



Advocacy Matters

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

May 2025

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!**

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT				
	MONDAY -Check social media feed for Veronica's new nutrition video  -Check social media feed for a "Quick Tip" post	TUESDAY -Watch the new Stay Healthy at Home webinar at 2 PM  -Watch Joanna's new music therapy video 	WEDNESDAY -Interactive Zoom event for HLP:Live at 11 AM  -Check social media feed for IHT's new workout video 	THURSDAY -Play this week's Brain Game on Zoom at 1 PM -Watch Malik's creative new art video!  -Check social media feed for a "Feel Good Friday" post!  -HLP:Live! It's Fitness Friday with IHT on Zoom at 1 PM
	TO DO LIST: -Sign up for NJSAP's email list -Request a virtual group training -Join your monthly local NJSSAN Council Meeting		REMINDERS + NOTES: -Select Tuesdays at 11 AM -Winter: "Empowered" D&D Adventures -Summer: "Trailblazers" Movement Club -NJSAP Wrap-Up: Facebook Live updates the 1st Monday of the month at 9:30 AM -Check out our website for more information and additional activities and campaigns!	
				
	YouTube Find out more at www.njselfadvocacyproject.org Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP / YouTube: @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.
- 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 2025.

[**Join: Music League: All Summer**](#)

EACH TUESDAY IN JUNE - SEPT.
11:00 AM - 12:00 PM

Join our movement club, created for people with IDD to lead the way towards healthier habits. Members will make personal goals, socialize, and learn all about hiking, nature, and fitness.

[Register on our website to join!](#)

June 3rd: Introductory Meeting on Zoom

Your choice of activity:

Virtual Fitness Session with Carlos on Zoom

In-person hike with the NJSAP Team

Trailside Nature & Science Center Parking Lot
 452 New Providence Road, Mountainside, NJ

Dates: 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29,
 8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23

Sept. 30th: Final Meeting on Zoom



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.

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



TRAILBLAZERS: TRAIL TUESDAYS

Every Tuesday: June 10th - Sept. 23rd
 11:00 AM - 12:00 PM

Union County's Watchung Reservation
 Trailside Nature & Science Center Parking Lot
 452 New Providence Road, Mountainside, NJ

All participants must wear clothing and footwear appropriate for walking trails. Bathrooms and water are available and there are picnic areas if you wish to eat lunch after the hike. A short stretch and training will take place before we begin walking. [Please be timely and make sure to RSVP!](#)

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 Arc of New Jersey is a non-profit organization and does not discriminate on the basis of race, color, gender, age, or disability. These images may be used by The Arc of NJ in their social media.

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



**TRAILBLAZERS:
 TRAINING TUESDAYS**

Every Tuesday: June 10th - Sept. 23rd
 11:00 AM - 12:00 PM
 Virtually on Zoom: [Register Here!](#)

This event will explore ways to stay in shape at home for students and adults with IDD. A personal fitness trainer from IHT (In-House Training LLC) will lead virtual trainings sessions showing how to stretch, perform body weight exercises, and practice self-care.

"My goal of the training sessions are to help people understand that they can improve their quality of life by focusing on overall wellness. Physical well-being is an excellent starting point towards living a healthier lifestyle."

- Matt Locascio, Owner of IHT, <http://ihtnj.com>

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



Join the Trailblazers

Come jam with us! Submit a song that fits the weekly theme and vote on your favorites in the "Trailblazers" Music League! **A Spotify account is required (no subscription necessary).** You can use the [Music League app](#) or the [website](#) to play.

Songs will be played during our weekly ["Trailblazers" Hikes each Tuesday](#). We'll also be hosting a virtual dance party with the top songs from each week on September 30th at 11 AM.

Winners will receive a prize!



Sign up to our League here.



<https://www.arcnj.org/programs/njsap/music-league.html>

Trainings

If you are interested in hosting a training for your group, take a look at our available trainings list and send us a request through the form below.

[Training Topics and Request Form](#)

Take a look at the delicious recipe that we made with SCARC. The recipe can be found below if you'd like to give it a try! This month SCARC made Fried Rice!



**New Jersey Self-Advocacy Project
&
Statewide Self-Advocacy Network**
A program of The Arc of New Jersey since 1983

Fried Rice

Prep Time 15 Minutes Cook Time 10 Minutes Total Time 25 Minutes

Ingredients:

• 2 Cups Rice (I use frozen)	• 4 Eggs (Or Egg Substitute)
• 2 Cups Water (If Not Using Frozen Rice)	• 2 Tbsp Soy Sauce
• 3 Tbsp Sesame Oil	• 1 Tbsp Sesame Seeds
• 10 oz Frozen Peas and Carrots	• 2 Handfuls of Basil
• 6-8 oz Diced Chicken	• Salt and Pepper
• 1 Tbsp Butter	• 1 Small Onion, Chopped

Cooking Instructions:

- Add Rice and water to a pot and cook to directions. If using frozen rice simply heat in microwave.
- Add sesame oil to a separate large pot.
- Add Onion to the hot oil and sauté for 2 minutes.
- Add the chicken and butter to the onion and cook until browned.
- Add in the peas and carrots and cook for 2 minutes.
- Put the rice in a large pan and add in the eggs to the empty side.
- Stir the eggs constantly so the eggs get beaten while they cook.
- Fold everything together.
- Add in the rice, soy sauce, and sesame seeds.
- Add salt and pepper to taste.
- Garnish with green onion and sesame seeds for garnish (optional).
- I also like to top mine with a drizzle of sriracha.
- Enjoy!

Recipe link:

<https://instantpot.com/blogs/recipes/better-than-takeout-chicken-fried-rice>

Supporting the rights of people with intellectual and developmental disabilities
985 Livingston Avenue, North Brunswick, NJ 08902
Phone: 732-43-8345 Fax: (732) 749-8514
E-mail: NJSAP@arcnj.org
www.statewideadvocacyproject.org



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!

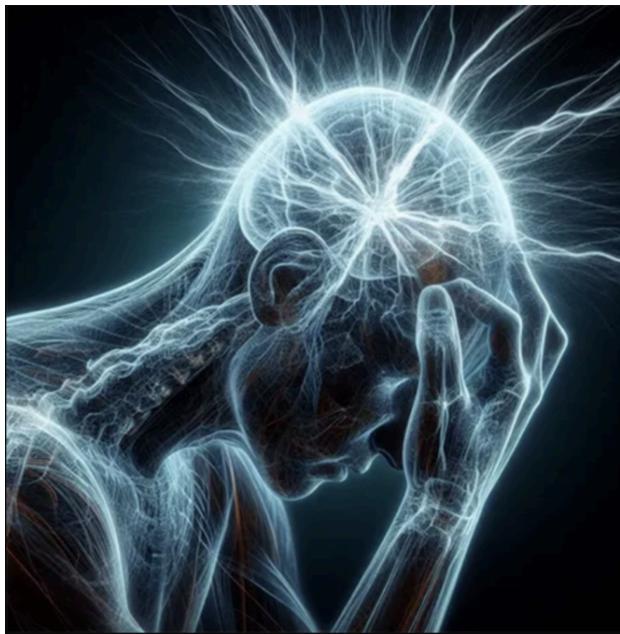
We are now on our 11th grant cycle for the Healthy Lifestyles Project and we are greatly looking forward to continuing to help people with IDD live healthier lives!

Positive Pulse

Positive Pulse is a monthly blog on our website with advice and resources on living a healthier life. You can find this month's post in by clicking the title below.

Positive Pulse: Migraines and Headaches

Migraines and headaches affect over 1 billion people worldwide and are one of the leading causes of physical disability. This month, take a moment to learn your triggers, slow down, and listen to your body. A calm environment, good sleep, and stress management can make a big difference.



Migraines & Headaches

Stay Healthy at Home Webinars

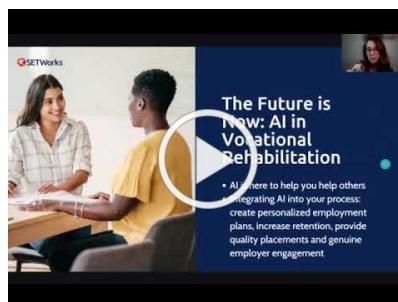


The New Jersey Self-Advocacy Project team is excited to continue our *Stay Healthy at Home* webinar series! They take place every **Tuesday at 2 PM**.

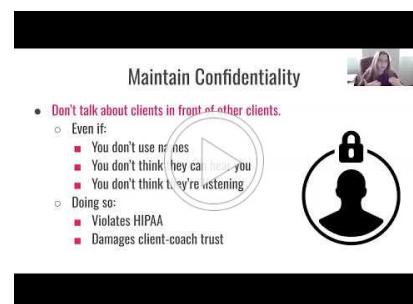
We will present one new webinar each month followed by replays of previously recorded sessions. Click [here](#) for details.

NEW

[Harnessing AI for Customized Employment](#)

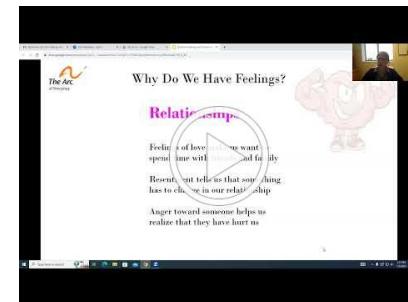


[Quality Of Care for Direct Support Professionals](#)



[Emotional Intelligence](#)

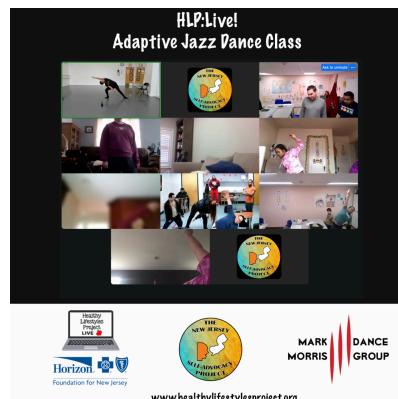
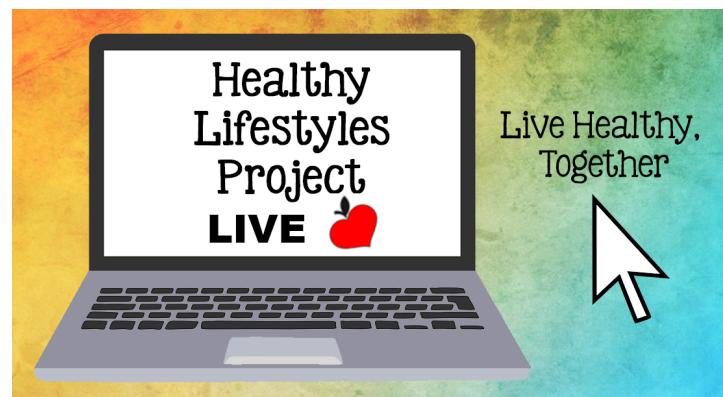
[Decision Making with Jennifer Harrison](#)



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!





www.healthylifestylesproject.org



www.healthylifestylesproject.org



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.**](#)

[**Finish the lyrics**](#)



[**Pictionary**](#)



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**](#))
- On Tuesdays, we post music therapy videos by Joanna Tan.
- On Wednesdays we post fitness videos from Matt Locascio ([**In-Home Personal Training**](#))
- On Thursdays, we post art-making videos by [**Malik Whitaker**](#).
- On Fridays, we post recipe videos/tips from Erin Smithers ([**NJSAP**](#)).

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!

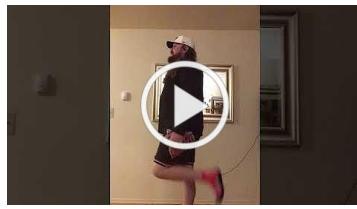
[Mondays with Veronica:](#)
[Playlist](#)



[Tuesdays with Joanna:](#)
[Playlist](#)



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



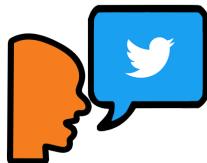
[Thursdays with Malik: Playlist](#)



[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.



[Twitter](#)



[Facebook](#)



[Instagram](#)



[Youtube](#)

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

New Jersey Self-Advocacy Project | 985 Livingston Avenue | North Brunswick, NJ 08902 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!