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Looking back at 2017, I feel one of the great decisions ARISE made was to apply for accreditation by the Council on Quality and Leadership (CQL), which we received in May. To prepare we had to look at how we protect the rights of the individuals we support. As an Independent Living Center, we have always advocated for equal rights and access for all, so we were well prepared.

One of the suggestions from the reviewers from CQL was for ARISE to share the United Nations Declaration on Human Rights with all of the individuals we serve to make sure everyone is aware of the basic human rights we are all entitled to. Beginning this month, our staff will be sharing a copy of the declaration with you at meetings. If you ever feel that your basic rights are not adhered to, please talk to our staff so we can support you.

Here are the first three of the 30 articles of the declaration:

- **Article 1:** Everyone has the right to freedom and to be treated with dignity and respect for their freedoms.
- **Article 2:** Everyone has the right to be treated equally despite differences in religion, culture, gender or skin color etc.
- **Article 3:** Everyone has a right to life and to live in safety as well as with freedom.

Celebrate with me that we live in a country where we have equal rights. When those rights are not upheld, ARISE is there to advocate with you. Happy New Year!

~ Sabine Ingerson

ARISE

Center for
Independent Living

ARISE Oswego

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(315) 342-4088

ARISE Pulaski

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Pulaski, NY 13142
(315) 298-5726

ARISE Fulton

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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, January 22nd

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

To be announced

Community Connections

To be announced

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

Saturday, January 20th

12:00 PM - 4:00 PM

Sledding, hot cocoa, lunch & bird feeder craft at the Fulton Public Library

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

TBI Group

Tuesday, January 9th

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.

Independent Living Services

HOLIDAY OPEN HOUSE

ARISE's annual Holiday Open House was celebrated with good food & fun. Thank you to all who helped make it an enjoyable day.

The annual door contest took place with the Advocacy Dept. winning 1st place, The CDPAP Dept. took 2nd place and the Community Habilitation Dept. took 3rd place.

This year individuals enjoyed a cookie bake off with first, second and third prize winners.

We want to wish you all a very happy holiday season!



Independent Living Services



NOTE OF THANKS



We have reached the end of the year and have so much to be thankful for. Our ramp program set a new record in 2017 with 50 ramps put together. Our last two ramps were done on one day in December and it was COLD!

We want to thank a lot of people and organizations this year because this program is made possible thanks to generous monetary and material donations. We have some amazing corporate sponsors: G&C Foods, Novelis, Raby's, Compass Credit Union, Pathfinder Bank, Wal-Mart of Fulton/Granby, Fastenal, Oswego Rotary, and the Oswego Elks Club. Many of those sponsors showed up and built ramps for us, along with corporate builds from Eaton Crouse Hinds, SUNY Habitat for Humanity, CiTi Boces, the Phoenix Masonic Lodge, and Nationwide Insurance.

We also had a LOT of neighbors, friends, church members, and community friends who called to volunteer to construct ramps for someone and sometimes for recipients they didn't personally know.

Another special note goes out to the ARMY Recruiting Center in Oswego County for assisting in assembling our Holiday Baskets that went out to those that could not get out to sign up for food assistance for the holidays.

What a great year! A special thanks to those who made donations. They often thought it was too small, and the truth of it is, that they made our day much brighter and our heart even larger. So many people took part this year and so many more were served. Thank you so very much for taking ownership of such a great program!!!

We hope the holiday season is kind to you, and the Advocacy team here at ARISE wishes you the very best!

Jim Karasek, Josh Solazzo, Jim Cronk, Scott Pecoy and Vicki Affinati

Ramp Program

On December 9, 2017, on the outskirts of Phoenix, six members of the Phoenix Masonic Lodge teamed up with ARISE to help install one of the last ramps of the 2017 season. Everyone had a great time doing the work and enjoyed the comradery of working together for an awesome cause. The recipient of the ramp was very happy with the work done by the Masons and ARISE.

We would like to thank the members for coming out on that cold day to help out. They include: Master Dave Van Aukin, Brothers Kevin Dix, Scott Colbert, Steve Colbert, Mickey Carey and Chris Watkins, Scott Pecoy, a member of the ARISE Oswego Staff and a fellow Mason. Your help and dedication was greatly appreciated.

The Phoenix Callimachus Masonic Lodge #369 has informed us that they are willing to continue helping with ramp installations in the Phoenix area.



Independent Living Services

Everything you wanted to know about Bed Bugs....



We know it's a touchy subject, but it's one we should all be prepared for. The recent outbreaks, and some bugs showing up in schools in Onondaga county, have created questions from others that want to be informed on how to get rid of this problem, if and when it comes to their home.

On January 12th at 10 AM, ARISE will be hosting an informational session on the subject of bed bugs. The program will be run by Sonia Robinson from the Oswego County Health Department. You will get a chance to hear how to handle this issue if or when it confronts you. At the end, we will also have time for questions.

We will provide coffee, tea, and juice with a lite snack. Please call to reserve a spot so we can get a head count. Call (315) 342-4088 extensions X213, X206, or X211 and leave a message.

Thank you and we hope to see you there.

- ARISE Advocacy team.

Consumer Directed Personal Assistant Program

Do you want more freedom in deciding who will be your personal assistant?

There is an alternative to traditional models of home health care offered in Oswego County called the Consumer-Directed Personal Assistance Program (CDPAP). Since early 1998, this service provides the consumer with more control over their personal care needs. The consumer, not an agency, recruits, interviews, hires, trains, supervises and if need be, dismisses the personal assistant they have chosen.

Qualified individuals in need of personal care are able to hire their own personal assistants. CDPAP is designed for individuals who need long-term care, but who are medically stable.

To be eligible an individual must live in Oswego County, expect to need assistance for at least 180 days, be self-directing or have another individual willing to supervise the program for them. You must also be eligible for or currently receiving Medicaid.

Individuals' Managed Care Company, or The Department of Social Services, and a registered nurse determine eligibility and the extent of services needed on an individual basis.

Two quotes from individuals in the CDPAP program:

"The Consumer-Directed Personal Assistance Program makes it possible for me to be able to live on my own, otherwise I would not be able to".

"Having a personal assistant improves my quality of life and I'm able to make the choice of who to hire and when to schedule them to work myself".

For further information regarding the Consumer-Directed Personal Assistance Program please contact Cheryl Arnold at 342-4088 X214.

Winter Storm Preparation

Winter Storm Preparation Tips

Winter is here and it is time to prepare for a time when going to the store is difficult or even impossible. So, what should we all do to be prepared for an emergency?



Start by making a **plan** about what you will do in case you cannot leave the house, the power is out, or your support staff cannot come.

Make a **list of phone numbers of family members, friends, support staff, and agencies**, post them on your refrigerator and enter them into your cellphone. In a real emergency watch the television for instructions.

Have a **three day supply** of all items you might need in case you cannot leave the house or the power is interrupted. Here are some ideas of items you want to have at home:



Non-perishable food that does not require cooking such as peanut butter, bread, jam, crackers, cookies, nuts, etc. -

Canned food – good to have on hand if you cannot get out but have a microwave that works

Manual can opener

Bottled water

If you have a pet, don't forget to have enough food for them as well

If there are babies in the household, make sure there are plenty of diapers, formula and baby food

Flashlight with batteries

At least a three day supply of all medication

First aid kit

Moist towelettes

Blankets to keep warm



Make sure your cellphone is always charged, especially if you do not have a landline. If you have to go to a shelter bring your identification, medications, and personal items.

If there is an emergency when you have to shelter in place due to circumstances when staying inside is safer than breathing the air outside, close the windows, seal all areas where air can come in and check the television for instructions.

If there is ever a request from the Health Department to come in and receive medications or a vaccination, follow those directives as well. Our staff at ARISE can help you answer any questions you might have.

Stay safe,

~ Sabine Ingerson





Erin Cook
Medicaid Service Coordinator

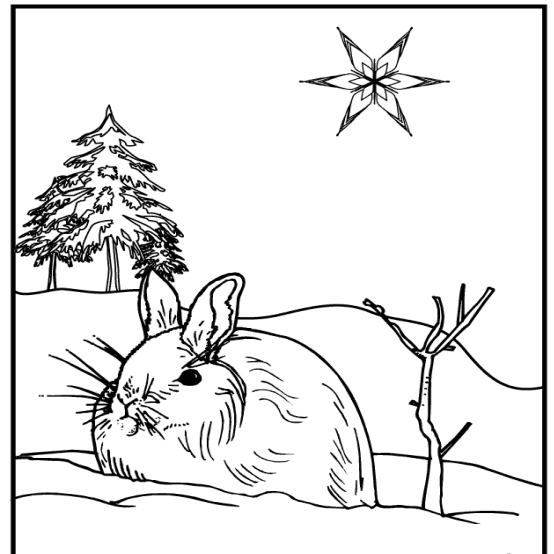
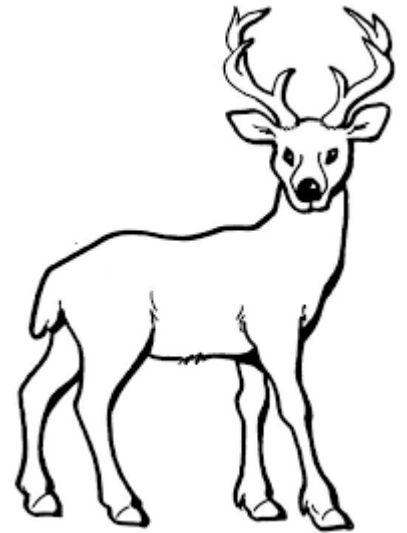
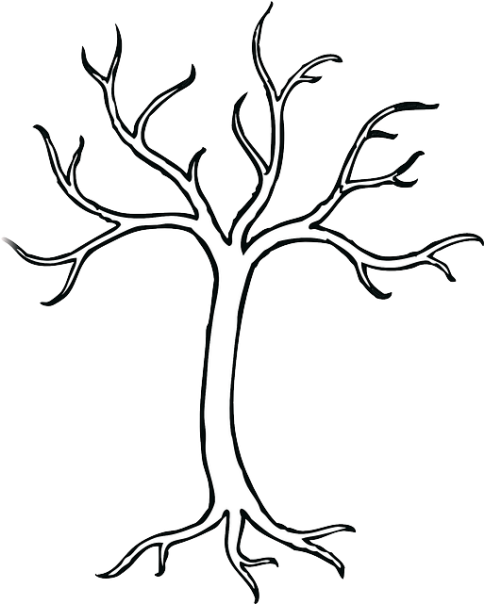


With winter's unforgiving weather in Oswego County, it is imperative that individuals and their families are prepared for this winter season.

While many may worry over their current sources of heat, there are outlets that are available, such as the Department of Social Service's HEAP department, which began accepting applications on November 13, 2017. HEAP may be able to assist you if you heat your home with: electricity, natural gas, oil, coal, propane, wood/wood pellets, kerosene, or corn. For those who may be unaware of how to apply for a HEAP grant, contacting the Oswego County Department of Social services via phone, in person, or online can provide information as well as the tools needed to apply. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits.






Stay safe and warm during this winter's season!







JANUARY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|-----------|---|
| | 1 <u>Office Closed</u>  | 2 | 3 <u>Fresh Food Giveaway</u> Christian Life Assembly, Syracuse 3:00-5:00p | 4 | 5 | 6  |
| 7 | 8 | 9 <u>TBI Peer Support Group</u> 4:30-5:30p | 10 <u>Fresh Food Giveaway</u> Park UMC, Pulaski 3:00-5:00p | 11 <u>Fresh Food Giveaway</u> St. Joseph's The Worker, Liverpool 3:30-5:30p | 12 | 13 |
| 14 | 15 | 16 | 17 <u>Fresh Food Giveaway</u> No. Syracuse Christian Church 3:30-5:30p | 18 | 19 | 20 <u>Sibshops</u> 12:00-4:00p |
| 21 | 22 <u>Self Advocacy group</u> 1:00-2:00p | 23 | 24 | 25 | 26 | 27 |
| 28  | 29 | 30 | 31  | | |  |

Oswego County Edition

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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.

