

Center for Independent Living

ARISE Oswego
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Oswego, NY 13126
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Pulaski, NY 13142
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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.

Community Volunteer Receives Ramp

On Saturday, August 27, seven members of the Oswego First United Methodist Church met to install a new wooden ramp with railings for Oswego resident, Pat McMahon. Pat sustained injuries in her back and neck from not just one but three accidents. She has limited mobility and uses a scooter to get around the neighborhood. She needed the ramp to safely enter and leave her home.

The Oswego County Ramp Program is an ongoing community project. It is administered by ARISE, a non-profit Center for Independent Living dedicated to helping individuals with disabilities live independently in the community. The agency raises funds to purchase materials for ramps, but relies on members of the community to design the ramps, build ramp sections, and assemble them on site. The Oswego First United Methodist Church first chose ramps as one of their local mission projects several years ago. More than sixty ramps have been designed and built by members of the church.

While watching the volunteers, Pat shared a little about her own journey. She worked locally in the field of literacy education and was furthering her own education in college before a terrible accident resulted in a permanent injury that cut her education short. Years of physical therapy and depression followed. A vagus nerve stimulation device has given her some relief.

Three years ago, Pat discovered some Native American heritage in her genealogy, and began making dolls dressed in native clothing. She was impressed when she attended a Native American Festival in Mexico when people focused on the detailed and beautifully-sewn outfits and not on her disability. That meant a lot to her. "We are people with feelings and like to be part of our community", she said.

Pat also crochets baby blankets and prayer shawls, which she donates to Oswego Hospital for new mothers and cancer patients. "I have decided to turn what I have been through into something positive."

Everyone who has been part of giving Pat a chance to get out safely again was pleased to see her outside just a few hours later. The volunteers stated they were so glad that they could make it possible for her to regain the independence to deliver the special items to those who will be touched by them.

ARISE GROUPS

SOCIAL CLUB

September 21 - 1:00 p.m. - 2:30 p.m.

The theme this month will be Autumn. If you have any questions, please contact Jen Stanard at 342-4088 ext. 216. We hope to see you there!!

SELF-ADVOCACY GROUP

September 21 - 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

September 25 - 10:30 a.m. - 12:00 p.m.

This month we will be going apple picking at Behling Orchards. 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.

CENTRAL SQUARE SOCIAL CLUB

See Page 3 for details

The Central Square Social Group is open to any youth in any district that 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

September 17 - 12:00 p.m. - 4:00 p.m.

We would like to welcome Susan Kinney as our new assistant Sibshops Facilitator. Susan, who also works at ARISE as an integration specialist, is very interested in meeting the sibs. She is a sibling of a brother with Down Syndrome and has experienced many of the situations and feeling our siblings are challenged with. It will be a pleasure having Susan on the team.

THE VISION NETWORK

September 12 - 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.

UNIQUE ART EXHIBIT TO COME TO FULTON ON OCTOBER 27

ARISE and the Everson Museum of Art partnered to offer the special UNIQUE 2011 Art Exhibit this August in conjunction with the release of this year's magazine. Each of the pieces published and on display were created by persons with disabilities, ten of them from Oswego County. This exceptional show, which celebrates the creativity and self-expression of persons with disabilities, is coming to the Fulton Community Room on October 27 from 5 to 7pm. Please mark this date in your calendar: it will be a great event celebrating the artists and connecting them to the broader art community and our community at large.



COMMUNITY CONNECTIONS

September 20th from 5 to 9 p.m.

Join us for an evening of music, food, raffles, and social gathering as we learn about the humanitarian efforts taking place in Rwanda. Guest speakers Frederic Ndabarmiye and Zachary Dusingzimana from the Ubumwe Community Center, from Rwanda will speak about the Community Center and its purpose to help improve the lives of people with disabilities.

Under the guidance of the Central Square Science Club and Partners In Conservation of CNY, the students and greater P.V. Moore High School community have undertaken fundraising efforts to help with gorilla safety, supporting the Imbabazi Orphanage, and supporting the Ubumwe Community Center. You can read more about the Community Center at: <http://ubumwecenter.org/>

There is very limited seating for the meal so you must let Vicki Affinati know if you are attending this event. Please e-mail her at vaffinati@ariseinc.org or call 342-4088 ext. 225 and leave a message.



CENTRAL SQUARE SOCIAL GROUP

We will be attending the Fall Family Fun Days and Special Needs Resource Festival at Wolf Oak Acres in Oneida on Saturday, September 17th. The day will include hayrides, cow train rides, hay maze, corn maze, duck derby, pig races, pedal carts, steer roping, corn crib and the resource fair. They will have dogs from the Guiding Eyes for the Blind, Sunshine Pets, PetPartners and Personal Ponies. The Humane Society will also have animals there. There will be entertainment available. Advanced Strategies will be hosting a fishing derby, and they are still planning events. This event is also open to the general public. Check out Wolf Oak Acres and their Fall Family Fun Days at www.wolfoakacres.com.

We will leave Central Square area at 8:30 A.M. and the Constantia area at 9. Wolf Oak Acres opens at 10 a.m. that day and closes at 5 p.m. We will call parents when we leave Wolf Oak Acres to let you the pickup time, allowing us to stay for as long as the youth want to. More details will be mailed or e-mailed closer to the event.

In order to make sure we have transportation for everyone, it is VERY IMPORTANT that you let Vicki know as soon as you know if you are coming. It is also VERY IMPORTANT to let Vicki know if you end up changing your mind and are not coming. For more information please e-mail Vicki at vaffinati@ariseinc.org or call 342-4088 ext. 225 and leave a message.



CENTRAL SQUARE SOCIAL GROUP

We will once again be participating in the Parade to Celebrate Mallory. The parade starts at 11:30 A.M. on **September 10th**. Please plan to meet at the Mallory Store on the corner of County Route 32 and 37 between 10:30 and 11 A.M. The road will be closed at 11:15 so it is important that you arrive on time.

After the parade is over, everyone can meet their families on the grounds of the Mallory Wesleyan Church and spend some time walking around and enjoying the day. You can check out www.celebratemallory.com for more details.

We would also like to invite anyone from the Community Connections Group to join us for this event. For more information, please e-mail Vicki at vaffinati@ariseinc.org or call 342-4088 ext. 225 and leave a message.

ARISE Farm Camp



Like many of his peers, Austin will have a story about summer camp when he returns to school in the fall. Austin had a taste of flying on the high-ropes course at ARISE at the Farm. “This is awesome!” he shouted while suspended more than twenty feet in the air. When his feet finally touched the ground, he added: “I was scared and happy at the same time.”

Every day from August 22 to 26, Austin joined thirteen other Oswego County children who have disabilities and five children who have a sibling with a disability for a week of Farm Camp. Many of the children have Autism or a physical disability that requires some one-on-one assistance. ARISE at the Farm provides camp counselors and camp volunteers who have experience engaging children with sensory issues, communication challenges and physical disabilities, allowing the children and their siblings a memorable summer camp experience.

Every morning, Austin and most of the Oswego County children boarded a bus in Oswego along with two ARISE staff for supervision. Brigitte, an Integrated Specialist, was the primary counselor for the Farm Camp bus. Five Medicaid Service Coordinators each volunteered one day to ride the bus, experience the Farm, and provide the needed second counselor on the bus. On the first day, there was some hesitation from parents and children who had never been to camp. The children who were returning to Farm Camp were eager to visit the Farm.

The bus then traveled to Fulton and Central Square to pick up more children before reaching its destination in Chittenango. Once at the Farm, the Oswego County kids made new friends with other children living in Madison, Oneida, and Onondaga counties.

The large group of campers is divided up into four smaller groups who move from station to station throughout the day. They visit the petting zoo; use the bicycles, tricycles, hand-cycles, and cycle cars on the paved people path; try to catch fish at the accessible fishing pond; and come back to the arena for arts and crafts and horseback riding, which is the highlight of the day for most of the kids. Many, like Austin, have their favorite horse. Austin lets other campers ahead of him in line so he makes sure he can ride Isaac, the biggest horse in the ARISE stable.

By the time the bus returned Monday evening, the children were tired but very eager to return the next day.

Thursday at Farm Camp, all the campers group together for a day at the high-ropes course. The weather that week prevented the kids from flying on Thursday, so that was added to an already-busy Friday. Some of the kids thought it was the best activity at camp.

After everyone was through the ropes course and enjoyed the cook-out lunch, the DJ showed up to start the dance party that happens the last day of camp. This week, the dancing competed with the allure of playing with the sprinklers. When all the kids were tired, some still soaking wet and in their swimsuits, camp counselors brought out the piñata. Nearly all the campers had an opportunity to hit the piñata before it finally broke.

Jes Sudol, Day Camps Manager, led her team of older youth and college students, to another successful year of Farm Camp. A week that began with hesitation on the part of some of the campers ended with new friends made and a tie-dyed t-shirt as a souvenir.

For more information on ARISE programs in Oswego County or for Oswego County residents, contact Sabine Ingerson at 342-4088 x210.

Sibshops Youth at Farm Camp

Five of the campers from Oswego County were youth who have siblings who have disabilities. The trip to camp was included as part of the Sibshops program. The inclusive nature of ARISE at the Farm encourages siblings where one has a disability and one does not to attend camp together.

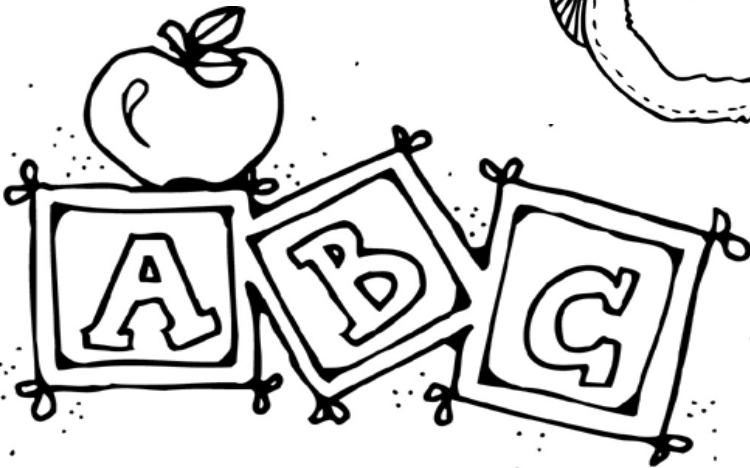
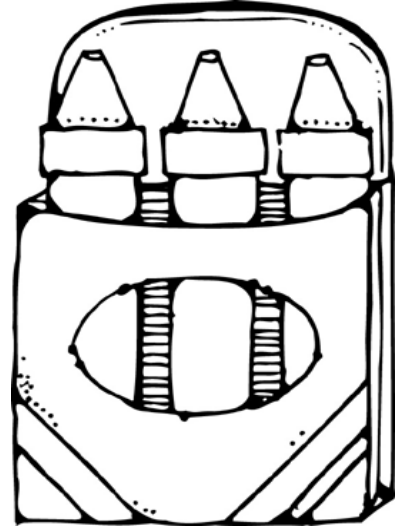
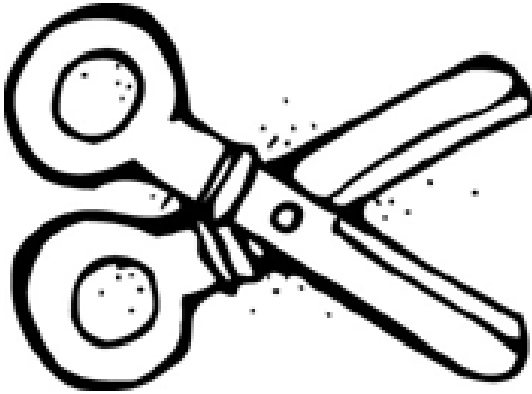
Stephanie Doty, a clinician from the ARISE Mental Health Clinic, met with the Sibshops sibs to give them the opportunity to share some of the issues they were concerned about. While camp can be exciting, it also has the potential to raise negative emotions.

The Sibshops program engages youth who have a brother or sister with a disability in fun-filled activities that help them to open up, learn about themselves, and learn coping skills. At Farm Camp, some of the sibs were able to conquer fears, and to make friends with other kids of all abilities.



Fun Page

WELCOME
BACK





September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Labor Day Office Closed	6	7 <u>Fresh Food Giveaway</u> Oswego Salvation Army Begins at 3:30 <u>First Day of School</u>	8	9	10 <u>Central Square Social Group</u> 10:30 am
11	12 <u>Vision Network</u> 9:30am	13	14 <u>Fresh Food Giveaway</u> Fulton Elks Club Begins at 4 pm	15	16	17 <u>Central Square Social Group</u> 8:30 am <u>Sibshops</u> 12pm - 4pm
18	19	20 <u>Community Connections</u> 5pm - 9pm	21 <u>Self-Advocacy</u> 12pm - 1pm <u>Social Club</u> 1pm - 2:30pm	22	23	24 <u>Literacy Event</u> 11 am - 4pm At the Amory
25 <u>Teen Group</u> 10:30am - 12:00pm	26	27	28	29	30	
<div style="border: 1px dotted black; padding: 10px;"> <p>Open Caption Triple Feature Movies under the Stars for the Deaf and Hard of Hearing.</p> <p>Midway Drive-In Movie Theatre September 23rd - September 25th</p> </div>						

Oswego County Edition

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OSWEGO COUNTY EDITION

Members of First United Methodist Church celebrating the completion of a recent ramp built.



Pictured from left to right are: Rev. Yohang Chun, Derek Osman, Scott Pecoy, Stephen Defren, Pat McMahon, Joe Leotta