

# ARISE *news*

## Expanded Respite Provides De-Stressing



(left to right) Justin Teeter makes clay figures, Nikolas Thurber dresses as a pirate and Jerry Gould plants flowers at After-School Respite.

ARISE's After-School Respite program in Madison County. Now, we are delighted to bring you more good news about our Respite programming.



In August, ARISE received notification that our three funding applications – one each for Madison, Onondaga, and Oswego counties – were all approved by the

NYS Office of Mental Retardation and Developmental Disabilities, Central New York Developmental Disabilities Services Office. This funding allows ARISE to expand the current After-School Respite program in Madison County, while starting up respite programs in Onondaga and Oswego Counties. Each county's program will be slightly different, but all have the similar focus of respite.

### Onondaga County

ARISE will receive \$144,000 per year to launch a new After-School Respite program that offers services Monday through Friday during the school year. But this after-school respite program

To parents and caregivers, Respite is a chance to take a break. While this means different things to different people – some attend an educational workshop while others simply take advantage of some alone time – everyone agrees that getting a much-needed break reduces stress.

To participants, Respite is a chance to join in fun, meaningful activities while receiving the care, support, and level of supervision based on their needs.

In our Summer 2009 newsletter we brought you a story about the success Justin Teeter is enjoying as a participant in

### ALSO IN THIS EDITION:

C.O.R.E. Day Habilitation Expands	2
Be An Advocate: Vote!	2
UNIQUE 2009 a Success	3
October is Breast Cancer Awareness Month	3
Summer Farm Camps	4
Improvements at the Farm	4
Volunteer for ARISE & Ski	4
A Parent's Perspective	5
Pulaski Golf Clinic for People With Disabilities	5
Message from the Executive Director	6

has a key difference: its flexible design allows us to meet participants "where they are" and can provide individualized support if needed.

To do this, ARISE staff will travel to selected community locations near where participants live that are already providing after-school activities, such as a school or community center. The goal is to fully include ARISE After-School Respite participants into existing after-school programs, giving them the opportunity to interact with youth of all abilities.

*(Continued on page 5)*

## Upcoming ARISE Events & Activities

**October 24; 5PM – 8PM**

### Costume Barn Dance

Costumes, treats, and fall fun! \$5 per person/\$25 per family maximum. ASL Interpreter available.

Contact: 687-6727

**October 29; 6:30PM – 7:30PM**

### ARISE & Ski Volunteer Information Session

Learn how you can help our exciting accessible ski program!

Contact: 671-3094

**November 4; 8:00AM – 5:00PM**

### Oswego County Disability Mentoring Day

People with disabilities can explore employment opportunities.

Contact: 342-4088

## ONONDAGA COUNTY

### C.O.R.E. “Day Hab” Gears Up to Serve More

Community and Occupational Resources and Experiences (C.O.R.E) is a specialized Day Habilitation program offered in Onondaga County. C.O.R.E. focuses on working with individuals with developmental disabilities who want to learn work-related skills and explore careers through volunteering, and who need one-on-one support to enhance social skills and reduce unwanted behaviors.

C.O.R.E. is flexible, providing accessible transportation and a schedule that fits the needs of the participant. Like all of ARISE’s habilitation programs, C.O.R.E. programming is individualized. Each participant chooses the goals he or she would like to accomplish, and plans with ARISE staff how to achieve them.

In August, ARISE received approval from the Office of Mental Retardation and Developmental Disabilities (OMRDD) to expand our existing C.O.R.E. Day Habilitation program to provide services to people who are eligible for “aging out” funding.

“We are very excited,” says Julie Wheeler, Manager of Community Services. “We are able to offer support for individuals who otherwise would have remained on a waiting list to participate.”

The specialized “aging out” funding is available for individuals who have a developmental disability, meet OMRDD eligibility requirements, and who graduated from high school in 2008 or 2009.

### Be an Advocate! Go out and Vote!

#### Election Day is Tuesday, November 3.

Voting is the easiest way to advocate for your rights, and is your chance to have a say in your representation. You have the right to a private and independent vote, and you have the right to ask for accommodations to help you vote.

If you have ever had a difficulty with the pull-lever voting machines, consider asking to use the accessible ballot marking device (BMD) at your local polling place. The device has multiple attachments that make private voting possible for people with a wide range of disabilities.

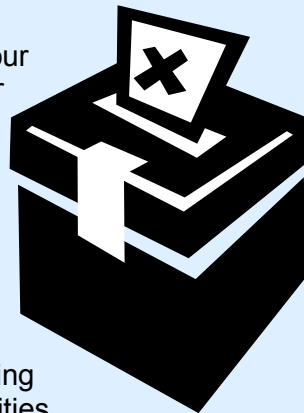
ARISE has a BMD available at its Syracuse office for testing to help people with disabilities become familiar with the machine prior to election day. To schedule an appointment to test the equipment, contact Beata Karpinska-Prehn at 671-2929.

For questions about your polling place, contact your local board of elections:

**Onondaga County Board of Elections:** 435-8683

**Oswego County Board of Elections:** 439-8350 or 439-8351

**Madison County Board of Elections:** 366-2231



### Thank You Donors!

ARISE thanks the following individuals and organizations who recently made donations or awarded grants to support our many programs and services:

#### June 1—September 15:

American Legion Riders Prior  
Stock Post 1552

American Legion Riders Prior  
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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](http://www.ariseinc.org).

**Thank you!**

## ONONDAGA COUNTY

### New Grants Awarded!

ARISE thanks the following organizations for their recently-awarded grants to ARISE:

#### Central New York DSO:

\$144,000 to launch an After-School Respite Program in Onondaga County. The program will be based at existing after-school programs, allowing participants to integrate with their peers.

#### Central New York DSO:

\$47,000 to launch an In-Home Respite Program in Oswego County. The program will take place in participants' homes on evenings and weekends when traditional respite services are difficult to obtain.

#### Central New York DSO:

\$9,900 to expand the current After-School Respite Program in Madison County. The program can now serve up to 13 participants at one time.

**Health  
Reminder**

### UNIQUE 2009 Now Available!

Area artists with disabilities and their families and friends gathered at the Delavan Art Gallery on October 14 to see the unveiling of the 9th publication of UNIQUE magazine, an art and literary magazine featuring the creative voices of Central New York artists with disabilities. This was the third year in a row the unveiling celebration was held at the gallery on West Fayette Street in Syracuse.

UNIQUE 2009 received a record number of submissions from many talented artists and writers. The publication features more than 50 artistic works and is four pages larger than the 2008 edition.

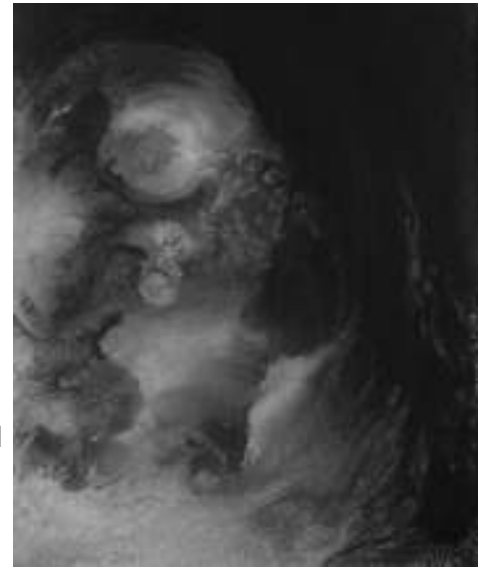
"Every piece submitted was inspiring," says Elizabeth Dunn, UNIQUE Managing Editor. "We had so many deserving pieces. I'm thrilled we were able to expand the magazine to include additional art and literary works."

New for 2009 are greeting cards featuring UNIQUE artwork. The set



*"Buddy Walk" by David Bottego—one of four designs featured on UNIQUE 2009 greeting cards.*

\*In some circumstances, the tax-deductible portion of your contribution may be reduced by the value of the gift.



*"Blue Moon" by Alice Olcott—UNIQUE 2009 cover artwork. This was Alice's first submission to UNIQUE magazine.*

of twelve cards features four cover designs and are blank on the inside. The cards will be given as a gift to donors who contribute \$30 or more to support ARISE's work.\*

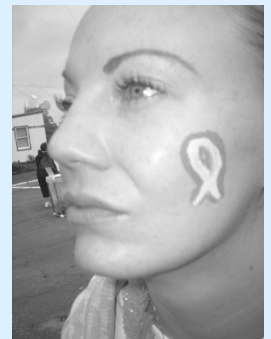
To receive a copy of UNIQUE, please stop by any ARISE office or contact Elizabeth at 671-2909. Be sure to keep an eye out for submission guidelines for UNIQUE 2010, which will be announced next spring.

## October is Breast Cancer Awareness Month



The Breast Health Awareness for Women with Disabilities Program reminds us that October is Breast Cancer Awareness Month. If you are a woman over 40, now is the perfect time to schedule your mammogram.

For a list of accessible mammography facilities or more information on the importance of breast health for men and women of all abilities, contact Toni McEniry at 671-2991.



## MADISON COUNTY

### Another Great Summer for the Farm!

Though ARISE at the Farm runs year-round, summer is the time when the Farm is most active, and this past summer was no exception.

With kids out of school, parents often turn to summer camp to help their children fill the days. Over four week-long camps through the summer, more than 100 children of all abilities ventured to the Farm to enjoy a unique day-camp.

From the petting zoo to bike riding, activities at the farm are accessible to children with disabilities, and adaptive equipment allows the kids to fully participate in the summer camp experience.



*Caleb Leonard uses a hand cycle on Costume Day.*

Each camp featured fun activities and games found at many summer day camps. Campers rode bicycles, tie-dyed bandanas, put on skirts for staff and fellow campers, and, of course, rode the horses. Every day had a special theme, including Pirate Day and Costume Day, and each week ended with a piñata and a barn dance.

The Farm also partnered with the Town of Sullivan to host six week-long horsemanship camps over the summer. Children of all abilities learned how to clean, groom, and prepare horses for riding—and then they had the opportunity to ride!

The Farm hosts integrated recreation programs, camps and dances throughout the year. For more information on the Farm, including how to volunteer, contact Laura Little at 687-6727, visit our website or come to the Costume Barn Dance on October 24.



*Charlotte Webb combs a horse at camp.*

### Improvements at the Farm

#### Grant Update

Earlier in 2009, ARISE announced that Electro Braid Fencing donated \$4,000 in materials to help cover the costs of replacing weathered fencing at the Farm. ARISE is pleased to announce that the new fencing has been installed.



*New fencing at ARISE at the Farm.*

### Volunteer for ARISE & Ski



use help from skiers of all levels, and even people who do not ski!

Come to the ARISE & Ski volunteer information session on October 29 from 6:30 to 7:30 PM at the ARISE Syracuse office at 635 James Street to learn more about the program and helping people with disabilities.

ARISE & Ski is held on weekends for six weeks in January and February at Toggenberg Winter Sports Center in Fabius, NY. For more information, contact Richelle Maki at 315-671-3094 or [ski@ariseinc.org](mailto:ski@ariseinc.org).

ARISE & Ski is looking for volunteers willing to help with Central New York's only all-inclusive and accessible ski program to assist people with disabilities to learn how to ski. We are looking for people with great communication skills and good skiing skills, ideally with experience in ski instruction or working with people with disabilities, but we can

### United Way/Nationwide Insurance Day of Caring

In early September, staff from Nationwide Insurance learned more about the Farm's programs up close and personal. As part of a United Way Day of Caring, the Nationwide staff helped paint barns, some fences, and planted fall flowers. ARISE thanks Nationwide Insurance for spending a day to help the Farm and the United Way of Central New York for recommending the Farm for a Day of Caring.

## OSWEGO COUNTY

### A Parent's Perspective: Educate and Advocate

In 1998, when Lisa Seguin's twin daughters were born, one of the girls was diagnosed with Down syndrome. She recalls, "I felt it was necessary to learn as much as possible and to find a path of acceptance for my daughter."

Lisa began by networking with parents in similar circumstances, people who had learned effective ways to cope with medical issues and knew the "ins and outs" of the education system. And, like many other parents in her situation, she got involved. She was part of the local Early Intervention Committee and also joined the Family Support Services Council.

Lisa's experiences prompted her to start a career that gives her the chance to help people with disabilities. She was recently promoted to the position of Senior Service Coordinator with ARISE's Oswego office, and she adds her

parental perspective when training new staff about working effectively with parents and caregivers of children with disabilities.

Lisa continues to advocate for programs that support the parents of children with disabilities. She advises other parents to "learn about the medical challenges, but always remember you need to look beyond the diagnosis and see your child as a child first."

Lisa's daughter, now eleven years old, receives support to build the skills she needs to live as independently as possible, and also participates in a recreational respite program. The combination allows the 'tween to take swimming lessons and attend social events with other youth.

Contact any ARISE office to learn more about the services available that support individuals with disabilities and their families.

### Respite (from page 1)

Our Onondaga County After-School Respite program anticipates serving a minimum of 12 youth at a time.

### Oswego County

ARISE will receive \$47,000 annually to launch a new In-Home Respite program. While this is quite different than the After-School Respite we are providing in other counties, it is the type of service needed in Oswego County based on the results of a recently-conducted survey of family needs.

Our In-Home Respite program primarily provides services in the evening and on weekends, when traditional respite can be difficult to obtain. Although our program is flexible to meet individual needs, the majority of families will receive approximately 4 hours of In-Home Respite services a week, giving us the ability to serve up to 12 families at a time.

### Madison County

Our existing After-School Respite program will receive an additional \$9,918 per year, which allows us to increase our capacity and serve a minimum of 13 participants. At the same time, our Madison County After-School Respite program moved to a new location at the First Baptist Church of Chittenango, located at 520 Tuscarora Road, Chittenango.

In preparation for the move, the church generously undertook a project to make their bathroom fully accessible and ARISE received funding to replace the flooring in the main program area. This new location gives us much-needed storage space, as well as office space for the program coordinator.

## Pulaski Golf Clinic Enjoys Fifth Successful Year



*Golf Clinic participants pose with their trophies at the Elms in Sandy Creek on the Green*

Summer is golf season, a time when people from Central New York take to the local links to spend a few hours driving balls and sinking putts. Many golfers look for opportunities to improve their game, so it is no surprise that the rain and heat could not keep people with disabilities away from the 5th annual three-day golf clinic hosted by ARISE on August 11, 12, and 14.

Seven participants between the ages of 8 and 48 learned golf stances and swings from Scott Hilton, Head Pro from The Elms in Sandy Creek on the Green. Some were trying golf for the first time, while others brought their own clubs and were looking to hone their golf game. Hilton gave the golfers individual attention, encouragement and pointers. After two days at the Starlight Driving Range in Pulaski, the participants gathered at the Elms for additional instruction, socialization, and fun. All of the golfers with disabilities received trophies on the final day of the clinic.

To find out more information on the annual golf clinic, contact Kathy Mahar at ARISE in Pulaski at (315) 298-5726 ext. 04.

# ARISE

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

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## Pulaski Office

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Pulaski, NY 13142  
Phone: (315) 298-5726

## Madison County Office

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Oneida, NY 13421  
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TTY: (315) 363-2364

## ARISE at the Farm

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Chittenango, NY 13037  
(315) 687-6727

[www.ariseinc.org](http://www.ariseinc.org)

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



## ARISE

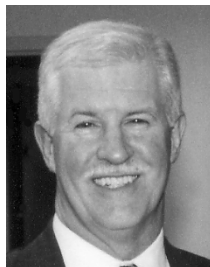
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## Time for a Break

By Tom McKeown



Tom McKeown  
Executive Director

On the last weekend in September, in advance of a Monday meeting in New York City, I had a wonderful opportunity to read a book by the seashore in New Jersey. The break from the usual weekend routine was delightful. There was no inner pressure to do any chores.

Staff members at ARISE are dedicated to their jobs and work hard to further ARISE's mission. I know that no matter how rewarding a job may be, everyone needs some time to relax. This fact is especially true for caregivers. On occasion such a "break" is an opportunity to have a funded experience of "respite."

In this newsletter, you will find information about ARISE's respite programs. Though we have offered an after-school respite program in Madison County for years, we are now expanding respite options in Onondaga and Oswego counties. The philosophy behind respite is the same as the need for vacations: adults and children who have disabilities, as well as their caregivers, deserve experiences of refreshment. Parents of children who have disabilities may use respite to work, run errands, or simply relax. Their children participate in enjoyable social activities. Parents trust that their children are supervised by caring staff.

And so, in this autumn season, take a moment to notice the colors and scents of the maple leaves, munch on an apple, cheer at a football game, pet the dog, enjoy a break.