

# The Self-Advocate

A Newsletter Produced by The New Jersey Self-Advocacy Project

Summer 2012

## 29TH ANNUAL NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK FALL **PAGE** CONFERENCE REGISTRATION FORMS **3**

### 2012 NJSSAN Council Elections

On April 14th, at the 7th Annual **Spring Into Action** Network Luncheon, members of the Five Councils of the NJSSAN elected group officers. All officer positions entail a three year commitment to the Network, as well as a dedication to the **goals** and **mission** of their Councils.

Kevin White was elected Chairman of Council One, with Arthur King elected to the Vice Chairman position.

Sid Katz was elected Chairman of Council Two, with Mark Bloom elected to the Vice Chairman position. Evelyn Ramundo

represents Council Three as Chairwoman, with Brian O'Malley fulfilling the duties of Vice Chairman.

Kim Coll was elected Chairwoman of Council Four, with Joey Mietz as Vice Chairman, while Chairwoman Ellen Moskowitz and Vice Chairwoman Loren Favretto represent Council Five.

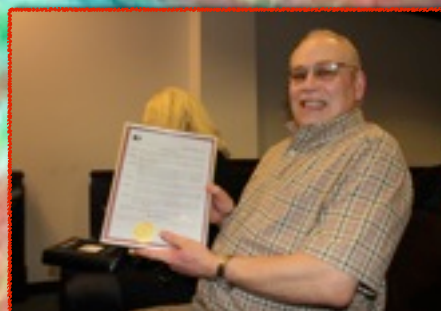
### A Peek Inside the Issue:

NJSSAN Conference Workshop List	Page 2
NJSSAN Conference Registration	Page 3
Directions to the Conference	Page 4
More Event Information	Page 5
Photo Gallery	Page 6
A Message from MMC	Page 7
Luncheon SAVE THE DATE!	Page 8

Advocate for all people with disabilities and their families statewide as an Governmental Affairs Ambassador



Governmental Affairs  
Ambassador Program



In May 2012, Bill Byrne received a proclamation from Morristown Mayor Tim Dougherty. The Mayor also declared August 16 to be Bill Byrne Day!



There is still time to register to vote in the national election. Election Day is Tuesday, November 6th, 2012.

ARE YOU READY. ARE YOU REGISTERED?

# Conference Schedule

**8:30 - 9:30 am**

Registration and Continental Breakfast

**9:30 - 10:00 am**

Welcome and Opening Remarks from Scheduled Speakers

**10:15 - 11:15 am      Workshop Session A**

**11:30 - 12:30 pm      Workshop Session B**

**12:45 - 1:45 pm**      Lunch

**1:45 - 2:15 pm**      Police Officer Education Video Premiere

Acknowledge Outgoing Advisory Board Members

Swear In Newly Elected Advisory Board Officers

Barbara Coppens, Immediate Past President of NJSSAN,  
shares her National Council of Self-Advocates (**NCSA**) Report

**2:15 - 3:00 pm**      **Time To Boogie !**

## Workshops

All of the following workshops are offered during both Workshop Session A and Workshop Session B.  
Please indicate your 1st and 2nd choices for **both** workshop sessions on the registration form (Page 3)

1. How Can I Be a Better **Advocate**?
2. **Healthcare**: Medicaid, Medicare and Speaking to Doctors
3. **Anti-Bullying**: How Can I Stand Up For Myself?
4. **Transportation** Options
5. **Employment**: Resume Building, Day Programs and Workshops
6. **Government** and Legislative Issues
7. **Emergency Preparation** and Safety Tips
8. **Volunteer** and Mentor Opportunities
9. **Independent Living**
10. Self-Advocacy Group **Officer Training**

**T-SHIRTS WILL BE SOLD  
ON THE DAY OF THE EVENT  
(No pre-order necessary!)  
All Sizes: \$15.00**

**Conference Registration Deadline: September 28th, 2012**

# Official Registration Form for the 29<sup>th</sup> Annual Statewide Self-Advocacy Conference

**Saturday, October 13, 2012**

Doubletree Hotel and Executive Meeting Center  
200 Atrium Drive, Somerset, NJ 08873

**8:30 am – 3:00 pm**

**Space is limited. Early registration is advised!**

**Registration deadline is September 28, 2012**

**A \$10.00 Late Fee Will Be Charged to Any Registration Form Received After This Date.**

**Absolutely NO reservations will be taken over the phone or accepted at the event.**

Please Include Payment of Your \$45 Conference Fee Along With Your Registration Form.

Price Includes: Continental Breakfast, Full Sit-Down Lunch and Conference & Workshop Materials.

**EVERYONE** attending the conference **MUST** fill out a registration form, indicate their workshop choices and send in payment. **All staff, drivers (who plan to attend the event) and assistants need to register individually, pay the conference fee and designate workshop choices.**

First and Last Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ E-Mail \_\_\_\_\_

## **Indicate any special services you may require:**

Vegetarian Meal

Fruit For Dessert

Chopped Meal

Pureed Meal

Other Special Dietary Requests: \_\_\_\_\_

## **Workshop Choices**

**There are 2 workshop sessions: Workshop A and Workshop B. Please indicate your first choice and second choice for each of the workshop sessions. We will try to give you your first choice but the workshops will be filled on a first come, first served basis.**

My first choice for Workshop A is # \_\_\_\_\_ My second choice for Workshop A is # \_\_\_\_\_

My first choice for Workshop B is # \_\_\_\_\_ My second choice for Workshop B is # \_\_\_\_\_

**CONFERENCE FEE IS \$45.00, so long as your registration form is received prior to September 28th, 2012**

**Make checks payable to: The Arc of New Jersey**

**Mail All Registration Forms and Payment to the Attention Of:**

**The New Jersey Self-Advocacy Project**

**985 Livingston Avenue, North Brunswick, NJ 08902**

**Credit Card # \_\_\_\_\_**

**Amex ( ) Master Card ( ) VISA ( ) Expiration Date \_\_\_\_\_**

**(Required) Signature x \_\_\_\_\_**

**Thanks so much and we look forward to seeing you on October 13th!**

# **29<sup>th</sup> Annual Statewide Self-Advocacy Conference**

**Saturday, October 13, 2012**

**8:30 AM – 3:00 PM**

**DoubleTree Hotel & Executive Meeting Center  
200 Atrium Drive, Somerset, New Jersey 08873  
732-469-2600**



**Directions to the Event:**

**From Route I-287 North: Take Exit 10 for Rt.527**

**New Brunswick/Easton Ave. Follow Rt.527 North to the first traffic light and make a left onto Davidson Ave. Continue on Davidson Ave for one-quarter mile and make left into Atrium Corporate park. Follow to the front entrance of the DoubleTree Hotel & Executive Meeting Center.**

**From the New Jersey Turnpike: Take Exit 10 for Metuchen/Edison to I-287 North. Follow Rt.I-287 North directions above.**

**From the Garden State Parkway: Take Exit 127 for I-287 North. Follow Rt. I-287 North directions above.**

**From Route I-287 South: Take Exit 10 for Rt.527 Easton Avenue/New Brunswick (immediately after Exit 12, Weston Canal Road). At the bottom of the exit ramp, get into the left lane and make a left turn. Go under overpass of I-287 and continue straight keeping to the right. Go to the first traffic light and make a left onto Davidson Avenue for one-quarter mile to Atrium Drive. Turn left on atrium Drive to DoubleTree Hotel and Executive Meeting Center.**

## **Special Hotel Room Rates:**

**The DoubleTree Hotel offers a special room rate of \$99.00 PLUS tax & room charge available for conference attendees who prefer to arrive on Friday and stay overnight. Call 732-469-2600 to make a reservation. Be sure to indicate that you are attending the Self-Advocacy Fall Conference. The deadline to reserve the special rate is September 16th.**

**NJSSAN Fall Conference Questions? Please call Ashley Harris, New Jersey Self-Advocacy Project Program Assistant, at 732-246-2525 Ext.22**

**E-mail: [NJSAP@arcnj.org](mailto:NJSAP@arcnj.org)**

# 29<sup>th</sup> Annual Statewide Self-Advocacy Network Fall Conference Theme: Making Friends and Connections That Last a Lifetime!

For the past 29 years, the New Jersey Self-Advocacy Project (NJSAP) has vigorously promoted the cause of self-advocacy for individuals with intellectual and developmental disabilities throughout New Jersey.

With the support of the NJSAP team, more than 2,500 individuals have created nearly 125 groups dedicated to advocating for themselves and thousands of their fellow citizens with disabilities.

The strength and power of New Jersey's self-advocacy movement has accomplished a number of momentous milestones. Some of these accomplishments include successfully removing offensive language from the New Jersey Constitution, securing increased funding for community programs and ensuring that people with intellectual and developmental disabilities know their rights and have an opportunity to voice their opinions when decisions are made regarding their lives.

As we celebrate our 29<sup>th</sup> Annual Statewide Self-Advocacy Conference we salute all of the committed and tireless self-advocates who have made this movement so strong, and we invite everyone to join us for this exciting and historic event.

The day will be filled with FUN, great information, ADVOCACY, opportunities to network with other advocates, and the chance to be part of the greatest movement in New Jersey: **Self-Advocacy!**

# SELF-ADVOCACY IS...

LEARNING ABOUT

and

EXERCISING YOUR RIGHTS



COMMUNITY OUTREACH

and

RAISING AWARENESS



MAKING FRIENDS and CONNECTIONS

THAT LAST A LIFETIME!

# Now Available!

## Comprehensive & Easy-To-Follow Materials For the **PREVENTION AND MANAGEMENT OF TYPE 2 DIABETES IN INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES**

Launched in 2006 with funding from **The Horizon Foundation for New Jersey**, The Arc of New Jersey's Diabetes Awareness and Education Project has produced media materials intended to educate individuals with developmental disabilities and their caregivers regarding important steps that can be taken toward the prevention and control of Type 2 Diabetes, including changes in diet and exercise habits and regular monitoring by a health care professional. We have recently updated and reprinted these **FREE** materials. The combination **English/Spanish booklet** is available now and an educational **DVD**, which includes a **Spanish-language option**, will be available in August. These materials are a valuable resource for individuals with developmental disabilities, as well as those who support them, including:

- Families and Guardians
- Health care providers
- Government agencies: Please use the order form on our website,
- Group homes
- Service organizations
- Day programs

[www.mainstreamingmedicalcare.org](http://www.mainstreamingmedicalcare.org), to order the materials.

**THERE IS NO CHARGE FOR INDIVIDUAL COPIES OF THESE MATERIALS**, however, **POSTAGE CHARGES WILL APPLY IF YOU REQUEST MORE THAN 1 BOOKLET.**

### WHAT IS A D-SNP?

## SHOULD PEOPLE WITH DISABILITIES WHO HAVE BOTH MEDICAID AND MEDICARE ENROLL IN A D-SNP?

There is a new type of health plan for people who have both Medicare and Medicaid. It is called a Dual Eligible Special Needs Plan, or D-SNP. It is important to remember that enrollment in a D-SNP health plan is voluntary. That means you can enroll in a Medicare HMO D-SNP if you want to, but if you don't want to enroll, you don't have to.

If you are thinking about enrolling in a Medicare HMO D-SNP, ask ALL your current doctors if they have joined that D-SNP's network, including your primary care doctor, specialists, and mental health provider (if applicable). Also, find out whether the hospitals you would use if you ever need to be hospitalized, and the company that provides your medical equipment and supplies have joined that D-SNP network.

Most dual eligibles in NJ are already enrolled in a Medicaid HMO. But a Medicaid HMO is different from a Medicare HMO D-SNP.

Please call the State Health Insurance Assistance Program (SHIP) if you have questions about Medicare HMO D-SNPs: 1-800-792-8820. SHIP offices are located in every county, and the staff provide free counseling on all aspects of Medicare, including helping people who have both Medicare and Medicaid.

If you have questions about Medicare D-SNPs or Medicaid HMOs, you can also contact Helen Rivera at The Arc of New Jersey, at 732-246-2525, ext. 35 or [hrivera@arcnj.org](mailto:hrivera@arcnj.org)

**The Self-Advocate  
is produced as a service  
to the members of The  
New Jersey Statewide  
Self-Advocacy Network**

The New Jersey  
Self-Advocacy Project

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*Please credit:*  
The Self-Advocate is the  
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newsletter of  
The New Jersey  
Self-Advocacy Project,  
a special program of The  
Arc of New Jersey.

Walter Bender,  
President

Thomas Baffuto,  
Executive Director

# Birth Certificate Information Available Online

Certified copies of birth certificates are important records to have to obtain a driver's license, passports and other vital purposes.

This is crucial information for those planning to move out of New Jersey's Developmental Centers.

This is also an issue if New Jersey moves forward with proposed changes in Drivers License and non-driver Identification cards.

Listed below is the web address for additional information:  
[http:// www.cdc.gov/nchs/w2w.htm](http://www.cdc.gov/nchs/w2w.htm)

## SAVE THE DATE: APRIL 13, 2013

The 8th Annual Spring Into Action NJSSAN Luncheon will  
be held on Saturday, April 13th, 2013 at the Imperia,  
1714 Easton Avenue, Somerset, NJ 08873

**THE NEW JERSEY SELF-ADVOCACY PROJECT  
985 LIVINGSTON AVENUE  
NORTH BRUNSWICK, NJ 08902**

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