

ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

OCTOBER 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

What's inside:

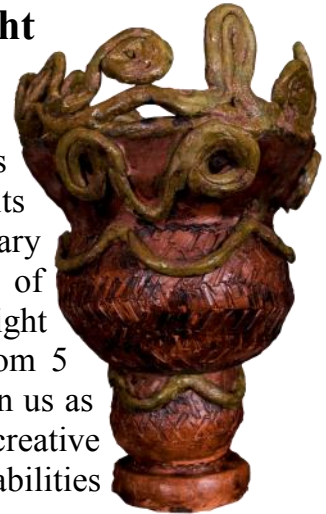
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*Our mission is to work with
people of all abilities to
create a fair and just
community in which
everyone can fully
participate.*

You Are Invited to a One-Night UNIQUE Art Exhibit

The Fulton Municipal Building has generously opened the doors of its Community Room to host art and literary pieces featured in 2011 edition of UNIQUE Magazine. This one-night exhibit will be open to the public from 5 PM to 7 PM on October 27. Please join us as we continue our celebration of the creative talent of artists and writers with disabilities living in Central New York.



Tom McKeown, ARISE Executive Director states, "We are thrilled to have the UNIQUE 2011 art on exhibit at the Fulton Municipal Building. We have been proud to produce this high quality publication for the past ten years. It was our hope to have the work seen by as many people as possible and we are honored to have the exhibit in Oswego County."

More than 40 creative pieces published in UNIQUE 2011 will be on display, including 8 artists who live in Oswego County. Please join us in celebrating the talent of Donna August, James Coon II, Derek Grindle, Steven Ingerson, Luann Knight, Jeremy Kelley, Melissa Sorar, Emily Terry, and all of the artists whose work is published and will be on display.



- What:** UNIQUE Art Show
Where: Fulton Municipal Building
Community Room
141 South First Street
Fulton, NY 13069
When: October 27, 2011
5 PM – 7 PM
Cost: Free

We hope to see you there as we celebrate artistic achievement!

Above: "Double Time" by Derek Grindle;
Top: "Jomon by James" by James Coon II

ARISE GROUPS

SELF-ADVOCACY GROUP

October 21 - 1:00 p.m - 2:00 p.m.

Self-Advocacy is a group for people who want to advocate for change. 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.

SOCIAL CLUB

October 26 - 1:00 p.m. - 2:30 p.m.

This month we will be having a Halloween Party. If you have any questions, please contact Jen Stanard at 342-4088 ext. 216. We hope to see you there!!

TEEN GROUP COMMUNITY CONNECTIONS

October 29 - 5:00 p.m. - 9:00 p.m.

This month we will be attending the ARISE at the Farm Fall Barn Dance. Look for more information in the mail. If you are interested in attending, please contact Heather Lee at 342-4088 ext. 243 and leave a message or e-mail hlee@ariseinc.org 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!

CENTRAL SQUARE SOCIAL CLUB

To be determined ...

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

October 29 - 5:00 p.m. - 9:00 p.m.

This month we will be attending the ARISE at the Farm Fall Barn Dance. Look for more information in the mail and to make reservations. Contact Sabine Ingerson at 342-4088 ext. 210. Hope to see you there!

THE VISION NETWORK

October 17 - 9:30 a.m.

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

Central Square Social Group had a Great Day at Wolf Oak Acres!

On September 17th the Central Square Social Group traveled to Wolf Oak Acres in Oneida for a day of fun. Wolf Oak Acres sponsored a special disability awareness weekend where many vendors provided information and entertainment. The youth fished, pet ponies, watched pig races, rode the pedal carts, and played in the corn crib. They enjoyed a cow train ride, a hay wagon ride and the duck derby. The youth also navigated the large corn maze and saw many different animals, including white turkeys.

You can get more information on Wolf Oak Acres at their website: www.wolfoakacres.com. For more information about the Central Square Social Group please call Vicki Affinati at 342-4088 ext. 225 or email vaffinati@ariseinc.org.



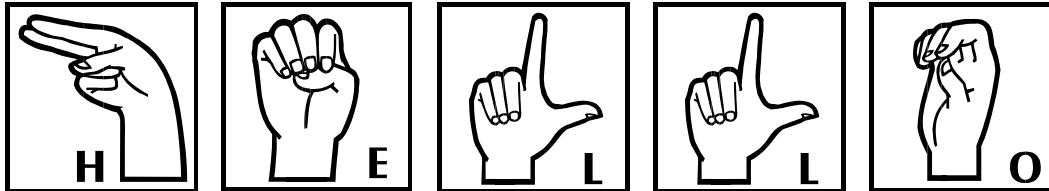
Alicia Richer petting the pig.

Habilitation Department Corner

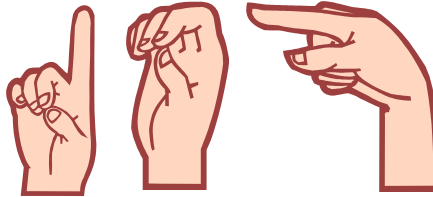
Sign Language Classes

Several Community Integration Specialists and staff from the Habilitation programs are taking sign language classes at Cayuga Community College to improve their communication with consumers.

Thanks to Anne Krzykowski, Teresa LaMond, and Christina Haggarty for making a difference.



See if you can guess this sign?



Answer: **6op**

CIS Staff

October Anniversaries

- Nicole Baldwin: 1 year
- Christina Haggarty: 1 year
- Jessica Graves: 1 year
- Bonnie Kimball: 1 year
- Karen Trepassio: 1 year

Congratulations!

The Habilitation Department congratulates Michael Nearbin and Danielle Sperino for receiving a special mention by the State program auditors who reviewed their files.

Auditors said Michael's and Danielle's notes told a story about their clients. The auditors could tell that a quality service was being provided, and that it was clear through notes how much they cared for their consumers.

Congrats Michael and Danielle!



October is Breast Cancer Awareness Month

Screening saves lives! Early detection! Self exams!

Are Emergency Shelters Accommodating to Persons With Special Needs?

By Sabine Ingerson

Recent stories about the flooding in New York and Vermont made members of the Vision Network wonder about how emergency shelters accommodate individuals with disabilities. To find out reliable information, I contacted Susan Pope from the local chapter of the American Red Cross. She attended the September meeting of the Vision Network and presented on the shelter program. The following information is based on her report.

Long before an emergency strikes, the Red Cross makes arrangements with schools and organizations to use their space as a shelter. When selecting a shelter location, the Red Cross takes ADA and Functional Needs Support Services (FNSS) requirements into consideration. Shelters are wheelchair-accessible, signs are in large print, and public phones have amplifier capabilities, to mention just a few requirements.

Staff at the registration desk of a general-population shelter will ask if help is needed. At that time, it is essential that anyone needing assistance make very clear what assistance is needed. The Red Cross will take steps to help, for example, by providing information in written form, locating a space closer to a restroom, or providing assistance negotiating food lines.

The Red Cross will endeavor to make arrangements with other providers for transportation, try to find interpreters for ASL and other languages, provide audio assistance, and help shelter residents to get refills or replacements on medication, durable medical equipment, and consumable medical supplies.

Susan pointed out that shelters are meant for emergencies only. They provide food and a cot with a blanket. Space is very limited so everyone is restricted to one bag. Every effort is made to keep families close together. The best we can all do is be prepared and, if possible, to have an alternate place to go. If this is not possible, come to the shelter prepared.

You should bring a change of clothing, personal hygiene items such as a toothbrush, personal identification, something to keep you occupied while waiting to go back home, and your cell phone with its charger. Pets are not allowed in shelters unless they are service dogs.

The Red Cross will keep the shelter open until everyone has a safe place to go, but it is the goal to close the shelter as quickly as possible. Red Cross staff is trained to help everyone to recover from the emergency.

If you have any questions on how to prepare for an emergency, please contact the American Red Cross (you can find a lot of information on their website: www.redcross.org) or the staff you are working with at ARISE.

What Can We Do in Case of an Emergency?

Most emergencies in our area are due to power outages. It can take a while to get a shelter set up, so to keep you safe in your home, it is essential to have a three-day supply of the following items at hand:

- Water—at least one gallon per person per day
- Non-perishable foods that do not require cooking such as canned soup, peanut butter and bread for sandwiches, juice boxes, and pet food. Don't forget the manual can-opener!
- Flashlight and a battery operated radio. Don't forget the batteries for both!
- Cell phone and car charger
- Personal hygiene items and several days worth of medications
- Moist towelettes, garbage bags and possibly a whistle to signal for help

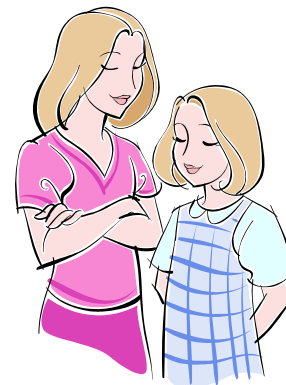


Building Blocks for Social Skills

We will be hosting 6 weeks of Social Skills at the Oswego ARISE office on Tuesday nights starting October 4th and ending November 8th. The classes are 5:30 to 7 P.M. and for youth ages 14 to 18 who have a developmental disability and are eligible for OPWDD services, and their parents or guardians. While the youth are in one room, the parents are invited to stay for “dine and discuss” time in the other room. Dinner will be provided for everyone that participates.

Topics for students will include:

- Understanding boundaries
- Dealing with Bullies
- Identifying and understanding feelings and emotions
- Working with peers as a team
- Understanding and rating your reputation
- Enhancing communication both verbally and non-verbally



Topics for parents: “Dine and Discuss”

Facilitator: Sabine Ingerson, Director of ARISE in Oswego County with special guest speakers coming in:

- Employment options for your child
- Wellness and nutrition
- Music therapy
- Relaxation and massage
- Life after high school—the possibilities
- Knowing your rights and developing advocacy skills.....and more

This training meets the qualifications for Family Ed & Training Credits!

FREE DINNER IS PROVIDED FOR BOTH YOUTH AND PARENTS

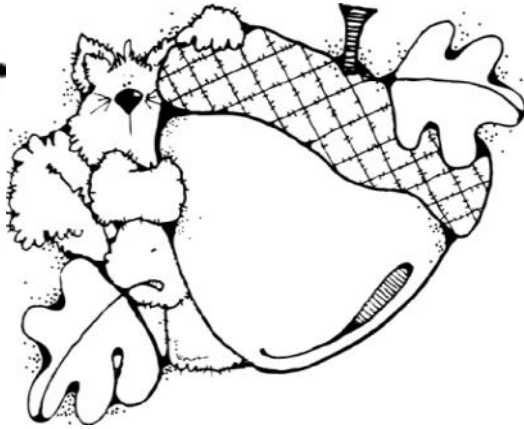
Contact: Vicki Affinati at 342-4088 ext. 225 for registration and further details, or email vaffinati@ariseinc.org.



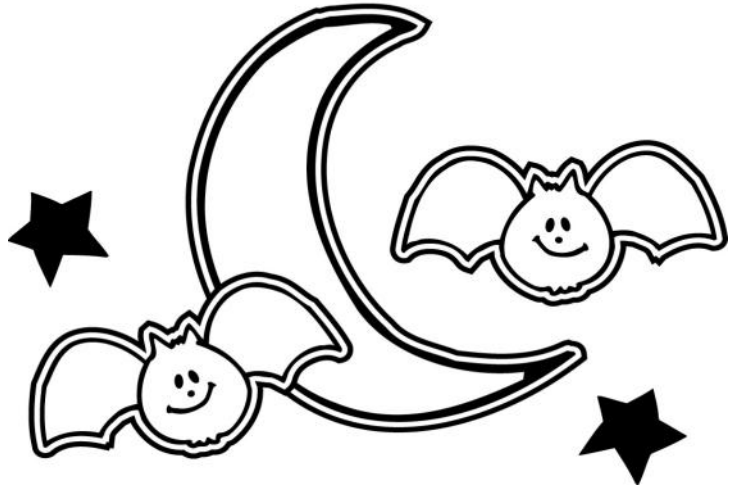
Three Strobe-light Smoke Detectors Available

We were fortunate to receive a donation of three strobe-light smoke detectors. If you know of anyone who has hearing loss and would benefit from using them, please contact Jim Cronk at 342-4088 ext. 211.

Fun Page



FALL





October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<u>Fresh Food Giveaway</u> Sandy Creek UM Church Begins at 3:30	Social Skills & Parent Group 5:30pm - 7pm	<u>Fresh Food Giveaway</u> Oswego Salvation Army Begins at 3:30	6	7	8
9	10 Columbus Day 	11 Social Skills & Parent Group 5:30pm - 7pm	12 <u>Fresh Food Giveaway</u> Fulton Elks Club Begins at 4 pm	13	14	15
16	<u>Vision Network</u> 9:30am	18 Social Skills & Parent Group 5:30pm - 7pm	19	20	21 <u>Self-Advocacy</u> 1pm - 2pm	22
23	24	25 Social Skills & Parent Group 5:30pm - 7pm	26 <u>Social Club</u> 1pm - 2:30pm	27 Unique Exhibit 5pm - 7pm	28	29 Farm Fall Barn Dance 5pm - 9pm (Chittenango)
30	31 Halloween 					

Oswego County Edition

ARISE
9 Fourth Avenue
Oswego, NY 13126
Phone: (315)342-4088
Fax: (315)342-4107
TTY: (315)342-8696
www.ariseinc.org

Address Service Requested

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Recently, some members of the ARISE Community Connections group and ARISE staff Vicki Affinati and Joy Bodewes attended a Rwandan Fundraiser Dinner at PV Moore High School. The dinner was hosted by the Central Square Science Club as a fundraiser dinner to benefit the Ubumwe Community Center of Rwanda.

In 2005, the Ubumwe Community Center (UCC) was founded in Gisenyi, Rwanda with the original goal to respectfully assist children and adults with disabilities. The UCC is now making it possible for children with disabilities to go to school, and they are helping adults with disabilities build the skills needed to make traditional crafts so they can be economically independent. The UCC started a program to help deaf children attend school. They are now are receiving classroom instruction in sign language. They also fund new braces and prosthetics for children and adults at the center.

For more information on the Ubumwe Community Center you can check out their website: ubumwecenter.org

