

## Do You Know Who Is Turning 50 on April 11?

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Both Oswego County and the United States of America are celebrating the 50<sup>th</sup> anniversary of the Fair Housing Act of 1968 this month. There were many people and events that brought about the passage of the Fair Housing Act.

Without the enormous efforts of Dr. Martin Luther King, Jr., who became the best known leader of the Civil Rights movement, the heightened awareness about discrimination would not have happened. In 1962 President John F. Kennedy issued an executive order prohibiting the discrimination of the sale, rental, and financing of housing based on race, color, religion, and national origin. When Dr. King was assassinated in 1968, President Lyndon B. Johnson called for the passage of the fair housing legislation to honor his memory. In the 1970's disability, sex, and familial status were added as a protected class.

In New York State the Fair Housing law also prohibits discrimination based on military status, marital status, creed, age, and sexual orientation. In our state it covers practically all non-owner occupied buildings.

For those individuals with disabilities the landlord may not:

- Refuse to make reasonable modifications to a dwelling or common use area to accommodate a person's disability (for example, having a grab bar installed in a shower or a ramp built to provide barrier-free access)
- Refuse to make reasonable accommodations in policies or services if necessary for the person with a disability to use the housing (for example, tenant meetings need to be held in an accessible room)

If you believe you have been discriminated against under the Fair Housing Act, you may contact:

- Our ARISE advocates at (315) 342-4088
- Dona Lee Falciatano, Oswego County Fair Housing Office, at (315) 349-8263
- CNY Fair Housing at (315)-471-0420.

ARISE has two staff who serve on the Oswego County Fair Housing Council: Sabine Ingerson and Jim Karasek. We work with our county representatives and other organizations on issues regarding the fair treatment of all who seek housing. ARISE has an agreement with Oswego County to have individuals with disabilities referred to our agency for further assistance and we work together on educating the public and landlords on their rights and responsibilities.

Included in this newsletter is an entry form for children for the Fair Housing Coloring Contest featuring our Fair Housing heroes.

### ARISE

Center for  
Independent Living

#### ARISE Oswego

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

#### 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 Groups

## UNIQUE

ARISE is again accepting submissions for UNIQUE, our annual art and literary magazine!

The submission deadline is April 27, 2018. Forms can be found at [uniquemagazine.org](http://uniquemagazine.org) and submissions can be dropped off with completed forms at any ARISE office.

UNIQUE magazine is published by ARISE and displays the creative work of people with disabilities living in Central NY. It represents the power of art to express, educate, and inspire.

## Teen Group

**Saturday, April 21st**

**9:00 AM - 2:00 PM**

**Beyond Rubik's Cube**

**The Destiny USA exhibit**

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



## Sib shops

**No Sib shops this month**

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



## Self-Advocacy Group

**Monday, April 16th**

**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.

## Community Connections

**Friday, April 6th**

**5:30 PM - 8:00 PM**

**Fulton Jr. High School**

**Game night & Paint night**

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



## TBI Group

**Tuesday, April 10th**

**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 X201 or [cward@ariseinc.org](mailto:cward@ariseinc.org).



# MSC Transition

Soon, your Medicaid Service Coordinator (MSC) will be reaching out to you. Starting in April, the MSC needs to review your Care Coordination Organization (CCO) options.

Working with your MSC, you'll review and sign a form enrolling in the CCO. There are a couple of choices for you to consider. You can choose the CCO that your agency is affiliated with, or you can pick another CCO.

If you want to continue to receive Home and Community Based Services (HCBS) waiver services, you must enroll in one of these options:

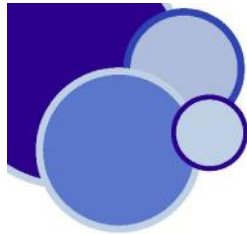
**Service Option 1: Health Home Care Management**

By choosing this option, you will receive an improved level of service helping you or your loved one coordinate all services

**Service Option 2: Basic Home and Community Based Services (HCBS) Plan Support**

If you do not want to receive the more comprehensive care management through Health Home Care Management, you can talk with your MSC about the option to receive Basic HCBS Plan Support.

*NOTE: The CCO will not authorize services and therefore will not be able to take away or lessen your services, including self-directed services.*



CCO TRANSITION PLAN



Visit LIFEPlan CCO's website [www.lifeplanccony.com](http://www.lifeplanccony.com) & like us on Facebook



**WHAT HAPPENS NEXT?**

Starting in March 2018, MSCs will be transitioning people into the new Care Coordination model.

People currently receiving MSC services will have two choices:		
Services	Health Home Care Management	Basic HCBS Plan Support
Maintain Eligibility for Medicaid	X	X
Coordinates OPWDD Services	X	X
Number of Contacts/Visits per year	Unlimited	Up to 4
Monitors Health and Safety	X	
Coordinates access to medical, dental, and behavioral services	X	
Identifies Community Based Resources	X	
Uses technology to keep your circle of support informed, and to help your providers communicate	X	
Provides linkages to educational resources	X	
Provides linkages to nutrition and wellness resources	X	
Provides advocacy services	X	
Assists during transitions, or life changes	X	
Coordinates services to maintain and promote quality of life.	X	

Your MSC will explain the difference between the two options, and which one is the right fit for you!

# Advocacy Department

Cornell Cooperative Extension of Oswego County Presents

## NUTRITION 101

Have you ever become confused with all of the snapshot reports that tell you what to eat, what not to eat, and what you should be looking for when purchasing food? You're not alone in this quest to eat healthier. So just what is the answer? How do you know you're making the right choices? Do you understand everything on the food labels, portion sizes, what's good for you, and what you should be careful with?

Nutrition Facts	
Serving Size Serving per Container	
Amount Per Serving	
Calories	Calories From Fat
% Daily Value *	
Total Fat	...g ...%
Saturated Fat	...g ...%
Cholesterol	...g ...%
Sodium	...mg ...%
Total Carbohydrate	...g ...%
Dietary Fiber	...g ...%
Sugar	...g ...%
Protein	...g ...%
Vitamin A	...%
Calcium	...%
Vitamin C	...%
Iron	...%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

We will be hosting a series of classes that will be packed full of information that can lead you to healthier food choices. These classes will be presented in a format that breaks this down to a simple process that is easy to understand, gives us hands on examples, and most of all, creates time for you to ask any questions that will assist you with increasing your understanding of nutrition.

The classes will run on:

May 7<sup>th</sup> - Reading and understanding food labels

May 14<sup>th</sup> - What should be on your plate and portion control

May 21<sup>st</sup> - Field trip for real life practice of our new knowledge

All classes will start at 3PM at our ARISE Oswego office and will go until 4PM (*We may run past 4PM if questions still have to be answered. We want to ensure everyone has the opportunity to find answers that will assist them in nutrition selections.*)

Class size will be set at 15 in order to ensure everyone has ample time to get all of their questions answered. We encourage those on S.N.A.P., the disability community, and care givers to attend.

Please sign up as soon as you can in order to reserve a spot.

Call or email one of the following:

Jim Karasek (315) 342-4088 X206 or [jkarasek@ariseinc.org](mailto:jkarasek@ariseinc.org)

Jim Cronk (315) 342-4088 X211 or [jcronk@ariseinc.org](mailto:jcronk@ariseinc.org)





**Melissa Hull**  
Medicaid Service Coordinator



## **ARE YOU PREPARED BEFORE THE STORM STRIKES?**

Normally, when a winter storm is expected, the National Weather Service will issue a winter storm watch. A winter storm watch means that conditions exist for the occurrence of severe winter weather such as blizzard conditions, heavy snow, significant freezing rain, or sleet. A winter storm watch is your signal to prepare for the storm now. Once the storm begins, travel may not be possible. The best way to stay protected from the elements and the safest place to be during a storm is inside. Below are some tips on what to keep on hand to make sure you're prepared at home, at work, and in your vehicle.

### **Home and Work**

- Flashlights and extra batteries
- Battery powered portable radio to receive emergency information.
- Extra food and water. Have high energy food, such as dried fruit, nuts, and granola bars. Also plan to have food that does not require cooking or refrigeration.
- Extra medicine and baby items.
- First-aid supplies
- Heating fuel. Make sure you refuel before you are empty. Fuel carriers may not be able to reach you for days after a winter storm.
- Emergency heat source; fireplace, wood stove, or space heater.

### **In your Vehicle**



- Plan your travel and check the latest weather reports to avoid being out in the storm; however, there are times when a storm hits without a warning.
- Carry a winter storm survival kit in your car:

Mobile phone with charger

Blankets/sleeping bags

Flashlight and extra batteries

First-aid kit

High calorie, non-perishable food

Extra clothing

Small can of waterproof matches

Bag of sand or cat litter for traction

Shovel

Tool kit



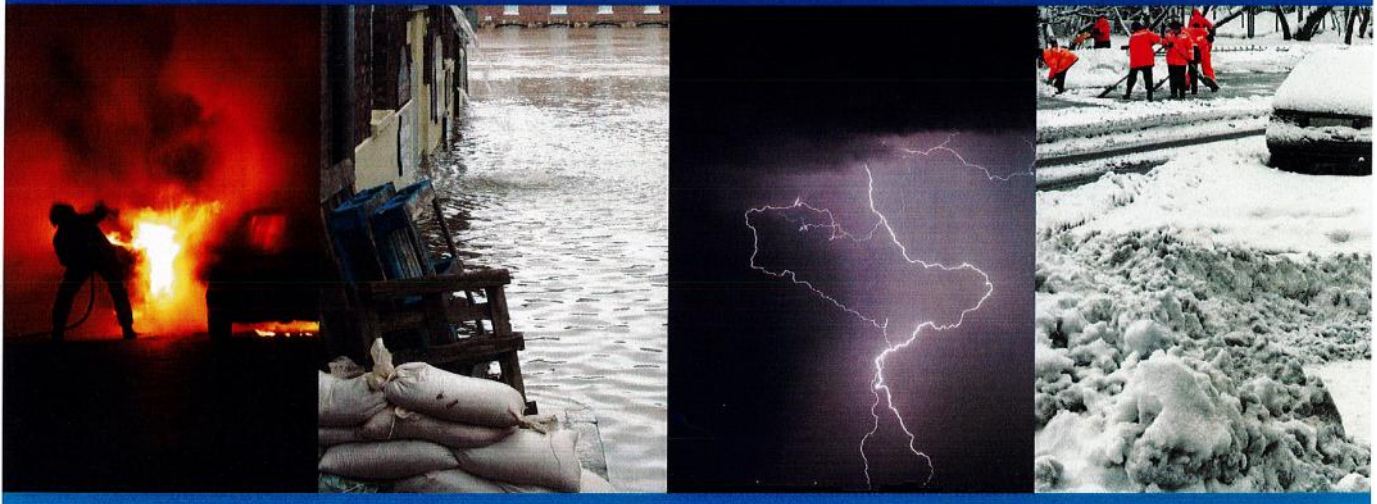
- Keep your gas tank near full to avoid ice in the tank and fuel lines



# Emergency Preparedness



## Citizen Preparedness Corps



**With severe weather events** becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies

**Andrew M. Cuomo**  
Governor

**WHEN:** April 9, 2018 @ 10:00 a.m.

**WHERE:** Oswego County Health  
Department Training Room  
70 Bunner Street, Oswego, NY  
13126

**CONTACT:** Oswego County  
Office for the Aging  
315-349-3484

For additional information, visit  
[www.prepare.ny.gov](http://www.prepare.ny.gov)





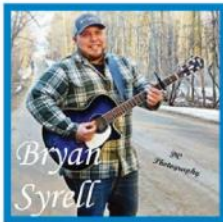
# ARISE & RIDEforRAMPS

## SATURDAY, JUNE 2, 2018

9:00 AM - 6:00 PM LAKEVIEW LANES, FULTON

Charity Motorcycle Ride • BBQ • Vendors  
Family Fun • Food Truck Competition

With Music Provided By:



Bryan Syrell



Gary Carpenter



OFF THE RESERVATION

To learn more, visit:

# RIDEFORRAMPS.ORG

All proceeds from the event will support the **ARISE Oswego Ramp Program** to help people stay in their own home.



### YOU CAN MAKE A DIFFERENCE!

Through donations and the support of our dedicated ramp-building volunteers, the **ARISE Oswego County Ramp Program** has provided ramps for over 200 families. For someone who uses a wheelchair or has mobility impairments, a single step can present a barrier to entering or leaving his or her home. A ramp can be a gateway to independence.

You can make a difference by joining us for this special event. Let's help even more families reclaim their independence and come home!



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

# The Oswego County Fair Housing Council Coloring Contest

COLOR AND SEND TO:

## THE OSWEGO COUNTY FAIR HOUSING COUNCIL

C/O OSWEGO COUNTY HOUSING  
46 East Bridge Street, Third Floor  
Oswego, NY 13126

In April, both Oswego County and the United States of America will be celebrating the **50th Anniversary** of the Fair Housing Act of 1968. Although there were many heroes and events that cumulated into the creation of Title VIII of the Civil Rights Act of 1968 (a/k/a: The Fair Housing Act), three **Fair Housing Heroes** stand above all others:

**Dr. Martin Luther King, Jr.** was a minister and activist who became the most recognizable leader of the civil rights movement. In 1964, Dr. King received the Nobel Peace Prize for fighting racial inequality through non-violent resistance.

**John F. Kennedy** was our country's 35<sup>th</sup> President who in 1962 issued an Executive Order #11063 prohibiting discrimination based on race, color, religion or national origin in Federally owned, operated or assisted housing.

**Lyndon B. Johnson** was our country's 36<sup>th</sup> president who, with Congress, enacted the Civil Rights Act of 1964 prohibiting discrimination based on race, color, and national origin in programs and activities receiving Federal money, including housing programs. On February 6, 1968, the Fair Housing Act of 1968 was submitted for inclusion as an amendment within the Civil Rights Act of 1968. On April 4, 1968, Dr. King was assassinated, but his death proved to be a catalyst to get things done. President Lyndon B. Johnson called for passage of the fair housing legislation to honor Dr. King's memory. President Johnson signed the Civil Rights Act of 1968 into law on April 11, 1968.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Grade: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Age: \_\_\_\_\_

### CONTEST RULES

1. Contest entries must be received or postmarked on or before **Monday, April 30, 2018**.
2. Only children ages 4 to 12 and residing in OSWEGO COUNTY may enter.
3. Entries will be judged based on the following categories: Ages 4-7 and Ages 8-12.
4. Use paint, watercolor, markers, and crayons, anything you would like.

**1<sup>st</sup> Prize: \$50.00 Gift Certificate and a Bowling Party for 6** (for each age category)

**2<sup>nd</sup> Prize: \$35.00 Gift Certificate and a Bowling Party for 6** (for each age category)

**3<sup>rd</sup> Prize: \$25.00 Gift Certificate and a Bowling Party for 6** (for each age category)

Sponsored by:

**The Oswego County Fair Housing Council**  
**Pathfinder Bank**  
**Lighthouse Lanes and**  
**Community Bank**

To learn more about fair housing or to report housing discrimination to HUD,  
log on to [www.hud.gov/fairhousing](http://www.hud.gov/fairhousing) or call 1.800.669.9777.



**50** Years **1968-2018**  
**Fair Housing Heroes**



Martin Luther King, Jr.  
Rev



John F. Kennedy  
35



Lyndon B. Johnson  
36



**You too, can be a Fair Housing Hero by supporting Fair Housing practices in your community!**

**50** years **1968-2018**  
**Fair Housing Heroes**



**Martin Luther King, Jr.**  
Rev



**John F. Kennedy**  
35



**Lyndon B. Johnson**  
36



**You too, can be a Fair Housing Hero by supporting Fair Housing practices in your community!**



# APRIL



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



# 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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OSWEGO, NY 13126

### Address Service Requested

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Here



## 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.

