ARISE news

www.ariseinc.org
WINTER 2010/2011

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Upcoming ARISE Events & Activities

Weekdays, January 3 - 31
UNIQUE 2010
Celebrating Creativity Exhibit
Selected pieces will be on display at King & King Architects and ARISE Oswego Office.
Contact: (315) 671-2909

Saturdays and Sundays, January 8 - February 13
ARISE & Ski
Mornings and Afternoons
Accessible Skiing for everyone at Toggenburg Mountain
Contact: (315) 671-3094

ARISE Expands Mental Health Services into Oswego County

Post Traumatic Stress Disorder is something that we typically associate with veterans returning from war. Our Mental Health clinicians will tell you that it is something that we are now seeing in children.

When seven-year old Shawn started biting classmates and throwing chairs, his teacher called upon an ARISE therapist for help. While some might have viewed this as a discipline problem, our skilled professional recognized that something much deeper was involved. Shawn's behaviors stemmed from the violence and trauma he witnessed all too often in his neighborhood.

After intensive work with our clinician, Shawn learned how to control his behavior and deal with his emotions. He is now able to sit calmly in class and rarely acts out. He needed help, and thanks to a partnership between ARISE and the Syracuse City School District, Shawn got that help.

The proven track record achieved by our dedicated Mental Health professionals at the Clinic on James Street as well as at school and community sites led to an expansion of services in September of 2010 and another that will begin in 2011.

We were pleased to begin work in four schools in the Central Square School District. ARISE clinicians are now working with children like Jessie, whose home often has no electricity or running water. The first thing she does in school each morning is take a shower. Despite her challenging home life, Jessie has a much greater chance of success with the mental health support being provided to her at school by ARISE.

We are proud to have been selected by the Oswego County Department of Social Services to begin providing Preventive Mental Health care for at-risk families. This important partnership means that families will receive therapeutic intervention that can help prevent serious problems or tragedy. Families will build their skills and learn how to work toward positive outcomes.

ARISE Social Workers use a variety of tools, including toys to reach children needing Mental Health support.

In Onondaga County, we have also revised our Mental Health Services. The Clinic located at 635 James Street will now offer services to walk-in clients in addition to clients

Continued on page 2

His Story in His Words

Dominick, who receives services through the ARISE Medicaid Service Coordination Program writes:

"I graduated from G. Ray Bodley High School here in Fulton in 2006. I've been part of the ARISE program for several years. They help and support people with disabilities and it does make a difference.

My service coordinator has been helping me with more education, and now I go to the Access Program at Syracuse University for theater classes, and will get assistance with job placement after graduation from the program in a field I enjoy.

She also helped me get a job with the Employee Training Program and now I'm working at a bakery. So far it has been fun being there, and they have all sorts of goodies. My job coach is there with me, and when I do need help, she explains how to do things.

Someday I hope to work in the entertainment field. I also take acting classes to improve my acting. Thanks to all my family for the help they give me."

ARISE & SKI

Toggenburg

Saturdays & Sundays

January 8 - February 13, 2011

(315) 671-3094

ARISE Staff and Social Club Spread Holiday Cheer

Christine Cox readies a pumpkin pie for baking.

Two days before Thanksgiving, the Oswego ARISE Social Club gathered for an afternoon of baking pies and making cards. The social group is one of the many advocacy and support groups offered for individuals with disabilities and their families through ARISE.

The group often tailors time together around seasonal events, and works on building personal skills. The thoughts of the members on this day were not about themselves. They were thinking of others. The task at hand was to make Thanksgiving brighter for people in need.

Jen Stanard, Peer Advocate, and Christine Ward, Human Resources Generalist, knew that there were individuals with disabilities who were not going to share a Thanksgiving dinner. In the past, ARISE staff members had donated turkeys, food, and taken time to prepare meals for under-served individuals with disabilities. This year, ARISE staff members continued showing their generosity by donating the food, but Social Club members added theirs by making dessert.

Under the guidance and organization of Jen and Christine, staff and Social Club members created and assembled meals, and gave them to Service Coordinators for delivery to the 25 families in need.

Jim Karasek, Oswego Independent Living Manager, says that working together to provide for others was so special that "we thought, hey, we are going to do this for Christmas, too."

Sarah and Ken Skillen create cards to accompany the Thanksgiving dinners.

The ARISE Social Club meets monthly at ARISE in Oswego. Contact Jen Stanard at 342-4088 ext. 216 to get involved.

Mental Health Services

Continued from page 1

referred to us. Services will also be more flexible, allowing for home visits, interpreters, and assistance outside of regular business hours.

Our commitment to providing vital mental health services to individuals and families in need leads us to seek new opportunities to offer assistance. We hope to serve children in more of the Syracuse City Schools through the Promise Zone Initiative.

If you'd like to learn more about our Mental Health Services, please call 671-2964.

ARISE & Ski Begins 15th Season

What does it take to build an accessible recreation program? Vision, and a whole lot of hard work and dedication from many.

ARISE & Ski began in January 1996, working with only a pair of skiers who had disabilities. Since then, the program has grown by leaps and bounds thanks to the incredible efforts of volunteers, area organizations, and the generosity of Jim Hickey and Toggenburg Mountain Winter Sports Center.

What could have remained a handful of participants each year has grown to almost 90 skiers and a dedicated group of 200 trained volunteers.

It is more than the thrill of moving down the slopes that keeps participants and volunteers coming back. It is the personal connection that is established from shared experiences.

Over the course of six weekends in January and February, a skier is paired with the same volunteer instructor as much as possible. As both skiers and volunteers return year after year, the relationships deepen and grow.

As we celebrate fifteen years of adaptive and accessible winter recreation open to all, we look forward to many, many more.

Visit ARISE & Ski on the slopes at Toggenburg in Fabius on Saturdays and Sundays from January 8 to February 13, 2011. To participate next year or help others ski, call 671-3094.

On the Slopes for ARISE & Ski - now enjoying its 15th Season at Toggenburg Mountain.

Photograph by James R. Evans (2010)

In Memoriam: Linda Louise

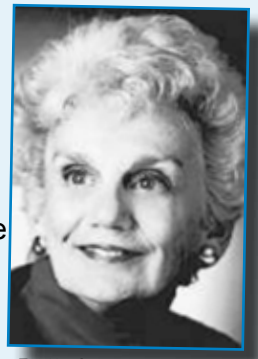
Linda Louise made a career of helping people. Though only the last five years of her career were spent at ARISE, she brought with her decades of service as a Social Worker - including working for Child and Family Services before the agency merged with ARISE. She had also previously worked at Huntington Family Centers.

Tom McKeown, ARISE Executive Director, reflected on many interactions during the past five years: “When people found out I worked at ARISE, they asked me if I knew Linda Louise. When I said I did, many of them told me that they personally had been helped by Linda. They were so grateful for the help they received from her.”

Linda died on November 15. She will be missed by all who had the chance to know her. Her legacy continues in the lives she touched.

Sharing Her Legacy of Love

From a very young age, Betty Langan was an accomplished equestrian. She rode into her eighties, years after her retirement. She lived in Manlius for many years and raised her eight children there. We were sad to hear in late November that Betty had died.



Betty Langan

Betty had a strong connection to ARISE at the Farm, and she generously donated her beloved horse, Gus, to the program. Gus spent many years giving a gentle ride to riders of all ages and abilities.

As part of the Therapeutic Riding Program, horses like Gus help youth and adults with disabilities to increase strength, balance, and improve fine motor skills. Since the therapy takes place on horseback, participants have fun and are challenged.

We were honored to learn that Betty’s family asked that contributions in her memory be made to ARISE at the Farm. Betty’s generosity during her lifetime led to many wonderful experiences for people with disabilities. Her family is continuing her legacy in a very special way.

Sharing our Events

Celebrating Creativity at UNIQUE 2010 Art Opening

In the Delavan Center outside the Szozda Gallery for the UNIQUE Art Exhibit Opening.

The anticipation on the faces of the artists and their guests on Opening Night turned to excitement and delight as they saw the stunning display of visual and literary art contained in the UNIQUE 2010 exhibit. More than two hundred people made their way through the Szozda Gallery.

A brief program was held in the Delavan Center in which the artists and sponsors were recognized. Members of the Editorial Board, who had the difficult task of selecting which work would be included in the year's tenth anniversary edition of UNIQUE, were also acknowledged.

Gary Forbes and Sabine and Steven Ingerson view the UNIQUE artwork at the Szozda Gallery.

Sean Kirst, Columnist for The Post-Standard, talked about his experience being on the UNIQUE 2010 Editorial Board. His thoughtful comments meant a great deal to everyone in attendance.

We want to thank professional photographer/videographer Chuck Wainwright for sharing his time and expertise to film the Opening Night event for us.

Debra Stehle, Assistant VP in the Office of the President at SUNY Upstate Medical University, views the UNIQUE artwork and the list of UNIQUE sponsors at the Health Sciences Library.

It was a thrill to appear live on NewsChannel 9 WSYR's Bridge Street on October 21 to talk about UNIQUE. Michael Simmons, one of the artists whose work is featured in the magazine, painted a landscape scene in the studio while the program was on the air. Host Chris Brandolino's special co-host that day was his wife Sara. They were both amazed that Michael, who is legally blind, created such a beautiful painting.

Selected pieces of the 2010 UNIQUE artwork are on display in January at King & King Architects in Syracuse and at the ARISE Oswego Office. You can pick up a copy of UNIQUE Magazine at any ARISE location or download a PDF version from our website at www.ariseinc.org.

The Call for Artists for UNIQUE 2011 will be sent out in early spring. If you would like receive a notice, please contact Elizabeth Dunn, Managing Editor, at 671-2909.

The 10th Edition of UNIQUE Magazine and the traveling exhibits are made possible through support of our sponsors. *Premier Sponsor:* The Drescher Corporation. *10th Anniversary Sponsor:* J.W. Burns & Company Investment Counsel. *Patrons of the Arts:* Green & Seifter, Attorneys, PLLC; Daisy & Paul Nojaim; PurEnergy L.L.C.; and V.I.P. Structures, Inc. *Friends of UNIQUE:* The Bonadio Group, INFICON, and Haylor Freyer & Coon, Inc. *Media Sponsor:* NewsChannel 9 WSYR.

Annual Gingerbread House Decoration Nights

Youth and young-at-heart visited ARISE on December 3 and the Farm on December 6 for the holiday tradition of decorating gingerbread houses. The evenings were filled with laughter, frosting, candy and holiday joy.

Below: Carly Resseguie, Justin Teeter, and Marla Berardi work on and show off the gingerbread houses they decorated.

ARISE Up Singing is a Tremendous Success!

Dana "Short Order" Cooke, Jeffrey Pepper Rodgers, Wendy Ramsay, Joanne Perry and Christopher Weiss perform at ARISE Up Singing.

It seems that there is no limit to the dedication of Christopher Weiss and Richelle Maki to ARISE & Ski. Christopher helped create the program and has maintained his incredible commitment ever since. While Richelle hasn't been there since the very start, she certainly has played a key role in the program's growth and continued success. In addition to working all year long to keep the program going, Christopher and Richelle were willing to add a brand new event to their busy fall calendars.

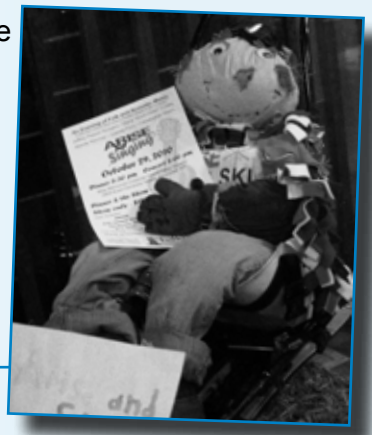
When Linda Mortimer, the owner of Sparky Town Restaurant and Catering, said that she wanted to do something to support ARISE & Ski, she became the spark for something special. ARISE Up Singing, a dinner and concert event, was held on October 29.

It turns out that in addition to his talent as a skier, Christopher Weiss is also a musician. Four of his folk musician friends agreed to join him in providing the entertainment. May Memorial Unitarian Universalist Society kindly offered the use of their beautiful space, members of The FOLKUS Project agreed to share their time and equipment for the sound, and caring supporters donated items for the Silent Auction.

Following the great meal prepared by Sparky Town Restaurant and Catering, Jeffrey Pepper Rodgers, Dana "Short Order" Cooke, Joanne Perry, Wendy Ramsay and Christopher Weiss delighted the audience with their performance. During their two sets, these talented musicians entertained the audience as they each took a turn in the lead while the others provided accompaniment. The musical selections were a mix of songs, from poignant to silly.

At the end of the first set, a special video of ARISE & Ski in action was shown on a screen donated by Visual Technologies. Members of the audience leaned forward to get a closer look as they watched the heartwarming video. There may have been a few dry eyes left in the room, but not many.

Wallace the scarecrow demonstrates a Bi-Ski while promoting the concert.



We are grateful to everyone who helped to make ARISE Up Singing such a success. Look for details about the second annual ARISE Up Singing event to be held in September or October.

Fall Fun at the Farm

Children and adults come to ARISE at the Farm in Chittenango all year long for fun activities, and this Fall was no exception. From a costumed Barn Dance in October, to recreation during school breaks and even a Thanksgiving dinner, time at the Farm was just as much fun as the summer camp season. Look for School Break Recreation in February and the Adaptive and Therapeutic Riding Programs to start up again in spring. To find out what's happening right now at the Farm, call Laura Little at 687-6727.

Photos (from top right): *Amy Gustino poses with Cooper on the first day of riding for the the Madison County Girls. "Vampire" Nikolas Thurber concentrates on carving his pumpkin before the Barn Dance on October 30. Dancing to the song "YMCA" at the Costume Barn Dance. R.J. Lehner hams it up over turkey dinner on November 24 for Thanksgiving at the Farm.*

Lowe's Heroes Build Ramp for Fulton Family

The volunteers from Lowe's turned out to be heroes indeed when they helped construct the longest ramp in the history of the ARISE Oswego Ramp Program. The Wilcox family was delighted that it was finally possible for every member of their household to enter and exit their home.

Lowe's of Oswego provided the materials and the energetic volunteers to make the ramp possible. We want to thank Manager Troy Fowler and his great team for their hard work.

Our Oswego Ramp Program provides ramps for individuals with disabilities living in Oswego County. Materials are purchased through donated funds or, in the case of Lowe's, directly donated. Ramps are constructed by volunteers from the community.

If you want to lend a hand, contact Jim Karasek at 342-4088 ext. 206.

UNIQUE 2011 Wall Calendars are here!

There is still time to get yours!

Enjoy UNIQUE all year long. Call 671-2909 to find out how!

Efforts of Tireless Advocate Lead to Appointment

Advocating for individuals who are Deaf or Hard of Hearing comes naturally to **David Branfield**. He has been doing it nearly his entire life. Branfield, 63, began losing his hearing when he was 2 years old.

Nominated by Assemblyman William Barclay for the position and appointed by then Governor David Paterson, Branfield will serve on the 15-person New York State Interagency Coordinating Council for Service to Persons who are Deaf, Deaf-Blind, or Hard of Hearing. The Council advises the State on matters concerning hearing loss and how to improve the delivery of services to individuals who have experienced hearing loss.

Assemblyman William Barclay (second from right) presents Honoree David Branfield (center) with a Citation of Recognition. Also present are Joann Spoto-Decker, VP of the Hearing Loss Association of America NYS Chapter; Dan Young, Governor Paterson's Regional Representative; and Sabine Ingerson, Director of ARISE Oswego County.

Working as a computer engineer for companies such as Texaco, TD Bank, and Prodigy (an Internet service provider), David Branfield has built and used technology to help himself and others communicate better.

From real-time captioning in the courtroom when he was called for jury duty to working with staff to improve communication with persons who have experienced hearing loss when his wife needed to spend the night in the hospital, Branfield has advocated for his needs and the needs of others wherever he goes.

Always up-to-date on new adaptive technology, Branfield helped influence the Public Service Commission to bring a telephone captioning service to New York State. CapTel functions similarly to television captions, and converts a caller's voice to text in real time. He assembled an e-mail list of over 100 people and advocated for the service by highlighting both access and the positive economic benefits of using the system. New York State now has the largest number of people using CapTel in the country.

"I never thought I would use this phone," Branfield said. "I was fighting for everyone else." Still, he purchased a CapTel phone, and on the third Sunday in June 2006, he heard his granddaughter wish him a Happy Father's Day.

Branfield currently serves on the ARISE Oswego Advisory Board, bringing his years of perspective as both an advocate for and an individual with hearing loss. He started a hearing loss support group at ARISE and helps bring in local and national speakers.

Through service on the Council, he will continue to benefit individuals across New York State. As Branfield says, "When people are united and willing to participate in a worthy cause - good things can happen."

Celebrate David Branfield's achievements and learn how to support the ARISE Hearing Loss Group by calling Sabine Ingerson at 342-4088 ext. 210.

Lockheed Employees Provide Cycling Fun!

Children of all abilities can enjoy the thrill of cycling around the track at ARISE at the Farm with the two new cycle cars purchased with a donation from the Lockheed Martin Employees Federated Fund.

We are very grateful to the caring Lockheed Martin employees who understand the importance of recreational activities for people of all abilities!

The two new cycle cars are taken out for a test-ride around the track at the Farm! Thank you Lockheed Martin Employees!

Making Special New Memories

David Rothwell loved children, and the youth in the Madison County After-School Respite Program and those who attended ARISE at the Farm knew it. Now, all who visit the Farm or the Respite Center can enjoy the accessible swings donated in David's memory by his parents, Dickson and Carol Rothwell.

The first swing is already in use at ARISE at the Farm. Many thanks to David's family for sharing his legacy of love and laughter.

David's father, Dickson, and brother, Jonathan, after installing David's swing.

Bosco's Third Annual Christmas Expo supports ARISE

ARISE wishes to thank John Bosco for naming ARISE in Oswego County as one of the organizations to benefit from the Third Annual Christmas Expo. The event on December 5 combined holiday shopping with tastes of the season.

From home-made arts and crafts to samples from area restaurants, the event offered something for everyone. Bosco & Geers Market, Ltd. donated over $800 to ARISE. Funds will help individuals who have disabilities and their families living in Oswego County.

You can support ARISE by mailing a donation to:

ARISE, 635 James Street, Syracuse, NY 13203

You can **donate online** with our secure form at: **www.ariseinc.org.**

To discuss how to make a gift, please contact Nancy Kronen, Director of Development at 671-2903 or nkronen@ariseinc.org

Thank You to Our Donors

ARISE thanks the following individuals and organizations who made donations or awarded grants from **September 16, 2010** to **November 30, 2010** to support our many programs and services**:**

Allyn Foundation
Café Kubal
Church Women United Of Baldwinsville
Nikki Cook
Dana "Short Order" Cooke
Anna Dennison
The Dump Boutique
Elizabeth Dunn
First Baptist Church of Manlius
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Jimmy & Janine Golubs' Our Farm
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Joanne Linnenbach
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Marsellus Family Fund
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Charles Wainwright
Christopher and Melissa Weigelt
C. Bruce Wichmann
Works of Thine Hands Watercolors
Lori Zorn

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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Looking Ahead with Great Anticipation

Tom McKeown
Executive Director

This newsletter celebrates activities in 2010. As we anticipate further advocacy and action in 2011, I am delighted to share with you a few of our plans to expand services in this new year:

- We will partner with the Oswego County Department of Social Services to provide vital Mental Health Services in Oswego, Pulaski, and in a new office in Fulton. Read more about our Mental Health Services in this newsletter.
- Our partnership with Vera House will expand to include the Syracuse Police Department and Onondaga County Sherriff's Department as we work to assure that Deaf people and people with disabilities have access to information and services that prevent domestic violence and sexual abuse. Check out the video series on our website!
- Finally, and with great excitement, we have plans to open a "full-service" Center for Independent Living in Madison County. We have had a presence in the County through our wonderful Farm and longstanding employment, service coordination and habilitation programs. We are pleased to be able to add a full range of advocacy services in new larger office space. Look for more information in our Spring newsletter.

We are grateful to the friends and community partners whose support makes our work possible. Together we imagine and build a world in which everyone can fully participate.

Happy New Year!

Tom McKeown