

ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

SEPTEMBER 2009

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**

What's inside:

- 1 ARISE Fall Dance
- 2 ARISE Groups
- 3 Other Announcements
- 4 Sibshops
- 5 ARISE at the Farm
- 6 The Transition Corner
- 7 Children's Fun Page
- 8 September Calendar
- 10 Other Information



*Our mission is to work with
people of all abilities to
create a fair and just
community in which
everyone can fully
participate.*

ARISE Hosts Fall Jamboree September 18, 2009 - 7:00 p.m. - 9:00 p.m

The ARISE Planning Committee can't wait to see you at the Fall Dance on September 18, 2009!

We had so much fun and success with the Spring May Flower dance that we just had to do it again! Join us as we celebrate the onset of this beautiful season with our fall dance!

We had many different fundraising events to help with this upcoming jamboree including a trip to the Farmer's Market with crafts and baked goods courtesy of the ARISE Social Group. Recently, Fajita Grill hosted a fund-raising night and donated a percentage of its proceeds to support dance planning. We want to thank everyone who had a hand in making all these events successful! With the help and support of volunteers, consumers, staff and the community, this fall shindig is sure to be a blast!

This event is being held at the Armory in Oswego and will take place in the evening hours between 7 p.m. and 9 p.m. Entertainment will be provided by a DJ. Snacks and finger foods will also be available throughout the evening.

Consumers receiving services through ARISE, ARC, DSO and others are invited to attend. Please be aware this dance is for consumers aged 18 and over only.

We are in the planning stages still and we want to hear your input! If you are interested in helping be a part of what makes our dances so much fun, we want to hear from you! Our next meeting will be scheduled soon. To learn how you can help increase our efforts and how to help us plan, you may contact Lee Sperino at 342-4088 ext. 224.

ARISE GROUPS

Self-Advocacy Group

September 21 - 12:00 p.m. - 1:00 p.m.

This group is open to anyone with a disability and a desire to advocate. At each meeting we discuss accessibility issues in the area and plan how to advocate for change. 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

Upcoming Dates and Times TBA

This group is open to any teen (ages 13 - 21) with a developmental disability. Participants will receive the date, time and activity in the mail when it becomes available. For more information, call Heather Lee at 342-4088 ext. 243.

Social Club

September 21 - 1:00 p.m. - 2:00 p.m.

Please join us for the September Social Club event at the ARISE office. This month we have crafts and other activities planned. Snacks will be provided! For more information, contact Melissa Reeves at 342-4088 ext. 207.

Central Square Social Club

No September Meeting

Upcoming Dates and Times TBA

If you would like to be added to the email list that goes out announcing these events, please email vaffinati@ariseinc.org or call 668-4231 ext. 2108 if you want to be called or mailed information about the group activities.

Sibshops

September 26 - 12:00 p.m. - 4:00 p.m.

This month, Sibshops will be meeting in the ARISE office for lots of fun and games! A snack will be provided. Get ready to roll with all the other Sibs! If you have any questions about Sibshops, you may contact Lisa Seguin at 342-4088 ext. 208.

SPECTRUM Meeting

No September Meeting

Upcoming Dates and Times TBA

If you would like to be added to the email list that goes out announcing these events, please email vaffinati@ariseinc.org or call 668-4231 ext. 2108 if you want to be called or mailed information about the group activities.

The Vision Network

September 15 - 2:30 - 4:00 pm

There will be a discussion about at the upcoming meeting on White Cane Safety Day as well as outreach to individuals living in senior housing. For more information, contact Sabine Ingerson 342-4088 ext. 210

Hearing Loss Group

September 10 - 1:00 - 2:30 p.m.

Information on the next meeting will be mailed out when it becomes available. For more information, contact Sabine Ingerson at 342-4088 ext. 210

ARISE Consumers Brave the Heat for Fun at the Park



Participants who attended the annual ARISE Social Club picnic are seen here playing bingo and creating crafts. The barbecue took place at Breitbeck Park on one of the hottest days this summer, but that didn't stop everyone from having a good time! Thank you to everyone who came out and helped with the food, crafts and fun!

Playing 4 Poverty

A Food Aid Concert for Oswego County



SAVE THE DATE!

2nd Annual

Playing

4

Poverty

Concert

A Musical
Concert
And
Canned Food
Drive

To Raise
Awareness and
Support the
Local Food
Pantries

September 12, 2009

3:00 - 9:00 PM

Bullhead Point, Fulton

The event will be held at the Fulton War Memorial in case of rain

Our Thanks and Condolences:

On May 31, 2009, one of ARISE's volunteers, Harold Wallace, lost his wife Carol. Harold and other members of the First United Methodist Church in Oswego are long-time volunteers who help construct accessible ramps in Oswego County. In keeping with the kindness and generosity shown by all volunteers, the members of the "Thursday Night Fabrication Crew" gathered contributions and donated them to the Oswego Ramp Fund in memory of Carol. You are in our thoughts, Harold, and we thank you and all our volunteers for helping make our work possible day in and day out, year after year.



It gives us great pleasure to announce Sibshops is starting another year! This is an exciting program just for brothers and sisters of children with special needs. At Sibshops, brothers and sisters will:

- Meet other brothers and sisters of children with special needs;
 - Have fun;
 - Talk about their brothers and sisters with others who really know what it's like to have a sibling with a disability;
 - Make new friends;
 - Learn more about disabilities and the services that people with disabilities receive; and
- Have some more fun!

Whom are Sibshops for? Sibshops are for 3rd thru 8th grade brothers and sisters of children who have special needs.

Who sponsors Sibshops? ARISE Family and children services

Who can I contact about Sibshops? Lisa Seguin, facilitator of Sibshops, participated in a 2-day training with Don Meyer, Director of the Sibshop Support Project.

What are Sibshops? Sibshops are a lively mixture of new games, discussion, and guest speakers. Participants should dress comfortably and be ready for action.

When and Where are Sibshops? Sibshops will be held from 12pm – 4pm on the following dates: September 26, November 21, January 16, March 20, May 15, and July 17.

We want all who register to attend each session!! Each Sibshop meeting will be held at our facility; ARISE office, 9 Fourth Ave, Oswego, NY 13126.

What is the cost of Sibshops? It's free!!!

Sounds great! Give us a call to register! 342-4088 X208
Lisa Seguin

ARISE at the Farm

By: Sabine Ingerson

Children who attend summer camp often bring their stories and experiences with them when school starts in September. Sometimes, the same opportunity to attend a summer camp is not available for children with special needs. With specially trained staff and an area that is accessible, ARISE at the Farm offered 13 children the experience of a week-long summer camp.

The day camp, located in Chittenango, on a 76-acre working horse farm provides activities and programs for children with special needs. All programs that take place at the farm are inclusive and welcome people of all abilities.

After a minor delay on the first day, the children and a counselor, Lillian Compson, headed to the farm where they were greeted by a schedule filled with exciting activities.

The facility boasts a large covered riding area, a petting zoo, a fishing pond and a walking trail with a 7/8 mile track for the horses. There was never a dull moment and each day was filled with fun!

Each child was given the opportunity to participate in all of the activities provided. By far, the children looked forward to their time with the horses the most. After lunch, the horses were combed, cleaned and prepped for riding. Accompanied by staff, the children experienced the thrill of being atop a horse.

For many, this exciting opportunity will stay fresh in their minds. ARISE at the Farm is a wonderful program for everyone involved. This week-long summer camp would not be possible without the hard work of many. Thank you to those who helped and the children who attended! If you would like more information about ARISE at the Farm, contact Sabine Ingerson at 342-4088 ext. 210.



Left: Austin White-Tyrrell enjoys riding a bike using hand pedals.

Right: Elizabeth Barlow brushes a horses before it is ridden.

The Transition Corner

By: Vicki Affinati

As a parent it is your responsibility to work with your child to create some long term planning; this is not the responsibility of the school district. Some people figure things out as they go along, but to be most successful it is wise to spend some time creating a long term master plan. Lay it out like you would if you were building a house, put all the details in and all of the things that you and your child want and then look at potential problems and how you might be able to overcome those problems.

Here are some things to think about as you lay out your master plan:

- What does your child need and want in order to succeed?
- How will you advocate for your child?
- Will you be able to get time off from work in order to go to the meetings at the school for your child?
- Who will provide for your child if you end up becoming sick and can't take care of them?
- How will you deal with emergencies or unexpected occurrences?
- Include your child's interests and hobbies and their strengths.

Keep your plan:

Simple
Focused
Flexible
Concise

Include:

A vision statement for your child
A mission statement for your child and family
Goals that include timeframes and that are measurable and doable.

Legal Services Hosted by ARISE

The Central Square ARISE SPECTRUM Parent Support Group is hosting Legal Services of Central New York, Inc. on October 22nd. Someone from Legal Services will be doing a presentation on *The IEP: Rights and Responsibilities - With a Focus on Implementation*. This is open to anyone and is being held at the First Universalist Church on Route 49 in Central Square. There will be a time for questions and answers at the end of the presentation, which will run from 6 PM to 8 PM. If you have any questions, please call Vicki Affinati at 668-4231 ext. 2108 or email vaffinati@ariseinc.org.



Children's Fun Page

Back to School Word Scramble



We hope you spent your summer having fun,
but now it's time to go back!

1. TAR =

10. MYG =

2. BAOOBKG =

11. RALIBRY =

3. USB =

12. HLUNC =

4. SSOROMLAC =

13. KOONBOTE =

5. TRFCA =

14. LICPEN =

6. SONRAYC =

15. CERESS =

7. SKDE =

16. HOSCOL =

8. DLFOER =

17. SUDTENTS =

9. GUELSTICK =

18. RAECHET =

See if you can unscramble all these
back-to-school words!

Created by: Katelyn Bolen

1. ART, 2. BOOKBAG, 3. BUS, 4. CLASSROOM, 5. CRAFT, 6. CRAYONS, 7. DESK, 8. FOLDER, 9. GLUESTICK, 10. GYM, 11. LIBRARY, 12. LUNCH, 13. NOTEBOOK, 14. PENCIL, 15. RECESS, 16. SCHOOL, 17. STUDENTS, 18. TEACHER



September 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Office Closed for Labor Day	8	9	10 Hearing Loss Group 1 - 2:30	11	12 Playing for Poverty 3 - 9
13	14	15 The Vision Network 2:30 - 4:00	16	17	18 ARISE Fall Dance Oswego Armory 7 - 9	19
20	21 Self-Advocacy 12 - 1 Social Club 1 - 2	22	23	24	25	26 Sibshops 12 - 4
27	28	29	30			

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

NON-PROFIT
US POSTAGE PAID
PERMIT NO. 25
OSWEGO, NY 13126

Address Service Requested

Mailing
Address
Goes
Here



OSWEGO COUNTY EDITION

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.