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## ARISE Will Be There for You!

No doubt you are aware of the change of MSC to care coordination happening July 1, 2018. If you receive Medicaid Service Coordination (MSC) services, you will call a new phone number in the summer. The services you are used to receiving will continue. In fact, they will be more comprehensive. They will include physical and behavioral health coordination plus the community based supports and services you are used to.

As an Independent Living Center (ILC), ARISE will continue to be there to support you in many different ways. ARISE offers services that require approval from OPWDD. A few are:

- Community Habilitation
- Supported Employment
- In-Home Respite
- Teen Group
- Community Connections
- Peer Counseling for those on the autism spectrum
- Farm Camp for youth & adults
- Social Skills Training
- Sibshops

All these services will continue to be provided by staff that is in our Oswego office.

ARISE offers peer counseling for anyone who wants to talk with another individual with a disability. This is one of the basic principles of an Independent Living Center. Talking with someone who has walked in similar shoes is so much easier!

*Continued on the next page —>*

### 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](http://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 Will Be There for You! (Cont'd)**

- Need help with housing issues, adaptations, and ramps? Jim Cronk, Jim Karasek, and Scott Pecoy can assist.
- ARISE advocates are trained in benefits advisement and advocacy. Vicki Affiniti and Kristin Drumm are both education advocates.
- Consumer Directed Personal Assistance Program provides personal care for those who qualify. Cheryl Arnold is your contact if you want more information.
- If long-term services is an area you have questions about, Josh Solazzo (at (315) 216-6638) will be glad to help you navigate this complex system.
- For those who have diabetes and/or chronic diseases, we are offering self-management groups. Shane Hoey and Jim Karasek can help.
- Do you have a traumatic brain injury? Christine Ward facilitates a support group for people, including families.
- Want activities and discussions for brothers and sisters who have a developmental disability? Contact Donna Jones and Nikki Baldwin.

Plus, our mental health clinic is expanding to meet the increasing need in our community. A clinician will begin seeing patients at our Oswego Office.

Remember, our ARISE staff is here to support and assist you. Just call:  
315-342-4088!

## **Traumatic Brain Awareness**

March is Traumatic Brain Injury (TBI) Awareness Month. Brain injuries are an invisible disability that affects many people, young and old. These injuries can often go unrecognized and undiagnosed. They can occur by a blow or jolt to the head (including concussions), car accidents, sports injuries, brain tumors, a stroke, or a lack of oxygen to the brain. Symptoms include physical, sensory, and cognitive changes in the person who has experienced a brain injury.

ARISE sponsors a Traumatic Brain Injury Peer Support Group that meets at the Oswego office at 9 Fourth Ave., Oswego, NY. This group will be hosting a TBI Awareness event at the Cayuga County Community College site at 11 River Glen Drive, Fulton, NY in the former K-Mart store location on March 27th 10:00-3:00p. We will be sharing information about Traumatic Brain Injuries that you may find helpful as a Brain Injury survivor and to share with your family and friends to help them understand your disability. The ARISE TBI Peer Support Meetings are held the second Tuesday of every month from 4:30 p.m. to 5:30 p.m. The meeting is led by a person who is a Traumatic Brain Injury survivor. For more information please call Christine Ward at (315) 342-4088 X201.

# ARISE Groups

## Oswego Social Club

No Social Club this month.



## Self-Advocacy Group

Monday, March 19th

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, March 17th

1:30 PM - 4:30 PM

Bilou Roller Skating Rink, Fulton NY

## Community Connections

Friday, March 9th

6:30 PM - 9:30 PM

Mexico High School to see Footloose

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



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



## Sib Shops

Saturday, March 17th

1:30 PM - 4:30 PM

Bilou Roller Skating Rink, Fulton NY

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



## TBI Group

Tuesday, March 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](mailto:cward@ariseinc.org).

# Ramp Program

## ARISE Ramp Program Teams Up with Team RWB

On February 26, 2018, a group of volunteers from Team RWB came to The First United Methodist Church of Oswego to help build ramp platforms and sections. Eleven volunteers showed up and worked for two and a half hours. They put together (6) 5'x5' platforms and (9) 3'x6' ramp sections. It was a time of great fellowship and productivity.

Yvonne Brown stated that they had a great time and that the group would like to help us out again in the near future. They are going to volunteer to install a ramp in May. We are looking forward to working with this awesome group of individuals.

*If anyone knows of any groups or organizations that would like to get involved, please have them contact:*

**Scott Pecoy**  
**(315) 342-4088 X213**



# Ride for Ramps



## Join us for the 10th Annual

# ARISE & RIDEforRAMPS

## SATURDAY, JUNE 2, 2018

**At our new venue: Lakeview Lanes, 723 West Broadway, Fulton, NY 13069**

**It will be a day filled with a scenic motorcycle ride, BBQ, music, raffles, and more!  
All proceeds from the event will be used to build ramps for families in need.**

**Visit [RIDEFORRAMPS.ORG](http://RIDEFORRAMPS.ORG) for more information!**













**Questions?** Contact Chris Scoville at (315) 342-4088 X221 or [cscoville@ariseinc.org](mailto:cscoville@ariseinc.org)



Dustin Hanley  
Medicaid Service Coordinator

Happy March, everybody! Spring is in the air. The snowbanks are receding, the weather is getting warmer, and all of us are aching to get outside. New York weather at this time of year is tricky and it is hard to predict how the day will be. One day it could be 70 degrees out and sunny and the next day we could have a brief snow fall.

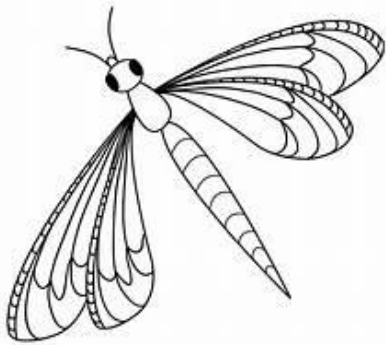
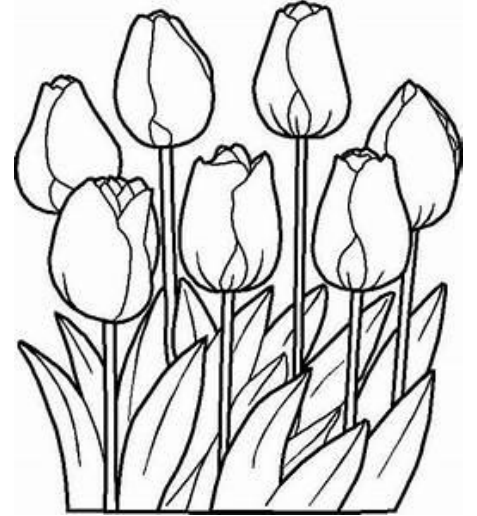
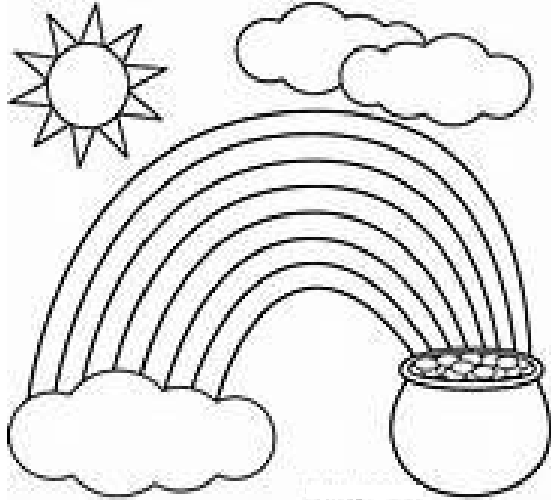
I would like to remind everyone of the importance of choosing weather appropriate clothing. Don't assume what the weather is going to be. Look out a window, check a thermometer, or poke your head outside. Here is a great guideline to help you choose weather appropriate clothing.

Morning Temperature	On Top	On Bottom	And...
60 degrees or warmer			
45-60 degrees			
35 – 45 degrees (2 layers)			 Fall or winter coat & a hat
Below 35 degrees (2 layers) 			 Warm coat, hat & gloves

Remember, we are not out of the woods yet. I know we are itching to trade in the heavy jacket for shorts and t-shirts but we still have a lot of unpredictable weather ahead of us. Some signs that you are too cold can be a runny nose, shivering, and red cheeks. If you experience any of these symptoms you may want to consider putting on another layer.

Keep thinking Spring and stay warm!

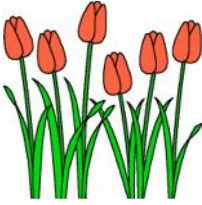




# Fun Page





# MARCH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 
4	5 <b><u>Fresh Food Giveaway</u></b> Sandy Creek UMC, 3:30-5:30p	6	7 <b><u>Fresh Food Giveaway</u></b> Christian Life Assembly, Syracuse 3:00-5:00p	8 <b><u>Fresh Food Giveaway</u></b> St. Joseph's The Worker, Liverpool 3:30-5:30p	9 <b><u>Community Connections</u></b> 6:30p - 9:30p	10
11 	12	13 <b><u>TBI Peer Support Group</u></b> 4:30-5:30p	14 <b><u>Fresh Food Giveaway</u></b> Park UMC, Pulaski 3:00-5:00p	15	16	17  <b><u>Teen Group &amp; Sibshops</u></b> 1:30-4:30p St. Patrick's Day
18	19 <b><u>Fresh Food Giveaway</u></b> Believer's Chapel 3:30-5:30p <b><u>Self Advocacy group</u></b> 1:00-2:00p	20	21 <b><u>Fresh Food Giveaway</u></b> No. Syracuse Christian Church 3:30-5:30p	22	23 TBI Conference at Onondaga Community College	24
25	26	27 TBI Awareness CCC, Fulton 10:00-3:00p	28 Public Health Emergency Preparedness Drill 4:00-6:00p at OCHD	29	30	31 

# Oswego County Edition

## ARISE

9 Fourth Avenue  
Oswego, NY 13126

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[ariseinc.org](http://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.

