

ARISE *news*

AUTUMN 2010

www.ariseinc.org

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Upcoming ARISE Events & Activities

October 21 - 31

UNIQUE 2010

Celebrating Creativity Exhibit

On display at Szozda-McGowan Gallery. See page 2 for details.
Contact: (315) 671-2909

Friday, October 29

ARISE Up Singing

6:30 PM - Dinner, 8:00 PM - Show

A concert to benefit ARISE & Ski.

See page 5 for details.

Fee: \$25 - Dinner & Show

\$15 - Show Only

Contact: (315) 671-3094

Saturday, October 30

Costume Barn Dance

5:00 PM - 8:00 PM

Celebrate fall with a costumed dance at the Farm! Join in the fun!

Fee: \$5 per person

\$25 family maximum

Contact: (315) 687-6727

Project Emerge Launches ASL Video Series about Healthy Relationships and Domestic Violence

Our partnership with Vera House to assist individuals with disabilities who are experiencing situations of domestic violence led to the creation of groundbreaking videos in American Sign Language (ASL). Several dozen people, both Deaf and hearing, gathered at Onondaga Community College's Storer Auditorium to share in the official launch of the series of six videos.

The goal of the videos is to offer vital information on available services to people of all abilities.

"These videos were created using American Sign Language with voice-over and captioning, open captions, subtitles, so they're accessible to everybody: Deaf, hearing

people, hard of hearing people, blind people, everyone. So this is a big accomplishment for our project," said Lindsay Anthony, Project Emerge Deaf Community Advocate.

The videos, available on YouTube through the Vera House and ARISE websites, feature information about healthy relationships, healthy sexuality, identifying domestic violence, rape and sexual assault, and safety planning. They combine acted-out scenarios with general information and an affirmation that no person deserves domestic or sexual violence, and that no one is alone.

The accessible videos help build awareness about these issues, particularly among Deaf individuals and individuals with disabilities.

Project Emerge, a partnership between ARISE and Vera House, formulated the idea for accessible videos after brainstorming with members of the Deaf community. Together, we identified the need to increase the Deaf community's awareness about domestic and sexual violence while communicating that Vera House will provide accessible services rooted in an understanding of Deaf culture.



The video series Project Emerge produced feature American Sign Language, open captions, and spoken text, increasing the accessibility of the videos.

**Join ARISE for UNIQUE Exhibits
in October and December**

The tenth anniversary edition of UNIQUE Magazine seems like the perfect time to celebrate! We plan to do just that at the Opening Night Reception and Unveiling Celebration on October 20th from 5 to 7 p.m. at the Szozda-McGowan Gallery in the Delavan Center on West Fayette Street in Syracuse.

We will share in the excitement of unveiling the front and back cover artwork at the event, as we do every year. For the first time, though, we will be kicking off exhibits of UNIQUE artwork.

UNIQUE 2010: Celebrating Creativity will run through the end of October at the Szozda-McGowan Gallery. The celebration will continue with an exhibit at the SUNY Upstate Medical Library for the entire month of December. Select works will be available for purchase in a silent auction at the Unveiling Celebration. Proceeds from the sale of each piece will directly benefit the artist.

We were delighted this year to welcome new Editorial Board Members Steven Kern, Executive Director of the Everson Museum of Art, and Sean Kirst, Columnist for The Post-Standard.

UNIQUE is an art and literary magazine featuring Central New York artists and writers with disabilities. We are grateful to the UNIQUE 2010 sponsors. Our Premier Sponsor is The Drescher Corporation. Our 10th Anniversary Sponsor is J.W. Burns & Company Investment Counsel. Patron of the Arts Sponsors are Green & Seifter, Attorneys, PLLC, Daisy & Paul Nojaim, PurEnergy L.L.C., and V.I.P. Structures, Inc. Friends of UNIQUE are The Bonadio Group, Haylor, Freyer & Coon, Inc. and INFICON. Special thanks also to our media sponsor, NewsChannel 9 WSYR.

For more information on UNIQUE, contact Elizabeth Dunn, Managing Editor at (315) 671-2909 or edunn@ariseinc.org.

UNIQUE 2010: Celebrating Creativity

October 20 - 31, 2010

Szozda-McGowan Gallery,
501 West Fayette Street, Syracuse, NY 13204

December 1 - 31, 2010

Health Sciences Library
SUNY Upstate Medical University
766 Irving Avenue, Syracuse, NY

Check out www.ariseinc.org for hours.



"Memory of Chittenango Falls" by Michele Gaframcesco is one of the artistic works featured in UNIQUE 2010.

Attention all skiers and snowboarders: you have the opportunity to help others learn how to participate in the winter sports you love.

ARISE & Ski, Central New York's only all-inclusive adaptive ski and snowboarding program, is seeking volunteers to help individuals with disabilities learn how to ski and snowboard in the 2011 season. The program takes place Saturdays and Sundays for six weeks in January and February at Toggenburg Winter Sports Center in Fabius.

All skill levels of volunteers are appreciated, and there are indoor volunteer opportunities available. ARISE & Ski participants are of all ages, and families are welcome. Volunteers receive a free lift pass for every shift worked.

Upcoming volunteer trainings are currently scheduled for November 10 at 6 p.m. and December 9 at 6 p.m. There is still time to sign up for this exciting opportunity.

The only thing better than feeling the rush of the cool wind as you race down a mountain is sharing that rush with someone. Contact Richelle Maki at

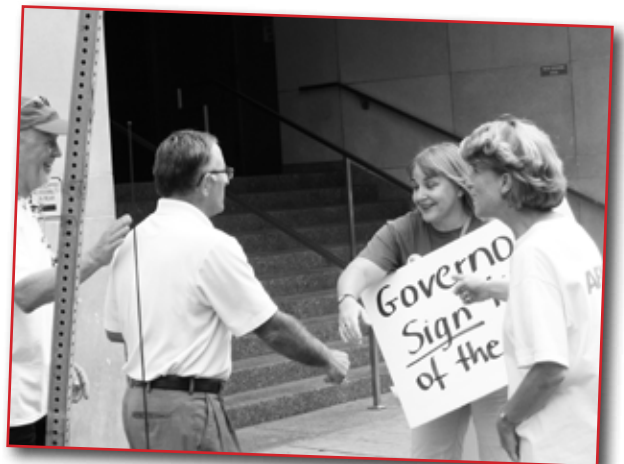
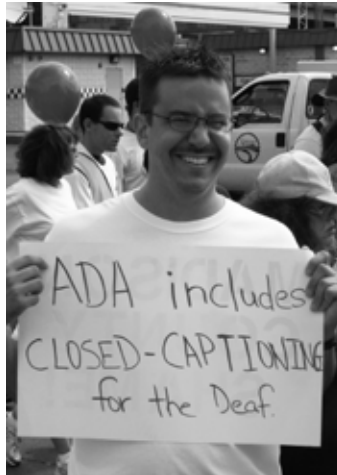
(315) 671-3094 or ski@ariseinc.org for more information.



*Join the fun with
ARISE & Ski*

ARISE Celebrates 20 Years of the ADA

On July 26, ARISE joined other community organizations to celebrate the 20th Anniversary of the Americans with Disabilities Act (ADA). Over 400 people marched from the ARISE office on James Street to the Oncenter in downtown Syracuse, where Congressman Dan Maffei, Onondaga County Executive Joanne Mahoney, and Syracuse Mayor Stephanie Miner proclaimed July as Disabilities Awareness Month.



Photos, from top:

The parade leaves the ARISE office on James Street.

Congressman Dan Maffei talks with Funmi Akinpelu of Project Emerge while marching.

Education Advocate Mike Mazaroppi advocates for additional closed captioning on local programming.

The ARISE Central Square Social Club carries signs about famous Americans with disabilities.

The parade continues through downtown Syracuse.

Independent Living Support Specialist Darryl Storie is interviewed by Ellen Abbott from 570 WSYR while on the march.

State Senator John DeFrancisco joins the ADA marchers when the parade passes the State Office Building.

Over 400 people crowd the Oncenter for the proclamation of July as Disability Awareness Month.

OSWEGO COUNTY

ARISE Offers New Group for Young Adults

ARISE in Oswego County is excited to announce a new program for young adults. Community Connections is a social and peer support group for individuals with developmental disabilities in their twenties who live in Oswego County.

It is currently the only community-based group in Oswego County geared specifically toward individuals with disabilities who are entering early adulthood. Though there are support groups for teenagers with disabilities and support groups for adults with disabilities, young adults find themselves aged out of the former group, yet too young to feel a connection with the latter.

The group met for the first time on September 22 for dinner and discussed future activities and goals. Activities such as bowling, attending sporting events or plays, sharing dinner, or helping local fundraisers provide a framework that helps build their independent living skills. Lasting friendships can be made, reducing feelings of isolation and reliance on paid staff and family.

Community Connections is made possible through support from Family Support Services of the Central New York Developmental Disabilities Services Office.

To learn how you can be a part of this great opportunity, contact Vicki Affinati at (315) 342-4088 x 225 or Heather Lee at (315) 342-4088 x 243.

Below: Jennifer Gorea and Brianna Pitts pose by the fall backdrop at the ARISE Fall Jamboree. Members of the ARISE Social Club made all the decorations for the dance.



Above: People of all abilities join in to do the "Macarena" at the ARISE Fall Jamboree. Several dozen people enjoyed two hours of music, refreshments, and dancing on September 24 at the YMCA in the Oswego Armory. Everyone attending also brought a canned good to be donated to a local food pantry.

Friendly's Restaurant Now Offering Large Print Menus

Great news for individuals who have difficulty reading the print on restaurant menus due to vision loss: Friendly's is now the third restaurant in Oswego to offer a large-print menu to patrons.

On August 16, Patrick Dewine, Manager of the Friendly's Restaurant on Bridge Street in Oswego, accepted eight copies of the large-print menus from members of the Vision Network, an advocacy group that works to enhance access to the community for individuals with vision loss. The menus, with items and prices written in a 36-point bold font, are available by asking the server. Descriptions of the dishes are omitted to make it easier to navigate the page.

Laura Smith, President of Oswego County Visually Impaired (OCVI), a support group, retyped the menu and ARISE arranged for printing and collating. Bea Welch accompanied Laura and Sabine Ingerson, Chairperson of the Vision Network and Director of ARISE in Oswego, to make the presentation to Mr. Dewine. He thanked the Vision Network representatives for the donation of the menus, and believes that quite a few customers will benefit from them.

The availability of these large-print menus helps increase independence for persons with vision loss. Vision loss can be caused by cataracts, glaucoma, macular degeneration, or other diseases.

Large-print menus in Oswego can be found at Canale's, Bridie Manor, and now Friendly's.

Help increase access for individuals with vision loss by contacting Sabine Ingerson at (315) 342-4088 ext. 210.

Joy, Laughter and Learning at the Farm

The fun never stopped this summer for campers, volunteers and staff on New Boston Road in Chittenango at ARISE at the Farm. Weekly camp sessions for kids from Onondaga, Oswego, Madison, and Oneida counties provided activities for between 40 and 65 kids of all abilities every week for nine weeks. In addition to time on horseback or in horse drawn carts, campers were able to enjoy our accessible fishing pond, petting zoo, playground, games, arts and crafts, and story time. Every week campers worked together to create their own wall hanging for the arena. On Labor Day, three children were able to visit the Herkimer Diamond Mines as part of the School Break Recreation Program.

To learn how you can help children and adults with disabilities discover the joy of horseback riding, please contact Laura Little at (315) 687-6727 - or come to our Costume Barn Dance on October 30!

Photos (top to bottom): *Adult Camp participants take a ride around the Farm.*

Emani Eudell shows off one of the young goats in the petting zoo.

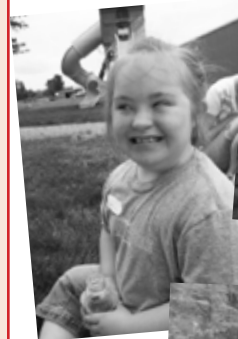
Sam Wells is one of many children who drew on a very patient Smokey.

Evelyn Keville helps clean the marker off of Smokey when they are finished.

Grace Yoder enjoys the playground at the Farm.

Justin Teeter holds up a Herkimer diamond.

Justin Teeter, Laura Little, Andrew Starky and Jerry Gould pose at the Herkimer Diamond Mines.



ARISE Up Singing: A Concert to Benefit ARISE & Ski

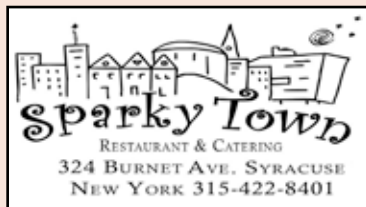
Come out on Friday, October 29th and enjoy great food, terrific music and support a fantastic cause. ARISE Up Singing is an evening of folk and acoustic music that will benefit ARISE & Ski, the area's only all-inclusive adaptive ski program.

Join us at the May Memorial Unitarian Universalist Society at 3800 East Genesee Street in Syracuse. The evening begins with a dinner at 6:30 p.m. catered by Sparky Town Restaurant and Catering. A concert will follow at 8. Come and see performances by talented local performers: Jeffrey Pepper Rodgers, Dana "Short Order" Cooke, Wendy Ramsay, Joanne Perry, and Christopher Weiss.

Tickets are \$25 for dinner and the show or \$15 for the show only. Tickets are available for sale online at www.ariseinc.org for credit card orders, or in person at the ARISE main office at 635 James Street in Syracuse (8:30 AM – 4:30 PM, Monday - Friday).

Enjoy a nice evening out while supporting skiing and snowboarding for people with disabilities.

Contact (315) 671-3094 or e-mail ski@ariseinc.org to learn how. We hope to see you there!



ADVOCACY & OUTREACH

October 15 is White Cane Safety Day

The white cane is not only a device that individuals who are blind use to identify objects. It is also a symbol of independence for those individuals. White Cane Safety Day is therefore not only a day to mark how the use of the canes allows individuals who are blind to enjoy greater mobility and safety, but to also celebrate the achievements of individuals who are blind or visually impaired.

Celebrate with ARISE and the Vision Network by contacting Sabine Ingerson at (315) 342-4088 x 210 and getting involved.

Project Emerge Videos *continued from page 1*

To ensure the inclusion of Deaf culture in the videos, not only did Project Emerge hire Deaf actors, but Lindsay Anthony co-directed the videos with Kamau Buchanan, who completed graduate work in film studies at the National Technical



Lindsay Anthony, Lauren Townes and Jennifer Shaw field questions about the videos and other services.

Institute for the Deaf at Rochester Institute of Technology. Notion Pictures produced and edited the videos, which were filmed at ARISE.

The video launch featured a screening of some of the short videos, beginning with a welcome video designed to explain Project Emerge and the services offered by Vera House, and moving through the video on domestic violence, rape and sexual assault, and healthy relationships. After the screening, ARISE Executive Director Tom McKeown facilitated a panel discussion with Lindsay Anthony, Jennifer Shaw, Project Emerge Director, and Lauren Townes, Vera House Outreach and Advocacy Coordinator.

Project Emerge is supported by a grant awarded by the Office on Violence Against Women in the U.S. Department of Justice. ARISE is committed to an open and safe environment for people of all abilities. If you are experiencing domestic violence and need immediate assistance, call 911 or Vera House's 24-hour crisis and support lines: (315) 468-3260 for domestic violence, (315) 422-7273 for rape and sexual assault, or TTY during business hours at (315) 484-7263.

To learn more about Project Emerge and the accessible videos, visit the ARISE website at www.ariseinc.org.

Making Websites More Accessible

As more and more information is offered on the Internet, the need for websites to be accessible becomes even more critical. There are website tools available to make it possible for people with disabilities to utilize your website with ease.

Individuals with low vision may struggle to read the small pre-set text on some sites. People with dyslexia may find reading the text itself difficult, and individuals who are blind may need some sort of assistive program to read your website aloud. The ARISE website offers a link to a free download for a screen reader that reads the text of participating websites in a natural human voice.

When making changes to your website, or designing a new one, there are features that can be built in to make the site accessible for people with disabilities.

- Use Alt-tags for every image to describe the image or its function.
- Do not make links open in a new window. Allow the user to click the "back" button to return to your site.
- Use a high color contrast between the background color and text color.
- Make the text for your links descriptive so they make sense when read out of context.
- If possible, include a search tool for your website.
- Place a "skip navigation link" at the top of each page for visitors to jump directly to the content on the page.

You can find more tips at our website's accessibility center: www.ariseinc.org/accessibility

Thank You Donors!

ARISE thanks the following individuals and organizations who recently made donations or awarded grants to support our many programs and services from **June 16, 2010 to September 15, 2010:**

- Janine F. Backman
- Patricia Catalano
- Patricia Cottrell
- Tom George
- Eric Kuersteiner
- Anne Maier
- Richelle Maki
- P. Drescher Co., Inc.
- Parsons-McKenna Construction Co.
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- Edward A. Williamson
- Louis & Donna Wood
- William J. & Sarah A. Wood

If you would like to support ARISE, please send a check made payable to:

ARISE
635 James Street
Syracuse, NY 13203

or **donate online** with our secure form at:

www.ariseinc.org

Thank you!

ARISE Receives Support from United Way of Oswego

The United Way of Oswego County renewed its support for ARISE’s Housing Advocacy Program in Oswego. In fact, we received a slight increase for next year.



“ARISE continues to achieve incredible things in Oswego County,” the review committee stated in the decision letter. “Your efforts to help your clients achieve true independence and the testimony of one of your recipients allowed us to see the value of your services. The number of your collaborations with landlords, churches, businesses and other groups only strengthens your commitment to the community.”

ARISE is proud to continue our partnership with the United Way and the Greater Oswego County Community.

ARISE Kicks Off Annual United Way Campaign



As a recipient of critical program funding from the United Way of Central New York, we were pleased to take part in the Annual Kickoff Cookoff Celebration at the Regional Market. Several members of our staff joined in the fun, serving our Marinated Mozzarella Cubes to the crowd of 1,200 friends and supporters.

United Way funds support our Mental Health Services for individuals and families, our child abuse prevention services, and our Independent Living Services programs. We are proud to provide these high quality services to people in this community. Our own internal United Way Campaign is off and running. We hope to again achieve 100% participation by our staff members. We are proud to LIVE UNITED.



Vote on Election Day: November 2

Voting is one of the primary ways you can advocate for your needs. New York State now has accessible voting machines, which can ensure a private vote for individuals with disabilities. Your polling place may have changed. If you need to know where your polling location is, contact your local Board of Elections:

- **Onondaga County:** (315) 435-8683. You can also look it up online through <http://www.ongov.net/elections>.
- **Oswego County:** (315) 349-8350 (D) or (315) 349-8351 (R). You can also look it up online through <http://www.co.oswego.ny.us/boe>.
- **Madison County.** (315) 366-2231. You can also look it up online through <http://www.madisoncounty.org/boe>.

Remember, get out and vote! If you are not registered to vote, ARISE can help you get registered. Contact us at (315) 472-3171.

ARISE

www.ariseinc.org

A non-profit, community-based Center for Independent Living providing advocacy and a wide range of services to individuals with disabilities and their families in Central New York.

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Increasing Access is Increasing Independence.

To some, ARISE's mission "to create a fair and just community in which everyone can fully participate" may seem simple. To others, this statement may seem very broad. It involves more than providing buildings with ramps and automatic door openers. Real access and participation run deeper. Let me provide a few illustrations of the more significant meaning.



Tom McKeown
Executive Director

Real access and participation suggest a community in which every eligible adult can vote privately and freely exercise this basic American right. It involves a community in which any individual, regardless of ability, has access to critical information about creating healthy relationships and avoiding domestic violence. Real access and participation happen in a community where people with low vision can navigate the Internet with ease and feel confident eating out without asking for assistance when ordering. It is demonstrated in a community where artistic expression is treasured, valued, shared, and celebrated.

We continue to work for greater levels of access and participation. New York State now has accessible optical scanning voting machines. We partnered with Vera House to create videos about their services that are accessible to everyone. Our website was built to work with screen readers and offers software so that others can have access to accessible sites of all kinds. We work with the Vision Network and area restaurants to make large print versions of menus. We publish UNIQUE, a magazine to showcase the artistic talents of individuals with disabilities, and are thrilled that the artwork will be featured in two exhibits during the coming months.

Together, we are imagining this fair and just community, and together, we are working to make this vision a reality. Come and join us in building this enriched community. You can start by visiting our UNIQUE art exhibits this October and December.

One more thing: don't forget to vote!

Tom McKeown

Portions of this publication are available in alternative formats upon request.

