



ARISE



2015 REPORT TO THE COMMUNITY

ALL AGES. ALL DISABILITIES. ALWAYS BY YOUR SIDE.



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

ARISE



A MESSAGE TO OUR FRIENDS



ARISE is so much more than a provider of services. ARISE is a community of people embracing the idea that every person has much to offer the world. We all lose out when every person – including people with disabilities – cannot participate.

As the designated Independent Living Center for five counties in the region, we are proud to bring together a wide array of people who share a commitment to inclusion, access, independence, and equality. Advocates connected to ARISE have been working to remove barriers and create opportunities since we began in 1979.

Working with people from across the country, we played an active role in the movement that led to the Americans with Disabilities Act. This year we proudly join with people throughout the nation to celebrate the 25th anniversary of this historic legislation that formally recognized the rights of people who have disabilities.

There has been progress for people with disabilities. We are proud to be involved in new and emerging programs that improve opportunities and choice.

Now people can have a greater say in determining which services they want and how funding is utilized. Most of us want to live in our familiar homes; we are expanding the program that allows people to select the aides that provide the care that helps make that preferred option possible. Increasing access through exterior and interior home modifications is another vital service that provides comfort and preserves the sense of belonging in our communities.

And we are actively involved in collaborations and efforts involving managed care, access to services, and improved service delivery. Our dedicated team of professionals is engaged and committed to remaining current on best practices, and ensuring that each person is able to live a full and meaningful life of choice.

As we share with you stories of the past year and plans for 2015, we thank those who are part of our

movement and invite others to join us.

ARISE Child and Family Service – the whole person, the whole family, the whole community. With you by our side, together we can change the world.

Tania Anderson, Board President

Tom McKeown, Executive Director



YOUR SUPPORT MAKES IT POSSIBLE TO:

- **Offer free advocacy programs that serve people of all ages, who have any type of disability. Programs include:**
 - **EDUCATION ADVOCACY**
Supporting parents to ensure that students with disabilities receive the appropriate education.
 - **BENEFITS ADVOCACY**
Assistance applying for benefits like SSI/SSDI and Medicaid.
 - **HOUSING ADVOCACY**
Finding accessible housing within the community and fighting housing discrimination.
 - **HEALTH CARE ADVOCACY**
Ensuring people with disabilities can access the health care they need.
- **Change hearts, systems, and minds by advocating for changes in the community that protect the rights of people with disabilities, as well as offering disability awareness presentations at local schools and businesses.**

Together We're...

Achieving Success

YOUR STORIES: MAXWELL SUCCEEDING IN SCHOOL THANKS TO EDUCATION ADVOCACY

"My son Maxwell was being suspended at least once every two to three weeks. I was constantly being called in to pick him up from school. As a parent, I felt so defeated," says Sonya, Maxwell's mom.

Sonya knew that her son needed more supports in the classroom but didn't know where to start.

Lisa Coggi, ARISE Education Advocate, worked closely with

Sonya and attended several meetings with teachers, staff, and administrators at her son's school and at the district level.

"I can't thank Lisa enough for what she has done for my son. She didn't give up."

-Sonya, Maxwell's Mom

"The goal was to make sure that Maxwell would be able to stay in class so that he could access and benefit from the classroom instruction and social interaction. We worked with

the district to develop strategies and supports that would help Maxwell meet his potential and succeed in school," says Lisa.

The advocacy worked. With school team collaboration and positive individualized supports, Maxwell began to thrive behaviorally, socially, and academically.

Sonya beams with pride as she looks at Maxwell's daily report from school. She shares, "He actually likes going to school now. Not only is he participating in class, his reading has improved and he has also become more social with his peers. I can't thank Lisa enough for what she has done for my son."

The education system can be extremely overwhelming for families as they try to navigate through IEPs, 504 plans, CSE meetings, disciplinary hearings, behavior plans, and more. Our Education Advocates are here to guide families through the process, help them understand their rights, and advocate on their behalf to ensure that their child has the tools to succeed in the classroom.

Together We're...

Seizing Opportunities

YOUR STORIES: CHRIS PAVING THE WAY TO INDEPENDENCE

It's no secret that Chris loves his job. Last year, Chris came to ARISE looking for some assistance with landing his first job. After meeting with Chris and assessing his skills and goals, our employment team matched him with the perfect opportunity at Panera Bread.

"It's important that we're not just making matches. The goal is to make the right one. We don't just place people anywhere. We put people at a place where they can build a career and do what they want to do. Nobody wants to go to work if they don't love their job," says Jennifer Schiebler, ARISE Employment Services Coordinator.

"Christopher has really blossomed through all of these experiences. He has been so happy. He really looks forward to going to work. We are just so thankful for everyone at ARISE."

-Barbara, Christopher's Mother

When you watch Chris in action at Panera, there is no question that this was indeed the perfect match. Chris has thrived and has even taken on additional responsibilities since he was first hired. An ARISE job coach is also available to provide extra on-the-job supports.

"He's part of our Panera family and very much a part of the team. He has a strong work ethic. He's here early and he stays until he's done with his work (almost to the point where I have to tell him to leave!)," says John Gibbons, the general manager at Panera.

"I don't treat him any differently than my other associates. The expectation is there. Everybody needs an opportunity."

Chris adds, "I was nervous on my first day but really excited. I love my job so much. I feel like I'm a part of the family, part of the crew. It's a great place to work."

Outside of work, Chris is also starting to pursue his many other interests by enrolling at Syracuse University through the ARISE Self-Direction Program. Both the Employment and Self-Direction Programs serve as pieces of the puzzle that are helping Chris along his journey to independence.



YOUR SUPPORT MAKES IT POSSIBLE TO:

- > **Offer employment programs that assist people with disabilities in finding and maintaining meaningful jobs in the community. Together, we're...**
 - **CLOSING THE EMPLOYMENT GAP**
Did you know 70% of people with disabilities are unemployed? Employment is often the key to independence. We are committed to opening the door to opportunities. In 2014, we were proud to partner with 213 people with disabilities in our community to find or maintain jobs.
 - **REMOVING BARRIERS TO EMPLOYMENT**
Our advocates are out in the community providing individualized support by polishing resumes, assisting with applications, coaching people as they prepare for interviews, finding and creating possibilities, and offering on-the-job support.
 - **CREATING NEW OPPORTUNITIES**
By collaborating with local businesses to identify new job opportunities, we're able to show employers the many benefits that people with disabilities bring to the work place.
- > **Provide habilitation programs so that people with disabilities can develop independent living skills, as well as explore potential careers through volunteering.**



YOUR SUPPORT MAKES IT POSSIBLE TO:

> Remove barriers and increase access for people with disabilities, by:

- **BUILDING RAMPS FOR FAMILIES IN NEED**

With support from community partners, individual donors, and dozens of dedicated volunteers, we have been making it possible for people to remain at home or return from the hospital or rehabilitation center for more than a decade. We completed a record-breaking 37 ramp projects in Oswego County in 2014.

- **PROVIDING ACCESSIBILITY ASSESSMENTS**

Thanks to funding from the Richard S. Shineman Foundation, a member of our staff became a Certified Aging-in-Place Specialist. We are excited to offer enhanced home evaluations for individuals as well as community presentations and training about ways to identify barriers, options to reduce risks, and determine ways to increase accessibility.

- **MAKING OUR COMMUNITY MORE ACCESSIBLE FOR ALL**

By advocating and collaborating with transit authorities and organizations, we're increasing accessibility in the community. In 2014, our efforts led to the installation of eight new audible pedestrian signals, streamlined paratransit applications, more accessible bus shelters, and increased ADA compliance.

Together We're...

Creating Access

YOUR STORIES: GIA

A RAMP PAVES THE WAY FOR INDEPENDENCE

"Our daughter Gia had an optic glioma at around 6 months of age and had surgery to have the tumor removed. Due to the surgery, Gia is blind. She also had a stroke following the surgery which left her with left side weakness," describes Gia's father, Sean.

In order to be more independent and go to school, Gia was fitted with a wheelchair. This was a great relief for the family because prior to that she needed to be carried everywhere.

Sean adds, "Gia loves her wheelchair. However, a new problem developed. Our home did not have a wheelchair ramp and

that meant Gia needed to be maneuvered down a set of stairs to go outside. My wife Amanda and I began trying to find resources to help us build a wheelchair ramp and quickly found out that it was a difficult task. In fact, we went through a few different agencies asking for help before we found ARISE."

Working with ARISE staff, volunteers from the Oswego Elks Club (pictured left) rolled up their sleeves and got to work. And Gia's ramp quickly became a reality! In addition to coordinating the ramp, ARISE staff assessed

all of Gia's needs and connected Gia and her family to other services that can help pave the way for Gia's independence.

"Now that Gia has the ramp, she is able to go in and out of the house with ease. She has started school now and her nurse, brothers, mom, and I are all able to help her out to the bus because we no longer have to carry her wheelchair down the stairs. Thank you so much to ARISE staff for helping Gia become more independent and be able to get in and out of the house safely," says Sean.

Amanda adds, "ARISE did in two weeks, what other agencies couldn't coordinate in a year! We feel safe and secure knowing we can turn to ARISE for things that Gia needs. ARISE is a lifesaver!"

"We feel safe and secure knowing we can turn to ARISE for things that Gia needs. ARISE is a lifesaver!"

-Amanda, Gia's Mom

Together We're...

Developing New Skills

YOUR STORIES: TIM LIVING INDEPENDENTLY IN THE COMMUNITY

After Tim's parents passed away, he found himself living alone in a rural area. He was close to fifty years old and, because of his developmental disability, needed some extra supports in order to live independently. With Tim's approval, his close friends, Kim and Chuck, reached out to ARISE to see if we could help.

Tim, with Kim's assistance, started working with Jennifer Lea, ARISE Advocate, through our free Advocacy Program. The goal was to connect Tim to a network of services that would help him remain independent and living in his own home.

"I am so happy that Tim is happy. Living in his home, learning new things... none of this would have been possible without Jennifer."

-Kim, Tim's Friend

"I've been in the field a while and meet many providers professionally, on a daily basis. Immediately, Jennifer gave me the confidence I needed and I knew I could trust she would be helpful in achieving what we had set out to do. Jennifer is so kind, passionate, patient, person-centered and skilled," says Kim.

The path wasn't always easy, but they didn't give up. Tim is now connected to a waiver program that provides a service coordinator,

improved medical care, and support staff that he can rely on (in addition to his large circle of friends!). Every day, he is working on developing new skills ranging from grocery shopping and cooking to money management. Tim is also working on improving his reading skills and hopes to find a job in the future. Best of all, he is able to live independently in his own home.

Kim adds, "I am so happy that Tim is happy. He's living in his home, learning new things, supported with staff, has a Medicaid service coordinator (that is fantastic). None of this would have been possible without Jennifer."



YOUR SUPPORT MAKES IT POSSIBLE TO:

> Provide support for people of all ages who have any type of disability.

As a designated Independent Living Center, we're:

- **ORGANIZED AND DIRECTED BY PEOPLE WITH DISABILITIES**

People with disabilities are active in our governance and day-to-day management. A majority of the members of our board of directors are individuals who have a disability and people with all types of disabilities work at ARISE as advocates and volunteers.

- **PROMOTING FULL INCLUSION**

Our focus is helping people live as independently in the community as possible. We do not operate any residential facilities, and instead focus on providing community-based services that fully embrace choice and self-determination.

- **FURTHERING THE INDEPENDENT LIVING PHILOSOPHY**

We are at the forefront advocating for access and equality - not because people with disabilities are special but because they are ordinary. Ordinary people with the same desire and right to be included in the community, recognized for their talents, and valued for who they are.

- **A RESOURCE FOR THE COMMUNITY**

Navigating the world of disability services can be confusing and overwhelming for many families. Whether you have a simple question or have no idea where to start, we're here for you.



YOUR SUPPORT MAKES IT POSSIBLE TO:

- **Offer inclusive recreation programs at ARISE at the Farm, because a full life includes fun and adventure! Programs include:**
 - **HORSEBACK RIDING & CART DRIVING LESSONS**
Our lessons incorporate therapeutic and adaptive techniques so that riders experience the joy as well as the physical, emotional, and social benefits of recreation!
 - **INCLUSIVE SUMMER CAMPS**
Soar through the sky on our high ropes course, fish at the pond, or pedal on our adaptive bikes during Farm Camp. Or, dive into the world of horse care at our Horsemanship Camps!
- **Make our dream of building a fully accessible playground a reality!**



To learn how you can become a part of this special project, contact Nancy Kern Eaton at (315) 671-2903 or neaton@ariseinc.org.

Together We're...

Soaring to New Heights

YOUR STORIES: JENNA

WATCHING MY CHILDREN THRIVE AT THE FARM

"My daughter Jenna, who is 16 and has cerebral palsy along with other disabilities, started in the ARISE at the Farm riding program this past spring. She has low muscle tone in her trunk which makes sitting up without support very difficult for her. She rode once a week until the end of November. Not only did she enjoy riding (all she talked about all week was wanting to "ride the horse"), I also noticed that her trunk control has improved. After riding she has been able to sit up unsupported for a little longer period of time than before she started riding.

"The Farm Camps and riding lessons are one of the very few places where my children can go where they are accepted for who they are, and not looked down upon for behaviors they cannot control."

-Kathleen, Jenna's Mom

When it became apparent that riding the regular way was too painful for her, instead of ending the lessons, ARISE staff devised a way for her to ride "sidesaddle," which she absolutely loves.

I also have a 14-year-old son with autism and ADHD, who has also been taking riding lessons at the Farm. He is a very high functioning child who is prone to explosive meltdowns. I have noticed that since he has been riding, he seems to be a little calmer. He also looks forward to his lessons every Wednesday, and helping to "train" Polly, the new horse. He has repeatedly expressed his desire to own his own horse and farm. It has become one of the few things he has connected with and stayed with for any length of time. ARISE at the Farm is one of his favorite places to go.

The Farm (camp and riding lessons) is one of the very few places my children can go where they are accepted for who they are, and not looked down upon for behaviors they cannot control. I am so grateful for everything ARISE has done with and for my children. I appreciate it more than I can possibly express."

- Kathleen, Jenna's Mom

Together We're...

Following Our Passions

YOUR STORIES: KRISTEN

HITTING THE SLOPES AND EXPRESSING HER CREATIVITY

When Kristen was twelve years old, she joined a program called ARISE & Ski. This new program was formed thanks to support from Toggenburg Winter Sports Center and committed volunteers with a vision and passion for adaptive sports. Now, eighteen years later, Kristen is still hitting the slopes through ARISE.

"I love doing jumps and going fast!" shares Kristen. Christopher Weiss, ARISE & Ski Co-Founder and Technical Director, says, "Adaptive skiing is often a journey filled with excitement, discovery, frustration, and joy. Kristen came to the ARISE & Ski Program in the late 90s as our program was just in its infancy. With the love and support of a wonderful family and friends, Kristen fell in love with skiing."

"When I see my artwork in UNIQUE Magazine, I feel really proud of myself. It was exciting to go to the Everson and see my painting."

-Kristen

The ARISE & Ski Program constantly strives to modify techniques, equipment, and instruction in order to help skiers develop their abilities. "This year we made a new discovery which has enabled Kristen to ski with far less assistance and make several top to bottom runs without falling...Kristen has said several times how much she likes this technique and it is clear how much better her balance has become," says Christopher.

Outside of skiing, Kristen also takes art classes and her work has been featured multiple times

in UNIQUE Magazine. Her first submission to UNIQUE (pictured on the right), *Allium*, captures Kristen's keen eye for color. Kristen shares, "I love to paint because it is good for my motor skills and my hand and eye skills."

Thanks to a partnership between ARISE and the Everson Museum of Art, Kristen has seen her watercolor paintings and drawings hang in the museum during the annual UNIQUE Exhibition.

Kristen says, "When I see my artwork in UNIQUE Magazine, I feel really proud of myself. It was exciting to go to the Everson and see my painting. A lot of people came - it felt like such a big deal."



YOUR SUPPORT MAKES IT POSSIBLE TO:

> Offer a wide array of opportunities that offer every person a full life filled with recreation, art, and adventure. Our programs include:

- **ARISE & SKI**

As the longest running, premier adaptive winter sports program in the region, we are dedicated to ensuring that anyone, regardless of disability, is able to experience the thrill of winter sports.

- **UNIQUE MAGAZINE**

Going into its 15th year, UNIQUE Art & Literary Magazine features and celebrates the talent and creativity of people with disabilities all across Central New York.

- **SIBSHOPS**

Sibshops is a unique social group designed just for children and teens who have a brother or sister with a disability. The meetings give kids a fun, safe space to meet other siblings and discuss shared concerns, frustrations, and accomplishments.

- **SOCIAL GROUPS**

From our Broadway Stars group in Madison County that goes out to experience local plays, shows, and art exhibitions, to our Communicators social group for adults that meets monthly, we offer groups for many ages and interests.



YOUR SUPPORT MAKES IT POSSIBLE TO:

> Increase critical access to mental health therapy for children and adults in our community. We are able to:

- **MEET FAMILIES WHERE THEY ARE**

In addition to our main clinic in Syracuse, we also offer mental health services at Upstate Pediatric & Adolescent Center, Huntington Family Center, the PEACE, Inc. location in Tully, and at our satellite locations in Oswego, Fulton, and Pulaski. These multiple sites allow us to increase access for families and make it easier to seek mental health therapy.

- **REACH CHILDREN IN LOCAL SCHOOLS**

Our school-based services treat children who are experiencing emotional distress. By having therapists based within the schools, we're increasing access to services and removing cost and transportation barriers to ensure that children and their families are receiving the support they need.

- **REDUCE STIGMA & OPEN THE DIALOGUE**

By providing free mental health screenings for children throughout the community, we're working with parents to identify and address potential problems so kids can be healthy and thrive.

Together We're...

Reaching our Dreams

YOUR STORIES: ALLISON

BUILDING A LIFE OF HER OWN AND ACHIEVING INDEPENDENCE

When Allison first started therapy with one of our clinicians, she shared her dream of going to college. Unfortunately, she felt as if she wasn't in the right place in her life to make it happen.

At 17, Allison was dealing with a lot. At home, she was witnessing a violent relationship between her parents while also being verbally and physically abused by her father and her ex-boyfriends. She was experiencing multiple physical complaints and health

concerns she attributed to the depression she was feeling.

“When our therapist noticed and pointed out these positive changes, Allison smiled.”

That's when she found herself at the Upstate Pediatric and Adolescent Center (UPAC). Through a collaboration between ARISE and UPAC, an ARISE therapist is located right in the center.

This partnership made it possible

for Allison's doctor to work closely with our therapist to coordinate appointments and integrate Allison's physical and mental health care.

While Allison worked with the doctor to help manage her multiple medical concerns and received medication management through UPAC, she was also working with our therapist to make her way through the trauma she had suffered.

In the beginning, Allison would come to her afternoon appointments in her pajamas. As the therapy progressed, she started coming in freshly showered and appropriately dressed. When our therapist noticed and pointed out these positive changes, Allison smiled. She stated that she has been feeling much better lately because she has been able to get a lot off of her chest.

The doctor recently told our therapist that almost all of Allison's health concerns and physical complaints are gone. She has made great strides in becoming more stable because of her hard work in therapy as well as attending to her physical needs.

What's next for Allison? We're happy to report that she recently achieved her dream of attending college. We can't wait to see what else the future holds for her!

Together We're...

Self-Directing our Future

YOUR STORIES: MAGGIE

CONTINUING HER LOVE FOR LEARNING THROUGH SELF-DIRECTION

"Our daughter Maggie is a beautiful, happy, 21-year-old woman with autism. Along with her autism diagnosis at 2 1/2 years old, doctors gave us a dismal forecast for her future. Refusing to accept their pessimistic prognosis, Maggie received Applied Behavioral Analysis (ABA) treatment for two years prior to entering the Baldwinsville School District at the age of 5. She continued her special education at Baldwinsville until she graduated from Baker High School in 2014.

With the opportunities that Maggie experienced through the Baldwinsville School District, it was a natural decision for us to seek a more flexible program for Maggie's post high school plans. We investigated several agencies and

were fortunate to enlist the expertise of Andrea Stoughtenger at ARISE to help us navigate this process for Maggie. We actively searched for appropriate, well-qualified women to work with Maggie and after much persistence, we found three wonderful women who are now employed through ARISE to aid our daughter throughout the week.

Maggie's days include volunteer hours at animal shelters, pet stores, Meals on Wheels, as well as classes at Syracuse University! Maggie was fortunate to be part of a program through Syracuse University called InclusiveU at the Taishoff Center for Inclusive Higher Education. Bud Buckhout, Director of InclusiveU has been very supportive and great to work with!

"Maggie is most proud of her title of 'college student'...she LOVES her time at Syracuse University and we feel so blessed that she has this opportunity."

-Karen & Dan, Maggie's Parents

Maggie is most proud of her title of "college student". In the fall, Maggie was enrolled in an introductory drawing and painting class and this semester she is taking the follow-up to that class, "Drawing and Painting II". She LOVES her time at Syracuse University and we feel so blessed that she has this opportunity.

As Maggie's high school graduation approached, we were very apprehensive about what the future would hold for her. Baldwinsville provided a wonderful education for our daughter and we wanted to continue her love of learning after high school. Maggie's Self-Directed plan through ARISE has given us that opportunity and we are very grateful!"

- Karen and Dan, Maggie's Parents



YOUR SUPPORT MAKES IT POSSIBLE TO:

- **Live and breathe our person-centered philosophy. At ARISE, it's not about services, it's about partnering with people who have disabilities and their families to build a framework that allows them to follow their own passions, interests, and goals. We're all about providing:**

 - **OPPORTUNITIES TO DESIGN & SELF-DIRECT SERVICES**
Our Self-Direction Program gives people with disabilities the ability to fully design, manage, and budget their own services to meet their needs. This makes it possible to fully embrace self-direction and choice and gives people the greatest amount of control over the supports and services they want.
 - **INDIVIDUALIZED SERVICE COORDINATION**
Our Medicaid service coordinators go above and beyond in advocating for the people who connect with us. From making sure basic needs are met, to weaving together services that make it possible for people with disabilities to reach their dreams, achieve independence, and participate in the community, our Medicaid service coordinators are always there.
 - **SUPPORTS FOR THE ENTIRE FAMILY**
It's rarely just about the individual; it's about the entire family. From in-home respite to art club and community-based respite, our programs provide enriching experiences for children and adults with disabilities while also giving parents and caregivers a much-needed break to relax and recharge.



YOUR SUPPORT MAKES IT POSSIBLE TO:

- **Weave together supports so that seniors and people with disabilities can remain in their own homes and live independently in the community. Together, we are:**
 - **MAKING COMMUNITY LIVING POSSIBLE**
Our efforts meant that over 130 people were able to avoid or move out of an institutional setting this past year.
 - **PRESERVING INDEPENDENCE**
More than 530 people were able to remain in their own homes in 2014 thanks to comprehensive services coordinated through our Traumatic Brain Injury & Nursing Home Transition & Diversion Waiver Programs.
 - **OFFERING SELF-DIRECTED HOME HEALTH CARE**
Our Consumer-Directed Personal Assistance Program gave 260 people the ability to direct and manage their own home care services in 2014. We are excited to announce that starting in 2015, this program is available to residents in Madison, Cayuga, Seneca, and Oneida counties, in addition to services we've been providing in Onondaga and Oswego counties.

Together We're...

Living Independently

YOUR STORIES: HELEN

97 YEARS YOUNG AND LIVING ON HER OWN

If you met Helen, you'd never guess that she's 97 years old. How does she stay so young? Helen says she likes to keep busy. She enjoys getting coffee on Tuesday mornings with her friends, cooking her own meals, and pursuing other hobbies like cross-stitching.

Helen has lived in the same city for most of her life and has stayed in the same apartment complex for over thirty years.

“This program has given me freedom. I am able to remain independent and decide what I want to do, when I want to do it.”

-Helen

However, her needs started to increase and she required some additional supports in order to remain in her own place.

For over five years, Helen has relied on our Consumer-Directed Personal Assistance Program (CDPAP) to provide a personal assistant that helps her manage in her own home.

Cheryl Arnold, ARISE
CDPAP Manager in Oswego

County says, “Unlike typical home health care services, ARISE CDPAP is unique because it gives participants the ability to not only hire and train their own personal assistant, they also have full control over the schedule.”

Helen's personal assistant comes during the week to help with cleaning, grocery shopping, bathing, and even helps Helen set her rollers. Helen shares, “This program has given me freedom. I am able to remain independent and decide what I want to do, when I want to do it.”

Making it possible for Helen to remain at home avoids unnecessary institutionalization, which would be far more expensive. More importantly, Helen is able to live her life on her own terms. And it's much more fun for her children, grandchildren, and great-grandchildren to visit with her in the comfort of her own space.

Looking Back...

2014 Highlights

M&T Bank supports ARISE Employment Programs

1st Annual ARISE Celebrating Inclusion & Achieving Independence Dinner recognizes Dr. James Marshall with the Champion of Independence Award

Cora True-Frost delivers the keynote address at the 1st Annual ARISE Celebrating Inclusion & Achieving Independence Dinner



ARISE merges with Options for Independence to become the designated Independent Living Center for a five-county region



ARISE Wellness Fair promotes mental and physical health



ARISE Night at the Crunch held in collaboration with Haylor, Freyer & Coon and the Syracuse Crunch Foundation



ARISE staff and volunteers advocating in Albany on Legislative Day

United Way of CNY recognizes ARISE with the Partner Agency Award and ARISE Foundation Board Member, Lt. Col. Edward W. Cook, Jr., as the Exceptional Community Volunteer of the Year

6th Annual Ride for Ramps at Lighthouse Lanes raises funds for the Ramp Program

ARISE completes a record number of ramp projects through our Oswego County Ramp Program

Team ARISE runs in the
Syracuse Festival of Races

ARISE Special Recognition Event
honors volunteers, community partners,
board members, and staff



ARISE at the Farm
hosts the 4th 21-Day
Therapeutic Horseback
Riding Challenge

Bike rides and new Walk &
Wheel-A-Thon at the 4th Annual
ARISE & Ride at the Farm
raises funds in support of the
Playground Park Project



ARISE celebrates 15
years of service in Pulaski

Eight new audible pedestrian
signals are installed in Fulton

2014 UNIQUE Magazine debuts
at the Everson Museum of Art

ARISE hosts Disability
Awareness Day at Millard
Fillmore Elementary School

Annual ARISE Auburn
Conference held
"DiversABILITY: Breaking
Barriers, Opening Doors,
and Looking Beyond"

ARISE hosts the first
Light Up the Night 5K
Glow-in-the-Dark Run

Celebrating the 24th
Anniversary of the Americans
with Disabilities Act

LOOKING TO THE FUTURE



This is such an exciting time to be part of ARISE. As we celebrate the successes of the past year, we are busy adding new friends to our family of supporters, welcoming new board members and volunteers, building our endowment for the future, and creating an amazing new playground at ARISE at the Farm.

Our inaugural Celebrating Inclusion & Achieving Independence Dinner was a tremendous success, and we look forward to holding this event every year. Last year we were pleased to honor Dr. James Marshall and this year we will be honoring Brian McLane, Jim Hickey and Toggenburg Winter Sports Center, and Wegmans with the Champion for Independence award. And, of course, we'll continue to enjoy our ARISE & Ride for Ramps and ARISE & Ride at the Farm events during the summer.

We are thrilled to continue our partnership with the Everson Museum of Art with the annual UNIQUE Exhibition. UNIQUE is one of the most important events of the year for so many of us. It's truly a celebration of incredible talent by people from throughout the region who happen to have disabilities.

The ARISE at the Farm Playground Park Project represents the first major effort of the ARISE Foundation and we are so

grateful for the support we've received from several local foundations, individuals, and companies. It's amazing to think about what the playground will mean to families from all over the community. Children of all abilities enjoying exercise, recreation, socialization, and fun! Their imaginations can roam as they explore and play on every piece of wonderful (and accessible) equipment.

The sense of self-determination at ARISE is tangible. Every member of the staff understands and embraces their role in partnering with people who have disabilities to identify and achieve their goals. The idea of limitations is not one that is accepted by people who are part of ARISE. Our

advocates have a purpose that drives their efforts to always go above and beyond. It's never just a job. It's a shared passion for independence, choice, and providing opportunities to create a rich and fulfilling life.

**“On behalf of everyone
involved with the
ARISE Foundation,
I extend our thanks...
we can't do it without you.”**

On behalf of everyone involved with the ARISE Foundation, I extend our thanks to those who have made donations and participated in our special events. Contributions to the ARISE Foundation are investments with a great return, since these resources enhance the high-quality services that the dedicated staff provide to thousands of people in the region. We can't do it without you.

Together we can create a world that offers every person, regardless of disability, the opportunity to live a full and independent life of their choosing.

Edward W. Cook, Jr.
Chair of the ARISE Foundation

WAYS TO GIVE

TARGET YOUR GIVING

SUPPORT THE CHANGE YOU WANT TO SEE

You can direct your gift to one of our core focus areas, a specific initiative (like the accessible playground fund), or you can designate your gift to a specific program.

CORE FOCUS AREAS:

Removing Barriers - Access, Equality, & Social Justice
Sustaining Needs - Building Safety Nets
Strengthening Skills - Fostering Independence
Enriching Lives - Recreation, Art, and Adventure
Today and Tomorrow - Meeting Emerging Needs

LEAVE YOUR LEGACY

MAKE A GIFT THAT LASTS BEYOND YOUR LIFETIME

A gift to our endowment, naming ARISE in your will, and gifts of stock are some of the most important investments you can make to ensure the future of our services. Your impact will multiply in perpetuity and continue to touch lives for generations to come.

CELEBRATE YOUR FRIENDS & FAMILY

MAKE A GIFT THAT GIVES TWICE

Tribute gifts are a wonderful way to honor the special people and occasions in your life while making a difference for others.

JOIN IN A SPECIAL EVENT

PARTICIPATE OR BECOME A SPONSOR

Share your voice as an agent of change! Join in our Celebrating Inclusion & Achieving Independence Dinner, Ride for Ramps, ARISE & Ride at the Farm, or UNIQUE Magazine – there are many ways to get involved.

VOLUNTEER YOUR TIME

SHARE YOUR TIME & EXPERTISE

Become involved in one of our special events, help out at the Farm, build a ramp, sign up to spread the word about ARISE, or consider becoming a board member. There are many ways to join our mission.



To learn more, contact Nancy Kern Eaton at
(315) 671-2903 or neaton@ariseinc.org



MAJOR SUPPORTERS

DONORS WHO GAVE \$10,000+

The Allyn Foundation, Inc.
 CENG - Constellation Energy Nuclear Group
 CNY Affiliate of Susan G. Komen
 Dorothy & Marshall M. Reisman Foundation
 P. Drescher Incorporated
 The John Ben Snow Foundation
 The Gorman Foundation
 The Estate of Ferris Mangus
 Richard S. Shineman Foundation
 United Way of Central New York
 Welch Allyn

ARISE AT THE FARM

We remain forever grateful for the gift of ARISE at the Farm by Dr. James Marshall. Thousands of lives have been and continue to be touched by his vision and dream.

DONORS WHO GAVE \$2,500 - \$9,999

Tania Anderson
 Jim and Kathy Burns
 CNY Community Foundation
 G & C Food Distributors Inc.
 Susan and Richard Gray
 Raymond W. Hackbarth

Haylor, Freyer & Coon, Inc.
 J.W. Burns & Co. Investment Counsel
 Jim Marshall Farms Foundation, Inc.
 KeyBank Foundation
 Lockheed Martin Employees
 Federated Fund

National Grid
 NBT Bank
 William Porta & Regina Conti
 Relph Benefit Advisors
 United Way of Cayuga County
 United Way of Oswego County

DONORS WHO GAVE \$1,000 - \$2,499

AAA of Western and Central New York
 The Bonadio Group
 Bond, Schoeneck & King
 Brackens Financial Solutions Network
 Cayuga Community College
 Dermody, Burke & Brown CPAs
 Joseph Hatfield
 Tim, Sue & Robert George

Hawthorne Property Services, LLC
 INFICON, Inc.
 Edward and Susan Judge
 Denise and Owen McGraw
 Tom and Lynne McKeown
 Music for the Mission
 Pathfinder Bank
 Raby's Ace Home Center

Reefer Compressor and Parts, Inc.
 SUNY Oswego
 Syracuse Corvette Club
 Toshiba Business Solutions
 United Community Chest of
 Cazenovia, Fenner & Nelson

DONORS WHO GAVE \$500 - \$999

Adam's Apple Services, Inc.
 Warthogs of Jefferson County
 Compass Credit Union
 Lt. Col. Edward Cook & Svea Cook
 Susan L. Dean
 Gary & Julie Forbes
 James D. Freyer Jr. &
 Shari Lewis Freyer
 Fulton Savings Bank
 G. Ray Bodley High School -
 HOPE Club
 Laurie and Joe Gerardi

Lynn Hamilton
 Maurie Heins
 JSD Associates
 Nancy Kern Eaton & Doug Eaton
 John and Candace Marsellus
 Dr. James Marshall
 Michael McCarthy
 MVP Health Care
 Network For Good
 Northside Baptist
 Oneida Savings Bank
 Oneida Wealth Management

Chuck O'Neil
 Onondaga Hearing Services
 Gail Paster
 Romano Auto Dealerships
 Mary Jane Sexton
 Kristen Smith
 Syracuse Equine Veterinary
 Specialists
 Syracuse Police PBA
 Jim and Cora True-Frost
 Tucker-Haskins & Associates
 Victoria Welder Hyatt

Donations are from 1/1/2014 to 12/31/2014. We are grateful to all donors and apologize if we have made an error or omission.

MAJOR IN-KIND DONORS

AAA of Western and Central New York
Balloons Restaurant & Catering
Banner Envy
the bikery
Business Journal News Network
Century Decorations
CNY Central
Elizabeth Comins
Brian Davis
Dougherty's Party Services
Everson Museum of Art
Bob & Pam Getek
Wayne Hamilton

Integrated Marketing
Melinda Kernan
Lawrence Lee
Logo Incentives
Lighthouse Lanes
Lynch Furniture
Michael E. Mobile Sound
Patrick Milmoie
Mallory Wesleyan Church
McGowans Ace Hardware
Murdock's Bicycles & Sports
NewsChannel 9 WSYR
Papa's Sports

Raby's Ace Home Center
Toggenburg Mountain Winter Sports Center
TOPS Friendly Markets
Tully Building Supply
Upstate Paving
WAER
Steve Weisbrod
Karen Williams
Word-Wrights Inc.
Zink Shirts

COMMUNITY PARTNERS & GOVERNMENT AGENCIES

Auburn/Cayuga County
Continuum of Care
Auburn Public Theater
BNY Mellon
Burton Blatt Institute at S.U.
Catholic Charities
Cayuga Community Fund
Cayuga County Handicap Education Program
Cayuga County Department of Health & Human Services
CNY Affiliate of Susan G. Komen
CNY Care Collaborative
CNY Community Foundation
CNY Fair Housing
Central Square School District
Chittenango Rotary
City of Auburn
City of Syracuse Department of Neighborhood & Business Dev
Conifer Park
Everson Museum of Art
Fulton Art Association
Fulton First United Methodist Church
Fulton School District
Hillside Family of Agencies
Human Service Coalition of Cayuga County
Hospice of CNY
Housing Visions Unlimited, Inc.
Huntington Family Centers
Jim Marshall Farms Foundation
KeyBank
Morningstar Residential Care Center
NAMI
New York Association on Independent Living

NYS Department of:

- Health
- Transportation
- Education, Office of ACCES-VR

NYS Developmental Disabilities Planning Council
New York State Fair
NYS Homes & Community Renewal
NYS Office of:

- Aging
- Children & Family Services
- Mental Health
- People With Developmental Disabilities

Onondaga County Department of:

- Adult & Long Term Care Services
- Children & Family Services
- Community Development
- Mental Health
- Social Services

Operation Northern Comfort
Oswego County Autism Task Force
Oswego County Department of:

- Development, Tourism, & Planning
- Health & Long-Term Care
- Housing Assistance
- Mental Hygiene Division
- Social Services

Oswego County Fair Housing Council
Oswego County Opportunities
Oswego Elks Lodge #271
Oswego First United Methodist Church
Oswego YMCA
Oswego County Housing Development Council, Inc.
Oswego County Youth Bureau
Oswego County Office for the Aging

Oswego Co. Child Advocacy Center
Oswego County ARC/OI
Oswego Speedway
Parents of Special Children
Partnership for Results
Person to Person Citizen Advocacy Office
PEACE, Inc.
RSVP of Cayuga County
RSVP of Oswego County
Rural Health Network of Oswego Co.
Seaway Lofts
The Silverhammers
Social Security Administration
St. Francis Farms
SUNY Oswego Office of Business & Community Relations
SUNY Upstate Medical University
Pediatric & Adolescent Center
SUNY Upstate Health Sciences Library
Syracuse City School District
Syracuse Community Health Center
Syracuse Stage
S.U. Office of Disability Services
S.U. Disability Rights Law Clinic
Toggenburg Mountain Winter Sports Center
U.S. Department of

- Education, Office of Special Education & Rehabilitative Services, RSA
- Housing & Urban Development

United Way of Central New York
United Way of Cayuga County
United Way of Greater Oneida
United Way of Oswego County
Westminster Presbyterian Church

PROGRAMS & SERVICES

Navigating the world of disability services can often be confusing and overwhelming for many families. Whether you have a simple question or have no idea where to start, we're here to help.

Advocacy & Accessibility

Accessibility Resource Center ●

Offering examples of accessible design

ADA Accessibility Evaluations ●■▲★◆

Technical assistance to help you increase the accessibility of your business or space

Advocacy Groups

Join one of our groups to advocate for equal access and opportunities

- **Consumer/Self-Advocates** ●■▲★◆
- **Transportation Task Force** ●■
- **Residential Service Providers** ●
- **Vision Network** ■

Disability Awareness ●■▲★◆

Presentations at schools, businesses, etc. to increase disability awareness

Home Modification Program ★

Interior home modifications to make your home accessible

Kids on the Block ★

Educational puppet shows for children about disability awareness

Medical Equipment Loan Closet ●■▲★◆

Test or borrow durable medical equipment (wheelchairs, walkers, crutches, transfer benches, canes, commodes, etc.) on a temporary basis

Ramp Construction Assistance ●■▲★

Regain your freedom by reclaiming access to your home

(Oswego County, Syracuse, and Auburn)

Systems Advocacy ●■▲★◆

Advocating for policies that ensure the civil rights of people with disabilities

Basic Needs & Assistance

Benefits Assistance ●■▲★◆◆

Apply for benefits like SSI, SSDI, and food stamps

Consumer-Directed Personal Assistance ●■▲★◆◆

Hire, train, and schedule your own personal care assistant to help with your home health care needs

Family Support Services Reimbursement ●■

Easing the financial challenges of caring for a family member with a developmental disability

Housing Locating & Advocacy ●■▲★◆

Find accessible housing within the community or receive help with housing discrimination

Information & Referral ●■▲★◆

Get answers to your disability-related questions

Medicaid Service Coordination ●■▲★

Coordinating services to help you reach your goals and live a full and independent life

Nursing Home Education & Outreach ●■▲◆

Nursing home care is not your only option – receive information about community-based services

Nursing Home Transition & Diversion ●■▲◆

Supports to help you transition out of or avoid moving into a nursing home

Ombudsman Program ★

Advocating on behalf of nursing home residents by investigating and resolving problems/complaints

Personal Care Bank ★◆

Providing free toiletries, paper goods, and cleaning supplies to families in need

Representative Payee Program ■◆★◆

Work with an advocate and Rep. Payee to make sure your Social Security money is managed well

Respite ●■▲

Giving parents and care givers a much-needed break to run errands or just recharge

Self-Direction ●■▲★◆◆

Broker Services (Start-Up and Support), as well as Financial Management Services to help you design and manage your customized service plan

Service Access Coordination ■

Linking families to services and programs

Traumatic Brain Injury Waiver ●■▲◆

Supports to help people with Traumatic Brain Injuries live independently in the community

Education, Employment, & Skill-Building

Education Advocacy ●■▲★◆

Advocacy and support to help you navigate IEP reviews, special education testing, and more

Employment Programs ●■▲★◆

Individualized career planning to help you find and keep a meaningful job in the community

Habilitation Programs ●■▲

Develop independent living skills and increase your community involvement

Independent Living Skills Training ●■▲★◆

Develop your independent living skills

Parent Education & Training ■

Learn and practice techniques to help your children both at home and in the community

Peer Counseling ●■▲★◆

Talk to a peer with a disability who is living independently in the community

Staffing Services for Businesses ●■▲★◆

Find qualified, job-ready candidates that meet your staffing needs

Health & Wellness

Breast Health Awareness & Outreach ●■▲

Promoting early screening and breast health

Diabetes Self-Management Program ●■

Enhance your skills in managing type 2 diabetes

Early Recognition Program ●

Free mental health screening for children

Health Care Advocacy ●■▲★◆

Individualized advocacy and support to help you access the health care you need

Integrated Care at Upstate Pediatric Center ●

Providing children with comprehensive care that focuses on both physical and emotional wellness

Infant & Early Childhood Program ●

Guidance and information for parents of young children who are medically fragile

Outpatient Mental Health Services ●■

Individual, family, and group therapy for adults, teens, and children

School-Based Mental Health ●■

Mental health services offered in local schools

Recreation & Art

ARISE at the Farm ●■▲★◆◆

Inclusive recreation center that offers year-round recreation and adventure

- Adaptive Cycling
- Horse Cart Driving Lessons
- Horseback Riding Lessons
- Horsemanship Camp
- Inclusive Summer Camp
- Paved Walking Trail
- Ropes Course & Fishing Pond
- School Break Recreation

ARISE & Ski ●■▲★◆◆

One of the longest running premier adaptive winter sports programs in the Central New York Region

Social & Support Groups

With plenty of options to choose from, you're certain to find a social group that catches your interest

- Youth & Teen Groups ■▲
- Young Adult Groups ■▲
- Adult Groups ●■▲★
- Sibshops ●■
- Social Skills Classes ■

UNIQUE Magazine & Exhibits ●■▲★◆◆

Celebrating the creative spirit and artistic voices of people with disabilities across Central New York

Where is this program available?

- Onondaga County
- Oswego County
- ▲ Madison County
- ★ Cayuga County
- ◆ Seneca County
- ◆ Additional Counties

Some programs have eligibility requirements. Please contact us to learn more.

LEADERSHIP TEAM

BOARD OF DIRECTORS

Tania Anderson, President

Sue Judge, Vice President

Michael Cook, Treasurer

Gary Forbes, Secretary

Greg Callen

Matt Dadey

David DelNero

John Donovan

Linda Erb

Susan Gray

Maurie Heins

Michael Klaehn

Agnes McCray

Mitch Mitchell

Cassandra Nixon

William Porta

FOUNDATION BOARD OF DIRECTORS

Edward W. Cook, Jr., Chair

Kristen Smith, Vice Chair

David Dreverman, Treasurer

Kim Brown, Secretary

Michelle Alletzhauer

John Bosco

Patricia Contant Clary

Marianne DiNiro

Carol DiOrio

Linda Erb

Jeffrey Grimshaw

Lynn Hamilton

Joseph Hatfield

Carol Kranz

Agnes McCray

Connor McGough

Denise McGraw

Tom McKeown

BrandiLee Schafran

Dan Schafran

KEY STAFF

Tom McKeown

Executive Director

Kate Budlong

Director of Cayuga & Seneca County Office

Susan Craig

Director of Quality Improvement & Corporate Compliance

Sabine Ingerson

Director of Oswego County Offices

Nancy Kern Eaton

Director of Development & Public Relations

Kimberly Langbart

Director of Mental Health Services

Kim Lipke

Director of Finance

Nina Lutz

Director of Independent Living Services

Karen Lynch

Director of Human Resources

Lori Zorn

Director of Programs for People with Developmental Disabilities

Sue Rogers

Executive Assistant

Gigina Long

Communications & Development Associate

Bethanie Hemingway

Donor Relations & Development Associate



2014 FISCAL YEAR

(JULY 1, 2013 – JUNE 30, 2014)

BALANCE SHEET

ASSETS

Current Assets	3,653,000
Property & Equipment	2,076,000
Total Assets	5,729,000

LIABILITIES AND NET ASSETS

Current Liabilities	1,633,000
Long-Term Liabilities	1,010,000
Net Assets	3,086,000
Total Liabilities and Net Assets	5,729,000

STATEMENT OF ACTIVITIES

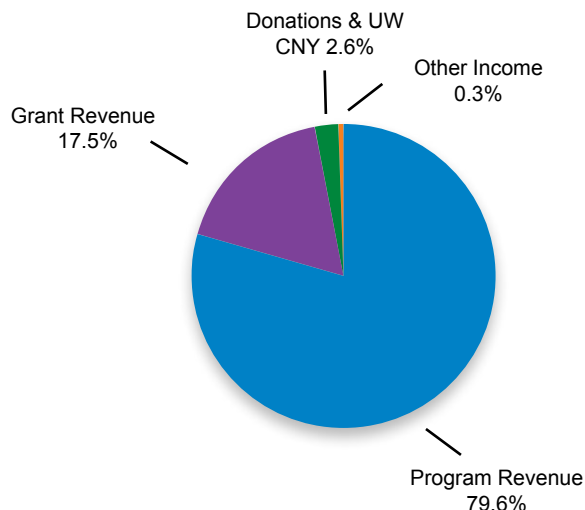
SUPPORT & REVENUE

Program Revenue	11,805,000
Grant Revenue	2,600,000
Donations and United Way of CNY	380,000
Other Income	51,000
Total Support and Revenue	14,836,000

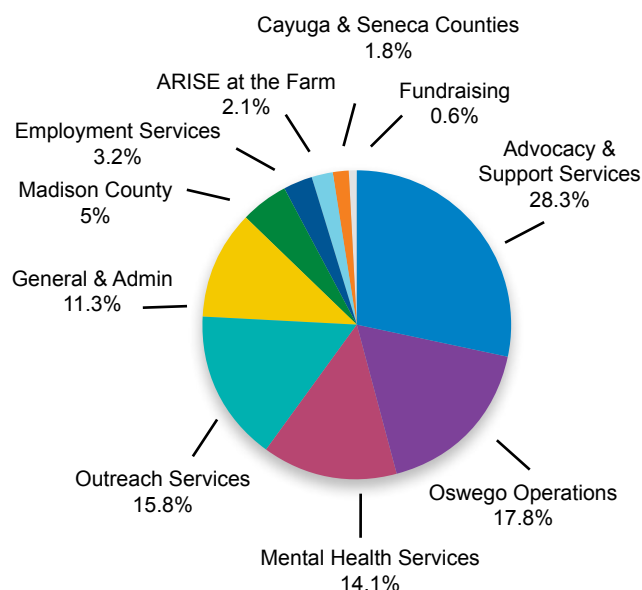
EXPENSES

Advocacy & Support Services	4,150,000
Oswego Operations	2,600,000
Mental Health Services	2,064,000
Outreach Services	2,321,000
General and Administrative Services	1,653,000
Madison County Services	736,000
Employment Services	462,000
ARISE at the Farm	307,000
Cayuga & Seneca County Services	260,000
Fundraising	92,000
Total Expenses	14,645,000
Change in Net Assets	192,000

SUPPORT & REVENUE



EXPENSES



Note: Figures in charts are rounded to the nearest thousand.



635 James Street
Syracuse, NY 13203

ariseinc.org

Non-Profit Org.
U.S. Postage
PAID
Syracuse, NY
Permit No. 1629

Main/Onondaga County

635 James St.
Syracuse, NY 13203
Phone: (315) 472-3171
TTY: (315) 479-6363

Oswego County

9 Fourth Ave.
Oswego, NY 13126
Phone: (315) 342-4088
TTY: (315) 342-8696

Pulaski Satellite

2 Broad St.
Pulaski, NY 13142
Phone: (315) 298-5726

Fulton Mental Health Satellite

113 Schuyler St., Ste 2
Fulton, NY 13069
Phone: (315) 887-5156

Madison County

131 Main St., Ste 107
Oneida, NY 13421
Phone: (315) 363-4672
TTY: (315) 363-2364

Cayuga/Seneca County

75 Genesee St.
Auburn, NY 13021
Phone: (315) 255-3447
TTY: (315) 282-0762

ARISE at the Farm

1972 New Boston Rd.
Chittenango, NY 13037
Phone: (315) 687-6727

WAYS YOU CAN DONATE

Donate Online

Visit our website at ariseinc.org

Donate by Mail

Send your donation (payable to the ARISE Foundation) to:
ARISE Foundation, 635 James Street, Syracuse, NY 13203

CONNECT WITH US



facebook.com/ARISEcny



youtube.com/ARISEcny



facebook.com/ARISEattheFarm



twitter.com/ARISEcny



Report Offered in Alternative Formats

Portions of any ARISE publication designed for distribution are available in alternative formats upon request. Please contact our Information and Referral Specialist at (315) 472-3171.

