

ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

NOVEMBER 2009

Center for Independent Living

ARISE Oswego
9 Fourth Avenue
Oswego, NY 13126
(315) 342-4088

ARISE Pulaski
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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.*

Sandy Creek Artist Featured on the Cover of UNIQUE Magazine



The UNIQUE 2009 Unveiling Celebration on October 14, 2009 marked the first time Alice Faye Olcott had shown her art in over four years. She was thrilled and surprised when she saw her painting "Blue Moon" on the cover of UNIQUE 2009. Despite severe pain and loss of strength, she danced with her husband in celebration – the first time she had danced in years. She says having the cover artwork is "huge."

UNIQUE is an art and literary magazine published annually by ARISE Child and Family Service, Inc. It features creative works by Central New York artists with disabilities. The 2009 edition features over 50 works by nearly 70 area artists and writers. The Unveiling Celebration was held at the Delavan Art Gallery on Fayette Street in Syracuse as a one-night showing of the creative pieces selected for publication in UNIQUE. Alice's painting "Blue Moon" was featured at the show hanging next to a framed copy of the 2009 Magazine.

(continued on Page 4)

ARISE GROUPS

Self-Advocacy Group

November 13 - 12:00 p.m. - 1:00 p.m.

Self-Advocacy is a group for people who want to advocate for change. At each meeting we discuss issues of accessibility and how they can be corrected. 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

November 24 - 6:00 p.m. - 7:30 p.m.

This month, the Teen Group will be meeting at the ARISE office for their annual holiday party. This group is open to any teen (ages 11 - 21) with a developmental disability. For more information, call Heather Lee at 342-4088 ext. 243.

Social Club

November 13 - 1:00 p.m. - 2:00 p.m.

At this month's meeting we will be meeting at the ARISE office for crafts and snacks. All consumers aged 18 and over are invited to attend! If you have ideas for future activities, or any question, please contact Melissa Reeves at 342-4088 ext. 207.

Central Square Social Club

November 12 - 6:30 p.m. - 8:30 p.m.

At this month's meeting the youth will be creating holiday crafts as they socialize. Refreshments will be served. The group is open to all youth who have a disability who are ages 13 to 21 and still in school. For more information please call Vicki Affinati at 668-4231 ext. 2108. Join us at the First Universalist Church on route 49 in Central Square.

Sibshops

November 21 - 12:00 p.m. - 4:00 p.m.

This month we will be meeting at the ARISE office for activities and a light snack. With guardian permission, facilitators will then transport the Sibs to the Oswego YMCA to swim. Please remember to bring your bathing suit and towel! For more information contact Lisa Seguin at 342-4088 x 208. See you there!

SPECTRUM Meeting

November 12 - 6:30 p.m. - 8:30 p.m.

This group is open to anyone who has a child with any type of disability or for anyone who works with someone with a disability. Disability etiquette will be discussed. Refreshments will be served, please join us at the First Universalist Church on Route 49 in Central Square. For more information please call Vicki Affinati at 668-4231 ext. 2108.

The Vision Network

November 17 - 2:30 - 4:00 pm

For more information, contact Sabine Ingerson 342-4088 ext. 210

Hearing Loss Group

November 12 - 1:00 p.m. - 2:30 p.m.

This month, there will be a demonstration by Sprint Relay Service on the use of CapTel telephone service. For more information, contact Sabine Ingerson at 342-4088 ext. 210.

Moved?

If you have moved or have a new address, please let us know! Contact ARISE to update your address for our records, our newsletter and voter registration.

Going Green

In an effort to cut down on excess paper consumption, you now have the option of receiving the ARISE newsletter by e-mail! If you are interested, please contact Katelyn at 342-4088 ext. 209 or e-mail your request directly to: kbolen@ariseinc.org

CENTRO

For consumers and visitors who travel to ARISE via the Centro bus, you are now able to request a stop at the ARISE office. This comes after the hard work of the Self-Advocacy Council who approached the Centro service about having a regular stop in front of the Oswego ARISE office. To be dropped off at the Oswego ARISE location, you should call ahead to the Centro station at least an hour in advance to request the stop. The bus will then deviate from its intended drop-off spot and let you off at ARISE. To be picked up at ARISE, please let the operator know what time you intend to be on the bus. Centro provides a great service to ARISE and its visitors, if you have any questions, contact Centro at 342-4400.

Take Action!

Have recent cuts to benefits and services made it difficult for your family to live? Would you like to voice your thoughts to our state and federal representatives? If you have an opinion, we have a way for you to be heard. We invite you to join our email action alert group. ARISE is part of the Statewide Systems Advocacy Network (SSAN) which links all Independent Living Centers in New York State. The SSAN has “watchdogs” that monitor the issues that may affect services for individuals with a disability. When proposed changes have potential impacts on services, the SSAN sends out an “Action Email Alert” urging you to contact your state representatives. The e-mail typically contains a pre-written letter, requiring only a few bits of information on your part to send. This letter is then sent to your representatives. If you are interested in learning more about the SSAN and becoming part of a united voice, contact Jim Cronk at jcronk@ariseinc.org or 342-4088 x 211.

ARISE Hosts CapTel Demonstration for Individuals with Hearing Loss

Wouldn't it be wonderful if individuals with hearing loss could listen and view live captions of their telephone conversations with ease, speed and confidence? On November 12, 2009 at 1:00 p.m., the ARISE Hearing Loss Group will be hosting a demonstration by Sprint Relay Service on the use of the Captioned Telephone (CapTel) and WebCapTel service. No RSVP is necessary to attend and anyone interested in learning more about the service is invited. For more information please contact Sabine Ingerson at (315) 342-4088 x. 210.

(UNIQUE cont. from Page 1)

Alice used rich colors in “Blue Moon”, with both bright yellows and dark browns and blacks complementing the central blue colors of the work. The acrylic painting was created using a “pour art” method, which uses a variety of tools to swirl the wet paint around canvases set on a flat drafting table. With no formal artistic training, Alice developed her own, sometimes unconventional techniques. The results are what Alice terms mindscapes. She says, “Whatever I was feeling at the time comes into my painting.”

Alice was born in Michigan in 1949, the thirteenth of fourteen children. Though she grew up in poverty and foster care, she never gave up on life. She spent part of her twenties in England where she sketched the countryside, then moved to California. She earned both a real estate license and a nursing degree and worked with people with disabilities.

After a brain aneurism in 1997, Alice returned to her early love of art by drawing bookmarks, then moving onto paintings. She describes her art as “an attempt to make the invisible visible. It is a blueprint of the progression from the dark hours we all experience through sunny days and beyond.”

Though Alice has won awards for her art both in the United States and overseas, recent health complications have limited her time to spend creating and showing her pieces. Encouraged by her advocates at ARISE and Maxim Health, Alice submitted two pieces of art for consideration for UNIQUE 2009. Though she knew “Blue Moon” was accepted for UNIQUE 2009, she did not know the piece was the cover until she came in the door of the gallery.

UNIQUE keeps each edition’s cover artwork a secret until the Unveiling Ceremony. The magazine is now available at ARISE locations in Onondaga, Oswego, and Madison Counties.

Alice enjoys the quiet Sandy Creek countryside with her husband, and two cats. The couple moved to the area about four years ago when she fell in love with a large barn to use as a studio.

For information about UNIQUE and the submission process, please contact Elizabeth Dunn, Managing Editor at (315) 671-2909

Congratulations to all Artists from Oswego County!

Other Oswego County Artists whose works were published in this year’s UNIQUE are: Amy Van Riper, Luann Knight, Dennis Pullen Jr., Josh Webster, Derek Grindle, Rhonda Peterson, Steve Ingerson, Vivian Golding, Jeremy Kelley, and Alice Olcott!

My White Cane by Marie Kouthoofd



Pictured: Laura Smith of OCVI group, Marie Kouthoofd, Legislator Barry Leeman, Sabine Ingerson, Director of ARISE, Ken Skillen and Bea Welch receive the proclamation for White Cane Safety Day which was October 15, 2009

I remember the first time I walked alone in the dark. I was 29 years old, that's right, 29. I have Retinitis Pigmentosa (RP). RP is a progressive eye disease that causes blindness. Most RP sufferers initially lose their ability to see in dark and dim areas, as RP progresses, however, the visual field narrows until total blindness ensues. In my case, I was born without night vision, so I never experienced the luxury of walking alone after dusk. By the age of 24 my visual field had diminished to the point of legal blindness and by the age of 29, I lost my license to drive, and found independent travel difficult at best. That is until that night in 1996, the night that long white cane was put in my hands.

Don't get me wrong, I had previous opportunities to use the cane. In fact, I had a cane in my filing cabinet drawer, where it sat neatly tucked away. I even had a counselor come to my home and teach me what they called "orientation and mobility". So why hadn't I used the cane before? My answer is multi-faceted.

My first obstacle was a simple educational matter. It had always been my understanding that blindness meant no vision. Those who had no vision, were blind, those who had some usable vision were not. Even though I had lost my license to drive, was night blind, had diminished peripheral vision, found changes in light blinding, and novel situations terrifying, I did not believe I was blind. I had fallen prey to a stereotype. I know now, for all intents and purposes, usable vision or not--I was and am blind!

(Cane continued from Page 5)

My second obstacle was a bit more complicated. I was ashamed to be blind. As mentioned before, the cane was not new to me. I tried to wield that white beast before, but to no avail. Why? It was just too difficult. Not the skills needed for cane use, but the social ramifications that immediately followed. Although the cane afforded me safe independent travel, it was also a symbolic representation of blindness; the same apparatus that liberated me also labeled me a handicap. I loathed the invasive, almost violating stares, the expressed wonderment when I achieved the most menial of tasks. When I accepted assistance, I became “sweetie”, when refused, “an angry blind person”.

One day my husband and I decided to switch roles. He agreed to walk one stretch of the airport with me as a blind person, he used the cane I held his arm. With this simple role reversal I became the competent caretaker and he became the invalid. Coffee? People asked me what he wanted. Directions? They entrusted them to me. While walking alone he was inundated by some gentle and some not so gentle, unsolicited sighted guides, who, “were helping him for his own safety”. Some pulled their children back in horror. Others called him sweetie, honey and the like. While, still others intrusively stared. My husband, for that short span of time got to feel what I felt. It was a bitter victory for me and a rude awakening for him.

Please understand, most if not all of these individuals were well intended. But as a good friend used to repeat to me “Marie, the road to hell is paved with good intentions.” The physical blindness seemed so small in comparison to the loss of dignity brought about by these *well intended* people. So the cane stayed tucked away.

In 1996, however I met the National Federation of the Blind (NFB), an organization of blind people who advocated for themselves. In one small statement the NFB eloquently put to words what my soul had been crying for some time:

“The real problem of blindness is not the loss of eyesight. The real problem is the misunderstanding and lack of information that exist. If a blind person has proper training and opportunity, blindness can be reduced to a physical nuisance.”

It’s all about attitude. My initial attitude about blindness was obscured by fear and misinformation. Once empowered with that knowledge I began my journey. It has been thirteen years since then and a lot has changed. I have met others like me, others who have helped me to realize it is okay to be blind. I now know there is no shame in using different methods than my sighted counterparts to achieve the same task. I now know that that long white cane is not a symbol of a handicapped, more vulnerable me, but a sign of independence, freedom and equality. So if you see me tapping around town, please know I am no different than you. That long white cane? It is simply my alternative method to achieve the same independence that you so freely enjoy everyday.

How Has Disability Been Viewed Through History?

By: Vicki Affinati

We all transition through many aspects of our life. Some transitions take place on a daily basis and some happen throughout the year or over the course of time. NYS Disability History Week was October 18th through 24th. For more information you can go to the following website: www.disabilityhistoryweek.org. In visiting this website you can learn how many changes have taken place within the world of disabilities. So many improvements have been made over the years and continue to be made as we all work together to advocate for equality and for better services: Transitions in services, options and opportunities as well as transitions in language and expectations and treatment.

If you visit the website it takes you on a visit through history and a look at the progress that has been made over time. Here is a small look at some of the history behind disabilities:

400 B.C.: Hippocrates, the Greek physician, wrote the first work on epilepsy disputing that the disorder was a curse or caused by the gods. He believed that epilepsy was a brain disorder.

1817: Thomas H. Gallaudet established the first free American school for the deaf and hearing impaired.

1832: The Perkins School for the Blind is opened in Boston, Massachusetts by Samuel Gridley Howe. Howe became the country's leading expert on educating the disabled.

1860: Cerebral Palsy was first classified by the British surgeon William Little. It was first named Little's Disease but was also known as Cerebral Paralysis.

1866: John Langdon Down publishes the first clinical description of what is later known as Down syndrome.

1869: The first wheelchair patent was registered with the United States patent office.

1943: The classification of autism was introduced by Dr. Leo Kanner of John Hopkins University. Kanner used the term early infantile autism and the characteristics he described in a paper published in *The Nervous Child* are still included in the autism spectrum of disorder.

1965: Medicare and Medicaid are established under the Social Security Amendments. Medicaid established health insurance for Americans considered disabled.

1973: The passage of the 1973 Rehabilitation Act is a large victory for the disability rights movement. The discrimination of the handicapped is addressed for the first time especially in Section 504. Qualified persons seeking employment could not be discriminated against based on their disability. This law would provide the outline for the future Americans with Disabilities Act.

Free Program Helps Eligible Uninsured New Yorkers Save on Medicines

Millions of individuals and families around the country have been impacted by job reductions, salary cuts, and/or the loss of health benefits. In New York, the rate of unemployment rose to 9.0 percent in August 2009.* As a result, an increasing number of uninsured individuals may be struggling daily to access their prescription medicines. In fact, recent studies have found that American consumers are cutting back on medical care because they cannot afford it.

Fortunately, resources are available that can help uninsured individuals gain better access to savings on their prescription medicines. For example, Together Rx Access, which is sponsored by many of the nation's leading pharmaceutical companies, provides eligible people with immediate and meaningful savings on prescription products right at their neighborhood pharmacies.

Most Together Rx Access cardholders save 25 to 40 percent[†] on brand-name prescription products. More than 300 brand-name prescription products are included in the Program.[‡] Savings are also available on a wide range of generics. Medicines in the Program include those used to treat high cholesterol, diabetes, depression, asthma, and many other common conditions.

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The income levels for which individuals are eligible for a Together Rx Access[®] Card range from \$45,000 for a single person to \$90,000 for a family of four. In addition, individuals must be legal residents of the United States or Puerto Rico, and have no public or private prescription coverage or qualify for Medicare. The Together Rx Access Card is free to get and free to use.

The Together Rx Access Card is accepted at the majority of pharmacies nationwide and in Puerto Rico. Cardholders simply bring the Card to their pharmacist along with their prescription, and the savings are calculated right at the pharmacy counter. In New York, more than 4,000 pharmacies accept the Together Rx Access Card.

Quick and Easy Enrollment

Together Rx Access offers potential cardholders three easy ways to enroll. And, no documentation is required.

Visit TogetherRxAccess.com to instantly enroll online.

Call a toll-free phone number: 1-800-250-2839.

Complete a short paper application and return it by mail.

All enrollment materials, including the Together Rx Access website, are available in English and Spanish. A Together Rx Access quick start savings card is also available. Potential enrollees simply detach the Card from a brochure and call the toll-free number to find out if they are eligible, enroll and instantly activate their Card. Healthcare professionals or patient advocates interested in receiving a supply of quick start savings cards, or other enrollment materials, can visit <http://www.togetherrxaccessonline.com/order/>.

For more information, visit TogetherRxAccess.com or call 1-800-250-2839.

*U.S. Department of Labor. U.S. Bureau of Labor Statistics. Available at <http://www.bls.gov>. Accessed September 22, 2009.

† Each cardholder's savings depend on such factors as the particular drug purchased, amount purchased, and the pharmacy where purchased. Participating companies independently set the level of savings offered and the products included in the program. Those decisions are subject to change.

‡ Visit TogetherRxAccess.com for the most current list of brand-name medicines and products.

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(Used with permission by Amy Niles, Together Rx)

DON'T FORGET TO VOTE!

As an Independent Living Center, we have advocated to make elections accessible to all. This accessibility has made it possible for individuals with disabilities to cast their secret ballots. Voting machines used at all polling sites will include:

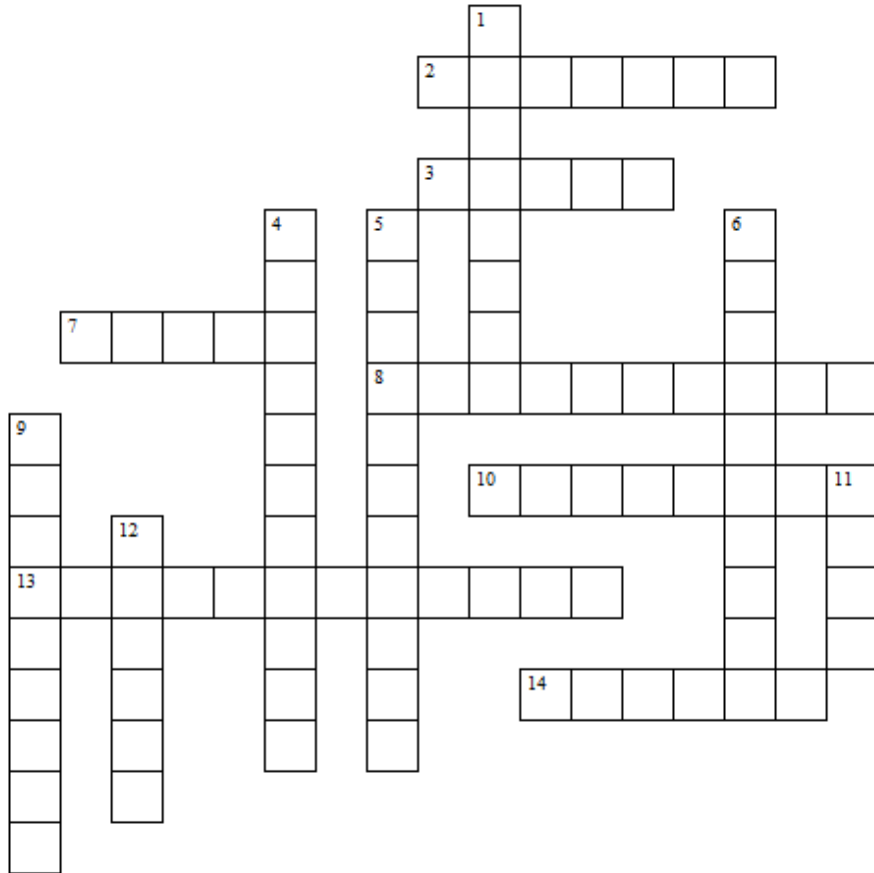
- Headphones so that the text can be read to the voter
- Controllers similar to those used for videogames
 - Sip and puff

Please remember to cast your vote!
Don't be afraid to ask for assistance!

Share your experience with these voting methods with our Independent Living Representative and advocate, or if you have questions regarding this contact Jim Cronk at jcronk@ariseinc.org or 342-4088 x 211



November Crossword!



ACROSS

- 2 Days during the month when children have no school and offices close in observation of.
- 3 Lots of food.
- 7 When it gets cold, this appears on the ground and windows.
- 8 Cone shaped ornament that contains fruit.
- 10 Newcomers, founded a settlement in Plymouth, Mass. in 1620.
- 13 Celebration with family giving thanks.
- 14 A bird, one of many things eaten on Thanksgiving.

DOWN

- 1 The eleventh month of the year.
- 4 The day we celebrate soldiers of war.
- 5 The day after Thanksgiving known as the start of the holiday shopping season.
- 6 Orange gourd turned into this kind of dessert.
- 9 All the food left after Thanksgiving.
- 11 Sometimes this falls from the sky in the month of November.
- 12 The group of people you share the Thanksgiving holiday with.





November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Social Skill Dine & Discuss 5:30 - 7:30	5	6	7
8	9	10	11 Veteran's Day OFFICE CLOSED Social Skill Dine & Discuss 5:30 - 7:30	12 Hearing Loss Group 1 - 2:30	13 Self-Advocacy 12 - 1 Social Club 1 - 2	14
15	16	17 Vision Network 2:30 - 4	18 Social Skill Dine & Discuss 5:30 - 7:30	19	20	21 Sibshops 12 - 4
22	23	24 Teen Group 6 - 7:30	25	26 Thanksgiving OFFICE CLOSED 	27 OFFICE CLOSED	28
29	30					

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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; or fax to (315) 342-4107