June 2023

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 pages and the current NJSSAN Priorities.

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.

Our weekly Brain Games session 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. If you have been forwarded this message, you can subscribe here.

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!

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 2023.
Jaime Zahid from Partners in Policymaking came out to talk to Council 3

Jaime Zahid, Partners in Policymaking Coordinator, spoke to Council 3 on June 13, 2023 about their program. Partners in Policymaking is a program that works with adults with developmental disabilities to help create change in our state. They are currently in the process of recruiting until July 12, 2023. If you are interested please take a look.

Pam King from Council 4 won the Self-Advocacy Leadership Award

The Arc of New Jersey 2023 Award Celebration was held on June 6, 2023. Council 4 member Pam

For more information, contact: Frankie Bayak NJSAAP@Arc.NJ.org / 732-749-8514 www.njselfadvocacyproject.org
King was awarded the Self-Advocacy Leadership Award for her amazing advocacy work this past year. Congrats, Pam!

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.

Trainings

Take a look at some of the trainings we’ve been doing during the month. If you are interested in having a training for your group take a look at our available trainings and send us a request through the form below.

Training Flyer

Training Request Form
Take a look at the delicious Thumbprint Cookies and Banana Oatmeal Chocolate Chip Cookies that we made with SCARC. The recipe can be found below if you’d like to give it a try!

**Thumbprint Cookies**

**Prep Time:** 20 Minutes  
**Cook Time:** 15 Minutes  
**Total Time:** 35 Minutes

**Ingredients:**
- 1 1/2 cups flour  
- 1/2 cup granulated sugar  
- 1/2 cup butter, softened  
- 1 tablespoon milk  
- 1/2 teaspoon vanilla extract  
- 1/4 teaspoon almond extract  
- 1/2 teaspoon raspberry jam

**Cooking Instructions:**
- Preheat oven to 350°F.  
- Line a baking sheet with parchment paper.  
- In a medium bowl, cream the butter and sugar until light and fluffy.  
- Beat in the eggs one at a time, scraping down the sides of the bowl after each addition.  
- Gradually add in the flour until just combined; do not overmix.  
- Add the salt and mix well.  
- Shape the dough into balls, and roll into balls until the desired shape is reached.  
- Melt the jam in the microwave, and roll each ball in the jam until coated.  
- Place on a baking sheet, and press down gently with a thumb.  
- Bake for 12-14 minutes, or until the edges are set.  
- Allow to cool on the baking sheet before serving.  

**Recipe Link:**  
https://www.bhg.com/recipes/desserts/cookies/thumbprint-cookies/  

**Oatmeal Banana Chocolate Chip Cookies**

**Ingredients:**
- 2 Very Ripe Bananas  
- 1 Cup Quick Oats  
- 1 Tablespoon Maple Syrup  
- 1/2 teaspoon Vanilla Extract  
- 1/2 teaspoon Cinnamon  
- 1/4 Cup Chocolate Chips

**Instructions:**
- Preheat oven to 350°F.  
- Prepare a baking sheet, with parchment paper on top.  
- In a medium bowl, use a fork to mash the bananas with the maple syrup and vanilla, until smooth. There should be no banana chunks left. You can also use an electric mixer for this step.  
- Add in the cinnamon, chocolate chips, and oats and mix until it is well mixed together.  
- Use a tablespoon to scoop out the batter from the bowl and place it on the parchment paper. Use your hands to form cookie shapes. They will stay the shape you make them when you bake them.  
- Bake for 12-14 minutes.  
- Take out and let cool for 10 minutes on the parchment paper.  
- Enjoy!

"You can store these in the refrigerator up to 10 days or in the freezer up to 20 days!"

**Recipe Link:**  

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**Scavenger Hunt**
Be on the lookout for our Summer Scavenger Hunt coming up on July 1st to celebrate Disability Pride Month!

Disability Pride Month
Summer Scavenger Hunt:
July 1st - 31st

Explore our website, answer our scavenger hunt quiz, and be entered to win a prize basket!

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 programming possible!

We are now on our 9th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

Trailblazers

Join us for our virtual movement club on Tuesday's at 11:00 AM on Zoom. Take a look at the topics that have been discussed at our previous meetings.
Register For The Next Meeting

Hidden Gems

Join our HLP:Live sessions every Wednesday at 11 AM and Friday at 1 PM. We are now selecting two random sessions a month in which we will have a special surprise to promote our Healthy Lifestyles Project (HLP) program.

Register For Upcoming Events
In our Speak Your Mind series, we feature short clips of real self-advocates from our network speaking about a variety of topics relating to self-advocacy. Take a look at these shorts clips of advocacy in action and be sure to share on your favorite social media platforms!

**Trying to Challenge Myself**  
**I Don't Like Being Pushed Aside**

**Don't Talk to Me Like I'm a Child**  
**Julia: We're Not Going Anywhere**
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*

**Mystic Aquarium Seals and Sea Lions**

**How to Practice CPR: Providing Services with Courtesy, Professionalism and Respect**

**Accept the Unexpected: Julia and Ray Speak About Autism Acceptance**

**Preventing Diabetes**

If you've attended one of our Stay Healthy at Home webinar sessions, 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!

Listen to the song here!
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 presents games to play on Zoom!

Watch our previous videos below of Snippets and Pictionary 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.

Taboo

Boggle

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 videos on social media!

- On Mondays, we post health and nutrition videos from Veronica Ramirez [Vero Pure Green](https://veronicapuregreen.com)
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio [In-Home Personal Training](https://www.locasciofitness.com)
- On Thursdays, we post art-making videos by Malik Whitaker.
- On Fridays, we post recipe videos/tips from Erin Smithers [NJSAP](https://njsap.org).

You can follow along easily and comfortably in your own home. We add videos on Facebook, Twitter, Instagram, and Youtube every weekday for you to follow along!

Mondays with Veronica: [Playlist](https://www.youtube.com/playlist)

Tuesdays with Joanna: [Playlist](https://www.youtube.com/playlist)

Wednesdays with Matt: [Playlist](https://www.youtube.com/playlist)
Thursdays with Malik: 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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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