

# ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

MARCH 2010

## 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.*

## March is Developmental Disabilities Awareness Month

John Proud, Oswego County Legislator, recently presented Nicole Kolmsee, Director of Community Services, and representatives of local agencies with a proclamation in recognition of Developmental Disabilities Awareness Month. ARISE was represented by Lisa Seguin, Senior MSC, member of the Family Support Services Council and parent of a child with Down syndrome. Her daughter, Kateri Senke, also attended the event, as well as Sabine Ingerson, Director of the Oswego Offices.



Pictured from left to right: Katie Backus, Linda Eagan, Lisa Seguin, Kateri Senke, John Proud, Nicole Kolmsee, Sabine Ingerson, Patrick Waite and Chrystal Hoyt.

The Oswego office serves close to three hundred individuals who have been diagnosed with a developmental disability. It is a condition that becomes apparent during childhood and causes mental or physical limitations. Although a person with a developmental disability might not learn as quickly or may have limited mobility, the main issue is that they are "just like you".

ARISE encourages everyone to break down the barriers in the community that stand in the way of full inclusion of those in our midst with disabilities. The contributions made by individuals with developmental disabilities might surprise you.

## ARISE GROUPS

### SELF-ADVOCACY GROUP

**12:00 p.m. - 1:00 p.m.**

**March 12**

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

**6:30 p.m. - 8:00 p.m.**

**March 31**

There will be the annual Spring Party at the ARISE Office with games, crafts and refreshments! Please contact Heather Lee at 342-4088 ext. 243 and leave a message or e-mail [hlee004@twcny.rr.com](mailto:hlee004@twcny.rr.com) if you are interested in attending.

### SPECTRUM MEETING

**6:00 p.m. - 8:00 p.m.**

**March 11**

The meetings of the SPECTRUM parent group are open to anyone in any school district and we discuss all types of disabilities. We meet in Central Square at the First Universalist Church on Route 49. This month we will be talking about the movement to “Spread the Word to End the Word”. “Spread the Word to End” the Word is an ongoing effort by Special Olympics, Best Buddies International and their supporters to raise the consciousness of society about the dehumanizing and hurtful effects of the word “retard(ed)” and encourage people to pledge to stop using the R-word.

### CENTRAL SQUARE SOCIAL CLUB

**6:00 p.m. - 8:00 p.m.**

**March 11**

The Central Square Social Group will meet at the First Universalist Church on Route 49 in Central Square on March 11th from 6 to 8 pm. All youth in any district are invited and encouraged to attend. This is open to youth who are still in school who are ages 13-21 and who have any type of disability. Join us for fun, refreshments and a time to make new friends. If you would like to be added to the email list that goes out announcing the meetings, please email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org) or call 668-4231 ext. 2108.

### SIBSHOPS

**12:00 p.m. - 4:00 p.m.**

**March 20**

The next Sibshops meeting will be March 20th from 12:00pm to 4:00pm here at ARISE. For more information contact Lisa Seguin at 342-4088 ext. 208. See you there!

### SOCIAL CLUB

**11:00 a.m. - 12:00 p.m.**

**March 12**

We will be having a St. Patrick’s Day Party! If you have any questions, please contact Jen Stanard at 342-4088 ext. 216 or Melissa Reeves at 342-4088 ext. 207.

### THE VISION NETWORK

**2:30 p.m.**

**March 10**

This month, the Vision Network will meet to discuss Website accessibility, Call-N-Ride, enlarged menus and future projects. For more information, contact Sabine Ingerson at 342-4088 ext. 210.

### HEARING LOSS GROUP

The next meeting will be in April.



IT'S IN OUR HANDS

## **The 2010 Census is in Our Hands**

By Sue Diesing

Every 10 years, the Census Bureau mails out new questionnaires in order to see how many people live in America. Every household in the country should receive one around the middle of March this year. Please keep these in a safe, noticeable place until you are able to answer the questions and mail them back to the Census Bureau. If you currently have a staff from ARISE working with you, just ask them for help.

None of the information you put in this census will be given out to anyone, so please answer every question to the best of your knowledge. The census bureau needs an accurate count of people so that New York can get funding for child care programs, social service programs, etc. A lot is affected when someone decides not to mail in the census. Without an accurate count, major funding could be lost, as well as a variety of other services which are sorely needed in this area. If anyone does not return the census, the census bureau will send someone to your house in order to obtain accurate information.

It is estimated that it will take 10 minutes per person in every household to answer the questions. There will be a postage-paid envelope addressed to the U.S. Census Bureau. Just place the completed form in this envelope and return it as soon as you can.

ARISE is partnering with the Census Bureau in order to assist whomever needs help. Beginning on March 23<sup>rd</sup> through April 15<sup>th</sup> of this year, between the hours of noon to 3:00PM, every Tuesday and Thursday, you are welcome to come to the ARISE Oswego office at 9 Fourth Avenue to ask any questions that you may have or to have someone help you in filling it out. One can also go to the website of the U.S. Census Bureau to see a sample of the census or to be more informed of its purpose. You can access the site by going to [www.2010census.gov](http://www.2010census.gov) at any time.

Please remember that it is extremely important that every household fills out the census and returns it. It's in Our Hands!



IT'S IN OUR HANDS

## THE TRANSITION CORNER

BY: VICKI AFFINATI

### TRANSITION SERVICES COORDINATORS

Central Square  
Vicki Affinati

[vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org)

Mexico  
Christine Ward

[cward@ariseinc.org](mailto:cward@ariseinc.org)

Oswego  
Kelly Howard

[KHoward@oswego.org](mailto:KHoward@oswego.org)

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#### Spread the Word to End the Word

Spread the Word to End the Word is an ongoing effort to raise the consciousness of society about the dehumanizing and hurtful effects of the word “retard(ed)” and encourage people to pledge to stop using the R-word.

The campaign, created by youth, is intended to engage schools, organizations and communities to rally and pledge their support. The effort is spearheaded by college students, Soeren Palumbo (Notre Dame 2011) and Tim Shriver (Yale 2011), and led by young people, Special Olympics athletes and Best Buddies partners across the country.

It is important for us to remember that all members of the human race are entitled to dignity and respect and that respectful and inclusive language is essential in order for that to happen.

The word retarded, especially when used as a put down, robs people with developmental disabilities of their dignity. People with developmental disabilities are friends to all, they are siblings, parents, athletes, children, parents, classmates, co-workers and mentors.

Spread the word to end the word wants everyone to use the new “r” word which is respect. Think before you speak and replace put downs with respect. The movement is asking for your help in creating a more accepting world for people with intellectual and developmental disabilities and all those people that may appear different, but have unique gifts and talents to share with the world.

We can all work together to accomplish this and to end the use of the word retard(ed). Often the word is used to denote behavior that is clumsy or even hopeless. Whether intentional or not, the word conjures up a painful stereotype of people with intellectual and developmental disabilities. It hurts. We need to work towards having a massive attitude change now to attack and reverse the stigma that is destructive to the lives of people with intellectual disabilities and a barrier to growth.

People with intellectual and developmental disabilities are capable and enjoy sharing life experiences – listening to music, playing video games, watching the latest movies, and yes, having fun – as well as working together toward athletic excellence and mutually enriching one-to-one friendships. They can attend school, work, drive cars, get married, participate in decisions that affect them, and contribute to society in many ways

We know that words hurt and they shape the way we see the world. By changing how we speak to and about one another, we can change the way we think and act too. That’s why it is so important to “Change the Conversation.”

When you say “retard” or “retarded,” you marginalize and insult millions of people with intellectual disabilities, their families and friends. Please, don’t use the R-word.

Our choice of language frames how we think about others. It is time to ACT NOW and pledge your support to eliminate the demeaning use of the r-word.

Go to [www.r-word.org](http://www.r-word.org) and sign the online pledge.

Information for this article was taken from the website: [www.r-word.org](http://www.r-word.org)

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## Looking For Assistance With Immediate Needs?

*The following list of Oswego County agencies offer a wide array of human services and are here to help when needed the most. Keep this list handy as a convenient resource for locating the assistance you need.*

**ADECCO Employment Services - Fulton**

(315)598-8230 / [www.adeccouse.com](http://www.adeccouse.com)

**American Red Cross - Oswego**

(315)343-0967

**Catholic Charities of Oswego County - Fulton**

(315) 343-9540 Food Pantry / Heat/Rent Assistance

**Child Support Enforcement**

1-888-208-4485

**Dexterville Community Service - Fulton**

(315)593-1607

Food pantry (once a month), clothing, furniture, household items, etc. By appt. only

**Dept. Social Services - Mexico**

(315)963-5000

**Emergency Food Pantry - Oswego**

(315)349-3533

**Food Pantry (Human Concerns - Oswego)**

(315)342-7301 Open 9:00 a.m. - 3:00 p.m.

**Food Sense Program**

(315)349-3533 Order Low Cost Food Packages

**Food Stamps or Medicaid at DSS - Mexico**

[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

(315)963-5021 / 5293

**Fulton YMCA**

(315)598-9622 Childcare

**Furnance Repair/Replacement**

(313)963-5311

**HEAP at DSS - Mexico**

(315)963-5278 / 5457 / 5288

Temporary Assistance or Food Stamps

**HEAP - Alternative Sites**

Fulton, Hastings, Oswego, Richland, and Cleveland. (315)598-7860

**Homeless Intercept Program**

OCO Switchboard

**Homeless Hotline, HIP - Fulton**

(315)342-7618 / In Take Facility, 598-6664

(315)598-4717 Front Desk

**Housing Assistance Program - Oswego**

(315)349-8263 [www.oswegocounty.com](http://www.oswegocounty.com)

**Low Income DayCare**

(315)963-5456 [www.co.oswego.ny.us](http://www.co.oswego.ny.us)

**New York State Dept of Labor - Fulton**

(315)591-9307 [www.labor.state.ny.us](http://www.labor.state.ny.us)

**New Life Crises Pregnancy Center - Mexico**

(315)963-2273

**Nutrition Outreach Education Program**

**Catholic Charities of Oswego County - Fulton**

(315)598-3980 ext. 252

**Oswego County Opportunities (OCO)**

(315)598-4717 - Fulton

Facilitate and Enrollment Health Insurance

Health Clinic - Oswego

**Oswego County Workforce NY - Fulton**

(315)591-9000

**Oswego YMCA**

(315)343-1981 Childcare

**Salvation Army**

(315)343-6491 / Oswego

(315)593-8442 / Fulton, NY

Emergency rental assistance (does NOT cover security deposit) / Soup Kitchen

**WIC**

[www.mybenefits.ny.gov](http://www.mybenefits.ny.gov).

Specific (milk, cheese, cereal, juice, etc) food assistance for low-income families or single parents

***Brought to you by the United Way of Greater Oswego County***

**United  
Way**



**Give • Volunteer • Advocate**

United Way of Greater Oswego County  
1 South First St., Fulton, NY 13069 - (315)593-1900  
[www.oswegounitedway.org](http://www.oswegounitedway.org)

## Children's Fun Page

### Shamrock Maze

With no rainbow in sight, only you can help this little leprechaun find his way to the pot of gold.



### Observe National Developmental Disabilities Awareness Month

Watch a movie with your family or friends:

- "I am Sam"
- "Music Within"
- "The Other Sister"

Read a book and discuss it with others such as:



- "Views from our Shoes" by Donald Meyer
- "Living with a Brother or Sister with Special Needs" by Donald Meyer
- "Animals in Translation" by Temple Grandin
- "The Curious Incident of the Dog in the Night-Time" by Mark Maddon
- "My Friend Isabelle" by Eliza Woloson

Visit a website:

- [www.nod.org](http://www.nod.org) (National Organization on Disability)
- [www.fvkasa.org](http://www.fvkasa.org) (Kids As Self Advocates)
- [www.ariseinc.org](http://www.ariseinc.org) (ARISE website)

Note: ARISE does not endorse the content or opinions expressed in the above movies, books or websites but offers them to initiate conversations about people who have developmental disabilities.

# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>**Fresh Food Giveaway</b> Sandy Creek United Methodist Church Begins at 3:30 pm	2	3 <b>National Day for "Spread the word to end the word"</b>	4 <b>*Guardianship Future &amp; Planning Training</b> 6 pm - 8pm ARISE Office	5	6
7	8	9	10 <b>2:30 pm Vision Network</b>	11 <b>6pm Central Square Groups</b>	12 <b>**Fresh Food Giveaway</b> Amboy Center UM Church Begins at 3 pm	13
14	15	16	17 <b>St. Patrick's Day</b> 	18	19	20 <b>12 noon Sibshops</b> ARISE Office
21	22	23	24	25	26	27
28 	29	30	31	<b>**MARCH 10 Fresh Food Giveaway</b> Fulton Elks Club Begins at 4 pm	<p><b>*To register for the Guardianship Future &amp; Planning training, please call to RSVP Lisa Seguin 342-4088 ext 208.*</b></p> <p><b>**All Fresh Food Giveaways are FREE. You must bring your own bags or boxes.**</b></p>	

# Oswego County Edition

ARISE  
9 Fourth Avenue  
Oswego, NY 13126  
Phone: (315)342-4088  
Fax: (315)342-4107  
TTY: (315)342-8696  
www.ariseinc.org

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OSWEGO, NY 13126

Mailing  
Address  
Goes  
Here



OSWEGO COUNTY EDITION

## Do you want to make a difference?

Have you ever considered working for ARISE as an Integration Specialist? Permanent part-time positions are available working with individuals with disabilities in their homes and/or community, in our Residential and Day Habilitation Programs throughout Oswego County. As an Integration Specialist your job would be to assist people with disabilities learn to live a more independent life.

Required: High School diploma (or equivalent). Associates degree or experience working with individuals with disabilities is preferred. Applicants must be at least 18 years of age with valid driver's license; and be willing to work flexible hours in the late afternoon, and / or early evenings. A background check is required for employment. Persons with disabilities and/or minority status are encouraged to apply. Rate starts at \$9.00 an hour, or higher depending on experience.

Forward resume to:

ARISE

Attn: Community Services Manager

9 Fourth Avenue

Oswego, NY 13126

or e-mail to [lsperino@ariseinc.org](mailto:lsperino@ariseinc.org); or fax to (315) 342-4107