



THE ARC OF NEW JERSEY

Calendar of Events



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April Events with The Arc of New Jersey

[The Arc of NJ Series: Health Care Advocacy Program](#)

- Wednesday, April 2, 2024
- 2:00pm - 3:00pm

Learn all about the Health Care Advocacy Program with Connor Griffin.

Connor Griffin is the Director of Health Care Advocacy with The Arc of New Jersey. The Health Care Advocacy program promotes quality health care for individuals with intellectual and developmental disabilities throughout New Jersey. Connor received his Master's degree in Public Health (MPH), with a concentration in Health Systems and Policy, from Rutgers University. He received a Bachelor of Arts in Public Policy, with a minor in Public Health, from the University of Delaware.

[Register HERE](#)

[Food for Thought: No Bake Carrot Cake](#)

- Wednesday, April 3, 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:

- 1/2 cup all creamy natural almond butter, (can sub any other nut or seed butter)
- 1/4 cup maple syrup (can sub honey, agave or date syrup)
- 1 1/4 cup oat flour
- 1/2 tsp cinnamon • 1/4 tsp nutmeg
- 1/4 tsp ground ginger • 1/2 cup shredded carrots
- 1/2 cup white chocolate chips, melted with 1 tbsp coconut oil

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

[Peace of Mind: Maintaining a Healthy Mindset](#)

- Friday, April 5, 2024
- 1:00pm - 2:00pm

Your mindset is defined as a set of beliefs that shape how you make sense of the world. Your mindset influences how you think, feel, and behave in any given situation.

In our mindset talk, we will begin learning how to harness the power of positive thinking in order to empower you to focus on that which is within your control. Positive thinking is an emotional and mental attitude that focuses on the good and expects results that will benefit you. It is about anticipating happiness, health, success and abundance. It is becoming the master of your emotions and taking responsibility for your thoughts and actions. Once you empower yourself to change what is within your control, you can have anything that you desire in life.

Kristen Bond is a yoga and pilates instructor at IHT (In-Home Training LLC).

Register HERE

[REPLAY: Did You Know Your iPhone/iPad Can Do That?! Using iPhones/iPads to Promote Independence](#)

- Tuesday, April 9, 2024

- 2:00pm - 3:00pm

**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.

Technology has become more and more integrated into our daily lives. Since there are so many technology tools, apps, and built-in accessibility features, it can be overwhelming to determine what may help a person with a disability. This workshop will demonstrate tools on iPads and iPhones, many of which are free or low cost, that can support people who have difficulty with reading and writing tasks, memory, and multi-step tasks. Participants will learn how incorporating these tools can help people with disabilities increase their independence.

This webinar will be presented by Kristen Russell from Advancing Opportunities. Kristen has a degree in Occupational Therapy and is currently a New Jersey licensed and NBCOT certified occupational therapist. After working in traditional occupational therapy roles at the beginning of her career, she found a passion for assistive technology and focused in this specialty area. In 2006, she became certified by RESNA as an Assistive Technology Professional (ATP), a credential she continues to hold. She has provided assistive technology services as an Assistive Technology Specialist at Advancing Opportunities for 14 years and counting. In this role, she has provided assistive technology evaluations and trainings to individuals with disabilities of all ages to help improve their independence and success at school, work, and home.

[Register HERE](#)

[The 18th Annual NJ Statewide Self-Advocacy Network Spring Luncheon](#)

- Saturday, April 13, 2024
- 10:00am - 12:00pm

Signing on before 10:00 AM will put you in the virtual Waiting Room until the event begins.

Schedule: 10 AM - 12 PM

9:30 AM: Waiting Room
10:00 AM: Opening Remarks
10:30 AM: NJSSAN Council Updates
10:45 AM: Awards Ceremony
11:15 AM: Exhibitor Hall
11:55 AM: Closing Remarks

[Register HERE](#)

[Tour with Us! - Virtual Tour of LACE Program](#)

- Tuesday, April 16, 2024
- 1:00pm - 2:00pm

Join us for a virtual tour of the LACE (Learning At College Experience) Program at Sussex County Community College. <https://www.sussex.edu/community/lace-learning-at-college-experience/>

Register [HERE](#)

[REPLAY: Overview of Supported Employment](#)

- Tuesday, April 16, 2024
- 2:00pm - 3:00pm

**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.

This webinar is all about supported employment. It will answer questions such as:

- What is competitive employment?
- Why look for work?
- What are the benefits of employment?
- What is supported employment and other related services?
- How do they help?
- How do I access these services/where do I start?
- If you've ever had questions like the ones above, be sure to tune in to learn more!

This webinar is presented by Adam Kubler. As the (former) director of the Arc of New Jersey's supported employment program, Project HIRE, Adam Kubler brings over a decade of vocational rehabilitation experience to the agency.

Register [HERE](#)

The Arc of New Jersey Family Institute | 732.828.2022 | thefamilyinstitute@arcnj.org

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