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JOIN US FOR
ARISE & RIDE FOR RAMPS 2018
 10TH ANNUAL EVENT
Saturday, JUNE 2nd
 AT LAKEVIEW LANES in FULTON, NY



ARISE

Center for Independent Living

ARISE Oswego

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

ARISE Fulton

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Fulton, NY 13069
(315) 887-5156

ariseinc.org

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Our Mission

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

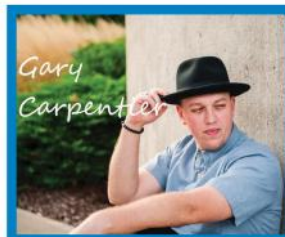
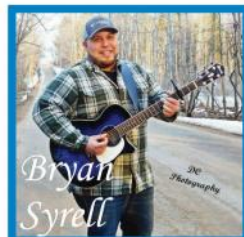
We are so excited for our 10th Annual Ride for Ramps event coming up in June! This wonderful event is a full day of fun with something for everyone!

The morning kicks off with the motorcycle ride to FX Harley-Davidson and back, followed by a delicious BBQ, vendors, raffles, music, and more!

New this year is a **Family Fun Zone** featuring bounce houses, miniature golf, and other surprises.

We are also going to be featuring a **Food Truck Competition** later in the day! Join us and be a Judge! Sample food from each vendor and cast your vote.

We can't wait to listen to the music from Bryan Syrell, Gary Carpentier, and Off the Reservation!



Continued on page 4...

ARISE presents an informational session on: **Self-Harm: Understanding Triggers and Coping Skills**

May 15th at the Fulton Junior High School at 129 Curtis St, Fulton, NY

5:45PM to 7:30PM

SNACKS WILL BE SERVED



Presenters summary: This event will be bringing two presenters, Kristen Miguel, LCSW-R, who is a licensed clinical social worker and Director of Clinical Services at ARISE; as well as Liz Evett, LMHC, who is a licensed mental health counselor and practicing clinician at ARISE. Both of these women come with vast experience in individual, family, and couples counseling. They both have worked in hospital settings and outpatient mental health settings serving individuals who are in crisis. They have great experience in Dialectical Behavior Therapy, which is one of the most common forms of treatment in assisting individuals who are engaging in self-harming behaviors. Their vast experience and training makes them uniquely qualified to discuss the topic of self-harm and mental health.

This is open to both parents/guardians and children. Parents/guardians will be in one room while the youth will be in a different room.

Topics to cover: Two separate presentations tailored to each: Guardian/Adult Supports and Youth:

- What is self-harm
- Warning signs of self-harming behaviors
- Types of self-harming behaviors.
- Reasons/Triggers for self-harming behaviors
- Emotions and how they play a role
- Coping skills for self-harming behaviors
- Where to get help

Please call Vicki Affinati at (315) 342-4088 X225 to sign up for this training. You can leave a message that you are coming and please let us how many adults and how many children are coming, along with the ages of the children that will be coming with you. Please RSVP May 12th so that we know how much food to provide. Thank you so much!

ARISE Groups

Nutrition 101

Cornell Cooperative Extension will be hosting a fun series of classes in an easy-to-understand format and will answer all of your nutrition questions.

Classes: May 7th, May 14th, May 21st
Held at: ARISE, 9 4th Avenue, Oswego
Time: 3:00PM - 4:00PM

To register or for further information contact:
Jim Karasek (315)342-4088 X206
jkarasek@ariseinc.org or
Jim Cronk (315)342-4088 X211 jcronk@ariseinc.org

Self-Advocacy Group



Monday, May 14th

1:00PM - 2:00PM

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, May 26th

9:00AM - 1:00PM

Memorial Day Parade, Fulton NY

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



Community Connections

Saturday, May 19th

12:00PM - 3:00PM

Jam-BOWL-ee Chicken BBQ

Lakeview Lanes, Fulton NY

(Must sign up by noon on 5/10)

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



Sib Shops

Saturday, May 26th

9:00AM - 1:00PM

Memorial Day Parade, Fulton NY

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



TBI Group

Tuesday, May 8th

4:30PM - 5:30PM

(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.



Ride for Ramps

We want to thank the following local businesses and organizations for donating to our event and/or items for our raffle!:

Advanced Auto	Friends of Beaver Lake	Port City Copy Center
Big Lots	Fulton Savings Bank	Price Chopper Oswego
Boldt Castle & Boldt Yacht House	Fulton YMCA	Raby's Ace Hardware
Bosco & Geers Food Market	Funny Bones Comedy Club	RFH Hiway
Byrne Dairy	Goodyear Auto Service	RPM Raceway
Cakes Galore	Greek Peek Indoor Waterpark	Serendipity Bed and Breakfast
Cam's	Harbor Towne Gifts	Skully's Turf & Tar
Canale's	IHeartOswego	Sky Zone
Children's Museum of Oswego	Integrative Spa	SonaBella Spa
CNY Cell Phone Cricket Wireless	JcPenney	Stewarts Shops
C's Farm Market & Beverage Center	JP Jewelers	Strands and Essence
Cooks Jewelers	Ken's Body Shop	The Coffee Connection
Cupcakery	KOTO japanese steakhouse	The Comic Shop
Dave & Buster's	Little Caesars	The Sub Shop
Dufore's	Mimi's Drive-In	The Wild Animal Park
Evergreen Hills Golf Course	MOST	Tim Tebow Foundation
Everson Museum of Art	NBT Bank	Vona's
Fajita Grill Oswego	NY Nails	WonderWorks @ Destiny USA
Fast Eddie's Cycles	Old City Hall	Yogi Bear Jellystone Park
Four Seasons Golf & Ski	Pizza Villa	

The proceeds from this event support our Oswego Ramp Program, providing ramps free of charge to members of our community so they're able to regain their independence. Thank you to all of our sponsors and supporters who help make this event possible. We're looking forward to seeing you there!





KJ Shepard
Medicaid Service Coordinator



We are getting ready to transition our Medicaid Service Coordination program to Care Coordination Organizations, this will be my last MSC Blog article. As I sat down to write the last MSC post I will do for ARISE, I was reminded that May includes Memorial Day. Though Memorial Day is a day to recognize military members who have lost their lives, I want to generalize and talk about remembering any loved ones who have passed.

As some may know, there are many ways to remember our loved ones. It is important to know that people grieve the loss of a loved one in many ways. Death is sadly part of life and there are many different philosophies. Some families will bring young children to see loved ones who died at funerals, while others decide the child is too young to understand the loss.

It is important to realize during the beginning people are bombarded with attention. However, after everyone leaves, it is then that many need the most assistance. Some may be reminded on a holiday or by a song or another memory. It is my hope people will look at the memories of a loved one and that this will bring happiness.

Just be mindful of how you respond to others. Not everyone grieves the same. Listed are the five stages of grief as a reminder of how many people may grieve. However, the grieving process is not cut and dry and many may go back to one of the early steps before the grieving process is completed.

5 stages of grief:

- 1) Denial
- 2) Anger
- 3) Bargaining
- 4) Depression
- 5) Acceptance



Fun Page





MAY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <u>Fresh Food Giveaway</u> Christian Life Assembly, Syracuse 3:00-5:00p	3	4	5  Autism Walk 11:00-2:00p
6	7 <u>Fresh Food Giveaway</u> Sandy Creek UMC, 3:30-5:30p Nutrition101-3p	8 <u>TBI Peer Support Group</u> 4:30-5:30p	9 <u>Fresh Food Giveaway</u> Park UMC, Pulaski 3:00-5:00p	10 <u>Fresh Food Giveaway</u> St. Joseph's The Worker, Liverpool 3:30-5:30p	11	12
13 <i>Happy Mother's Day</i>	14 <u>Self Advocacy group</u> 1:00-2:00p Nutrition101-3p	15 <u>Self Harm Training</u> 5:45-7:30p	16 <u>Fresh Food Giveaway</u> No. Syracuse Christian Church 3:30-5:30p	17	18	19 <u>Community Connections</u> 6:30p - 9:30p
20	21 <u>Fresh Food Giveaway</u> Believer's Chapel 3:30-5:30p Nutrition101-3p	22	23	24	25	26
27 	28 <u>Office Closed Teen Group & Sibshops</u> 9:00-1:00p Memorial Day Parade	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.

