

# ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

JANUARY 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

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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.*

## **Bosco's Christmas Expo Supports ARISE**

On December 5th, Bosco's held it's 3rd annual Christmas Expo at the American Foundry. Each year, the Expo combines holiday shopping with the taste and smells of the holiday season. From home-made arts and crafts to samples from area restaurants, the event offers something for everyone.

The Expo also serves as a fundraiser for local organizations. This year, ARISE of Oswego County was honored to be chosen along with the Anderson Center for Autism as beneficiaries of the event. After all the hustle and bustle of the Expo, the shopping and the tasting, Boscos & Geers Market, Ltd. was able to donate over \$800 to ARISE.

ARISE is proud to re-invest these funds in the community by helping individuals who have disabilities and their families living in Oswego County.

ARISE would like to thank John Bosco for the generous donation to our agency, and to everyone who made the Christmas Expo a great success!



Sabine Ingerson and Pete Williams thank John Bosco for the donation from the annual Christmas Expo.

## ARISE GROUPS

### SOCIAL CLUB

January 21 11:00 a.m. - 12:00 p.m.

We will be ringing in the New Year at this month's meeting. If you have any questions, please contact Jen Stanard at 342-4088 ext. 216. Hope you can join us!

### SELF-ADVOCACY GROUP

January 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.

### CENTRAL SQUARE SOCIAL CLUB

January 11 6:00 p.m. - 8:00 p.m.

The Central Square Social Group will be meeting at the First Universalist Church on Route 49 in Central Square. January is National Stalking Awareness Month. We will host a guest speaker who will talk with both parents and youth on this important topic. After the speaker we will enjoy games and refreshments. The Central Square Social Group is open to youth (age 13-21) with a developmental disability. Please contact Vicki Affinati at 668-4231 ext. 2108 or email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org), if you have any questions.

### CENTRAL SQUARE SOCIAL CLUB

January 21 6:00 p.m. - 7:30 p.m.

We will be going swimming with Move Along Inc. at the Institute for Human Performance in Syracuse. This extraordinary pool has a 200-ton floor that adjusts from ground level to seven feet in depth. For participants with disabilities, the pool's moveable bottom and a specially engineered wheelchair ramp provide unprecedented access and independence. Please be sure to bring appropriate swim wear and towels. For more information on this group, please email Vicki Affinati at [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org).

### SIBSHOPS

January 15 12:00 p.m. - 4:00 p.m.

We will be meeting here at ARISE and discussing bullying. For more information contact Lisa Seguin at 342-4088 ext. 208. See you there!

### THE VISION NETWORK

January 10 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.

### TEEN GROUP

January 8 10:00 a.m. - 12:00 p.m.

We will be going bowling at the Lighthouse Lanes in Oswego. Please contact Heather Lee at 342-4088 ext. 243, e-mail [hlee@ariseinc.org](mailto:hlee@ariseinc.org) or Vicki Affinati at 342-4088 ext. 225, email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org) if you are interested in attending.

### COMMUNITY CONNECTIONS

January 8 7:00 p.m. - 9:00 p.m.

This month we will be attending an Oswego State Lakers Hockey game. Please contact Heather Lee at 342-4088 ext. 243, e-mail [hlee@ariseinc.org](mailto:hlee@ariseinc.org) or Vicki Affinati at 342-4088 ext. 225, email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org) if you are interested in attending.

## CIS Spotlight

This month's recognition goes to Jen Gorea. Thank you, Jen, for the wonderful work you do with your consumers. All of them have made marked improvement. One consumer has been more verbal than ever, another is now independent with bathing, and a third consumer has improved with counting. Great Work! The compassion you have for the people you work with is impressive. We especially enjoy your uplifting personality and attitude. Thank you, Jen, for making a difference!

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## Collecting Cell Phones for SAF

Services to Aid Families (SAF), a program of Oswego County Opportunities, Inc. (OCO), will be recognizing January as National Stalking Awareness Month. SAF is the Domestic Violence and Rape Crisis Program for Oswego County and provides services to those who are victims of physical, sexual or emotional violence, including stalking. SAF is working in several ways to raise awareness about the dangers of stalking as well as the services offered to assist anyone who is a victim of stalking.

ARISE is working with SAF to collect cell phones for distribution to victims of violence living in Oswego County. Please donate your used cell phones to assist victims of violence by giving them the added safety of having their own phone to call 911 in case of an emergency.

There will be a box located in the reception area of the ARISE office in Oswego. You can also bring your old cell phones to any of the following Oswego State games and receive a free admission:

Jan. 4 Men's Hockey: Oswego vs. Skidmore

Jan. 5 Women's and Men's Basketball: Oswego vs. St. Lawrence

Jan. 8 Men's Hockey: Oswego vs. Curry

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## Christmas Donation

A brighter Christmas was made possible for many of our consumers through the generosity of donations collected by John Manwaring. John, who works at a local tavern, enlisted the help of his patrons and friends to provide gifts to consumers of ARISE to make their Christmas a little merrier. Thank you, John, for all your hard work to make this possible for the second year in a row.



Pictured are: (Back Row) ARISE Staff Lisa Seguin, Shannon Horning, Mary Culbertson, Chris Scoville, Jineane Hanson, and Jennifer Torrese. Front Row: John Manwaring and Pete Williams (MSC Supervisor).

## THE TRANSITION CORNER TRANSITION SERVICES COORDINATOR

Kelly Howard

Oswego High School

KHoward@oswego.org

When it comes to the education of a child, the parent or guardian should be the primary advocate for the child to receive the best education possible. If the child is diagnosed with a disability, the guardian is responsible to make sure the teacher creates the most appropriate Individualized Education Plan (IEP) or 504 Plan.

The guardian should meet with the teacher to review the plan before attending the Committee on Special Education (CSE) meeting. This gives the guardian the opportunity to learn about the proposed plan and make sure it makes sense and is reasonable for the child. The guardian best knows the child and his or her abilities and limitations. The teacher can, and often will, offer his or her opinion as to what is best for the child, but the guardian has the final say.

The guardian should go into the CSE meeting with the IEP/504 Plan that he or she deems appropriate for the child, and will have to sign off on the final copy. By signing the final copy, the guardian states that he or she is comfortable with the plan and finds it appropriate for his or her child.

If you are a parent/guardian, remember to:

1. Meet with the teacher to discuss the IEP/504 Plan before going to the CSE meeting
2. Attend the CSE meeting
3. Make sure the IEP/504 Plan is fully satisfactory to you before signing it

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### Christmas Dinners

On December 22, a group of volunteers put together 27 Christmas Dinners. These meals were provided to consumers who would not have been able to enjoy a Christmas meal. The meals were made possible through generous donations from ARISE staff members.



Pictured are: (Back Row) Michelle Malone (MSC), Stephanie Landers (MSC), Anne Kryzkowski (IS), and Colin Joyce (New Vision Student). Front Row: Samantha Chesnut (New Vision Student), Christine Ward (HR Assistant), Jen Stanard (Advocate), and Chaz Barnes (Consumer).

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### Watch for The ILC Satisfaction Survey

You will be receiving the ILC Satisfaction Survey in the mail. Please fill out the form and return it in the envelope provided. If you have any questions, please contact Jim Cronk at 342-4088 ext. 211.

## Are You Prepared for Winter?

Winter in Upstate New York is always one for the record books and as the past month has shown, this year will be no different. As you know, snow can bring the hustle and bustle of daily life to a standstill. So, before the big storms hit, there's one question that comes to mind: Are you ready?

Hazardous weather conditions often stretch emergency services and personnel to the breaking point. When the snow starts falling at 3 inches per hour, the likelihood of a snow-related emergency is very possible. To ensure the safety of you and your loved ones while waiting for help to arrive, follow these tips to avoid being caught in the storm.

- Refill your prescriptions ahead of time. It's hard to say when the next big snow will hit so always be sure you have your medications. Some pharmacies allow you to refill over the phone. Check with your local pharmacy to see what services they provide.
- Damaging winds often accompany heavy snow and ice storms. This weather can bring down power lines leaving entire communities without power. You should have at least a 3-day supply of food, water and other survival supplies like flashlights, a battery-operated radio, extra batteries and blankets.
- If you have a personal assistant, what is your back-up plan if he/she cannot make it? Inform family, friends or neighbors if you need assistance in any way. This can include anything from getting groceries, shoveling your walk or helping you around the house.
- If there is a power outage, one of the most important resources lost is heat. Do you know anyone who has an alternative to heating their home? In some cases, community centers may be turned into makeshift shelters for those in need, but be prepared as it often takes time to organize this emergency service.
- If you absolutely have to travel in a winter storm, always let someone know where you are going. If you have a cell phone, carry it with you. Pack your car with blankets, an extra jacket and some high-energy snacks in case you become stranded.

Stay indoors and stay warm this winter!



### **UPCOMING WORKSHOPS**

#### **Financial Management - Making Ends Meet**

January 13, 2011  
10 a.m. - 12 p.m.

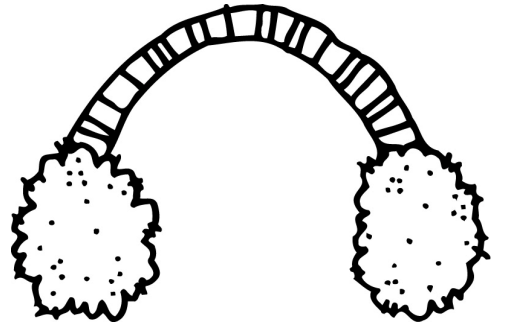
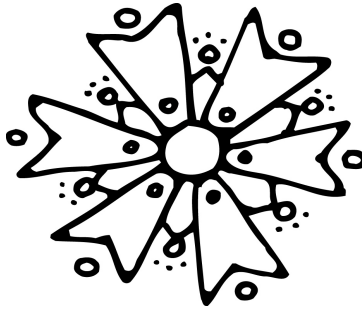
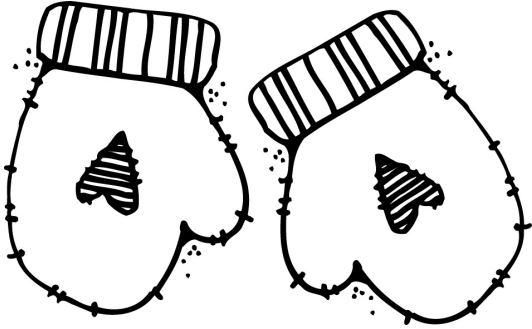
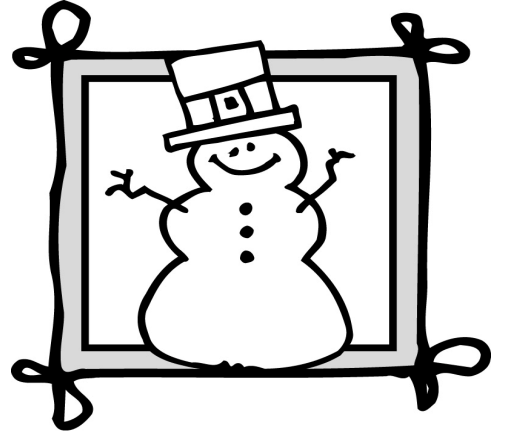
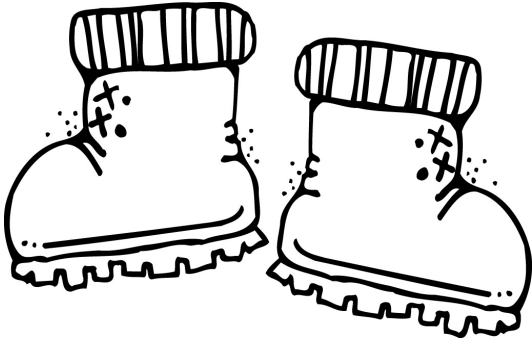
#### **Save Energy, Save Dollars**

January 21, 2011  
10 a.m. - 12 p.m.

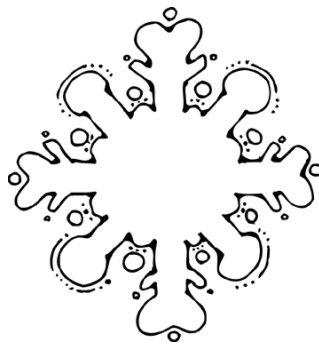
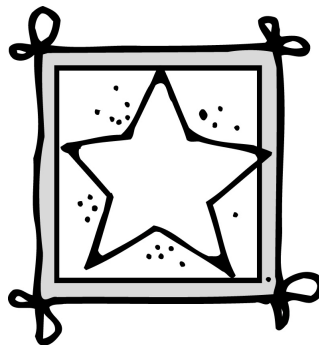
These workshops will be presented by Cornell Cooperative Extension here at ARISE. They are open to staff, consumers, and the general public. You **MUST** call Kathy at 963-7286 ext. 401 and pre-register for both trainings. If you have any questions please contact Jim Cronk at 342-4088 ext. 211.



# Fun Page



# Winter





# January



SUN	MON	TUE	WED	THU	FRI	SAT
						1 
2	3 <b><u>Fresh Food Giveaway</u></b> Sandy Creek UM Church Begins at 3:30	4	5 <b><u>Fresh Food Giveaway</u></b> Oswego Salvation Army Begins at 3:30	6	7	8 <b><u>Teen Group</u></b> 10 am - 12 pm <b><u>Community Connections</u></b> 7 pm - 9 pm
9	10 <b><u>Vision Network</u></b> 9:30 am <b><u>Book Club</u></b> 1 pm	11 <b><u>Central Square Social Group</u></b> 6pm - 8pm	12 <b><u>Fresh Food Giveaway</u></b> Fulton Elks Club Begins at 4 pm	13 <b><u>Financial Management Workshop</u></b> 10am - 12pm	14	15 <b><u>Sibshops</u></b> 12 pm - 4 pm
16	17 <b>Martin Luther King, Jr. Day</b>  <b>Office Closed</b>  	18	19	20	21 <b><u>Energy Workshop</u></b> 10am - 12pm <b><u>Social Club</u></b> 11pm - 12pm <b><u>Self-Advocacy</u></b> 12pm - 1 pm <b><u>Central Square Social Group</u></b> 6pm - 7:30pm	22
23	24 <b><u>Book Club</u></b> 1 pm	25	26	27	28	29
30	31					

# Oswego County Edition

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## OSWEGO COUNTY EDITION

### ARISE Receives Recognition from OCVI

ARISE was recognized at the meeting of Oswego County Visually Impaired (OCVI) held at Bridie Manor on December 27, 2010. OCVI presented small tokens of appreciation to Danielle Brooks and Sabine Ingerson for sending out monthly notices of their meetings and for securing funding for Call-N-Ride.

The group also dedicated and sang a song to ARISE. Frank Warren, a member of OCVI and the ARISE Advisory Committee, wrote the lyrics to the tune of "Over the River and Through the Woods" reprinted below.

Over the river and through the woods, our messages go forth.  
ARISE knows the way to carry the news of our activities.

Over the river and through the woods, ARISE knows each of us.  
They worry about the busses which carry us on our way.

Over the rivers and though the woods, our safety is assured.  
So we can sing without concern as over the roads we go.

OCVI is a group of adults in Oswego County who have visual impairments and meet monthly to provide support and information to each other. For more information please contact Laura Smith at 343-4781.



Pictured are Laura Smith of OCVI, Sabine Ingerson, Director of Oswego ARISE, and Danielle Brooks, Administrative Assistant.