

FEBRUARY IS NATIONAL HEART MONTH



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When you think of hearts you think of February 14th, Valentine's Day. It offers us an opportunity to focus on our heart. Yes, we need to think about keeping our heart, which pumps the blood in our body, healthy and strong through exercise and eating healthy; but we also need to think about the love we have in our hearts for each other and our community.

The many benefits and generosity in our community show how much "heart" people have. The outpouring of support and volunteer activity in our community is amazing. I feel privileged to be part of the Oswego community as well as the amazing ARISE family. There are some staff members you don't hear that much about unless you are working directly with them - they are employees who work "in the field."

There are over 100 caring staff members who provide personal care in our Consumer-Directed Personal Assistance Program. This program embraces the philosophy shared by Judith E. Heumann, a disability rights advocate. To her, independent living is not doing things by yourself, it is being in control of how things are done. The individuals who are enrolled in this program hire their personal assistants, determine the time they come, and they also direct their own care. I can truly say that you cannot be in this field of work unless you "have heart" and deeply care about the people you support.

Another group of employees that come to mind are our direct support professionals in the Community Habilitation, Respite, and Recreation programs who are very dedicated and truly love their work. When I hear the laughter and encouraging words when they are interacting with the individuals they support, it warms my heart.

The many volunteers, donors, and community organizations who have given so much to ARISE are also doing this because they have heart. The 50 individuals who received a ramp this past year certainly knew that and they thank you from the bottom of their heart. I also want to take a moment to thank all those community members who donated to the loan closet of durable medical equipment. We have a great demand for manual wheelchairs and are always interested in accepting more.

I would like to extend a heart-felt thank you to all of you as we celebrate National Heart Month!

~ Sabine Ingerson



ARISE

Center for
Independent Living

ARISE Oswego

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

ARISE Pulaski

2 Broad St
Pulaski, NY 13142
(315) 298-5726

ARISE Fulton

113 Schuyler St, Suite 2
Fulton, NY 13069
(315) 887-5156

ariseinc.org

  /ARISEcny

Our Mission

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

ARISE Groups

Oswego Social Club

No Social Club this month.



Self-Advocacy Group

Monday, February 26th

1:00 PM - 2:00 PM

Pontiac Terrace Community Room

Self-Advocacy is a group for people who want to advocate for change. For additional information, or if you have an issue you would like the group to advocate for, please contact Josh Solazzo at (315) 342-4088 X216.

Teen Group

Saturday, February 10th

9:30 AM - 11:30 AM

Swimming at Granby Elementary School

Community Connections

Saturday, February 10th

9:30 AM - 11:30 AM

Swimming at Granby Elementary School

Please email Vicki at vaffinati@ariseinc.org or call (315) 342-4088 X225 for information about this group.

Please email Vicki at vaffinati@ariseinc.org or call (315) 342-4088 X225 for information about this group.



Sib Shops

No activity this month

Please email Nikki at nbaldwin@ariseinc.org or call (315) 342-4088 X246 to leave a message for information.



TBI Group

Tuesday, February 13th

4:30 PM - 5:30 PM

(This is a reoccurring meeting that takes place the 2nd Tuesday of each month)

We will be meeting at the ARISE Oswego office If you have any questions, contact Shannon Morrell at (315) 342-4088 X245 or Christine Ward at 342-4088 X201 or cward@ariseinc.org.

Ramp Program

ARISE Ramp Program Teams Up with a Good Samaritan

On January 12, 2018, Christina Beattie was traveling from the Fulton Walmart to the Fulton Price Chopper. As she drove, she spotted a man named Richard in a powered wheelchair trying to get up a “ramp” on his porch. The rear wheels had slid off the ramp and he was trying everything he could to get back onto the ramp. His current ramp was too steep and lacked any type of railing. Christina stopped and helped him get his chair back onto the ramp and assisted him to the flat area of the porch. She stated to Richard that he could use a better ramp. He explained that ARISE had a ramp for him and all he needed to do was find volunteers to install it.

She immediately contacted Scott Pecoy at ARISE to find out what needed to be done. Scott informed her that if he had 5-6 volunteers, he could get the ramp put in for Richard. Christina had two volunteers willing to help and Scott asked a re-occurring volunteer who was more than willing to assist.

Scott coordinated getting the ramp sections, hardware, tools and supplies delivered to the ramp location. On Saturday January 20, 2018 we teamed up with the volunteers and installed an access ramp. Richard was very happy and appreciated the work that ARISE and the volunteers had done.

It was a great day with a great story of a stranger who stopped to help a gentleman in his time of need. Then for her to go above and beyond and make a call to ARISE to help Richard overcome an architectural barrier was such a kind thing to do.

It would be a much better world if we all took the time out of our day to share a smile, a kind word of encouragement or a helping hand to someone in need, as Christina has done.

On behalf of ARISE and the Advocacy Department, we want to thank Christina and the volunteers that helped Richard achieve his mobility goals with his new access ramp.

If you're interested in getting involved with our Oswego County Ramp Program, please reach out to Scott Pecoy at (315) 342-4088 X213 or specoy@ariseinc.org.



Looking Ahead:

We have teamed up with Team RWB (www.teamrwb.org), and they are sending a group of volunteers on February 25, 2018, to assemble ramp sections. On that day we will set up a date and time to participate in a ramp installation.

Medicaid Service Coordination

What is a Care Coordination Organization (CCO)?

It is likely that you have been hearing about Care Coordination Organizations (CCO). A CCO is a specialized Health Home for individuals with Intellectual Developmental Disabilities. The Office for Persons With Developmental Disabilities has approved the CCOs as of January 16, 2018 and the CCOs are part of their new initiative called People First Care Coordination.

Individuals and families currently receiving Medicaid Service Coordination (MSC) or Plan of Care Support Services Coordination (PCSS) from ARISE will transition to LIFEPlan Care Coordination Organization if they chose. This transition to the CCO model is scheduled to take place July 1, 2018.

ARISE and LIFEPlan are hoping to make the transition as seamless as possible for all people supported. For more information on the transition from Medicaid Service Coordination to Comprehensive Care Management, please contact your Medicaid Service Coordinator.

To learn more about LIFEPlan CCO, please visit LIFEPlanCCONY.com

LIFEPlan CCO will be hosting Family Forums that all individuals and family members are welcome to attend. Please join to learn how your MSC services will transition to Comprehensive Care Management.

Tuesday, February 13, 2018

11:00AM-1:00PM or 4:30 PM-6:30PM

One Group

Community Room

706 North Clinton Street

Syracuse, NY 13204

RSVP to Alexa Aiello at alexa.aiello@upstatecp.org

or (315) 507-2081 ext. 223.

Space is limited so please be sure to RSVP as soon as possible.



Crystal Bracy
Medicaid Service Coordinator



WAYS TO BEAT WINTER BLUES

Sometimes the short and cold winter months can put us in a “blue mood”, which people often refer to as the “Winter Blues.” Some people believe that there is a direct relationship between the way someone feels in the winter months and the lack of sunlight. Here are some tips and tricks to beat the winter blues.

1. Stock Up on Vitamin D

Since we get most of our vitamin D from the sun, taking a vitamin D supplement during the winter months may help. Certain foods are good sources of vitamin D, including cod liver oil, swordfish, salmon, tuna, milk, yogurt, sardines, eggs, and cereals fortified with vitamin D.

2. Try Something New

Take advantage of your days indoors to learn a new musical instrument, a new card game, or maybe cook up something different. Projects like organizing bookshelves, shredding old tax returns, and cleaning out the garage are perfect activities for the dreary months of the year.

3. Sit By the Fire

There’s something so consoling about staring into the embers and warming your hands by their heat. But you need not go to the trouble of building a fire in your house: You can borrow someone else’s fire —even a coffee shop’s —or you can simply light a few candles and enjoy a few moments of stillness.

4. Stay Active

But don’t take the idea of spending time curled up in front of the fire too far. It’s important to stay physically active. In fact, exercise is one of the most important things you can do to stay happy. So get some physical exercise, preferably outdoors. It’s not always easy or pleasant to exercise in inclement weather. If exercise outdoors is not possible, exercise indoors. Move your yoga mat or treadmill to a nearby window to get more daylight.

5. Laugh more often

Laughter is one of the best medicines out there, particularly when it comes to the winter blues as it releases endorphins and serotonin, helping to raise your mood and reduce stress. Studies have found that even the anticipation of laughter can help to reduce stress levels and lift spirits, but many of us don’t laugh enough. Easy ways to increase your laughter are to go out with friends, watch your favorite comedian or comedy movie, or read a funny book.

6. Make someone smile

Another way to beat the winter blues is to carry out acts of kindness for other people. It might be through charity work, volunteering, or making someone close to you smile with a thoughtful gesture. Scientists carried out a study which found that people who practiced daily acts of kindness over 10 days experienced a significant happiness boost. Introduce some of these small changes into your life to see how much of a positive impact it can have on your own mood.



Fun Page

Happy
Groundhog Day!



FEBRUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 	3
4	5 Fresh Food Giveaway Sandy Creek UMC, 3:30-5:30p	6	7 Fresh Food Giveaway Christian Life Assembly, Syracuse 3:00-5:00p	8 Fresh Food Giveaway St. Joseph's The Worker, Liverpool 3:30-5:30p	9	10 Community Connections & Teen Group 9:30-11:30a
11	12 Lincoln's Birthday	13 TBI Peer Support Group 4:30-5:30p	14 Fresh Food Giveaway Park UMC, Pulaski 3:00-5:00p	15	16	17
18	19 Office Closed 	20	21 Fresh Food Giveaway No. Syracuse Christian Church 3:30-5:30p	22 	23	24
25 	26 Self Advocacy group 1:00-2:00p	27	28		19 Fresh Food Giveaway Believer's Chapel 3:30-5:30p	

Oswego County Edition

ARISE

9 Fourth Avenue
Oswego, NY 13126

Phone: (315)342-4088

Fax: (315)342-4107

TTY: (315)342-8696

ariseinc.org



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Employment

ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation) is an agency in the New York State Education Department that has helped many individuals with disabilities find and keep employment. You may know the agency from its previous acronym: VESID.

Over the past year, ACCES-VR has helped over 900 people in Central New York (including 80 in Oswego County) succeed in careers ranging from customer service to information technology. Services to help eligible individuals reach their employment goals may include but are not limited to: job coaching, employment counseling, advocacy, and financial assistance with training, equipment, and work uniforms.

If you or someone you know has a barrier to employment and is interested in applying, please call (315) 428-4180 to register for an information session or to receive an application.

