](#)

Fall Conference



[Register now for the FREE virtual 37th Annual NJSSAN Fall Conference on October 9, 2021!](#)

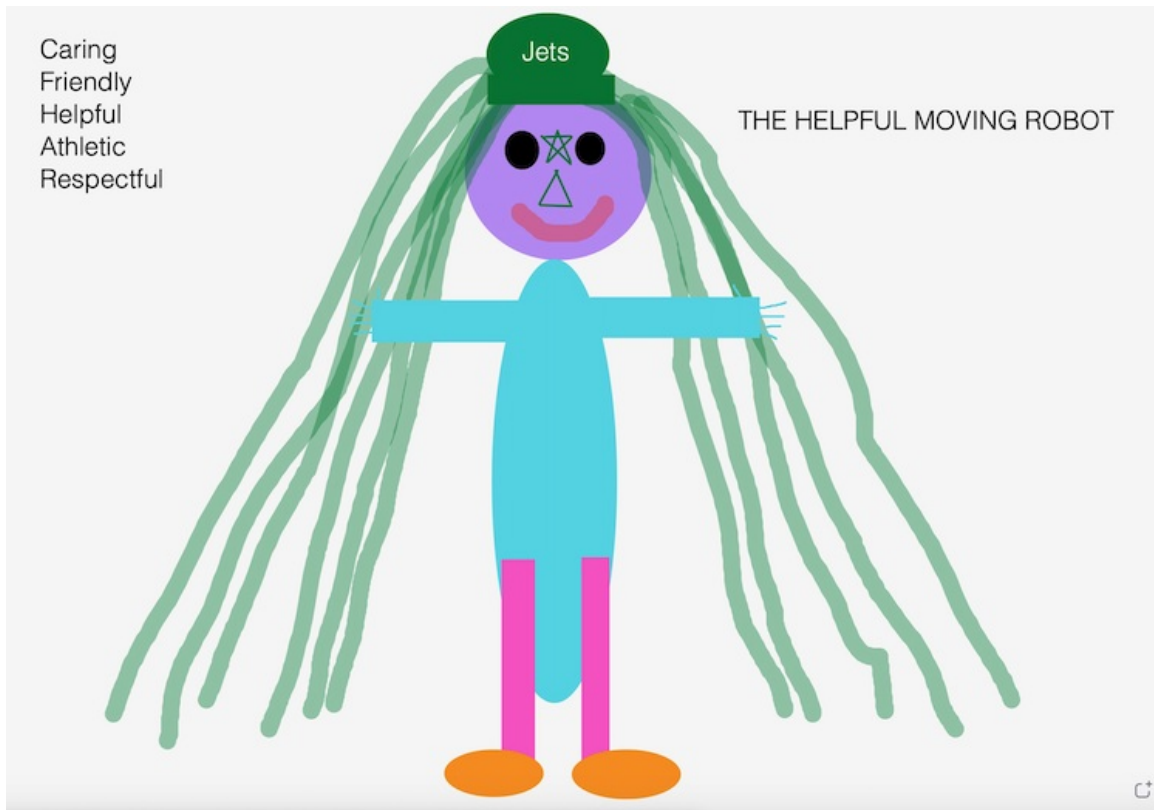


[If you'd like to purchase a t-shirt to commemorate the event click here!](#) All funds raised go directly to the NJ Statewide Self-Advocacy Network.

Sizes are available in XS- 4XL. T-shirts are \$25 each and will be shipped directly to you! A variety of colors are available.

SCARC Team Building

We presented a Team Building training for the wonderful folks at SCARC. One of the activities involved creating a super robot that has one positive trait from each member of the group. What an incredible team member this would be!



Living Safely

Please take a look at the request below from Children's Specialized Hospital regarding Living Safely with Disabilities and Special Health Needs.

Living Safely

with disabilities and special health needs



Are you a disability self-advocate?
Help improve safety by sharing your safety experiences.

Have you

- interacted with emergency responders?
- needed help when you were out in the community?
- used community resources to help improve your personal safety (Register Ready, NJ Poison Control, etc.)?

We want to hear from you!

The goal of *Living Safely with Disabilities and Special Health Needs* is to help make safety education, resources, and services more inclusive and accessible for people with disabilities. It also helps to improve interactions between emergency responders and people with disabilities.

The Living Safely team will be developing Public Service Announcements (PSAs) to increase awareness about important safety issues for people with disabilities and special health needs. These PSAs will help emergency responders and others in the community understand these issues and include people with disabilities in safety education, planning, and procedures.

Disability self-advocates will be the voices of these PSA campaigns, sharing their safety experiences and educating others.

If you are interested in sharing a safety experience and participating in a PSA campaign or any other part of the Living Safely project, contact Miranda Jakubek at mjakubek@childrens-specialized.org



This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.

Monthly Hashtags

Our hashtag this month was #SummerSavings. For resources on money management, check out our infographic on ABLE Accounts and the Money Management webinar below, and [register for our Fall Conference workshop on Financial Management in October!](#)



ACHIEVING A BETTER LIFE EXPERIENCE ACT

ABLE ACCOUNT FACT SHEET



ELIGIBILITY

- Disability was present before the age of 26
- **One** of the following is true:
 1. You are eligible for SSI or SSDI because of a disability
 2. You experience blindness as determined by the Social Security Act
 3. You have a similarly severe disability with a written diagnosis from a licensed physician that can be produced if requested.

You must also self-certify that you have **one** of the following:

1. Blindness as defined by the Social Security Act (SSA); OR
2. A medically determinable physical or mental impairment with marked severe function limitation that has lasted, or is expected to last, at least 12 continuous months or result in death;

AND you must have a written disability-related diagnosis signed by a physician.



YOU MUST RECERTIFY ANNUALLY!



QUALIFIED EXPENSES

- Education
- Health and wellness
- Transportation
- Housing
- Legal fees
- Financial management
- Employment training and support
- Assistive technology
- Personal support services
- Oversight and monitoring
- Funeral and burial expenses

When savings are used for non-qualified expenses, the earnings portion of the withdrawal will be treated as income, so it will be taxed at your tax rate, and will be subject to a 10% federal tax penalty and applicable state taxes.

MAINTAINING YOUR BENEFITS

- Balances of \$100,000 or less are excluded from your SSI resource limit
- Only the amount **OVER** \$100,000 is counted against your limit, along with assets held in non-ABLE accounts.
- If your account causes you to exceed the SSI resource limit, then your SSI benefits will be suspended until the account balance no longer exceeds your resource limit
- You'll continue to be eligible for Medicaid, regardless of your account balance

CONTRIBUTIONS

- You can contribute up to \$15,000 per calendar year.
- Account balance is limited to \$305,000 at any given time.
- Anyone can contribute to your account. However, only the account owner and authorized persons will retain control over the account.
- You may arrange recurring contributions, which can be scheduled to automatically be drawn into your account how you wish.

Information sourced from the NJABLE website. For more information, please visit <https://savewithable.com/nj/home.html>

NEW JERSEY SELF-ADVOCACY PROJECT



STAY HEALTHY AT HOME:

Money Management:
Where Does Our Money Go and How Can
We Make Better Decisions?

STAY HEALTHY AT HOME WEBINAR SERIES
JUNE 15, 2021 FROM 2 - 3 PM

The ABLE National Resource Center also celebrates #ABLEtoSave month in August and offers many online resources.



Connecting people with disabilities, their families and those who support them to information about the Achieving a Better Life Experience (ABLE) act and ABLE accounts.

[Read more](https://www.ablenrc.org)

www.ablenrc.org

Technology & Internet Safety

The Internet has dramatically changed the way we interact with the world and has provided many people with a way to stay connected. However, the internet can also put people at risk for cyberbullying, exposure to inappropriate material, online predators and the possibility of revealing too much personal information. Take a look at the [resources on our website](#) about internet safety, online communications, and how to best support individuals with intellectual and developmental disabilities on the internet.



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!

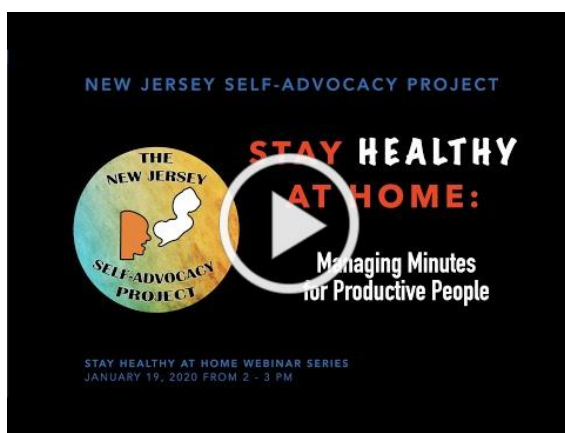
HLP: Stay Healthy at Home Weekly Webinars



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**.

We're moving to Zoom Webinars! Starting September 14th, we will have one brand new webinar each month and well as continuing replays of past content.





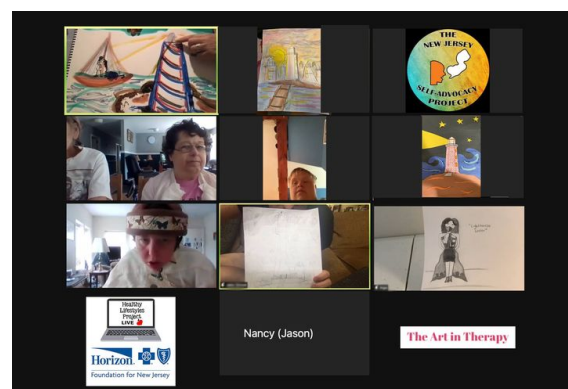
If you've attended one of our webinars, we're very thankful. Please spread the word and register for one of our upcoming sessions!

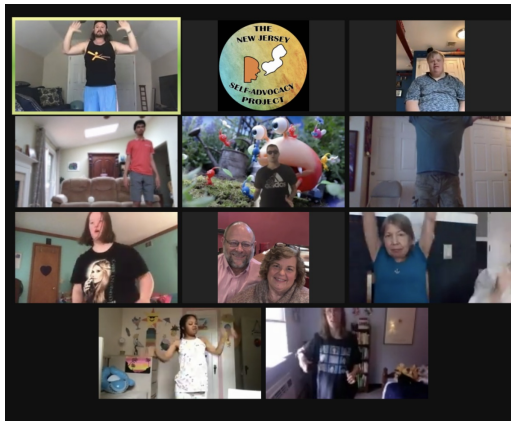
[Register now for upcoming webinars!](#)

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.



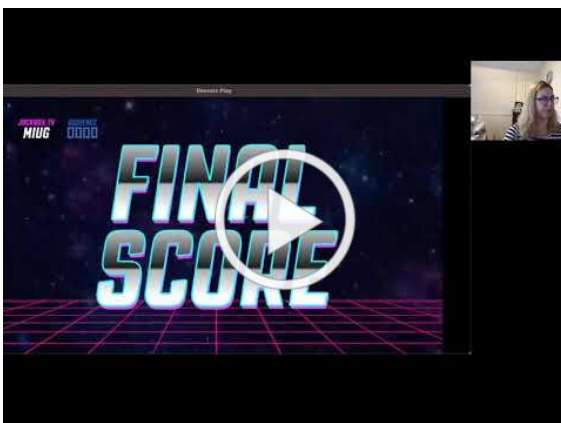


[Register now for next month's events!](#)

HLP: Brain Games

Get your thinking caps on! The NJSAP team began presenting games live on Facebook, but we've now moved to Zoom!

Watch our previous videos below of Racketeering and Family Feud 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 Fridays we post videos from Matt ([In-Home Personal Training](#)).

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



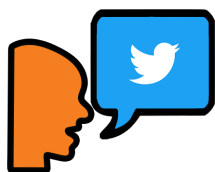
[Wednesdays with Matt and Kristen: Playlist](#)



[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**