



Advocacy Matters

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

March 2019

March is Developmental Disabilities Awareness Month! We had an amazing time celebrating this year and we hope you did too!

Our outreach event at the State House in Trenton drew quite a crowd.

We continued with our Healthy Lifestyles Project trainings with a presentation on how to achieve better sleep.

We continue to support wage increases for DSPs, and advocate Renee Pierce showed her dedication to the cause at a Senate Budget Hearing.

We also provided self-advocacy resources at a Transition Fair in Piscataway.

Let's look back on this past month!

DD Awareness Month

In 1987, President Ronald Reagan designated March as Developmental Disabilities Awareness Month as a way to recognize the contributions of Americans who, because of their various disabilities, had been previously denied full inclusion in their communities.

Each year, The Arc of New Jersey hosts a Developmental Disabilities Awareness Month outreach event at the State House in Trenton. Self-advocates share resources and answer questions from legislators from districts across the state about current issues affecting the lives of people with I/DD and their families.

DHS Commissioner Carole Johnson, Assemblywoman Joann Downey, and Assemblyman Eric Houghtaling delivered a Proclamation and Resolution, respectively, at this year's event on March 11th where more than 40 self-advocates participated in the event.

Thank you to everyone who celebrated with us by attending the event at the State House, [joining our social media campaign](#), or [making a contribution to](#)







We Can't Do This Alone...

*Will You Lend a
Helping Hand?*



DD Awareness Month is the perfect time to support the New Jersey Self-Advocacy Project, the largest self-advocacy organization in the state. Over the course of the month we highlighted the work of the New Jersey Self-Advocacy Project. Thank you to everyone who took the time to learn about what we do. **We hope you were inspired to lend us a helping hand!**

HLP: Get Better Sleep

A Healthy Lifestyles Project Workshop was held at Abilities Northwest this month. The topic was one we are all familiar with: sleep! The presentation discussed why sleep is important, how better sleep can improve your health, and provided tips on achieving a good night's rest.



Budget Hearing

Renee, Chair of Council 2 of the NJSSAN, testified on March 21st before the Senate Budget Committee about the importance of increasing wages for Direct Support Professionals.

Kyle Picone, a member of Council 3 of the NJSSAN, testified on March 27th before the Assembly Budget Committee on the same topic.

This was an important chance to tell members of the Budget Committee about the essential role DSPs play in the lives of people with I/DD.





Transition Fair

We provided information and resources on self-advocacy at a Transition Fair in Piscataway this month. Thank you to everyone who stopped by!



Call for Submissions



Do you have any art, stories, poems, songs or videos to share? The Total Inclusion Project is a web-based format for displaying creative works by people with intellectual and developmental disabilities. Send us your work and we may feature it on our website and in future editions of Advocacy Matters!

Contact us at NJSAP@ArcNJ.org or call 732-749-8514 for more information.

Interested in a training or workshop at your location? Hit REPLY and let us know!

A training on our program, NJSAP
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself



Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

Healthy Relationships
Online Dating
Aromatherapy
First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene

Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness



We Look Forward to Seeing You at the Spring Luncheon!



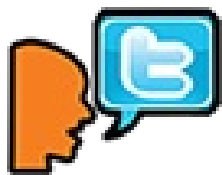
**The 14th Annual New Jersey
Statewide Self-Advocacy Network
Awards Luncheon will take place
on**

**Saturday,
April 13th, 2019**

at The Imperia in Somerset

Registration is closed, but stay tuned next month for photos from the event!

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



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**