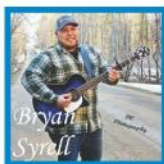


## What's Inside:

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Live Music By:



Charity Motorcylce Ride - \$30 per bike  
(Includes one BBQ ticket)  
Registration at 9AM | Kickstands up at 10AM

BBQ - \$10 per ticket

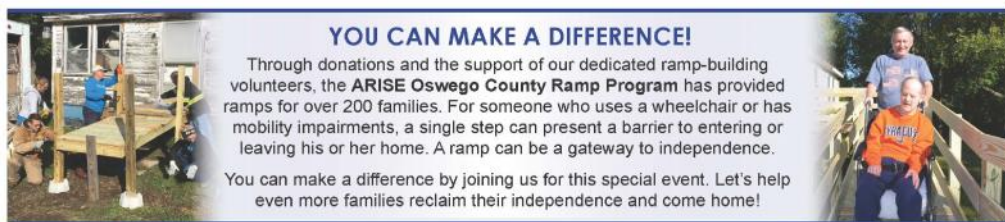
Food Truck Competition - \$10 to participate

Kid Zone - \$5 per person

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.



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

## 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

f /ARISEcny

### Our Mission

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

Awesome Raffle Prizes ... You don't want to miss out on!

**Please come out** and enjoy the day & be a part of supporting your Community by helping them participate through independence.

# Advocacy

## Nutrition Update:



We wanted to share with you an update on the nutrition classes that we held. It was a series of three classes held on Monday afternoons for three weeks in a row. The three classes centered on:

- 1st Class: Label Reading, what each item on a label means, the changes coming (in some products has already started in labels) and open time for questions and answers.
- 2nd Class: We focused on what should be on your plate, what is portion size and portion control, then there were smoothies that we made with yogurt, strawberries, blueberries, spinach, pineapple juice, and beets. The reactions of all of these ingredients going into one drink covered a range of “OK, not bad” to “WOW this is great”.
- 3rd Class: We applied what we had reviewed and used it as an actual practice by visiting a store and shopping.

The best part of this series is that Cornell Cooperative Extension has taken the time to answer all of the questions. If they were not sure of a couple of the answers, they were extremely good at going the extra mile and finding out the answer to any question someone had. The feedback has been great. As such, we have decided that we will be offering this again early in the fall. Please keep an eye out for a repeat of this series and join us for not only an educational experience that will assist you in making changes in your healthy eating, but will allow you the chance to get your questions answered in a very relaxing, fun environment!

## A.D.A Celebration

Each year marks yet another milestone in our county and communities coming closer to making sure there is equal access for those with a disability or disabilities. Though we have a long way to go to get to complete equality in access, we like to take a day to celebrate the markers of what has been accomplished and what areas we need to make further progress in.



On July 12<sup>th</sup> of this year we will host our first ever Oswego County Americans with Disabilities Act celebration. There will be activities throughout the day with a chance in the morning to visit our IL (Independent Living) Center, a proclamation with the County Legislative Body in the early afternoon, and then finally we will conclude with a gathering at the Oswego Farmers Market at 5PM for a couple of speakers that will cover some of the mile markers in the A.D.A movement. The day will end with a walk on the Healthy Mile that the City of Oswego has. (Walk of the bridges).

We are looking forward to meeting a lot of old friends and many new ones as we join together as a community to make it known that Oswego County cares about equality for those with disabilities.

Look for a detailed schedule of events in the July newsletter!

# ARISE Groups

## Trainings

### Training Opportunity

On June 19<sup>th</sup> from 1-3PM, we will be hosting the first of three summer trainings that may be of interest to you if you work within an organization that has or will encounter the subject matter. Please join us for these important trainings.

For the First Session, we will cover Medicaid, spenddown/ excess income, and using a supplemental needs trust (SNT) to eliminate spenddown.

Next: We will schedule a separate training in July to discuss ABLE accounts.

Then later in the summer, we can also cover other topics, such as Social Security programs and Medicare/Medicaid connections.

To register Please contact us:

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

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

We look forward to sharing these important topics with you!

## Teen Group

**Saturday, June 9th**

**9:00 AM - 1:00 PM**

**Rosamond Gifford Zoo**

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  
July is the next Sib Shops**

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



## Self-Advocacy Group

**Monday, June 18th**

**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

**Saturday, June 16th**

**6:00 PM - 10:00 PM**

**Fulton Speedway**

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, June 12th**

**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 Christine Ward at 342-4088 X201 or [cward@ariseinc.org](mailto:cward@ariseinc.org).





ARISE Staff, The Teen Group, and SibShops marched in the Memorial Day Parade in Fulton passing out candy and advertising for the upcoming ARISE & Ride for Ramps Event at Lakeview Lanes in Fulton on June 2nd!

## **Happy Retirement, Kathy!**

Kathy Mahar, who has been with ARISE for 12 years working as an advocate, CDPAP coordinator, Respite coordinator, and support at FSS groups, has decided to retire. She has touched many families during her time here and will be greatly missed. She will still stay in touch and offered to take a group sailing again this year. Our best wishes go with Kathy as she embarks on her new journey!



## **Welcome, Traci Shoults!**

ARISE has selected Traci Shoults as the new Respite coordinator for Oswego County. Traci has been working for ARISE as a DSP in the Community Habilitation program and will continue to work with a few individuals even after taking this new position. In addition to her work as a DSP, she also comes to us with lots of experience as a mom, nurse, and non-traditional college student. You will be able to reach Traci at (315) 342-4088 X248 or email her at [traci.shoults@ariseinc.org](mailto:traci.shoults@ariseinc.org). Please feel free to reach out to her and welcome her.



## **The Longest Day Walk**

Longest Day event on June 21<sup>st</sup> is to show love for and awareness of people affected by Alzheimer's disease. The walk begins at 5PM at the Oswego farmer's market. A representative from the Alzheimer's Association will be present to answer questions. This is not a fundraiser, but an opportunity to show support and raise awareness; we also hope that a high turnout might encourage the Alzheimer's Association to be more present in Oswego County. In the event of heavy rain, the walk will be held indoors at the college. For more information contact Elizabeth Weimer at (315) 349-3570.



Danielle Fox  
Medicaid Service Coordinator

Hi there my name is Danielle Fox and I am an MSC in the Oswego Office. As of July 1<sup>st</sup>, I will be a Care Manager with LifePlan CCO NY.

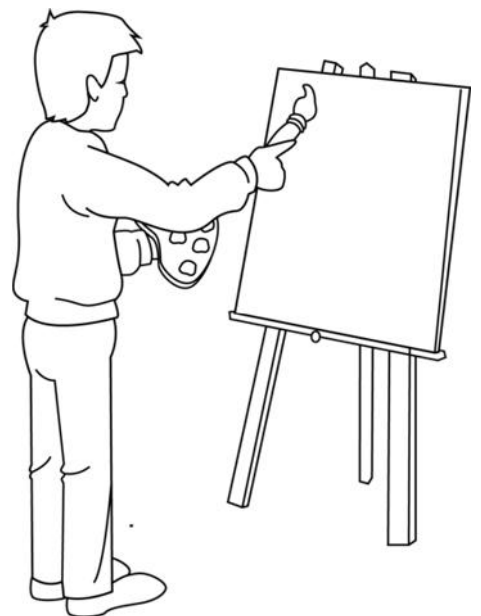
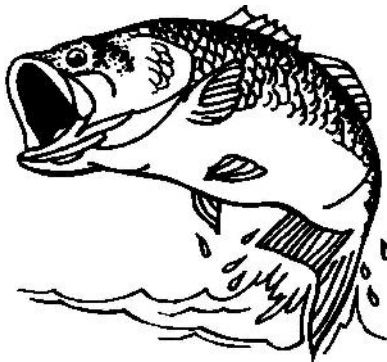
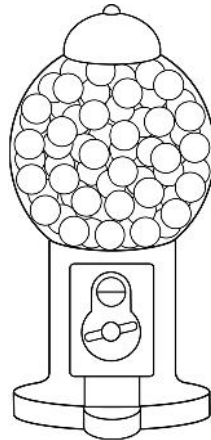
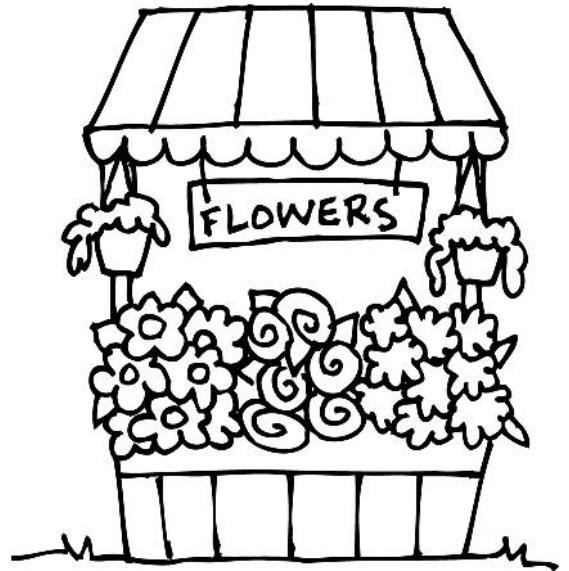
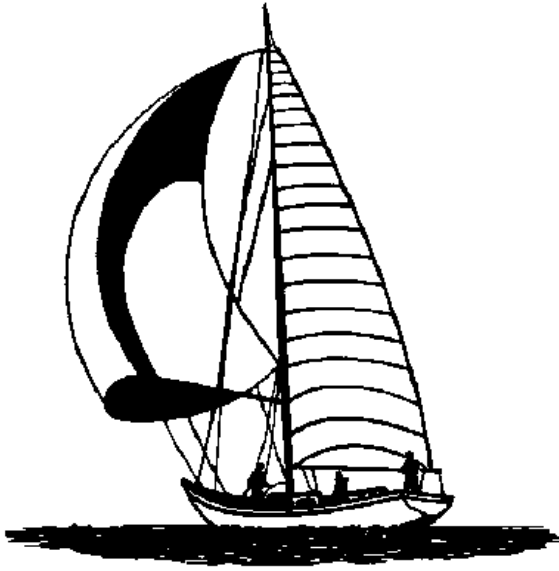
The warmer temperatures of summer mean more outdoor family time, from BBQs to pool parties, but it's important to make sure your family is safe. Most of us know to practice sun safety during the hottest months of the year, but sometimes we forget that it's also very important to protect ourselves against dangerous insect bites.

Most mosquito bites are irritating but otherwise harmless; however, some mosquitoes can transmit EEE and West Nile virus, which can cause severe illness with symptoms like headaches, high fever, and bodily weakness. Ticks can transmit Lyme disease, which can be treated if recognized early, so look for flu-like symptoms and possible rashes. Left untreated, Lyme disease can cause joint and muscle pain, fatigue, heart problems, and neurological issues.

## **TIPS:**

- **Check DEET concentrations on insect repellents before use. Higher concentrations of DEET protect for longer lengths of time. Choose a concentration based on how long you need to protect yourself.**
- **Dress appropriately if you plan to be in a wooded or grassy area. Pants and long sleeves are best and are an excellent way to limit your skin exposure. Once you're back inside, it's a good idea to shower. Not only will this wash away the repellent, but it may also wash away any ticks that haven't yet latched onto your body. You'll also want to be sure to check your entire body thoroughly for ticks (especially your ears, waist, head, belly button, arms, and legs).**
- **Bug nets can be helpful to protect infants and small children who are in strollers.**
- **See a doctor if you experience major symptoms. If a bug bite leaves you with joint pain or fever, that's not anything you want to take lightly. Try to get in to see your doctor as quickly as you can.**









# JUNE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 	<b>2</b> <b>Ride for Ramps</b> 9:00-6:00p
<b>3</b>	<b>4</b> <b><u>Fresh Food Giveaway</u></b> Sandy Creek UMC, 3:30-5:30p	<b>5</b>	<b>6</b> <b><u>Fresh Food Giveaway</u></b> Christian Life Assembly, Syracuse 3:00-5:00p	<b>7</b>	<b>8</b>	<b>9</b> <b><u>Teen Group</u></b> 9:00-2:00p
<b>10</b> <i>Happy Father's Day</i> 	<b>11</b>	<b>12</b> <b><u>TBI Peer Support Group</u></b> 4:30-5:30p	<b>13</b> <b><u>Fresh Food Giveaway</u></b> Park UMC, Pulaski 3:00-5:00p	<b>14</b> <b><u>Fresh Food Giveaway</u></b> St. Joseph's The Worker, Liverpool 3:30-5:30p	<b>15</b>	<b>16</b> <b><u>Community Connections</u></b> 6:00p-10:00p
<b>17</b>	<b>18</b> <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	<b>19</b> <b><u>Training</u></b> 1:00-3:00p	<b>20</b> <b><u>Fresh Food Giveaway</u></b> No. Syracuse Christian Church 3:30-5:30p	<b>21</b> <b><u>Alzheimer Walk</u></b> 5:00p	<b>22</b>	<b>23</b>
<b>24</b> 	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> 

# Oswego County Edition

## ARISE

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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.

