



THE ARC OF NEW JERSEY

Calendar of Events



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March Events with The Arc of New Jersey

Road to Relaxation: A Guided Meditation

- Friday, March 1, 2024
- 1:00pm - 2:00pm

Meditation uses techniques such as deep breathing, visualization and progressive muscle relaxation to activate a deep relaxation response. Meditation can relax the nervous system in a way that gives the body rest which is even deeper than sleep. This rest helps the body heal itself from many things including physical ailments commonly brought on by stress. Visualization can help reprogram the fight or flight response in the body and help us move into a more restful state. When practiced regularly meditation can lead to a reduction in your everyday stress levels and a boost in your happiness levels. This class aims to both energize and restore you!

Kristen Bond is a fitness instructor at In-Home Training (IHT). Find out more here: <http://ihtnj.com>.

Register [HERE](#)

Doubling Up on Services

- Tuesday, March 5, 2024

- 2:00pm - 3:00pm

This presentation will explore the "why" of competitive integrated employment for people with disabilities as well as discuss how to get access to employment supports to make it a reality. We will review how DDD and DVRS services can be combined to help ensure employment success and show individuals how they can get information about their benefits and working.

Amy Watts has a BS in Psychology and 30 years of experience supporting people with disabilities in a wide variety of settings across NJ. Being a family member of someone who experiences developmental and mental health diagnoses, she knows the value and necessity of person-centered planning. She is also an advocate of employment for all people. Amy is the Program and Community Liaison at the Progressive Center for Independent Living, is a member of DDAN, and on the Board of NJAPSE.

Adam Kubler has a BS in social work and over 15 years of experience in workforce development and has worked with a wide range of individuals, including those living with disabilities in work readiness and employment. He also directed the Arc of New Jersey's supported employment program, Project HIRE. Adam also possesses a Certified Work Incentive Practitioner certification. He is currently a staff person at the New Jersey Council on Developmental Disabilities, a board member of NJAPSE and a member of DDAN.

[Register HERE](#)

[Food for Thought: Green Goddess Pasta Sauce](#)

- Wednesday, March 6, 2024
- 11:00am - 12:00pm

Our guest presenter for this event is Veronica Ramirez, owner of Vero Pure Green, Health Coaching Services. She will be providing nutrition tips and teaching us how to prepare a healthy and delicious recipe. If you'd like to follow along please make sure to have the below ingredients on hand:

- 1/4 cup fresh dill
- 1/4 cup fresh chives
- 1/4 cup fresh cilantro
- 1/2 shallot
- 1/3 cup cold press extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1/2 cup cottage cheese (I use (Miyoko's vegan cottage cheese)
- 1/4 cup plain Greek yogurt (I use foragers cashew dairy free yogurt)
- 1/4 cup pasta water

- 1/2 cup freshly grated parmesan cheese, (I use Violife vegan parmesan cheese)
- 1 tsp salt, more if needed.
- 1/2 tsp pepper, more if needed.

Veronica Ramirez is a long distance runner, educator and a Certified Integrative Nutritional Health Coach. She is also a wife, a busy mom of two amazing boys and lifelong fitness fan.

Veronica is extremely passionate about health and movement and also about the power of raw and whole foods.

She believes in the healing power of natural foods and also love teaching others how to transform their health by improving their diet and lifestyle. For more on Vero Pure Green: <https://www.veropuregreen.com>

Register [HERE](#)

Tour With Us! - Virtual Tour of Mercer County Community College's CAT Program

- Wednesday, March 6, 2024
- 6:00pm - 7:00pm

Join us for a Virtual Tour of Mercer County Community College's CAT (Center for Adult Transition) program. https://www.mccc.edu/student_services_needs_cat.shtml

Register [HERE](#)

Understanding Legal Guardianship for Individuals with Intellectual and Developmental Disabilities (IDD)

- Friday, March 8, 2024
- 9:00am - 10:30am

Are you a caregiver, family member, or professional involved in caring for individuals with IDD? Navigating the complex legal landscape of guardianship can be overwhelming, especially when it concerns the well-being and rights of your loved ones.

Join us for an enlightening webinar designed to provide you with a thorough understanding of legal guardianship for individuals with IDD. Led by a seasoned expert in the field, this webinar will delve into the intricacies of guardianship laws, its implications, and the importance of tailored approaches to ensure the best outcomes for individuals with IDD.

Key topics to be covered include:

- An overview of legal guardianship: What it entails and who it applies to.
- Understanding the rights and responsibilities of guardianship for individuals with IDD.
- Navigating the legal process: From assessment to implementation.
- Addressing the ethical considerations and challenges involved in guardianship.

Don't miss this opportunity to empower yourself with the knowledge and resources necessary to advocate for the rights and dignity of individuals with IDD. Register now and take the first step towards informed and compassionate care.

[Register HERE](#)

[The Right Fit: Find Your Exercise with Adaptive Fitness](#)

- Friday, March 8, 2024
- 1:00pm - 2:00pm

Matt Locascio returns for another fitness session! This event will explore ways to stay in shape at home. Matt will be focusing on body weight exercises.

"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 is the owner of IHT (In-Home Training LLC). Matt has been working with North Jersey residents in exercise prescription and fitness training for over 10 years! Find out more here: <http://ihtnj.com>.

[Register HERE](#)

[REPLAY: DIY Gift Making Guide](#)

- Tuesday, March 12, 2024

- 2:00pm - 3:00pm

Presented by the NJSAP team, this webinar will present some "Do It Yourself" (DIY) methods to make amazing gifts for your loved ones! You'll learn how to craft four different unique gifts to give out for your holiday of choice (or even something you might want to hold onto yourself.) Homemade gifts can help you save money and make something one-of-a-kind!

Watch video tutorials on how to make a Paint Swirl Vase, Mermaid themed bath bombs, and Pressed Flower Frames.

**This is a recording of a previous webinar. Experience it for the first time or rewatch it to gain a better understanding of the topic. The question box will be open and we will respond to any questions 24 hours after the event.

Register [HERE](#)

[Guardianship vs. Power of Attorney: Which One is Right for Your Loved One with IDD](#)

- Tuesday, March 12, 2024
- 6:00pm - 7:30pm

Presented by Hinkle Prior & Fischer

Register [HERE](#)

[Tour with Us! - Georgian Court University: Transition and Career Studies](#)

- Thursday, March 14, 2024
- 6:00pm - 7:00pm

Join us for a virtual tour of Transition and Career Studies at Georgian Court University. <https://georgian.edu/transition-and-career-studies/>

Register [HERE](#)

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