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ARISE

Center for Independent Living

Director

Sabine Ingerson

ARISE Oswego

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Oswego, NY 13126
(315) 342-4088

ARISE Pulaski

2 Broad Street
Pulaski, NY 13142
(315) 298-5726

ariseinc.org

Our Mission

To work with people of all abilities to create a fair and just community in which everyone can fully participate.

Best Wishes for 2012

By Sabine Ingerson

As we look forward to 2012, we also reflect back on 2011. Our staff work hard to make a difference and assist when asked, and we hope you found the services helpful.

In 2011, we strengthened our established programs: Independent Living Center core services (Advocacy, Information and Referral, Peer Counseling, Independent Living Skills Training), Consumer-Directed Personal Assistance, Medicaid Service Coordination, Habilitation Services, Supported Employment, and the many support and social groups funded by Family Support Services.

For human service agencies such as ARISE, 2011 was a time of change where we made programs run more efficiently without impacting our consumers. We increased our fundraising activities. All of the funding for the ramp program came from businesses or private donors and 15 ramps were built by volunteers.

ARISE is now on *Facebook* and *Twitter*. Check us out at "ARISEcny" and "ARISE at the Farm" at both sites. Most of our newsletters are now emailed, which saves money and is better for the environment. We are also happy to continue sending your newsletter in the mail if that is your preference. The UNIQUE Art Exhibit came to Fulton and created much interest. Several works of art are now on exhibit in the Fulton County Office Building, the Office of Senator Ritchie in Oswego and by Century 21 Leah's Signature in Fulton.

In addition to providing school-based mental health services in Central Square schools we were very fortunate to receive a grant from DSS to start a satellite office of our Mental Health Clinic in Fulton. Patients are also seen in Oswego and Pulaski to provide easier access.

What is planned for 2012? We will continue with the present services. Additional staff will join our mental health clinic to address the needs of our community. A new grant will fund one-on-one assistants for ten students with developmental disabilities to attend local summer camps. If you are interested in more information, contact me. ARISE received another grant from Constellation Energy to fund the much-appreciated Call-N-Ride Service in 2012 provided by OCO. We are working with the Port Authority and SU on a prototype of a lift that will allow people who use wheelchairs access to charter fishing boats. This project should be ready by spring.

As always we hope you continue to share your ideas with us, as we work together to make Oswego County a great place to live.

ARISE Groups

Social Club

Friday, January 20
11:00 a.m. - 1:00 p.m.

This month we will be watching a movie and enjoying popcorn together. If you have any questions, please contact Jen Stanard at 342-4088 ext. 216.

Self-Advocacy Group

Friday, January 20
1:00 p.m. - 2:00 p.m.

Self-Advocacy is a group for people who want to advocate for change. We meet after the Social Club every month. For additional information, or if you have an issue you would like the group to advocate for, please contact Ken Skillen at 342-4088 ext. 226.

Teen Group

Monday, January 16
11:00 a.m. - 1:00 p.m.

This month we will be going bowling at Lakeview Lanes in Fulton (723 West Broadway Street). Contact Vicki Affinati at 342-4088 ext. 225 or email vaffinati@ariseinc.org if you have any questions or are interested in attending.

Community Connections

Saturday, January 28
11:00 a.m. - 1:00 p.m.

This month we will be going bowling at Lighthouse Lanes in Oswego I(295 East Albany Street). Please contact Vicki Affinati at 342-4088 ext. 225 or email vaffinati@ariseinc.org if you have any questions or are interested in attending.

Central Square Social Club

Friday, January 20
6:00 p.m. - 7:30 p.m.

This month we will be going swimming at the Institute for Human Performance in Syracuse with the Move Along family recreational swim night. The Central Square Social Group is open to any youth who is 13-21 years old in any school district with any type of disability. Please contact Vicki Affinati at 342-4088 ext. 225 or email vaffinati@ariseinc.org if you have any questions or are interested in attending.

Sibshops

Saturday, January 21
12:00 p.m. - 4:00 p.m.

This month we will be meeting at the Oswego ARISE office. For more information contact Sabine Ingerson at 342-4088 ext. 210. We hope to see you there!

The Vision Network

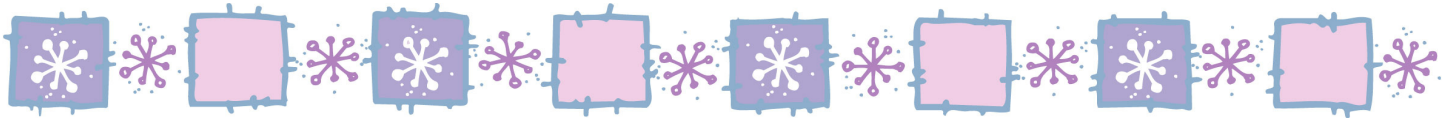
Monday, January 9
9:30 a.m.

This month, the Vision Network will meet to discuss Call-N-Ride, enlarged menus, and future projects. Contact Sabine Ingerson at 342-4088 ext. 210 for more information.

Coming Up

Christie Foster will be working in our office as an intern this semester. She is planning to organize a formal dance.

Keep a look out for more information!



Are You Prepared for Public Emergencies?

By Sabine Ingerson

On December 24, I and everyone in the 10-mile radius of the nuclear plants received the 2012 calendar from the Oswego County Emergency Management Office. Along with the calendar pages with pictures of scenes from Oswego County, the calendar lists the dates of siren tests, radio and TV stations that are part of the emergency alert system, and tips on what to do in case of an unlikely event of a nuclear plant emergency. There is a registration card in the back of the calendar is for individuals who have special needs. I urge you to fill out the card and mail it to the address printed on the back if you live in the Oswego, Scriba or Mexico area. Our Emergency Management Office keeps these cards on file and will attend to those registered in case an evacuation is ordered. Even if you filled out the card last year, you need to do this again this year.

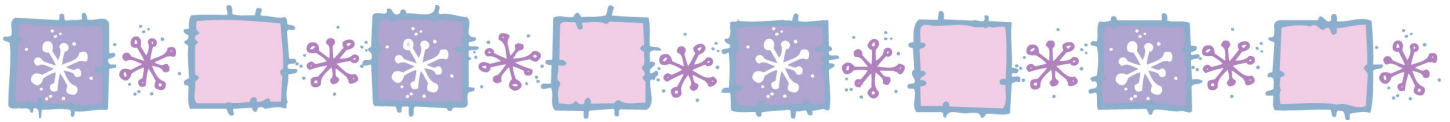


Are You Prepared for Winter Weather?

Although we have had a pretty mild winter so far, we know the weather can turn cold, windy and snowy. Hazardous weather conditions often stretch emergency services and personnel. When the snow starts falling at 3 inches or more per hour, the likelihood of a snow-related emergency is very possible. To ensure the safety of you and your loved ones while waiting for help to arrive, follow these tips to avoid being caught in the storm.

- Refill your prescriptions ahead of time. It's hard to say when the next big snowstorm will hit so always be sure you have your medications. Some pharmacies allow you to refill over the phone. Check with your local pharmacy to see what services they provide.
- Have at least a 3-day supply of food, water, and other survival supplies like flashlights, a battery-operate radio, extra batteries, and blankets. Damaging winds often accompany heavy snow– and ice–storms. This weather can bring down power lines and leave entire communities without power.
- Create a back-up plan if your personal assistant cannot make it. Inform family, friends, or neighbors if you need assistance in any way. This can include anything from getting groceries, shoveling your walk, or helping you around the house.
- Create a plan if you lose your heating. If there is a power outage, one of the most important resources lost is heat. Do you know anyone who has an alternative to heating their home? In some cases, community centers may be turned into makeshift shelters for those in need, but be prepared as it often takes time to organize this emergency service.
- If you absolutely have to travel in a winter storm, always let someone know where you are going. If you have a cell phone, carry it with you. Pack your car with blankets, an extra jacket and some high-energy snacks in case you become stranded.

Stay indoors and stay warm this winter!



What is Sibshops?

Sibshops are support groups for youth who have a sibling who has a developmental disability. The Oswego Sibshops Group is for youth in grades 3 - 8. Sessions are fun-filled events that celebrate the many contributions made by brothers and sisters with special needs. Activities include discussion, crafts, games that build leadership and teamwork, and activities that help the youth learn about different disabilities and adaptations used by people with disabilities. The best discussions often occur during lunch, which the sibs help prepare. During this uninterrupted time, many issues surface.

Sessions are supervised by facilitators trained by program originator Donald J. Meyer and by staff who trained by those who attended the original training session. The curriculum is based out of the book "Sibshops: Workshops for Children with Special Needs". The group usually meets Saturday afternoons from 12 – 4pm. The meetings are held in the ARISE Oswego Office or in other community locations like the park.



Should my child attend Sibshops?

By Sabine Ingerson

As parents we struggle to give all our children equal attention. My now-grown children tell me that their life was definitely impacted by the worries we had about our youngest family member and the attention she needed. Having a sibling with special needs can be interesting, funny, frustrating, challenging, rewarding, and make you proud. Some children take on a lot of responsibility for their sibling and worry about their future, even at a young age.

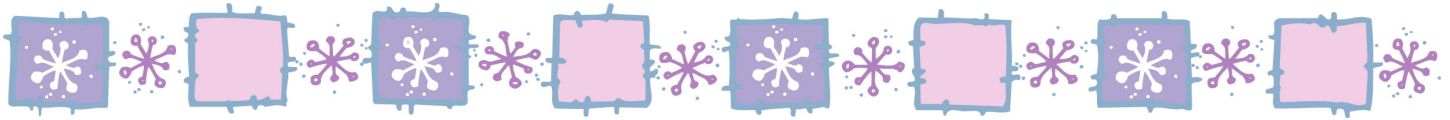
The Sibshops meetings are held every other month at ARISE. Everyone who has a brother or a sister with a developmental disability and is in grades 3 to 8 is invited to attend. The sessions give the kids the opportunity to share with others who have a similar experiences. It is also a time for the youth to learn about themselves, their strengths, feelings, skills, and socialize especially over lunch.

Siblings represent the longest lasting relationship many experience. As we get older, siblings who once were rivals grow closer and rely on each other for essential support. It is important that we support the whole family to make sure that all children have the tools they need to make their relationship strong.

Sibshops leaders are Donna Jones, who attend the training by Sibshops curriculum creator Donald Meyer, and Susan Kinney, who has a brother with a disability. Her personal experience makes her a great fit for this group.

Our next meeting will be at the Oswego Office on January 21 from 12 noon to 4pm. Everyone is asked to bring a board game and a vegetable for our soup (no carrots, potatoes, celery or onion as we will provide that). If your child is not fond of soup, just let us know and we will have something else as an alternative.

For more information about Sibshops and to register, contact me at singerson@ariseinc.org or 342-4088 ext. 210. New members are always welcome.



Habilitation Department News

New Office Hours

Starting January 3rd, the Habilitation Department will keep the Oswego office open until 6pm on Tuesdays (Elizabeth), Wednesdays (Bonita), and Thursdays (Lee) for staff to access with their consumers. Staff members need to call ahead because Coordinators have the option to close by 5:30 in the event staff are not using the facility. For updates regarding times it will be closed due to emergencies, there will be a notice posted on the front door or call Danielle at the front desk.

The Habilitation Department would like to wish you all a very Happy and Healthy New Year! Thank you for your dedication and commitment to providing quality services.

~ Lee, Darcy, Bonita, and Elizabeth



Oswego Craft Night

Thursday, January 26

Oswego Office

From 4 pm - 6 pm



January Staff Anniversaries

Whitney Hildreth- 2 Years

January 23rd

CIS All Staff Meeting

Training: Disability Etiquette and Prompting Hierarchy

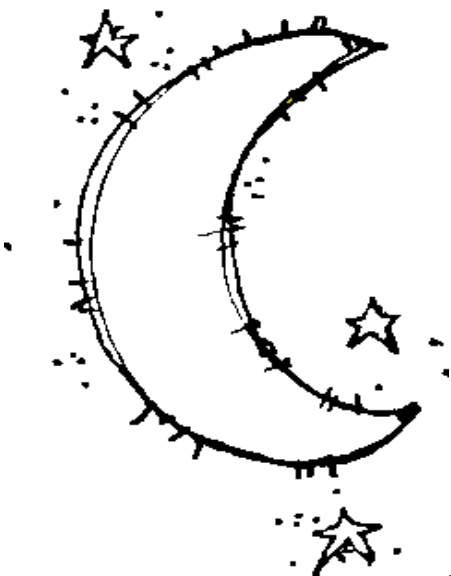
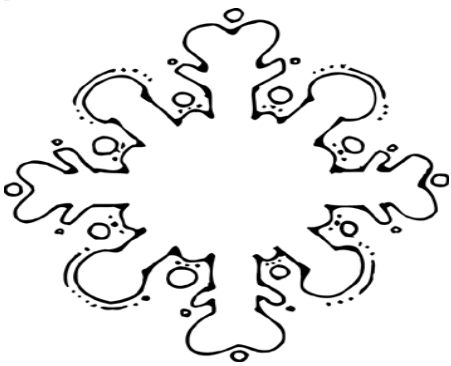
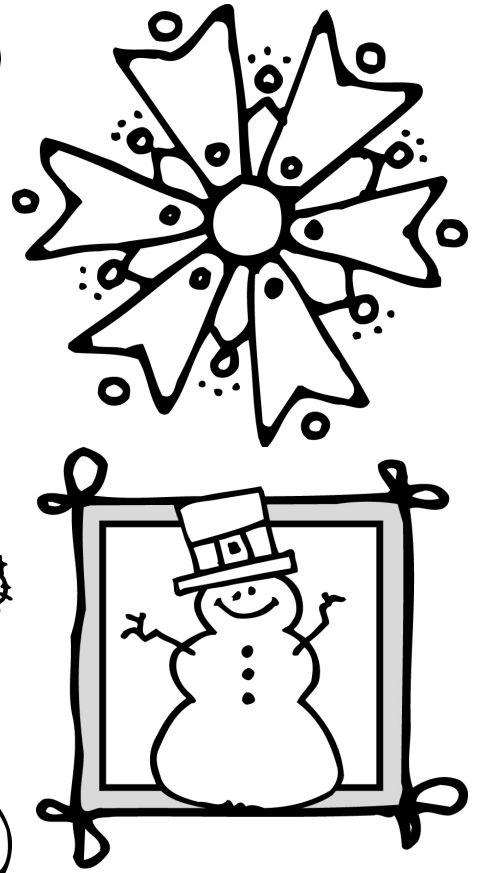
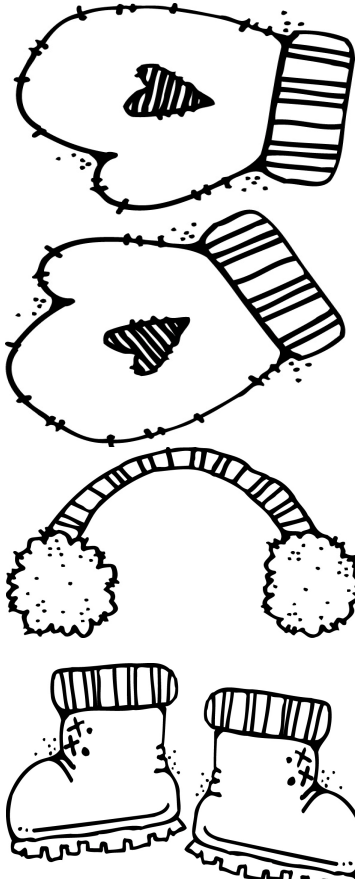
Open Discussion

Documentation Refresher

By Lee

January 12th - 4 to 5:30 pm

Prompting Hierarchy, Documentation, and Consumer Feedback.



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4 <u>Fresh Food Giveaway</u> Oswego Salvation Army Begins at 3:30	5	6	7
8	9 <u>Fresh Food Giveaway</u> Sandy Creek UM Church Begins at 3:30 <u>Vision Network</u> 9:30am	10	11 <u>Fresh Food Giveaway</u> Fulton Elks Club Begins at 4 pm	12	13	14
15	16 Martin Luther King J. Day Office Closed <u>Teen Group</u> 11am - 1pm	17	18	19	20 <u>Social Club</u> 11am - 1pm <u>Self-Advocacy</u> 1pm - 2pm <u>Central Square Social Group</u> 6pm - 7:30pm	21 <u>Sibshops</u> 12pm - 4pm
22	23	24	25	26	27	28 <u>Community Connections</u> 11am - 1pm
29	30	31				

Oswego County Edition

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Happy New Years

From

The ARISE Staff