

ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

JUNE 2011

Center for Independent Living

ARISE Oswego
9 Fourth Avenue
Oswego, NY 13126
(315) 342-4088

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

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

HELP ARISE RAISE FUNDS TO BUILD RAMPS

At the Third Annual



And Chicken BBQ

Saturday, June 11, 2011

At Candy's
885 County Rte 29
Scriba, NY

For those who are participating in the bike ride:

Registration for Ride at 10 a.m.

Motorcyclists will depart at 11a.m.

CHICKEN BARBEQUE

12 noon until sold out

Cost \$8.00

Tickets may be purchased ahead of time or on the day of the event

**There will also be a classic car show, fun
events for children and music.**

For more information on registering to ride or how to
purchase tickets, call Jim at ARISE at 342-4088 ext. 206

**Help bring independence
to someone in your neighborhood!**

ARISE GROUPS

SELF-ADVOCACY GROUP

June 17 - 12:00 p.m. - 1:00 p.m.

Self-Advocacy is a group for people who want to advocate for change. We will now be meeting 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

More information will be mailed to members

Please contact Heather Lee at 342-4088 ext. 243 and leave a message or e-mail hlee@ariseinc.org if you are interested in attending. Feel free to send Heather any ideas you may have for events this year. The group is always looking for new ideas and exciting places to go!

SOCIAL CLUB

June 9 - 6:00 p.m. - 8:00 p.m.

We will be making signs for the Ride of Ramps benefit. If you have any questions, please contact Jen Stanard at 342-4088 ext. 216. We hope to see you there!

CENTRAL SQUARE SOCIAL CLUB

June 29 - 2:00 p.m. - 5:00 p.m.

We will be attending "A Special Time for Special People." Please sign up by June 11th. The Central Square Social Group is open to any youth in any district who is 13-21 years old with any type of disability. Please contact Vicki Affinati at 668-4231 ext. 2108, if you have any questions or email her at vaffinati@ariseinc.org.

SIBSHOPS

The next meeting will be in July

For more information contact Sabine Ingerson at 342-4088 ext. 210. See you there!

THE VISION NETWORK

June 13 - 9:30 a.m.

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

THANK YOU

We at ARISE would like to thank:

- Everyone who attended the fundraiser at UNO's
- Elim Grace Church for a donation of \$250 for materials for ramps
- The ramp builders who have been busy building ramp sections
- Richard Atkins who donated a scooter

ARISE AT THE FARM SUMMER CAMP **AUGUST 21-25**

If you have a child between the ages of 8 and 16 with a developmental disability, he or she and a sibling may enjoy a week of day camp at ARISE at the Farm. Transportation is provided from Oswego, Fulton and Central Square. For more information, speak to your MSC or call Sabine Ingerson at 342-4088 ext. 210.

APW TECHNOLOGY DEPARTMENT BUILDS RAMP FOR ONE OF THEIR OWN

Sierra is a young woman attending school in the Altmar-Parish-Williamstown district. She also uses a wheelchair. When Sierra and her family began working with Marie, her ARISE Medicaid Service Coordinator, one of the goals they all established was to make the home accessible so Sierra could enter and leave the house with independence, comfort, and safety.

In early 2010, while at a home visit, Marie contacted the New York State Office for Persons with Developmental Disabilities (OPWDD) to begin the referral process for an accessibility home modification. The entire process from referral to ramp usually takes a long time, but Sierra had some extra assistance.



Sierra and her Grandpa test out the new ramp.

The APW school district expressed an interest in helping as soon as they found out about one of their student's need for a ramp. ARISE welcomed the opportunity to partner with the school district and make Sierra's home accessible.

The APW School Board agreed that the staff and resources of the technology department could be utilized to make a ramp for Sierra as long as the material costs were covered. ARISE and Marie got to work finding the necessary funding, which eventually came through OPWDD.

Technology students, under the guidance of their teacher, George Parker, made the project a learning experience. They planned the ramp, drafted specs, and ordered materials. The school transported the students to Sierra's home so they could construct the ramp. Mr. Parker and his class of technology students worked very hard to get the project done well, securely, and in a timely manner. The school's supports greatly reduced the time Sierra would have waited for a ramp.

"It is heartwarming to see members of a community working closely with a State agency to complete such necessary projects for those in need," Marie said.

Sierra reached her goal of independent access to her home through the great partnership of her family, her school district, ARISE, and OPWDD. The students enjoyed the opportunity to work on the project. The family appreciates Marie's advocacy and coordination of resources to make sure that Sierra received a ramp.



THE TRANSITION CORNER

Kelly Howard

Oswego High School

KHoward@oswego.org

ACCES-VR (VESID) End of School Year Requirements

At the end of every school year, ACCES-VR requires graduating seniors in the high schools they work with to send them specific information if they are going on to college or a training program in August/September. If this pertains to your child, he or she will be receiving a letter from ACCES-VR in the mail regarding what the counselor needs before the college/training program begins. Below is a simple version of what ACCES-VR counselors expect your child to send to them.

Please send/give copies to your child's ACCES-VR counselor the following:

- Letter of Acceptance into college/training program
- Grades from high school
- Updated Financial Survey
- Tuition Bills
- College Class Schedule

The ACCES-VR counselors realize that your child may not have all of this information yet, but this is just to get the ball rolling so that the counselor has less to try to collect from them over summer.



Oswego County Declared May Better Hearing and Speech Month

Hearing loss is not just an ailment of old age. It can strike at any time and any age, even childhood. Currently 1 of 5 children have a hearing loss. For the young, even a mild or moderate case of hearing loss could bring difficulty learning, developing speech and building the important interpersonal skills necessary to foster self-esteem and succeed in school and life.

Pictured to the left are: Sabine Ingerson, Director of the Oswego Office, Barry Leeman, Chairman of the Oswego County Legislature, and David Branfield, Member of the Oswego County Advisory Committee of ARISE

Impact of Hearing Loss

by David Branfield

For the young, even a mild or moderate case of hearing loss could bring difficulty learning, developing speech and building the important interpersonal skills necessary to foster self-esteem and succeed in school and life.

Hearing loss is the third most prevalent but treatable condition among seniors, behind arthritis and hypertension. According to audiologists adults with hearing loss will wait at least 7 years before getting help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe that they can "get by" without using a hearing aid. Unfortunately, too many wait years, even decades, before getting treatment.

But time and again, research demonstrates the considerable negative social, psychological, cognitive and health effects of untreated hearing loss . . . with far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal. Studies have linked untreated hearing loss to diminished psychological and overall health

The signs of hearing loss can be subtle and emerge slowly or they can be significant and come on suddenly. Possible signs of hearing loss are:

Socially:

- require frequent repetition.
- have difficulty following conversations involving more than 2 people.
- think that other people sound muffled or like they're mumbling.
- have difficulty hearing in noisy situations, like conferences, restaurants, malls, or crowded meeting rooms
- have trouble hearing children and women
- have your TV or radio turned up to a high volume
- answer or respond inappropriately in conversations
- have ringing in your ears
- read lips or more intently watch people's faces when they speak with you.

Emotionally:

- feel stressed out from straining to hear what others are saying
- feel annoyed at other people because you can't hear or understand them
- feel embarrassed to meet new people or from misunderstanding what others are saying
- feel nervous about trying to hear and understand
- withdraw from social situations that they once enjoyed because of difficulty hearing

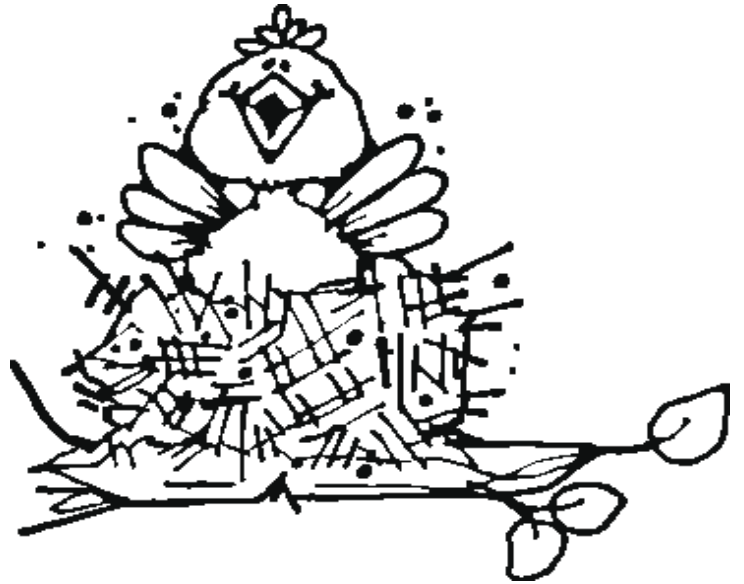
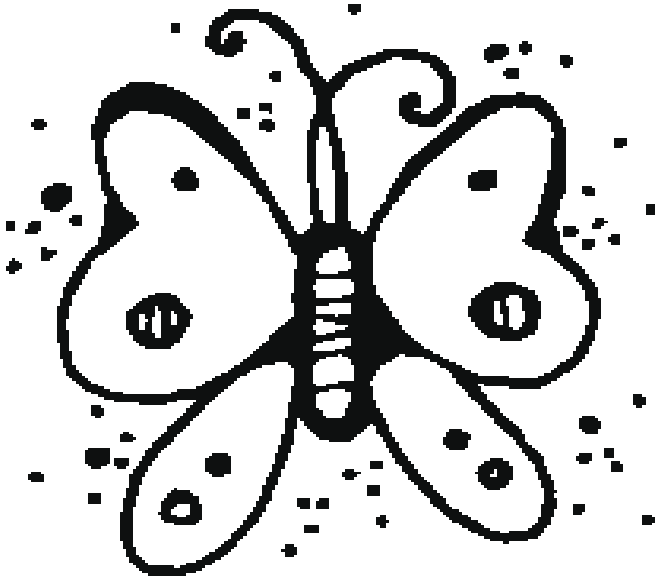
Medically:

- have a family history of hearing loss
- take medications that can harm the hearing system (ototoxic drugs)
- have diabetes, heart, circulation or thyroid problems
- have been exposed to very loud sounds over a long period or single exposure to explosive noise

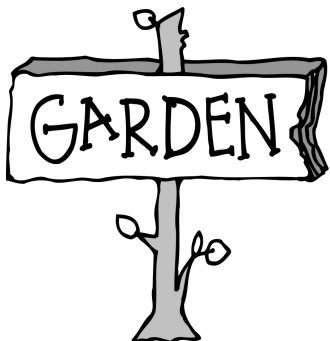
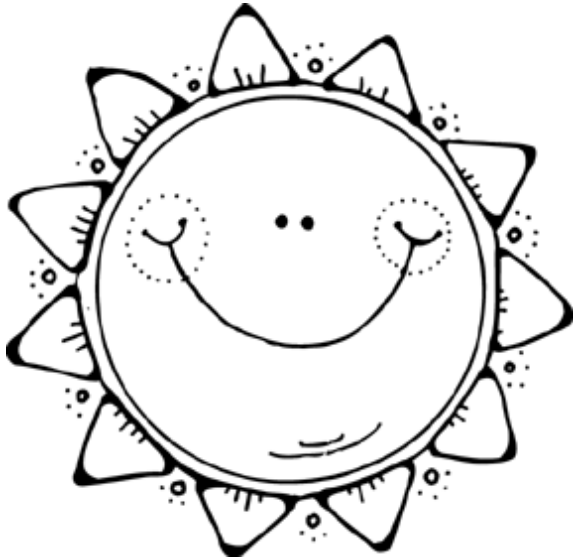
Fortunately, most people with hearing and/or speech and language problems can be helped. Even if the problem cannot be eliminated, speech-language pathologists, audiologists and support groups can teach people coping strategies. People may not fully regain their capacity to speak and understand or to hear, but with support, therapy and/or assistive technology people can live more independently.



Fun Page



SUMMER





June



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Fresh Food Giveaway</u> Oswego Salvation Army Begins at 3:30	2 Weekly Oswego Farmer's Market begins	3	4
5	6 <u>Fresh Food Giveaway</u> Sandy Creek UM Church Begins at 3:30	7	8 <u>Fresh Food Giveaway</u> Fulton Elks Club Begins at 4 pm	9 <u>Resource Expo</u> Fulton War Memorial 2-6pm <u>Social Club</u> 6pm - 8pm	10	11 <u>Ride for Ramps and Chicken BBQ*</u> <u>Ct Rt 29</u>
12	13 <u>Vision Network</u> 9:30am	14 <u>Flag Day</u> 	15	16	17 <u>Facing Vision Loss</u> panel presentation 12:30pm at Springside <u>Self-Advocacy</u> 12pm - 1pm	18
19 	20	21 	22	23 <u>Tools of the Trade</u> Phoenix Extension site	24	25
26	27	28	29 <u>Central Square Social Group</u> 2pm - 5pm	30	* see newsletter article for more information	

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OSWEGO COUNTY EDITION



Join in the fun as we cycle and play in support of the Farm!

Support ARISE at the Farm

Proceeds from the event will support our integrated recreation activities

From therapeutic horseback riding to accessible fishing and handcycles, ARISE at the Farm is a 77-acre integrated recreation facility where **everyone can participate.**

Cycle

Ride your own bicycle or other wheeled vehicle on the:

- 25-Mile Ride through the Chittenango countryside
- 10-Mile Ride through the Chittenango countryside
- 1/8-Mile Track at ARISE at the Farm

Play

After the cycling, the Festival begins!

- Antique Tractor Show
- Face Painting
- Fishing
- Hay Rides
- Horseback Riding
- Petting Zoo

Sponsored by



Join Us!

Saturday, July 30, 2011

Location: ARISE at the Farm
1972 New Boston Road
Chittenango, NY 13037

To register or volunteer, check out

ariseandride.org

or call: (315) 671-4643

Family Discounts Available!

Register to cycle by July 6, 2011
and receive a free t-shirt!