



# Advocacy Matters

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

## May 2021

Let's look back at the advocacy activities that took place this month!

Experience our 15th Annual NJSSAN Spring Luncheon anytime by [watching our playlist](#) of recorded videos.

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.

[Be sure to register](#) for The Arc of New Jersey Family Institute's upcoming webinar presented by New Jersey Self Advocacy Project Director Ashley Ritchey and NJSSAN member & self-advocate Pam King.

Are you a person with disability, parent, caregiver or educator of people with disabilities? [Please complete the Living Safely survey before June 30th.](#)

Are you a DDD client who is 21+ and in need of a laptop/tablet/smartphone? [Apply for a grant by filling out this survey!](#)

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

We are continuing our Stay Healthy at Home webinar series! [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 Luncheon

Thank you for making the 15th Annual NJSSAN Spring Luncheon AMAZING! We are so thankful that so many people took part in our very first virtual luncheon and helped make it a unique, entertaining, and meaningful event.

You can now rewatch it whenever you like to relive the fun times or show off the event to someone new!



**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> <li>• HLP: Live! It's Fitness Friday with IHT on Zoom at 1pm</li> </ul> 

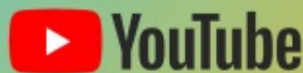
### TO DO LIST:

- 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.njselfadvocacyproject.org](http://www.njselfadvocacyproject.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](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.
- [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 (I/DD) 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.](#)

MAY 24, 2021

**EFFECTIVE MAY 28TH, WE WILL LIFT THE REQUIREMENT FOR MAINTAINING SIX FEET OF SOCIAL DISTANCING IN INDOOR AND OUTDOOR SETTINGS.**

**Every business can continue to require social distancing should they choose.**

**Per CDC guidance, social distancing will continue to be required in the aforementioned settings where masking is required, including in transportation hubs, health care facilities, and schools.**



**GOVERNOR PHIL MURPHY**



govmurphy

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govmurphy NEW: Effective May 28th, we will lift the requirement for maintaining six feet of social distancing in indoor and outdoor settings.

Per @cdcgov guidance, social distancing will continue to be required in settings where masking is required.



Add a comment...

Post



MAY 24, 2021

**IF YOU ARE NOT  
FULLY VACCINATED,  
WE ARE STRONGLY  
ENCOURAGING YOU TO  
FOLLOW CDC GUIDANCE  
AND WEAR A FACE  
MASK IN ANY INDOOR  
PUBLIC SETTING.**



GOVERNOR PHIL MURPHY

Visit the COVID-19 Information Center for vaccine resources. >



govmurphy

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govmurphy If you are not fully vaccinated, we strongly encourage you to follow @cdcgov guidance and wear a face mask in any indoor public setting.

Please be responsible and do the right thing – for your own safety and your community's safety.



Add a comment...

Post

## Bullying Prevention Strategies

[Be sure to register](#) for [The Arc of New Jersey Family Institute](#)'s upcoming webinar presented by New Jersey Self Advocacy Project Director Ashley Ritchey and NJSSAN member & self-advocate Pam King.



# **NEW WEBINAR ALERT!**



## **Creating a Culture of Inclusion: Bullying Prevention Strategies** Friday, June 18th 1:00 - 2:00 pm

Presented by the NJ Self-Advocacy Project and NJ Statewide Self-Advocacy Network, this interactive webinar will focus on strategies for identifying and addressing bullying in school and beyond. After attending this webinar, participants will be able to identify different forms of bullying and its prevalence as well as specific ways to help students and adults with disabilities effectively respond to bullying in person or online. We will review case examples to spur discussion and share techniques for creating a bully-free culture in your classroom, day program, and family home.



**Register Here:**  
[bit.ly/no-bully-webinar](http://bit.ly/no-bully-webinar)  
[www.thearcfamilyinstitute.org](http://www.thearcfamilyinstitute.org)



**New Jersey Statewide  
Self-Advocacy Network**



## **Living Safely Survey**

Are you a person with disability, parent, caregiver or educator of people with disabilities? If so, the Living Safely Grant partners want to hear from you!

Please complete the Living Safely survey before June 30th.

**Living Safely**  
with disabilities and special health needs



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

Funded by a grant from the NJ Division of Disability Services , Living Safely is an 18 month program focused on safety education and injury prevention for people with disabilities throughout their lifespan. The grant partners recently released a...

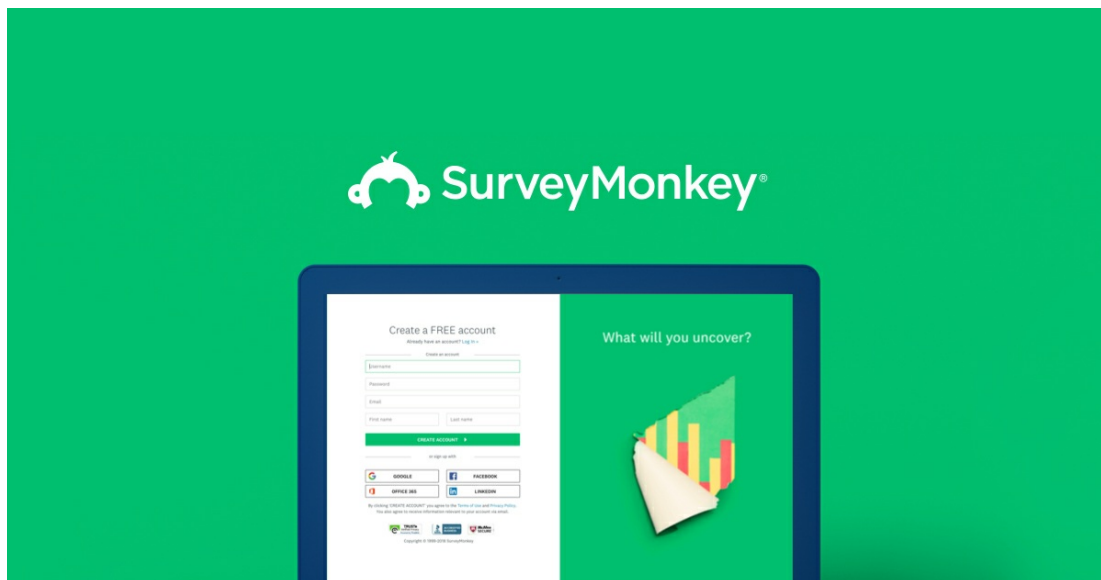
[Read more](#)  
[web-extract.constantcontact...](#)

## Technology Grant

Are you a DDD client who is 21+ and in need of a laptop/tablet/smartphone? Apply for a grant by filling out the survey below!

This opportunity is made available with funds provided by the New Jersey Council on Developmental Disabilities and is open to adults (21 and older) with Intellectual/Developmental Disabilities (IDD) enrolled with the NJ Division of Developmental Disabilities Community Care Program or Supports Program who have been affected by the statewide Coronavirus pandemic.

Questions can be addressed via email to [Grants@njcdd.org](mailto:Grants@njcdd.org)



Grant Application Form

[Read more](#)  
[www.surveymonkey.com](http://www.surveymonkey.com)

## # Monthly Hashtags



# # Mental Health May

This month's hashtag was **#MentalHealthMay**.

You can rewatch our [mental health related webinars this month](#) on topics such as [IDD and Mental Illness](#) and [Mental Health First Aid](#).

Click below to read our Positive Pulse newsletter on Mental Health Awareness from 2018 or take a look at our Coping Skills and Mental Health Hotlines infographic.



## Positive Pulse

Your monthly dose of advice on healthy living

May 2018

### Mental Health Awareness Month



May is Mental Health Awareness Month. Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization. The 2018 theme is **Fitness #4Mind4Body**.

During the month of May, the focus is on making steps that lead to a healthy mind and body.

- There is an important link between the gut and the brain, so keeping a healthy diet can keep them working in sync properly.
- Proper sleeping habits will keep both your body and mind from fatigue.
- Stress can lead to both mental and physical symptoms so everyone



# Coping Skills



Coping means to invest one's own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict. The psychological coping mechanisms are commonly termed coping strategies or coping skills. These are meant as a guide and should be tailored specifically for the person who needs them. It's important to understand that some techniques might work better than others and it varies per person and by the situation you are dealing with.

## Counting

Counting gives you time to relax and calm down before responding to a situation.

Try these methods:

- **Counting Backwards:**

Count backwards from 10 to 0.

- **Counting Random Sequence of Numbers**

Count from random numbers you aren't used to like from 157 to 203.

- **Counting Specific Items:** This is also a method of grounding. For example, count how many chairs are in the basement or count how many times someone on the TV says the word 'no'.

## Grounding

Grounding techniques help you turn your attention away from negative thoughts, memories, or worries, and refocus on the present moment.

- **54321 Technique:**

Purposefully take in the details of your surroundings using each of your senses. What are **5** things you can **see**? What are **4** things you can **feel**? What are **3** things you can **hear**? What are **2** things you can **smell**? What is **1** thing you can **taste**?

- **Categories**

Choose 3 categories and name as many items as you can in each category. Spend a few minutes on each category to come up with as many items as possible.

- **Alphabet**

Pick a category and name an item for each letter of the alphabet.

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey  
This infographic is made as part of our Healthy Lifestyles Project, funded by The Horizon Foundation for New Jersey

[www.njsselfadvocacyproject.org](http://www.njsselfadvocacyproject.org) / 732-749-8514 / [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org)



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!**

## 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! We find it important to keep nurturing our connections with you and branching out in ways that help us all continue to grow. They take place every **Tuesday**

at 2 PM.



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

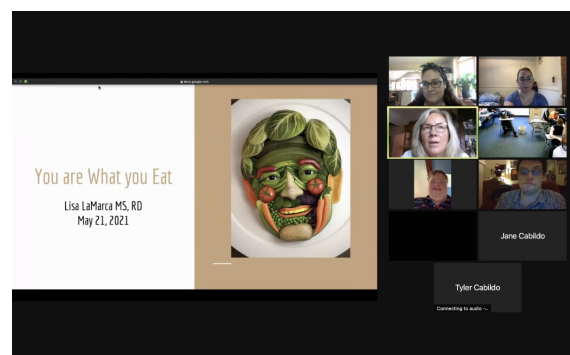
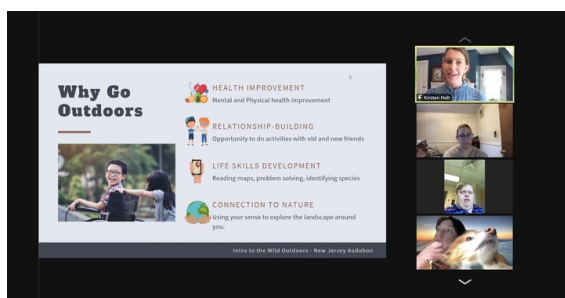
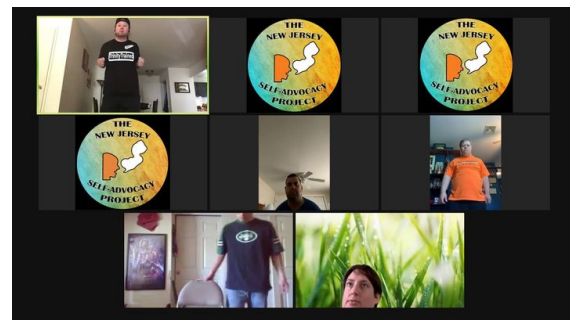
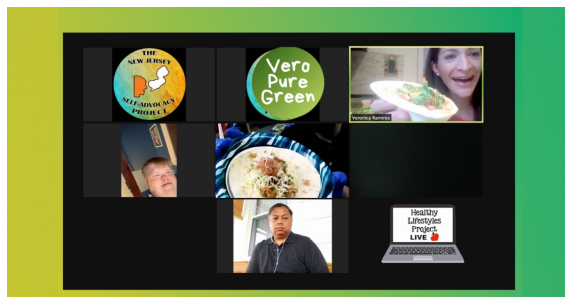
[Register now for upcoming webinars!](#)

# 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 Wednesdays at 11 AM and Fridays at 1 PM.







[There's still time to register for the 5/28 Fitness training!](#)

[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 Fibbage and Drawful 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.

## Follow Along

Our Healthy Lifestyles Project: LIVE! events are 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

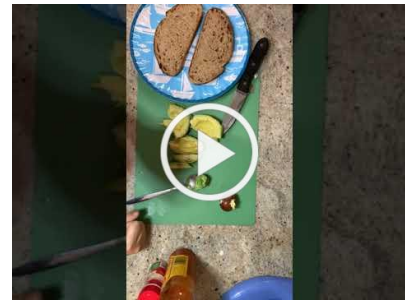
media videos with Erin to stave off hunger in a healthy way! [There are recipes for snacks, dips, appetizers, meals and more!](#)



[Mondays with Veronica:  
Playlist](#)



[Wednesdays with Matt:  
Playlist](#)



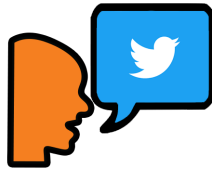
[Fridays with Erin:  
Playlist](#)

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[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