

Advocacy Matters

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

January 2018

Happy 2018 from the NJSAP Team!

The **Healthy Lifestyles Project** events continue into the new year! We began the year with a splash of color at an **Art Therapy** event at Uptown Art.

Additionally, a **Healthy Relationships** workshop was held at SCARC that covered how to interact with others safely and appropriately.

A **Governmental Affairs Ambassador Program (GAAP)** workshop was held at RISE to teach students about how our government works and update them on some current affairs.

This month we began uploading select **trainings** to view on our **Youtube page** for when you cannot make it to an event, want to review the information, or share it with others.

At this month's **Advisory Board Meeting for the NJSSAN**, members were presented with **Certificates of Appreciation** to thank them for their role in furthering the self-advocacy movement.

Let's reflect back on this month's activities!



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.



HLP: Art Therapy

On January 3rd, Advocates gathered at **Uptown Art in Denville** to begin a colorful new year. Everyone let loose their creative side as instructors explained how to **paint a colorful bear image**. Everyone left with their own uniquely beautiful work of art!



HLP: Healthy Relationships

"**The Survival Guide to Healthy Relationships**" workshop was presented at The Arc of Sussex County (**SCARC**) on January 19th. This workshop focuses on the different types of relationships that people will experience in their lives, providing **information on boundaries, personal space, and appropriate greetings** in different types of social settings.

Advocates also learned some important tips about using **electronic communication and social media** as well as how to stay safe while navigating the world of **online dating**.

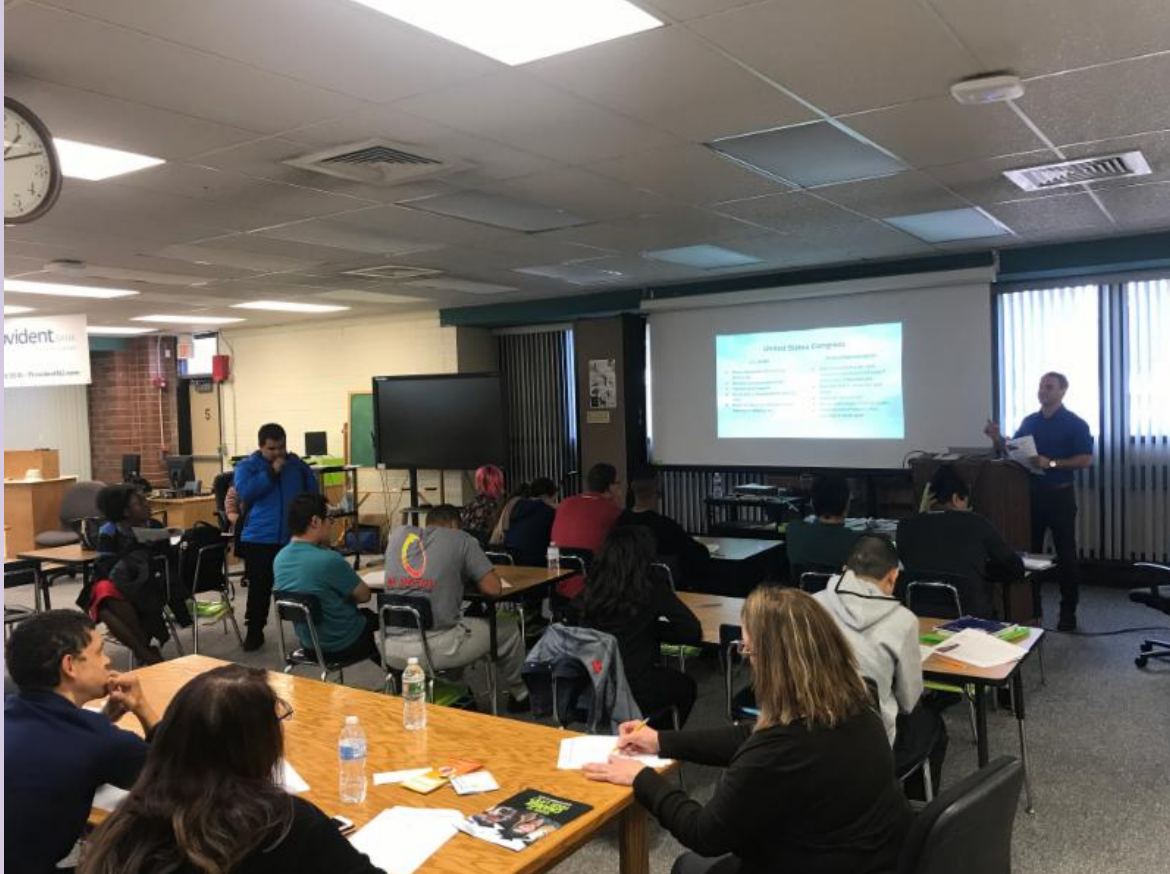


Governmental Affairs Ambassador Program

Also on January 19th, a **Governmental Affairs Ambassador Program (GAAP)** workshop was held for students at **Reaching Individual Student Excellence (RISE)**.

The students learned a great deal about governmental affairs, including the **makeup of the state government and how to contact your legislators**. An overview of the recent **threats to Medicaid** was also presented as well as an explanation of the **Graham-Cassidy Bill**.

Students left the workshop with a greater understanding of our government and how they can make their voices heard.



Training Videos

Can't make it to one of our trainings in person? Try watching one of our training videos on [Youtube](#).

Check out the videos below on [Stress Management](#) and [Online Dating Safety](#) for a brief yet informative training session, available whenever! Like and subscribe to see more!



Advisory Board Appreciation

Members of the New Jersey Statewide Self-Advocacy Network ([NJSSAN](#)) [Advisory Board](#) were presented with [Certificates of Appreciation](#) at the January 29th Advisory Board Meeting.

For those who could not attend: Thank you all for your dedication and commitment to the New Jersey Statewide Self-Advocacy

Network. Your leadership and hard work has strengthened New Jersey's self-advocacy movement!



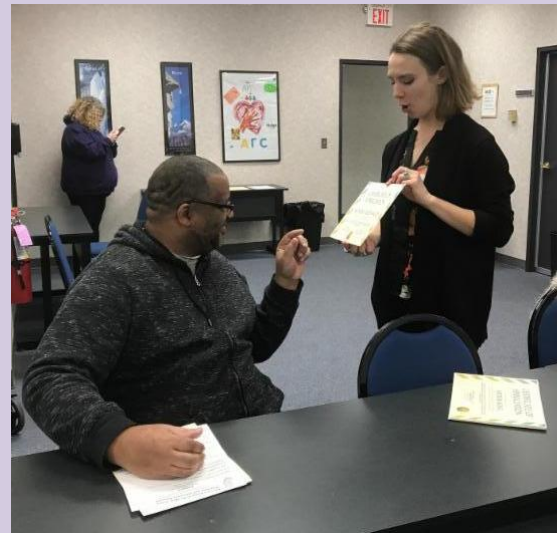
Kevin White, Council 1



Evelyn Ramundo, Council 3



Ellen Moskowitz, Council 5



Shondel Greenwood, Council 5



**Interested in a winter
workshop at your location? Hit
REPLY and let us know!**

Healthy Lifestyles Project

improving health, improving lives



Winter Workshops

The New Jersey Self-Advocacy Project has partnered with the Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide FREE workshops on topics such as:

Healthy Relationships and Communication

Healthy Snacking

Adaptive Yoga and Fitness

Illness Prevention

Stress Management through Meditation and Aromatherapy

To set up a date and time for a workshop, please contact:



Frankie, NJSAP Project Assistant

Email: NJSAP@ArcNJ.org

Phone and Fax: (732) 749-8514



Spring into Action!

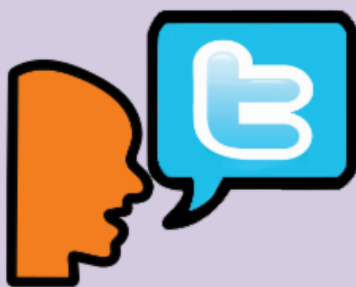
Registration is now open for our Spring Self-Advocacy Luncheon on April 7, 2018. [Click here](#)

to register online
or by mail!



For more photos from our events and information about upcoming events,
check us out on

[Twitter](#), [Facebook](#) and [Youtube](#)!



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